



# THE LOTUS BUD

Newsletter of the Lotus Buds Sangha ~ Issue No 6, January/February 2008

## *Waking up in the morning*

*Waking up this morning  
I smile knowing there are  
24 brand new hours before me.  
I vow to live fully in each moment,  
and look at beings with eyes of  
compassion.*

Michael Lastremski, OpenPhoto.net

As we wake up in the morning and open our eyes we may like to recite the above gatha. We can start our day with the happiness of a smile and the aspiration to dedicate ourselves to the path of love and understanding. We are aware that today is a fresh, new day, and we have 24 precious hours to live.

If you really know how to live, what better way to start a day than with a smile? Your smile affirms your awareness and determination to live in peace and joy. How many days slip by in forgetfulness? What are you doing with your life? Look deeply, and smile. The source of your smile is an awakened mind.

Let us try to get up from bed right away after following three deep breaths to bring ourselves into mindfulness. Let us not delay our waking. We may like to sit up and gently massage our head, neck, shoulders, and arms to get your blood circulating. We might like to do a few stretches to loosen our joints and wake up our body. Drinking a cup of warm water is also good for our system first thing in the morning.

Let us wash up or do what we need to before heading out to work or on errands. Allow ourselves enough time so we will not have to rush. Enjoy the morning sky. Take deep breaths and enjoy the fresh air. As we walk, let the morning fill our being, awakening our body and mind to the joy of a new day.

The last line of the gatha comes from the "Universal Door" chapter of the Lotus Sutra. The one who "looks at all beings with the eyes of compassion" is Avalokitesvara, the bodhisatta of compassion. In the sutra the line

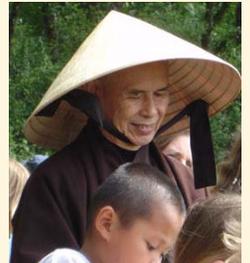
reads, "Eyes of loving kindness look on all beings". Love is impossible without understanding. In order to understand others, we must know them. Then we can treat them with loving-kindness. The source of love is our fully awakened mind.

## **WHO WE ARE**

*The Lotus Buds Sangha is a community inspired by the Buddhist teachings of Zen Master Thich Nhat Hanh (pictured below).*

We aspire to live fully in each moment for the peace and happiness of ourselves and all beings. We meet regularly to observe the art of mindful living and to foster a supportive community of practitioners.

**We meet at 7:30 pm  
each Wednesday at:  
Buddhist Library,  
Church St,  
Camperdown,  
Sydney.**



[www.lotusbudsangha.org](http://www.lotusbudsangha.org)

## Songs for the Sangha

The initial inspiration to write a song for the sangha came during a morning meditation where the tune and the words insisted on taking over from mindfulness of the breath. I then found that singing my own song was very therapeutic: it seemed to touch me in a way that words alone could not. It also helped to crystallize my feelings/aspirations and to clarify my own practice. This continued with subsequent songs I have thought up. 'Tenderly' was an important message to myself at a time of emotional suffering.

Julie Adam

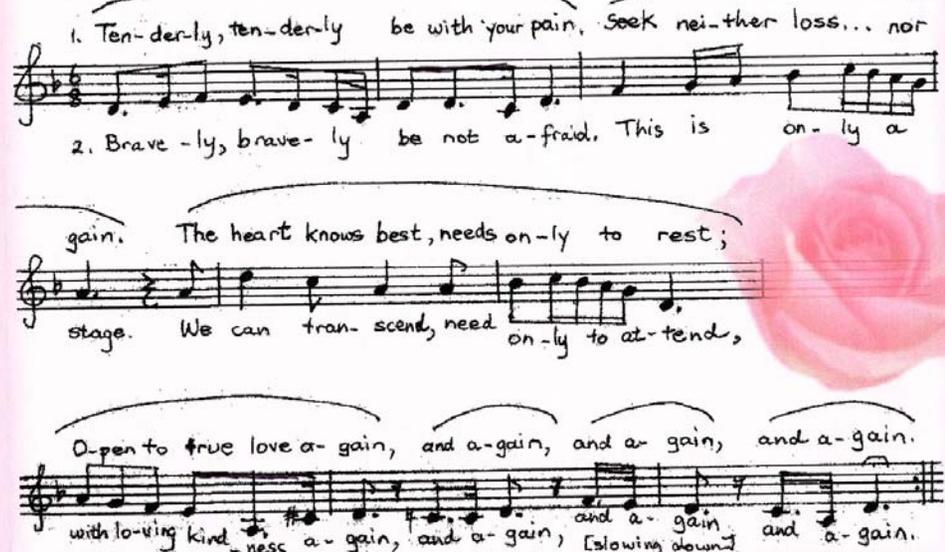


*be here*

Be here, Let go, O - pen heart. Pre - sent  
mo - ment is . . . . . the path. Calm - ly breath - ing,  
smi - ling; Joy - ful li - ving day . . . by day

for the lotusbud sangha from julie adam 2007

## Tenderly, Bravely



1. Ten - der - ly, ten - der - ly be with your pain. Seek nei - ther loss . . . nor  
2. Brave - ly, brave - ly be not a - fraid. This is on - ly a  
gain. The heart knows best, needs on - ly to rest;  
stage. We can tran - scend, need on - ly to at - tend,  
O - pen to true love a - gain, and a - gain, and a - gain, and a - gain.  
with lo - ving kind - ness a - gain, and a - gain, [slowing down] and a - gain.

for the lotusbud sangha by julie adam november 2007

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”

*Thich Nhat Hanh*

## Reflections on a rebirth

Many, many years ago, in a small delivery room, in a small hospital, in a small town, in a small country, in a far away continent, I was born to my parents and two sisters. I cried to greet them. They smiled to greet me.

Many, many years later, in the Ocean continent, in a big country, in a big state, in a small suburb, in a small temple, I took a vow to take refuge in the Three Jewels and received the Five Mindfulness Trainings. I joined my spiritual family, the Lotus Bud Sangha.

This time there was no mournful crying but instead there were happy tears and a lot of cheers. A newborn has a lot to learn, and so have I. It's been few years since that time and now I reflect upon what I have learned.

I have learned to investment in the Three Jewels. I have learned to protect myself with the Mindfulness Trainings. I have learned to sit with an upright posture, with mind and body united in silence. I have learned to breathe in that special way that unites my body and my mind and I have learned to use my breath as an instrument for my spiritual practice.

I have learned to eat in silence with mindfulness. I have learned to listen to the mindfulness bell and I have learned to listen to others wholeheartedly with all my senses. I have learned to speak in silence; to speak with works, not just words. I have learned to speak to heal, and not to hurt.

I have learned to walk firmly on the ground. A step of walking is a step closer to the field of joy and a step further away from the field of sorrow. I have learned to stop going around in circles. I have learned to round up my cows, to recognise them, and not to collect any more . . . but to release them, one by one.

I have learned to see my cup of tea as half full, not as half empty. I have learned to enjoy the greenness of the lawn in my garden, not of the lawn in the neighbour's. I have learned that happiness cannot be purchased but is given free of charge and I have learned that happiness cannot be divided but can be multiplied quickly when shared. I have learned to release my worries, to loosen my tension, to relax and to dwell in mindfulness.

I have learned to cultivate my mind and to treasure the present moment as a gift. I have learned that the journey of learning and practicing goes on. I have learned the meaning of my life for I have learned to love. I feel blessed being reborn.

Suong Luu

*I put forward a Message from Christine as a good example of expression or sharing in the practice. Simple sharing of difficulties, joys and insights with a friend can help us to reflect and look deeply. It is also good to remind ourselves of the things for which we are grateful. In this case, Christine was happy to share her email with the sangha. We can all ask ourselves if we can take the time to write down our experiences and then share them with a friend?*

John Barclay

## Message from Christine

Wishing you had a HAPPY CHRISTMAS - sharing the joy of seeing children unwrap their presents, grand-parents smiling, pets savouring a good meal... and us of course, but also keeping a delicate thought for the ones who can't do that, keeping in mind how fortunate we are - definitely not take it for granted. Also a prosperous 2008 - fulfilling your wishes, keeping in mind to remember to Keep it simple, joyful, helpful, sharing, giving, but also receiving! How difficult it can be to receive... Many of us (I am one of them) prefer to give (maybe it flatters our ego?). We receive so much in life that we tend, at times, to forget. I can talk only on my own behalf, but I know that for the last few years I have received so much. I still feel sometimes grumpy, angry, refusing, fighting, about my state of health and I forget how fortunate I am to be able to share this email with you. To be with you in my heart is so important to me, your help, assistance, gifts, phone calls, etc.... From the bottom of my heart: "Thank you". It means so much. It shows me that everything is possible when united. I can see how powerful our collective mindfulness is - it helps me to calm down. The other Wednesday night at precisely 7.30pm, I recited the 5 Mindfulness Trainings with you. It was an idea suggested to me by John on the phone earlier. I was saying that I was angry that I could not come anymore to join you, when he told me I can recite in my home. Which I did. Thank you John for putting me back on track. My practice suffers lately as much as I do. I shall not forget how healthy and calming is our practice. A deep bow to you and thank you for sharing.

## Our main activities

[www.lotusbudsangha.org](http://www.lotusbudsangha.org)

### Mindfulness Meditation Class

Every Wednesday night of the week we welcome all to come join us for a dharma talk and meditation practice at the Buddhist Library.

### Mindfulness Days - monthly

Once a month we offer a day of mindful practice and contemplation. The day normally consists of chanting sitting meditation, outdoor walking meditation (if weather permits), a dharma talk and lunch.

### Mindfulness Trainings Recitation Days - second monthly

As well as integrating meditation and Mindful Living in our days, our dedicated members take on further commitments and vows by up-holding the 5 Mindfulness Trainings and/or the 14 Mindfulness Trainings.



## Whats on in 2008

You are invited to participate in January's **Mindfulness Day** with the Smiling Heart Sangha (Blue Mountains).

**Theme: "THE SUN MY HEART"**

**Date: Sunday 20th January 2008**

**Time: 10am to 3.00pm**

**Venue: Korowal School, Scott Avenue, Leura**

Please bring a vegetarian plate to share for lunch and a cushion if possible. Normal sun protection (slip slop slap) may also be necessary.

For further details please contact Peter on (02) 4784 2377.

### *Half day of mindfulness*

**9.30am to 1.30pm every third Sunday of the month starting 17th February 2008 at 1 The Avenue Hurlstone Park.**

**Bring a cushion and a veg plate to share for lunch. John Barclay 9559 8805.**

## How to contribute to *The Lotus Bud*

If you have something you would like to contribute to *The Lotus Bud* please offer it to Chris Barker in the following ways:

- In person at the Wednesday night group
- By e-mail to: [cbarker@uow.edu.au](mailto:cbarker@uow.edu.au)
- By post to: Chris Barker, Faculty of Arts, University of Wollongong, NSW 2500

Please write an account of your practice, a poem, pass on news or anything else that inspires you. Contributions can be short or long but need to be under 600 words.

“The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers.”

*Thich Nhat Hanh*