

SakyadhitaCanada

Association of Buddhist Women

NEWSLETTER

JULY, 2015

VOLUNTEER, DONATE, SHARE, & HELP

We are looking for one volunteer position of **Treasurer**, (Accounting background required) and one volunteer position of **Membership chairperson**, on the Sakyadhita Canada board. Both positions are a 2 year term.

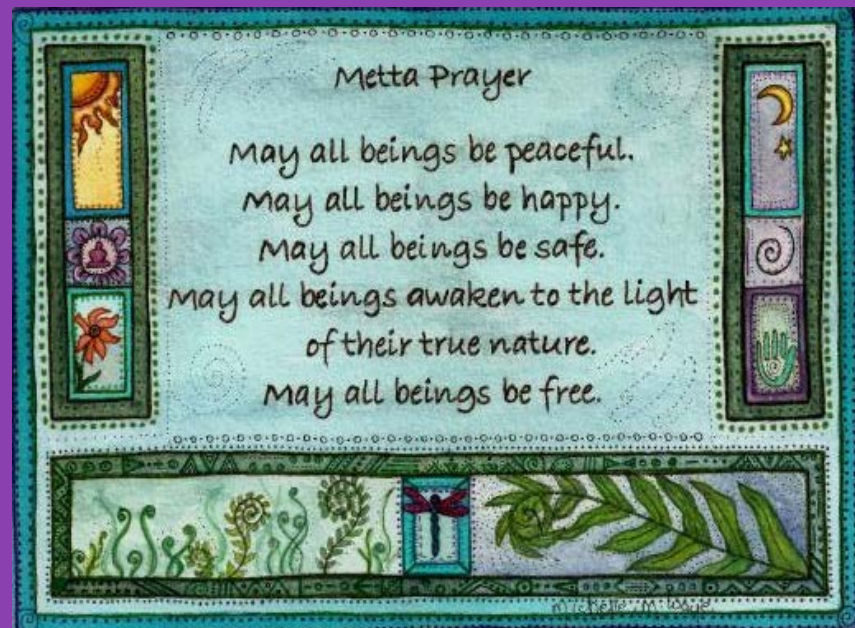
The **RELIC'S TOUR** in Calgary on Aug.14/15/16
Are asking for volunteers.

**For more information
regarding any of the above
please contact :**
info@sakyadhitacanada.org



Membership and support

Any season is a time to practice loving kindness, but the warmth of summer seems to be particularly conducive to opening our hearts, and sharing our kind intentions.



for Sakyadhita Canada.

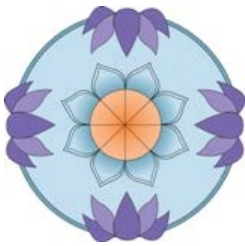
Support & Donations

Your generosity and kindness will help to nurture and encourage Dhamma, the teachings of the Buddha in our day-to-day lives.



Please visit our Facebook page. Click on the icon above. No membership needed. Looks are free, and interesting.

Visit our website...
Also free and interesting!



[Sakyadhita Canada's website](#)



The Story of Four Samaneras



**One who is friendly among the hostile,
who is peaceful among the violent,
who is unattached among the attached,
That one I call a br?hman. Dhp.406**

To many, the world that we are all sharing seems to be extremely challenging. It is so easy to attach to views that make one side of a dispute or conviction right and the other wrong. However, by doing so, we enter into the fray, even if only in our minds, and our peace is lost. It can be such a relief, as practitioners of the Buddha's path, to be able to step back from the process of judgement and into the practice of discernment. The view of right and wrong is then replaced by seeing the benefit of loving kindness and compassion towards all. Friendliness and peacefulness are automatic. We bring peace by being peace. How worthwhile!!

Sar?ni



A Visit to Sati Saraniya Hermitage

A Training Monastery for Theravada Buddhist Bhikkhunis
by Lyne Rivest

This last May, I had the opportunity to stay at the Buddhist nuns' community close to Perth, Ontario. After landing at the Ottawa airport, I was greeted by a cheerful Anagarik? named Acal?. Accompanying her was a visiting American 8 precepts nun by the name of Khemanand? who drove us to the Hermitage which is located 1.5 hours southwest of Ottawa in rural Lanark county.

The hermitage is home to the Canadian Bhikkhuni

A Many-Splendored Thing:



Anne Carolyn Klein on the Transmission of Tibetan Buddhism.

Respected as both a scholar and practitioner, Anne Carolyn Klein (Lama Rigzin Drolma) has a Ph.D. in Religious Studies and is a professor at Rice University in Houston, Texas. She has studied and practiced Dharma since 1970, mainly in the Gelug and Nyingma traditions. She has published widely, including six books. In this article, Dr Klein talks about what the word "transmission" means, and how the transmission of Tibetan Buddhism to the west is progressing. Highlights include words of

Sangha. At present, there are three resident monastics and, at the time of my visit, there were two visiting nuns, a 10- precept nun from Germany and an 8-precept nun from the United States.

Life at the Hermitage is both quiet and busy. The day started and ended with meditation in the newly built meditation hall. This was followed by light chores and breakfast. Meal time is an occasion for the community to get together, chant and share some Dhamma reading which is offered by Ayy? Medh?nand? for our contemplation, especially in the mornings. It is also the time when the activities of the day are planned.

Among other monastery works in which I participated, I had the chance to volunteer for the "mulching crew", setting down a layer of mulch around the nuns' meditation cabins. As I worked alongside the monastics, I came to appreciate the simplicity of their lifestyle in both its beauty and challenges. I remember the unstartled snowshoe hare who kept grazing alone in the meadow as I came by with a wheelbarrow.

After lunch and clean-up, there is a period of quiet time. I could go for a walk on the rural lanes or in the monastery woodlands, sit on the front porch reading or watching the hummingbirds flying back and forth to the nectar feeder; or simply keeping Belle, the monastery cat, company.

The friendliness of the monastic community extends to all visitors, from the children of the lawn-mower repairman to supporters who come to offer food and help out, as well as to laypeople and monastics who are in need of an understanding ear to lighten their difficulties. All are embraced with compassion and gratitude, a gift that lingers in one's heart and mind long past the visit.

To find out more about Sati Saraniya hermitage and their work, please visit : satisaraniya.ca

Top photo, From right to left : Anag?rik? Acal?, S?maneri Ahims?, Ayy? Medh?nand? (resident monastics); Sayalay Kusal?nand? and Sayalay Khem?nand? (visiting monastics)



About Us

If you are interested in more information regarding Sakyadhita

wisdom on the role of the body, emotions, and love in transmission.

[Click here to Read the complete interview](#)



Canada, or would be interested in contributing to our newsletter please contact: info@sakyadhitaCanada.org or you can also access our website at

SakyadhitaCanada.org

Thank-you



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