

THE BUDDHIST MIND

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January 2008

Wishing You A Happy & Prosperous New Year



Please be informed that there will be a **Blessing Service**
at No. 1, Jalan Mas Puteh,
on the eve of the Chinese New Year,
6th February, 2008 at 10.30 p.m.
to mark and usher in the Lunar New Year.

The Sutta, “The Discourse of the Great
Assembly” (Maha Samaya Sutta)

Will be recited during the special Blessing Service.

May we take this opportunity to wish all members and devotees

A “Happy & Prosperous New Year”.

Programme

- 10.30 p.m. Offering of lotus candles, flowers & fruits to the Buddha
- 10.45 p. m. Chanting of Maha Samaya Sutta
- 11.30 p. m. Blessings & distribution of holy water, thread & oranges

Members and devotees may note that we are open throughout the entire festive period for those who wish to be blessed individually or on a group basis.

All are welcome.

2008 Chinese New Year House-Blessings

SBMC is pleased to announce that its chief monk Ven. W. Sarada Nayaka Maha Thero, is extending his service to call on the homes of members and devotees to chant new year blessings during the two weeks of Chinese New Year. Devotees who are interested in this new year house-blessing will have to return us the following form, duly filled. We will try our best to accommodate every devotee for their preferred date and time. Please kindly let us know early.

Name: Mr/Mrs/Ms

Address:

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Preferred Date & Time:

Contact No: (Res) (H/P) (Off)

It is with great pleasure that we announce the newest books available for free distribution. In addition to the books mentioned in our previous circular, the following books are in stock.

- *The Only Path to Nibbana with CD (English)
(Maha Satipatthana Sutta)
- *The Only Path to Nibbana with CD (Sinhala)
(Maha Satipatthana Sutta)
- *Blessings to Conquer Sickness with CD
- *Vandana (Pocket size chanting book)
- *Kamma and its Fruit
- *Where is the Buddha?
- *Questions and the Buddha's Answers
- *Abhidhamma for Beginners
- *Beliefs and Practices Among Chinese & Sri Lankan Buddhists
- Mindfulness in Plain English
- How to live without Fear & Worry?

*Happy Birthday!
And
many happy returns!*



January

*11th Yong Li Ping
14th Hoi Ah Kar & Oh Ah Kak
15th Tan Eng Cheng
17th Jennie Tan
19th Tan Oon Hwang
20th Siew Hong Fei Patrick
23th Ong See Teck
24th Chia Cheng Lim
25th Lio Shi Qi Joanne
27th Phang Kong So
29th Tham Su Ling
30th Chan Wai Hong*

FOSTER PARENT PROJECT 2008

It has been almost a year since appeal for sponsors, for our Foster Parent Project for the poor and unfortunate children in Sri Lanka, which we are gratified to receive very encouraging response of over 120 participants for the Project. We are very appreciative of your support, which benefited the children profoundly, and on their behalf, our gratefully thanks and we sincerely hope that you will continue your most meritorious contribution for this noble cause. It is our fervent hope that you will not only continue participating but pass the words around and encourage your family members, business associates and others, to contribute and donate generously this time around.

Finally, for those who have participated and have not settle fully their contributions, we hope you will do so soonest and for those who wish to continue, kindly contact SBMC at Tel: 67783330 and/or send your cheque for S\$ 320/- crossed payable to "The Singapore Buddhist Meditation Centre" marked "Foster Parent Project" on the reverse of the cheque. Once again, our sincere thanks, and may the Triple Gem bless you and your family with continued good luck, health and longevity.

Yours in the Dhamma,

Ven. Weragoda Sarada Nayaka Maha Thero
Founder/Chief Monk/Chief Administrator
The Singapore Buddhist Meditation Centre

FACTS OF LIFE



We live in an ill-balanced world. It is not absolutely rosy, nor is it totally thorny. The rose is soft, beautiful and fragrant; but the stem on which the rose flower grows is full of thorns. Because of the rose, one tolerated the thorns. However, one will not disparage the rose on account of the thorns.

To an optimist, this world is absolutely rosy; to a pessimist, it is absolutely thorny. But to a Realist this world is neither absolutely rosy nor absolutely thorny. It abounds with both beautiful roses and prickly thorns.

An understanding person will not be infatuated by the beauty of the rose, but will view it as it is. Knowing well the nature of the thorns, he will view them as they are and will take the precaution not to be hurt.

Like the pendulum that perpetually turns to the right and left, four desirable and four undesirable conditions prevail in this world. Everyone without exception must face these conditions in the course of a lifetime. These conditions are: gain (**lobha**) and loss (**alobha**), fame (**yasa**) and ill-fame (**ayasa**), praise (**pasamsa**) and blame (**ninda**), happiness (**sukha**) and sorrow (**dukkha**).

GAIN AND LOSS

Businessmen, as a rule, are subject to both gain and loss. It is quite natural to be complacent when there is gain or profit. In itself there is nothing wrong. Such righteous or unrighteous profit produce a certain amount of pleasure which the average men seek. Without these pleasurable moments, however temporary, life would not be worth living. In this competitive and chaotic world, it is right that people should enjoy some kind of happiness which gladdens their hearts. Such happiness, though material, is conducive to health and longevity.

The problem arises in the case of loss. Profit are accepted smilingly, but not so the losses. The losses often lead to mental agony and sometimes suicidal tendencies arise when the losses are unbearable. It is under such adverse circumstances that one should exhibit high moral courage and maintain a proper mental equilibrium. All of us have ups and downs while battling with life. One should be prepared for the good and the bad. Then there will be less disappointment.

When something is stolen, one naturally feels sad. But by becoming sad, one is not able to retrieve the loss. One should take the loss philosophically. One should assume a generous attitude that his need is greater than mine. Let him be well and happy.

In the time of the Buddha, a noble lady was offering food to the Venerable Sariputta and some monks. While serving them, she received a note stating that certain misfortunes had affected her family. Without becoming upset, she calmly kept the note in her waist-pouch and served the monks as if nothing had happened. A maid who was carrying a pot of ghee to offer to the monks inadvertently slipped and broke the pot of ghee. Thinking that the lady would naturally feel sorry at the loss, Ven. Sariputta consoled her, saying that all breakable things are bound to break. The wise lady remarked: "Ven. Sir, what is this trivial loss? I have just received a note stating certain misfortunes have occurred in my family. I accepted without losing my balance. I am serving you all despite the bad news."

Such valour on the part of such a courageous lady should be highly commendable.

Losses one must try to bear cheerfully with manly vigour. Unexpectedly one confronts them, very often in groups and not singly. One must face them with equanimity (**upekkha**) and take it as an opportunity to cultivate that sublime virtue.

See Part 2 — Next issue — Buddhist Mind

OUR PROJECTS

DANA FUND

This fund is used to provide food and shelter for visiting monks and nuns, as well as for the daily maintenance of the SBMC. Previous sponsors are encouraged to renew their sponsorships while new sponsors will be gladly accepted. (per month \$10/-, per year \$ 120/-.)

FOSTER PARENT PROJECT

As mentioned earlier, a total of 120 children have been adopted so far since the scheme was launched in late 1996. We appeal to members and devotees to do their part for these poor and needy children's by adopting a child for \$ 320/- a year. The donation is to provide food, clothing, medical care and education for the children.

BUDDHA IMAGE TOWER

SBMC has established two illuminated Buddha Towers. One tower is especially set aside for the purpose of transferring merit to the dear departed. The devotee sponsoring an image can indicate the name or names of the person or persons to whom the sponsor wishes to transfer merits. The second Buddha Tower is to bless the living. Devotees may sponsor an image to invoke blessings on themselves and their family members. A devotee can sponsor one or more image at a cost of \$ 100/- each. The name of the donor will be carved on each image.

REPRINTING OF BUDDHIST BOOKS

“The gift of Truth excels all other gifts. The flavor of Truth excels all other flavors. The pleasure in Truth excels all other pleasures. He who has destroyed craving overcomes all sorrow.”

Dhammapada 354

One may provide all the disciples of the Buddha with the four requisites in the best possible way or give the people all material things. But to enlighten them on the Dhamma with stanza of only 4 lines is said to be the best and the highest of all other donations. Rare are the people who can preach and enlighten the listeners and convince them. Hence the books written on the Dhamma play a very important role in the spread of Dhamma. Our society has undertaken to print the books written by well known great scholars on Buddhism. We have already printed more than two hundred books. These books will be freely available to those who are interested in Buddhism.

Sponsors for the printing of books are welcome. You can sponsor publications for the following reasons:-

- a) In loving memory of dear departed ones;
- b) For good health, peace, happiness and prosperity;
- c) To mark special occasions such as birthdays, anniversaries, etc.
- d) To acquire merit by spreading the Word of the Buddha.

Great merit will accrue to the sponsors. For more information please call SBMC Tel: 67783330.