

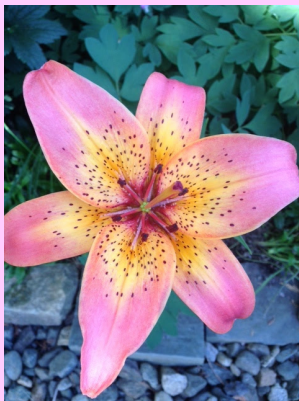


SakyadhitaCanada

association of buddhist women

Sakyadhita Newsletter 34

Full Moon July, 2014



For most of us in the Northern hemisphere, summer is such a wonderful time of abundance. The fruits and vegetables that grow so hardily in our gardens, the rainbow of colours that seem to appear everywhere, and the longer, warmer days. This is such a special time to see abundance all around us. But we can also contemplate, "To truly embody abundance, do we need to have everything we want? Or can anyone who holds space for truth, experience a way of being that is *free of lack?*"

Perhaps abundance is always there, but we sometimes forget to see it.

Wishing you an abundant heart.

Susan



Memberships

We invite those who share the goals and objectives of Sakyadhita Canada to join as members.

Please support us,
[CLICK HERE](#)

or, if you prefer by regular mail download the membership/dana form.

[CLICK HERE](#)

Please share with your friends and anyone interested.

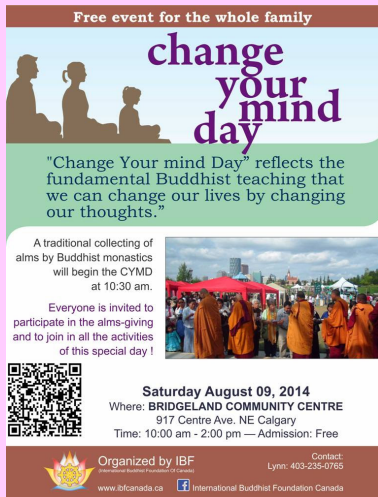
Your support and participation are important to all of us.

*** MERIT ***

*Grain, wealth, silver, gold,
Or, whatever other possessions there are,
... Without taking anything, one must go,
Everything must be left behind.*

*But what one has done by body.
Or by speech or mind:
This is what is truly one's own,
This one takes when one goes:*

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 would be happy to hear from you! Please contact: info@sakyadhitanadacanada.org



Free event for the whole family

change your mind day

"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!

Saturday August 09, 2014
Where: BRIDGELAND COMMUNITY CENTRE
917 Centre Ave. NE Calgary
Time: 10:00 am - 2:00 pm — Admission: Free

Organized by IBF
www.ibfcanada.ca International Buddhist Foundation Canada

CHANGE YOUR MIND DAY

Everyone is invited to an inspiring, exciting and "fun for the whole family" event organized by The International Buddhist Foundation of Canada called "Change Your Mind Day.

At this event, you will have the opportunity to:

- *meet monks and nuns from various temples in Calgary and ask questions individually.
- *Experience first-hand Traditional alms (food) offering to the monastics (food will be provided)
- *Participate in chanting
- *Experience guided walking, sitting, calm abiding and yoga meditations.
- *Enjoy children's activities to bring awareness of compassion through art.

Volunteers/Generosity

This is a wonderful way to take part and help with the day's activities. Sakyadhita Canada is among the participating Buddhist groups, and would greatly appreciate some help (kindness).

Please

email: Jayanta@sakyadhitanadacanada.org or come to the Bridgeland Community Centre at 9 am.

***This is what follows along
Like a shadow that never departs.***

***Therefore one should do what is good
As a collection for the future life.
Merits are the supports for living beings
[When they arise] In the other worlds.***

SN 3.20

***Practitioners, do not be afraid of deeds of merit!
They are equivalent to happiness, these deeds of merit.***

***For I know very well that for a long time I have
Experienced desirable, pleasant and agreeable
results from Meritorious deeds often performed.***

The Buddha

We often hear of the importance of making merit in the Buddha's teaching and rightfully so; it is, as the Bible says, storing our treasure in Heaven. Sometimes this concept is a little tricky for disciples of the Buddha. It doesn't seem to fit with the claim that the Buddha taught suffering and the path leading to the end of suffering --- consciousness free of defilements --- Nibbāna. As true as this is, and as strongly as he stressed that it is in our best interest to practice for the sake of Awakening to Luminous Mind, he also taught how to achieve success in reaching the higher realms present in Samsara: the heavenly realms. It is fairly easy to see that to reside where happiness reigns, a reasonably clear mind is a requirement. We cannot take a mind with a lot of dissatisfaction into higher realms for the simple reason that dissatisfaction is not "higher." It is not possible to get rid of dissatisfaction because we don't want it, we must replace it. Meritorious actions help do this. They, meritorious actions, are not a barter system where we do this, to get that, they are a way to clear our minds, our consciousness, of lower, adverse, states. As we learn to use consciousness in a way that is kind, loving and generous, happiness is naturally present. Dissatisfaction is replaced with satisfaction.

We are told in the Pali Canon, that:

***"For one performing an evil deed
There is no place in the world called "hidden."
The self within you knows, O person,
Whether it is true or false." (AN 3.40)***

We have little to hide as we learn to value the importance of making merit and act accordingly. As a result, our sense of dissatisfaction is replaced with happiness. Heavenly realms are not only possible; life here becomes "heavenly." Making merit is not only giving, it is receiving ---- you are receiving the benefit, not only for yourself in the moment, you are giving to the future beings that will arise in your stream of consciousness. What could be a better gift? (It is always useful to keep in mind that the Buddha said that Loving Kindness is the highest form of merit --- that one moment of loving kindness is greater than all physical gifts we might give.)

Sarani



The Question of Women in Buddhism

Bhikkhu Analayo

(The following is from a talk by Venerable Analayo given at the IBC in Delhi, early September 2013. It is reproduced here with permission)

The question of the position of women may be one of the greatest challenges Buddhism faces at present. The Buddha himself provided a lofty example by fully recognizing women's spiritual potential. He had no doubt that their ability to awaken was equal to that of men. Nor did he believe that to be born as a woman is in principle the result of bad karma. That idea is a late intrusion into the Buddhist traditions. [To read complete article CLICK HERE](#)



Click on the image above to see what is going on with Sakyadhita Canada on Facebook.

You don't have to be a Facebook member to have a look.



The 20th Anniversary Issue of the [Journal of Buddhist Ethics](#), published last year, features an article by Barbra Clayton, of Mount Allison University, about [Windhorse Farm](#), a Shambhala community in Atlantic Canada supported by ecosystem-based sustainable forestry and organic farming.

[Click here to read](#)

Buddha's Maritime Nature: A Case Study in Shambhala Buddhist Environmentalism