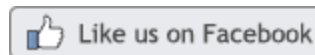


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Free event for the whole family



"Change Your mind Day" reflects the fundamental Buddhist teaching that we can change our lives by changing our thoughts."

A traditional collecting of alms by Buddhist monastics will begin the CYMD at 10:30 am.

Everyone is invited to participate in the alms-giving and to join in all the activities of this special day!



a day of meditations, cultural entertainment, food and camaraderie.

Saturday August 10, 2013
Where: BRIDGELAND COMMUNITY CENTRE
917 Centre Ave. NE Calgary
Time: 10:00 am - 3:00 pm — Admission: Free



Organized by IBF
(International Buddhist Foundation of Canada)

Contact:
Lynn - 403-235-0765
Theresa - 403-891-3237

www.ibfcanada.ca International Buddhist Foundation Canada

FREE eBooks from Buddhist Text Translation Society's (BTTS) newly launched website.

In order to reach a new generation of readers all over the world, BTTS has launched a website www.drba.org/btts with eBooks, some of which are available FREE download.

Highly recommended.



The Great Exhortation to Rahula
(The Buddha advises his son, the novice Rahula, on what forms of meditation to practice.)

Develop the meditation on Loving Kindness, for by this ill will is banished.

Develop the meditation on Compassion, for by this cruelty is banished.

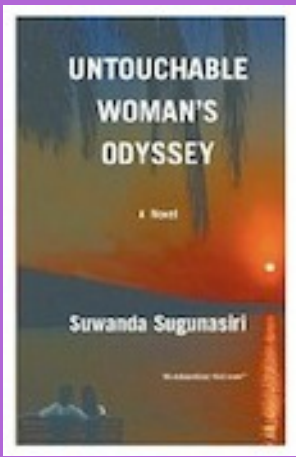
Develop the meditation on Gentleness, for by this hardheartedness is banished.

Develop the meditation on Equanimity, for by this anxiety is banished.

Develop the meditation on Corruptibility of the body, for by this lust is banished.

Develop the meditation on impermanence, for by this pride of self is banished.

Develop the Concentration of Mindfulness by In & Out Breathing, for this, if practiced frequently bears much fruit and is of great importance.



Professor Suwanda Sugunasiri is a member and supporter of Sākyadhītā Canada. He is an accomplished Canadian poet, University of Toronto professor and a Buddhist scholar and leader. After more than 10 years in the works, Professor Suwanda recently reached the milestone of publishing his first fiction novel, *Untouchable Woman's Odyssey*. *Untouchable Woman's Odyssey* is available [ONLINE](#) and at select book stores.



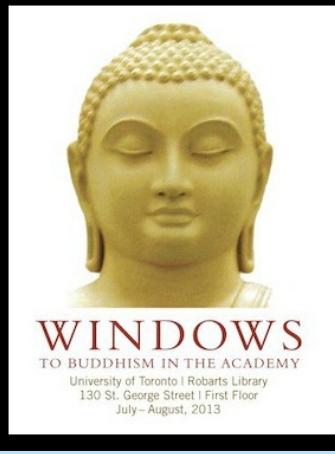
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Bhāvanā, the Pali word that is most often translated as meditation in English, actually means mind cultivation or mental development. The Buddha taught that it is in our own minds that we create our own problems. We don't do this with malice, we simply don't know how to remove ourselves from the mind states that bring pain and suffering into our lives. As we learn and practice the different techniques that the Buddha taught to help us eradicate these adverse mind states, the transcendental mind states become more available and simply arise in the mind: Faith, Joy, Rapture, Tranquility, Happiness, Concentration.

As we realize that the Awake, Radiant Mind, is a mind that has completely eradicated greed, hatred and delusion, we can see the value of cultivating the mind to welcome wholesome qualities that promote acceptance and understanding: Wisdom and Insight. This can sound both attractive and daunting at the same time. But, if we follow the Path from the beginning and travel gradually along, the Buddha not only tells us that we will achieve these transcendental mind states, but that it is inevitable that we do so.

To accomplish this, sitting on a cushion is not enough, we also need to notice when an adverse mind state rises in our mind and use the antidote appropriate for its removal. The first Enlightenment Factor --- Mindfulness --- in conjunction with the second --- Investigation of Mind States --- are invaluable tools in this process. Mindfulness in the Buddha's teaching is not just being aware of the current experience, but also an awareness of the dependent nature of the experience. With this understanding when investigating mind states, we need never leave the present. We need not attempt to determine the first time we experienced an emotion, or the views that we hold, or why, we only need to determine if we believe them to be beneficial. Like the Buddha said, we know if thoughts and emotions based on greed, hatred, or delusion are beneficial or not. A quick glance at an experience, as it is experienced, can give us the opportunity to choose. We can choose to develop adverse mind states or we can choose to develop wholesome ones. And, as the Buddha also said, "Choice is what I call Karma."

Sārani



Windows to Buddhism in the Academy

An Exhibition sponsored by the Buddhist Council of Canada, Windows to Buddhism in the Academy, was opened on July 3, 2013, at the Robarts Library, University of Toronto, and is scheduled to run for the months of July and August.

[CLICK HERE FOR MORE INFORMATION](#)



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May all hearts always be as open and warm as the summer sun.

Buddhist Cultural Centre, Calgary is offering weekly Dhamma sessions during the Vassa period (Rains Retreat, July to October). Vassa is a season of religious recollection, reflection and accumulation of merits. For more information contact: www.wcbac.com

