



THE NEWBURY BUDDHIST MONASTERY

- Tara Fances

It's been just two months since the inception of the Newbury Buddhist Monastery (NBM). In that short time so much has already been achieved due to the hard work and incredible generosity and support of many people from near and far. Our two venerable monastics, Bhante Jag and Ayya Upekkha, ably assisted by Achan Api from **Bodhinyana**, have been at the forefront of this progress. They have been the guiding lights, leading by example with their dedication and seemingly boundless energy to get the monastery up and running. The buildings and surrounding gardens are looking much revitalized, and, although there is still plenty more to do, the facilities were in a very satisfactory state and ready for the monastery's inaugural retreat led by Venerable Jag.

Moving day, Sunday September 7, was a momentous if exhausting one in the history of the Buddhist Society of Victoria. The hopes and plans of many people associated with the BSV, past and present, to establish a forest monastery had finally come to fruition. After seven years, **Sanghamittarama**, the BSV's nuns' monastery in East Bentleigh, closed its doors and headed to Newbury to establish there the monastic centre for women who wish to become fully ordained bhikkhunis. And after his residency of three years, Bhante Jag, departed **Buddhalokha**, the BSV's city centre, to continue the male monastic tradition at Newbury.

As the Newbury property, Kattaminga, was set up as a holiday accommodation, the new monastic and lay residents were able to move in immediately on settlement and use the existing facilities. However, the buildings were badly in need of repairs, the gardens needed tidying and clearing and electric, gas and water infrastructure needed maintenance and/or upgrading. So it was straight into the hard work of getting things unpacked, sorted, cleaned and repaired.

As well as the three monastics, a number of lay people have been in residence for various periods of time. And day visitors have come to offer assistance or bring lunch- Dana. The amount of enthusiastic and generous support that has been offered so far has been very encouraging and bodes well for the success of this major undertaking. When starting out there posed some uncertainty as to whether people would want or be able to travel out of town. But as well as many familiar faces from the BSV there have been many new guests visiting from the surrounding areas to help out in various ways. On reflection I guess it is not so surprising that people want to be involved in such an exciting and pioneering Dhamma venture.

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FROM THE PRESIDENT

– Cora Thomas

As you will all see, there is great news about the Newbury Buddhist Monastery. On the **Buddhaloka** home front in East Malvern there is also continuing good news. We have been very fortunate that Ajahn Ariyasilo has been able to join us as resident monk since the end of the Vassa as this has enabled a smooth teaching program to be offered and at the same time for Ayya Upekkha and Bhante Jaganatha to concentrate their attention on setting up the monastery.

Ajahn Ariyasilo will be teaching at least into the New Year and on New Year's Eve he and Ayya Upekkha will offer a program of celebration and reflection at the City Centre suitable for both adults and children. From December 26th until 31st, Ajahn will also lead a retreat which will allow those who attend to enjoy peace and quiet away from the often hectic and noisy Christmas/New Year activities. Everyone is welcome to join in at times to suit themselves.

We also have wonderful news with regard to residential retreats in 2015. From Friday April 10th until Sunday April 19th a retreat will be conducted by Ajahn Brahmali for the BSV at Coastal Forest Lodge, Anglesea and from Saturday 20th June until Sunday 28th June, Ajahn Achalo will conduct a retreat for the BSV at the same venue. Details will be forthcoming.

I would like to take this opportunity to wish everyone a safe and happy holiday season and to thank our dedicated monastics, Ayya Upekkha and Bhante Jaganatha, and our wonderful volunteers and donors who have enabled the BSV to realize a vision of such enormity and importance to the future of the Buddha Sasana. Sadhu! Sadhu! Sadhu!

EARLY MARCH UPDATE:

It does seem that most of us survived the holiday season in good health and now that the working year is well underway our lives have resumed a normality. More good news on the **Buddhaloka** front is that Ajahn Ariyasilo is staying with us until the last week of April when he goes to Queensland until the end of May. He will then return to the BSV by which time the Ugandan monk, Bhante Buddhharakkhita will be in residence. Ajahn Nissarano will also be paying us a visit in early May, although he will probably mainly reside at the NBM monastery. We are hoping that Ajahn Ariyasilo will be with us for the Rains Retreat.

THE AGM 2015:

The 2015 Annual General Meeting of the Buddhist Society of Victoria inc. will be held at 1.00pm in **Buddhaloka** Hall at 71 Darling Rd., East Malvern, on Sunday, April 26th. We invite our members and friends to attend this meeting.

Proxy forms allowing proxy voting, and nomination forms for committee membership and the executives will be pinned to the noticeboard at the end of March. We invite members of two or more year's standing to nominate for these positions and in this important way to support the Society.

THE OFFICIAL OPENING OF THE NEWBURY BUDDHIST MONASTERY:

Led by Ajahn Brahm the opening will take place on Sunday, 24th May. The program is yet to be finalised as we are expecting many visiting Sangha as well as local dignitaries. However, transport will be provided from Melbourne for those who cannot or do not wish to drive and you will be required to reserve a seat at \$15 there and back.

WESAK CELEBRATIONS:

We expect that **Ajahn Nissarano** will lead celebrations at **Buddhaloka**. People will be able to take 8 precepts and we can enjoy a day of reflection, meditation and celebration.

Ajahn Brahm will lead an evening Wesak celebration on the evening of Saturday, 23rd May at **Buddhaloka** and the following day he goes to Newbury to open the Monastery. There will be no public talk on Sunday evening, 24th May, but on Monday 25th and Tuesday 26th there will be public talks at **Monash University** Religious Centre and **Buddhaloka** respectively. Retreat Days will be held on Monday 25th and Tuesday 26th May at **Buddhaloka** Centre. Program details and times will be forthcoming as soon as possible. No booking is required, however, and all teachings are free.

Donations both to the BSV and to the Newbury Buddhist Monastery will be very welcome.



MEDITATION FOR PHYSICAL AND MENTAL WELBEING

– Ven Pannasobhana Thero

Happiness is one of the most misunderstood words in our vocabulary, yet we search for this intangible state all our lives. If I only had this or that, if I met the right partner, have a big house, a new car, the job I've always wanted, then I would be happy. The Buddhist and ancient Hindu teachings stress that happiness is real only when we let go of seeking material and transient things and discover the lasting joy that is within.

Finding happiness is not winning a lottery and searching within. It also cannot happen by doing nothing or just waiting for it to emerge by itself. It requires change of behaviour, way of thinking and be mindful of things that makes us miserable, hopeless, and fall apart.

Ancient Buddhist wisdom and teachings have always given the solutions for inner transformation and the way towards a greater source of joy with or without letting go of worldly pleasures. Therefore for someone with a willing heart and a yearning mind, finding true contentment can be a matter of sitting down for meditation. But in reality it's good to remember that to feel lasting happiness there is no quick fix but simple steps to meditation that can help slowly build a sense of serenity, vitality and happiness.

WHY MEDITATE?

Think about this for just a moment...

- Your achievements in life are the result of your actions.
- The actions you decide to take are the result of your decisions.
- The decisions you make are the result of your thinking processes or your mind.
- Therefore your thinking processes are completely dependent on the quality of your mind.

*“Manopubbangama dhamma
manosetha manomaya
manasa ce pasannena
bhasati va karoti va
tato nam sukhamanveti
chayava anapayini”*

Mind is the forerunner of (all good) states. Mind is chief; mind made are they. If one speaks or acts with pure mind, because of that, happiness follows one, even as one's shadow that never leaves.

(Dhammapada – Yamaka Vagga- Verse 2)

It would be easy to assume that meditation is just a mental exercise and that the benefits of meditation are limited to the mind only, but stop for a moment and consider the fact that your mind and your thoughts are connected to every other aspect of your life. Your thinking affects your emotions, and your emotions affect your physical body. You are a connected being-your mind, your physical body, your emotions and the spiritual dimension of your life are all intertwined.

Meditation not only can transform an individual into a very peaceful being with healthy body and mind but also contribute towards world peace through its ability of creating peaceful minds. A peaceful environment is a fertile ground for lasting progress; and with both peace and progress together it can create a safer society, country and a better world.

The great thing about meditation is that our philosophy/religious belief is not important. Meditation is about consciousness. The beliefs of the mind become trivial. We dive deep into the heart of the matter to gain access to our soul – our inner reality. Therefore, meditation can (and is) practiced by people of different religions or no religion.

Some benefits of meditation can be stress reduction, improved health and improved sleep, slowed aging, emotional stability and positive thinking. People who meditate are less stressed, healthier, they sleep better, and they have a more positive outlook on life. Simply put, meditation makes you a happier person!

Ven.Pannasobhana Thero- Is the resident meditation teacher at Dhammasarana Vihara in Keysborough-Melbourne. He is a disciple of several prominent meditation masters in Myanmar and Sri Lanka where he received the “Kammattanacariya”-(Meditation Master) training at Mahasi Sasana Minsu, in Mandalay-Myanmar. He holds a Doctor of Medicine degree as a Physician and has worked in the fields of Medicine, Gynaecology & Obstetrics, and Aged & Palliative Care before his Ordination as a monk at Pa-Auk Tawya Forest Monastery in Malwalmyien- Mons State- Myanmar.



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- Reduced muscular tension
- Strengthened immune system
- Accelerated ability to recover from strenuous exercise
- Decreased high blood pressure
- Lowered cholesterol levels
- Reduced risk of cardiovascular disease
- Reduced strain related pain, such as headaches
- Ability to sleep more deeply and restfully
- Improved flow of air to the lungs resulting in easier breathing
- Reduction of free radicals - organic molecules responsible for aging, tissue damage and possibly some diseases
- Reduced levels of stress hormones such as cortisol
- Increased feelings of vitality and rejuvenation

How meditation will benefit you emotionally

Often overlooked are the many benefits of meditation that relate to your emotional wellbeing. People who meditate not only experience a reduction in stress, they also report emotional improvements such as:

- Improved sense of positivity
- Increased confidence
- Greater ability to give and receive love
- Elimination of panic attacks
- Greater sense of warmth and openness towards others

How meditation will benefit you spiritually

Last but certainly not least are the benefits of meditation that relate to spirituality. People that meditate often experience:

- A greater sense of purpose and meaning in their lives
- A feeling of connectedness to others
- An openness to love and to higher guidance
- Improved intuition
- A tendency to "let go" and go with the flow of life

Meditation does not have to be a spiritual experience for you, but if you so choose, then the spiritual dimension of your life may blossom through meditation. Experienced meditators often describe feeling a blissful wholeness and a deep inner connection to all life. Incredible depths of inner peace - peace that is beyond all understanding and description - lies within us all, and meditation is the key to awakening this unfathomable dimension of freedom.

Meditation will help you to make wiser, more peaceful choices during everyday moments. This in turn leads to a life that contains more positive opportunities and fewer problems. Of all the reasons to meditate, this one is perhaps the least obvious, but it is also one of the most significant.

WHO CAN MEDITATE?

Great Meditation Master Ajahn Cha said "As long as you are breathing you can meditate" therefore there is no relation between sex, age, race, religion, previous experience, social conditioning, genetic makeup and meditation — these are all unimportant. It has been witnessed that from the age of five up to the age of ninety anyone can meditate. It's only the body that gets old, making it possible for anyone with sound mind to practice meditation.

Meditation helps athletes to concentrate on achieving their goals, and helps them to achieve peak physical condition and to accelerate healing and physical recovery after exercise. Likewise Artists too of all types use meditation to open their minds to "Creative Talent". After all, creative inspirations come from the mind. If your mind is full of noise, if you are stressed and confused, then it is not an easy thing to access those creative corners of your mind.

It is important for professionals to manage complex situations or to develop a strategic direction for their industry. When intensive, multi-faceted thinking is required, meditation can really help you to open your mind to new possibilities and to improve your ability to respond promptly. When multi-tasking is required in a working environment Meditation can give that additional mental boost for quick decision making while cutting down stress levels.

Finally Meditation has been used for thousands of years as a way to attain a level of awareness that is beyond the limitations of mundane mind, to find freedom, and to connect with the spiritual awareness within. Meditation is perhaps the most universal and commonest feature of Spirituality.

As you can see, there are many reasons to meditate. Your psychological, emotional, physical and spiritual healths are all connected, and all have an impact on your ability to experience deep meditation. If there is an imbalance in one aspect of your life, it will undoubtedly affect every other area in one way or another. But even if you are not an athlete, or an artist or a professional, but already an intelligent, healthy person who has no interest in spirituality, meditation can greatly enhance your quality of life. I urge you to try meditation, if for no other reason than the fact that it makes you feel so good and somewhere along the way you will find that true happiness you have been looking for all your life!



WHAT'S HAPPENING AT NBM

– Bhante Jaganatha



It's been a busy period since moving into NBM on September 7th, just a bit more than two months ago. In that period of time we have had a number of working bees to help tidy up the property. The amount of help we have received from volunteers from all corners of Victoria has been nothing short of spectacular and the Sangha and residents of NBM extend their heartfelt appreciation and thanks to all the wonderful volunteers who have stepped forward to help us out. SADHU!

During this settlement time, we also squeezed in a 5-day residential retreat at NBM....the first ever! From most reports, the retreat went well, though I had concerns our septic or water systems might play up. Despite my concerns those problems did not eventuate. The only thing that was a bit difficult for some was the cold, and we knew that this could be an issue due to the temperature in Newbury typically being 3-5 degrees colder than in Melbourne. It also doesn't help that we do not have sufficient heating in the sleeping quarters, so this is something we wish to address before the next winter arrives.

We have already installed two reverse-cycle heaters in the meditation hall. The new heating has so far proven to be very helpful in allowing meditation to be a comfortable, rather than a chilling experience. We also had help from a volunteer who donated his weekend to install these units free of charge.

Our plans short to medium term involve the installation of:

1. Water pumps for domestic water supply (the current one is on borrowed time and is not working properly).
2. Heaters in rooms.
3. Hot water systems (energy efficient ones rather than the expensive systems currently in place).
4. Solar Panels (to offset our electricity bills that will rise with electric heater use).
5. Machinery and tool shed. This will be the mounting point for the solar panels as well as a providing catchment area for drinking water that we can harvest into rain-water tanks.
6. Insect screens and window winders so that people do not cook in their rooms during the hot months.
7. Electrical switchboard upgrade (current board is quite old and needs replacement for safety reasons).

There is much by way of maintenance work required at NBM, and we have been really blessed to have had so many people chip in their time/money/expertise (usually their recreation leave as well) to help us fix and maintain the monastery. Here again, we thank our kind volunteers for all their help.

We also very recently took delivery of a ride-on mower and small tractor to help us maintain a level of fire-preparedness via fuel-reduction on the property. The tractor and ride-on have been put to heavy use already, and again we thank our volunteers, both live-in and visitors, for helping us prepare for the upcoming fire-season.

All in all, it's been a whirlwind of activity, and things are steadily falling into place. Each day sees some new progress being made in terms of the monastery getting on its feet. We also have monastics coming to stay over the next few months. The word is getting out and people are enquiring about what NBM can do for them in terms of a place for meditation, contemplation and plunging into the Buddha's teachings.

Ayya Upekkha and I, along with the small resident community, thank all the BSV volunteers, members and friends who have made this amazing place a reality. Those who come out and see it are usually bowled over by its natural beauty, and the peaceful vibe of the monastery. If you have not already seen it, please do come out and witness for yourself the wonderful property that is supporting the triple gem and the four-fold assembly.

With deep appreciation and joy in everyone's efforts.



SCIENTIFIC BASIS OF BRAIN, CONSCIOUSNESS AND REBIRTH

– **Dr Granville Dharmawardena Ph.D. (Cambridge)**

We have heard much about rebirth in books, journals and speeches. Some small children talk about their past lives. A person who dies and is reborn normally carries with him/her his/her knowledge, skills, emotions, enmity, friendship, fears and even sexual tendencies to the reincarnate. Memories relating to these get lodged in the subconscious mind of the reincarnate. They remain hidden and pop up into the conscious mind when stimulated.

This writer visited a very poor family living in a hut in Gampaha (a town in Sri Lanka) and was surprised to find a violin in that hut. It belonged to the 14 year old boy who lived there. He played it for us and was very talented in playing it. He said that it was presented to him by the music teacher in school. He had to be very talented to get it as a present from the music teacher and such a talent cannot develop while living in such poor conditions. Therefore his talent must have come from his past life. Under hypnotic trance he revealed that he was well to do in his past life. His past life parents were both teachers. His past life father had bought him a violin and taught him how to play it. His past life home was only five miles away from his present hut and he had died at the age of 25 years of a motor accident. He was immediately driven to his past life home and we could recover his past life violin. His past life parents agreed to pay for his education.

A 14 year old Sinhalese Buddhist girl from a suburb of Colombo (capital of Sri Lanka) met this writer because she was getting frequent fainting attacks. Under hypnotic trance she revealed that she was a trained LTTE cadre in her past life. The LTTE had trained her in fighting methods including karate and Bharatha dancing. Under hypnotic trance she performed both karate and Bharatha dancing. Although she had never learned Tamil language and lived in a Sinhala environment she could understand a Tamil conversation.

Memories of injuries sustained at the time of death get deeply ingrained in the astral body and after it links itself with the brain of a foetus, it influences the development of the body of the foetus. Bullet wounds and stab injuries sustained at the time of death usually appear as birth marks. Professor Ian Stevenson of the USA has studied a large number of such cases and written a book on the subject titled "The Biology of Reincarnation". He had even found tyre marks on the chest of a person who had got run over by a car and died in his past life.

This writer met a young man in Colombo one leg of whom is shorter than the other. Under hypnotic trance he revealed that he got run over by a train in his past life near the Wellawatte (suburb in Colombo) railway station and one of his legs got severed in that accident. That leg is now shorter than the other in this life and he feels handicapped by that because he is now a cricketer.

A 14 year old boy had four birth marks. two in his belly and two behind. He revealed that in his past life he lived in China and died when he was shot by a terrorist. He had received two gun shots and the birth marks are where the bullet had entered and exited his body.

A young girl in the USA who had become very obese could not lose weight because the normal weight losing techniques were not working for her. Later it was found that the cause of her obesity had come from her past life. In her past life she had been a pretty girl who got abducted and raped. After that she had thought that the reason for the abduction and rape was her beauty and made a vow not to be beautiful. As a result of the vow she had become very fat to lose her beauty. After her death her astral body had carried the vow to her current life and lodged it in her present life subconscious mind and that made her very obese and resistant to weight losing techniques. After erasing the memories of the past life vow from her subconscious mind she could lose weight.

A lady working in Matara Hospital (major town in Sri Lanka) came to meet this writer with her twelve year old son and complained that her son was her sole companion in life, but he treated her as an enemy. He always used to beat her with whatever that came to his hand and beat and kick her even while walking on the road or travelling in a bus. No treatment had helped to ease the situation and she was desperate. Under hypnotic trance it was revealed that in their past lives they had lived in India, the mother was a rich lady and the son was her servant girl. The lady had been cruel to the servant girl and when she contracted malaria at the age of 16 years she was not looked after and as a result she died. The servant girl's astral body had carried the memories of the cruelty she had suffered under the lady and became the son of the lady's reincarnate at Matara to take revenge. Under hypnotic trance most of the memories of cruelty in the boy's subconscious mind could be erased.

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JOHN'S STORY: THE POWER OF THE MIND

– John Atkin

This is my story. Due to the nature of my employment I was profoundly afflicted in my knees and back. I took all sorts of drugs, had a lot of physiotherapy, but no change occurred. I became a dodderly young man at the age of 64. I was told I needed an operation on my right knee but I kept putting it off out of fear it would not be successful. I increased pain relief drugs to manage the pain. I had to use a walking stick and an electric scooter to go to my school crossing supervisor job. I lost the ability to go up and down the stairs and even stand for more than a few minutes. I could not do any house chores. I became depressed and had difficulty sleeping. This all started to affect my family life.

In October 2010 I joined a research study. The method of exercise and pleasant imagery taught me to relax; changed my attitude. It took a few sessions but my physio was caring and strict and I had to maintain a regular pattern of exercise at home. The movement in my knee started to improve. My general wellbeing mentally and physically improved. In the second part of 2011 I was able to stop the use of pain relief drugs and sleeping pills. I am now able to walk up and down the stairs without difficulty, to stand for long periods as I do my school crossing supervisor job where we are not supposed to sit down. I ride a bike every day which I could not do for the past 5 years. I walk every morning or night and the knee does not lock up anymore after sitting. I have added more exercises to the physio's program, which I will do every day for the rest of my life.

I will not seek to have operations because the program has given me normal function of the knee. It has improved my life and wellbeing. I have joined a men's group at a local health centre. When I talk to folk who have leg problems they say, "It won't do me any good." My reply to them is, "It will. You just have to have a change in attitude and thought processes have to change in conjunction with exercise".

Prior to this illness taking its hold on me I had met a Buddhist nun. She invited me to visit the BSV Centre in Darling Road, East Malvern and see if I could get help for other issues that were significant in my life. I did visit and sat quietly contemplating. The surrounds in the meditation hall were so serene, peaceful and calm. At the time I had had other life-threatening illnesses which caused me to contemplate suicide.

After visiting the BSV Centre I changed my way of thinking and started to practice meditation. I started to attend the BSV, on a regular basis and the more I attended the more I was able to deal with my illness.

One night at the centre I met a committee member, Cora Thomas, who encouraged me to join the BSV as it would allow me better access to the centre and resources such as the library cds and books which I began to read, and when able, I attended meditation classes and some Saturday afternoon sessions reading the suttas with an English monk. I also attended sutta readings at the Bentleigh **Sanghamittarama**, the nuns' residence connected with the BSV. During this time I was attending a clinic which I had been doing for a few years to help me with depression. Because of the NEW way of thinking taught me by the Buddhist folks I was able to stop attending this clinic, as my meditation efforts were getting better and my whole life turned around for the better. I then met Ajahn Brahm during one Wesak. It was an experience I will never forget. His words like words of other monks I had heard were so calming and gave a lift to go on and not let anything get me down. My marriage at the time was on the rocks so to speak, and this connection with the BSV saved it. We are now what you might call coping with all that life throws at us.

It was a new beginning becoming a BSV member. To me it is the only way of life that has benefits all round. When I had bacterial cancer of the stomach it was suggested to me to use meditation to help with my recovery. As I was already meditating, I increased my time in meditation, and the doctors were amazed at my recovery; they told me it would have normally taken 2 to 3 years before I would fully recover. But my recovery was cut by 2 years and 10 months. When my GP queried me on what I had done to get better so quickly as I was at death's door at one stage I told him I had joined the BSV and was meditating on a regular basis. He said, and I quote, "keep it up and don't stop. This is marvelous I must tell my friends about this".

To all of you who changed my life for the better a big thank you and Mega Metta to you all and your families and friends.

John Atkin, member of the BSV, Darling road, East Malvern.



FROM THE DHAMMA SCHOOL

– Suzanne Palmer-Holton

Dhamma lessons commenced on February 15th when the upstairs room was filled to capacity with children and their parents eager to continue with their journey through the stories of the Buddha's life and his teachings. On the day 35 children were enrolled.

The term dates for 2015 are:

- Term 1: 15th February – 22nd March
- Term 2: 19th April – 21st June
- Term 3: 19th July – 13th September
- Term 4: 11th October – 6th December



The Jataka Stories

Jātakas, are an excellent way to illustrate The Buddha's teachings. They gently demonstrate system of ethics on which Buddhism is based. They are particularly interesting to young people because many of the stories are about animals, and children find it easy to identify with animals. Each one teaches us a particular moral point demonstrated by a couplet at the end. It is believed that Aesop's fables and many other writings were probably inspired by the Jātakas.

Here is an example:

SĀLIKEDĀRA JĀTAKA 484

Once there was a Brahmin whose name was Kosiyagotta. He held an estate of one thousand acres where he grew rice. To the north east of this estate was a wood of silk cotton trees growing on the flat top of a hill and in the wood lived many parrots.

The Bodhisatta was born among this flock of parrots as the son of the king of the parrots, and he grew up handsome and strong. When his father grew old and could no longer fly far away, he asked his son to take care of the flock. From the next day onwards he refused to let his parents go out foraging for food, but instead flew with the flock to the Himalaya hills. After eating his fill of rice, he brought back sufficient for his mother and father.

One day the parrots went to some fields guarded by a watchman. He tried to drive the parrots away but could not. The man was worried there would be no rice left and he would be fined by the Brahmin for not taking care of the crop. He took a handful of rice with a gift inside it to the Brahmin and explained that a flock of parrots were eating his crop. He also told him how one very fine bird took some rice back in his beak after he had eaten his fill. The Brahmin asked him to make a snare and catch the parrot.

The next day the watchman made a cage and set a snare. The parrots came again to feed and the king parrot was caught. He waited until his flock had finished their food so they would not fly away hungry, then he cried out for help. The watchman was delighted he had caught the very parrot he wanted so he took him to the Brahmin.

The Brahmin asked the parrot if he had a granary somewhere where he was storing the extra rice he was taking away.

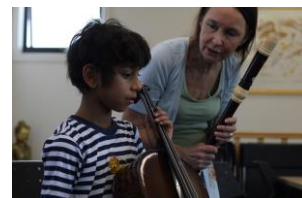
The parrot replied:

"A duty I fulfil each day

A treasure then is stored away."

He explained how it was his duty to take food to his parents, and the treasure was loving kindness. The Brahmin was very impressed with the parrot's generosity and offered him one thousand acres of rice, but he accepted only eight acres.

He went back to his parents and his flock and told them the story. Kosiyagatta followed the advice of the king of the parrots and made many generous offerings to those in need.



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Newbury Buddhist Monastery ...

NBM is such a beautiful property; the gardens around the buildings have been providing a lovely Spring display and the paddocks, bordered by the Wombat State Forest, are still lush and green. There is an abundance of wildlife including a local mob of kangaroos, the odd wombat and echidna and a variety of native birds. The drive up into the Great Dividing Range from Melbourne is very pleasant too. No wonder people want to come. It still remains to be seen if people continue to come, particularly during the colder months but the possibility of snow could be an incentive for some!

The organised working bees, one in September and one in October drew a large number of people. With so much needing to be done, a job list identified the priorities for the day, which volunteers then chose from. There was such an evident spirit of enthusiasm and cooperation as people went about their tasks whether it was cleaning bathrooms or bedrooms, washing walls or windows, painting the dining area, pruning and clearing sections of the garden, removing rubbish, preparing lunch, doing laundry, plumbing or electrical work, and the myriad of other jobs that were required. On both working bees an abundant and delicious lunch was provided to sustain the workers followed by a Dhamma discussion led by Bhante Jag. These were two wonderful community days with lots of hard work done, good food enjoyed and friendships made or strengthened. With such concentrated energy a lot was accomplished in a short time.

Apart from these two days there have been weekday, weekend, week-long and longer term volunteer helpers, all with plenty of willingness to support the monastic community and contribute to the ongoing building and renovation work needed. With such a great start the NBM is sure to develop and grow into a wonderful place for all to share and for the Dhamma to flourish.



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Scientific Basis of Brain, Consciousness and Rebirth

Change of sex during rebirth result in gender confusion. If a man dies and is reborn as a girl, his male sexual tendencies and desires are carried in his astral body and get lodged in the subconscious mind of the reincarnate girl. But her body possesses female tendencies and desires. Having opposite tendencies and desires in the subconscious mind and the body result in gender confusion preventing her from performing a female role in sex. Such a girl will not have boyfriends and avoid getting married. If she gets married under compulsion the unlucky partner, most likely, will separate after getting frustrated. If she had been a very active male personality in her past life the male tendencies and desires may dominate and make her a lesbian. In the same way a boy who had been a female in his past life will resist girlfriends and marriage and may become a gay personality.

spontaneously and adults talk about their past lives when they are in a hypnotic trance. Some others recall their past lives when they are in deep meditation. Verifiable details of what people revealed about their past lives have been verified by reputed scientists and found to be true and rebirth has been proved as a scientifically true phenomenon.

NB from Editor: I do thank Dr Dharmawardena for sharing with us his contributions, which we hope to continue in the coming issues. Dr Dharmawardena has informed me his articles are a product of his own research, personal experiences and also, of having references from credible sources.

FROM THE EDITOR AND FRIENDS IN DHAMMA

Sakyadhita 14th International Conference on Buddhist Women "Compassion and Social Justice" Yogyakarta, Indonesia June 23 to 30, 2015



Sakyadhita International Association of Buddhist Women is pleased to announce the 14th Sakyadhita Conference to be held in Indonesia at the Sambu Resort, located in the highlands on the outskirts of Yogyakarta. The tropical ambiance and spacious grounds at Sambu are an ideal setting for meditation, educational presentations, workshops, interactive discussions, and cultural exchanges. All voices are welcome at the Sakyadhita conferences: women and men, lay and ordained of all ages, nationalities and perspectives.

Panel topics include: Diversity & Multiculturalism, Trans-Buddhist Dialogue, Equality, Respect & Lay/Monastic Relations and others. Workshops include Building a Smart-living Community, Everyday Dhamma for Future Mothers and many others.

A two-day tour to sacred sites in the vicinity of Yogyakarta will follow the Conference, including an early morning meditation at Borobudur, one of the wonders of the world.

To quote a BSV participant from the last Conference held in India:

"Attending the Sakyadhita Conference opened my mind to the diversity of Buddhism and the breadth of women's experience in Buddhism. Listening to accounts of the hardships faced by nuns and lay-women wishing to practise in other countries and cultures developed a deep respect in me for their devotion and determination, and motivated my own practice back home. The whole Conference was a truly inspiring experience."



TREASURERS REPORT ON THE NBM

– Chinlook Tan

We are delighted to announce that fundraising for Newbury Buddhist Monastery has reached \$2.03 million of a total of a little over \$ 2.3 million for the land purchase. This amount includes a \$350,000 interest free loan.

Again, our fundraising efforts received a tremendous boost as the result of the activities of our friends in Singapore, in particular a fundraising dinner held in July and more recently, an anonymous and very generous donation. Locally our fundraising efforts have been very successful with a range of activities bringing in donations especially the selling of notional “lots” of the property. While our monthly pledges remain constant, we have also received some very substantial one off donations from BSV members and friends. Thank you everyone for your generosity.

Since the inception of the NBM on 7th September 2014, the total amount spent is approximately \$87,700.

The major expense items include as follows:

- Utility vehicle and trailer: \$43,250
- Tractor & ride-on mower: \$10,840 (this includes the initial deposit on the tractor, the balance of which will be paid as monthly instalments over 3 years)
- Two air conditioning units: \$4373. Labour was donated.

The remaining amount was spent on maintenance, repairs, and tools

February 2015



OBITUARY

– Lim Khaik Hoe – A tribute

On Saturday, 13th December, a funeral service was held in the Dhamma Hall of the BSV for one of our very dear members and friends, Lim Khaik Hoe, known by many as Uncle Hoe. It was a moving service and the family members spoke of Hoe with much tenderness, humour and affection.

Hoe had been a member of the BSV for 13 years and was a wonderful supporter, opening his traditional Chinese garden in Brighton on a number of occasions to raise funds for the BSV and joining in the celebrations and other activities organized by the Society. His garden was also opened from time to time to aid the many worthy causes he supported and to which he gave of his time.

Although he was brought up in a Chinese Buddhist family in Malaysia, it was at the BSV that Hoe said he really learned about Buddhism and how to meditate. His practice meant much to him and gave him great calm and strength, as even in the last weeks of his life, he could be seen quietly sitting and contemplating in the garden at the back of the BSV residence while the Sunday talk was taking place in the hall. He had been ill for some 5 years but he remained calm and cheerful, living each day with joy, and greeting his many friends with warmth and interest.

Our thoughts and condolences are with his dear wife Mei and the family. How much they must feel the passing of such a generous and much loved person.

GRATITUDE

– by Cora Thomas

As committee coordinator of the BSV newsletter I would like to express my gratitude to Virginia Mosk for editing a number of issues of the newsletter in 2012 and 2013 and for creating its new attractive format. We now have a new team, Dr Govindu Chandradasa and Champika Claessen, who produced the 2014 July newsletter and who have taken on this task with great enthusiasm and skill. Our volunteers are so important to us and tasks such as this are often added into a very busy working life. Thank you.

BSV WEEKLY PROGRAM

71 Darling Road, East Malvern VIC 3145; T: 03 5971 6409; www.bsv.net.au



SUNDAYS	8.30 – 9.30am	Unguided silent meditation
	9.30 – 10.30am	Dhamma talk by Ajahn Ariyasilo or another Sangha member. Please check weekly email or website.
	11.00am	Dana offering (shared community lunch)
MONDAYS	7.30 – 9.00pm	Beginners' guided meditation led by a layperson
TUESDAYS	7.30 – 9.00pm	Guided meditation and Dhamma talk by Ajahn Ariyasilo
WEDNESDAYS	7.30 – 9.00pm	Melbourne Insight Meditation Group
THURSDAYS	7.30 – 8.30pm	Guided meditation and Dhamma talk by Sayadaw U Pandita Alternative program if he is away
SATURDAYS	9.30am - 3pm	Hall open for silent meditation – Open to all

If mail is undeliverable please return to:

*The Buddhist Society of Victoria
71 Darling Road
East Malvern VIC 3145
Australia*