



MEMBERSHIPS FOR 2014

Celebrate the beginning of 2014 and support Sakyadhita Canada. Find out about Buddhist women (and men) in Canada. What are their traditions, forms of practice, needs and concerns.

Offering & Sharing

We invite those who share the goals and objectives of Sakyadhita Canada to join as members. For former members, it is time to renew your membership. For those of you who want to support us and receive the lunar net letter please send either online [CLICK HERE](#) or by mail the membership/dana form.

[CLICK HERE](#)

Please tell your friends and anyone you know who may be interested. Your support and participation are important to all of us!

By being together, we create a network of sisterhood, and a means of support to help us work towards our goals. Generosity and kindness help to nurture and encourage Dhamma (the teachings of the Buddha) in our day-to-day lives.

Sakyadhita Canada always welcomes and appreciates your ideas, suggestions and talents - we



HAPPY BUDDHAMAS

MAY YOU BE WELL & HAPPY & PEACEFUL

The word "peace" has many levels: A mind infused with virtue has one level of peace and happiness; a mind stilled through concentration has another level of peace and happiness; a mind at peace through the power of discernment has still another level of happiness; and the peace of a mind that is released is yet another level, with a happiness completely apart from the rest.



'THE PAIRS'

Phenomena are preceded by the heart, ruled by the heart, made of the heart.

*If you speak or act with a corrupted heart, then suffering follows you,
As the wheel of the cart does the track of the ox that pulls it.*

would be happy to hear from you!
Please

contact: info@sakyadhitanada.org

We gladly share the goodness of our time and energy, and hope it brings blessings to everyone. May you have peace & joy in your hearts.
Thank you for your support of Sakyadhita Canada!



Phenomena are preceded by the heart, ruled by the heart, made of the heart.

If you speak or act with a calm bright heart, then happiness follows you,

Like a shadow that never leaves.

Dhammapada 1 & 2

The Dhammapada, believed to be the most ancient written record of the Buddha's teaching, starts with this most important statement of fact. Elmer Green of the Mayo Clinic, an expert on the biofeedback treatment of disease, has expressed this in another, more modern way: "Every change in the physiological state is accompanied by an appropriate change in the mental emotional state, conscious or unconscious, and conversely, every change in the mental emotional state, conscious or unconscious, is accompanied by an appropriate change in the physiological state."

The Bible says the same thing in yet another way:

"As it is in your heart so shall it be unto you."

It doesn't matter what our spiritual beliefs are, it is a biological certainty. Our thoughts and emotions are creative. Understanding this, we are able to see more clearly into the dynamics of both Karma and why the practice of the Noble Eight Fold Path starts with Right View.

As we understand that we are the creators of our experience - that our actions have consequences, and that we are the consequence of our actions - we become more and more willing to examine our hearts, and the feelings within them. We can welcome the process of mindfulness and our ability to exercise restraint where necessary and our ability to put effort into developing a mind free of harmful states. We have no control over the world around us, but we do have the power to develop our mind so that whatever is happening in that world does not effect our ability to be loving, kind and compassionate; to see all things with equanimity. We do not become indifferent to our suffering or the suffering in the world; instead we open our hearts to it. As we do this happiness automatically rises and follows us like a shadow that never leaves.

Sārani

"I heard the bells on Christmas Day, their old, familiar carols play, and wild and sweet the words repeat of peace on earth, goodwill to all!"

[Henry Wadsworth Longfellow]