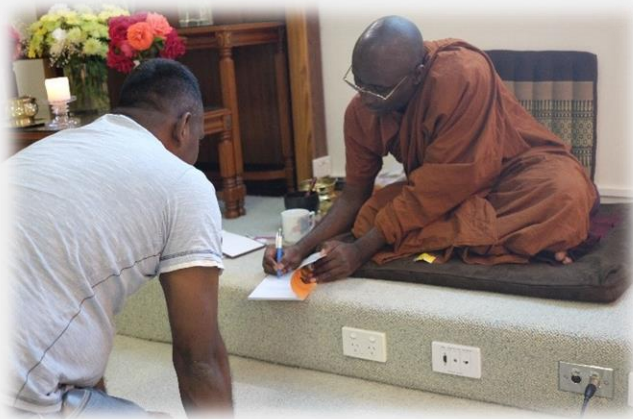




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MINDFULNESS IN DAILY LIFE: OFF-CUSHION PRACTICES

First, let us look at the vision of the Buddha. Without a clear vision, you cannot drive your car. Practicing Buddha's teaching without a vision is just like driving a car but not removing the sunshade, can you move very far? This is why you need to have vision. And to have clear vision you need to remove wrong vision. Like a vision for business is important, so is vision for the practice of Buddhism

Buddha's vision: To eliminate suffering and achieve ultimate happiness. So why do people suffer? We use wrong means to get happiness and then we suffer.

The Mission Statement has four 4 parts:
 1. To Develop the noble 8 fold path (Explained later in this post)

PRACTICING BUDDHA'S
 TEACHING WITHOUT A
 VISION IS JUST LIKE DRIVING
 A CAR BUT NOT REMOVING
 THE SUNSHADE, CAN YOU
 MOVE VERY FAR?

2. To Understand Suffering (No one usually wants to spend time to understand but they would want to get rid of it quickly) {why one is suffering is important to reflect on as most prefer to live in self-denial or neglect it/cover it}. The Buddha said that there are 2 kinds of people in this world who meet suffering:
 a) One who understands suffering and find a way out
 b) The other person gets caught in it and stays inside it.

3. To abandon Greed, Hatred and Delusion
 There are external causes of suffering such as cyclones that is not within our control. But internal causes of suffering is within our control

2017 International Peace Meditation and Yoga Retreat

Join us for the 2017 International Peace Meditation and Yoga Retreat! Led by Bhante Buddharakkhita, this is the very first 7-day retreat organized in Uganda, his hometown. The retreat will incorporate sitting, walking and standing meditation as well as mindfulness yoga and taichi. We have received interests from Australia, Singapore, South Africa, India, US, and Germany, so this is a very good opportunity to meet the like-minded people from around the world.

Date: 10-16 April 2017

Cost: AUD\$610 for twin-sharing room or AUD\$660 for single room Only 10 places available!

If you have extra time after the retreat, join us for local culture explorations and volunteering works.

Interested to find out more about the retreat and how to book? Please visit:

<https://2017-ubc-international-retreat.eventbrite.com.au>

Email:

retreat.ugandabuddhistcentre@gmail.com

4. To realize ultimate happiness (Nibbana)
 To Practice Mindfulness in Daily, you need to give priority to the Dharma
 In other words, More Dharma, Less Drama
 drama revolves around dharma, where dharma is the core.
 The other way round is Chaos.

How to apply the Noble 8 fold path directly into life?
 (8 fold path: Right understanding, right thought, right speech, right action, right Livelihood, right effort, right mindfulness and right concentration)

1. Right Understanding: Experience suffering and understand it.

2. Right Thought (Thoughts of non-greed (generosity), thoughts of non-hatred (Loving-kindness) and thought of non-cruelty (compassion)
 First, as regards to generosity, there an African proverb: No one is too poor to give, and no one is too rich to receive.

One kind action, you can never tell who or how many people that benefits.

The practice of 5 precept is called MAHA DANA (Great giving)

Giving is easy. For instance, you can give Gift of harmlessness, Gift of time to people, Give energy (Volunteerism), Give attention (a lot of us prefer to face Facebook than face real people that they should face), a smile is a powerful gift (learn to smile {people actually go for laughing therapy})

Give and forgive, instead of get and forget!
 Second, Loving kindness builds bridges instead of fences. (Physical and psychologically)

Starts with ourselves, we build the bridge to our friends, people you don't know, your enemies, all beings and so forth.

We will not be lonely especially if we are interconnected with everyone.

Third, Compassion is not only for others but also compassion is for yourself so you also need to send metta (loving kindness) to yourself too.

When you meditate properly, it also helps the world. How? It means that the country has one person less confused on the street and that is one more person positively affecting other people.

Remember: Compassion is wisdom in action.
 wisdom is compassion at rest :)

3.Right speech (speech should be full of truth, full of meaning, full of kindness and full of harmony)

4.Right action (Abstaining from killing, stealing, and sexual misconduct)

This is called accountability for actions: actions based on loving kindness compassion}

It is also, timeless wisdom, timely action. Ethical conduct has to be practiced with wisdom.

5. Right Livelihood (Do not spend more than you earn). It means simplicity of life.

Live simply, so that others can simply live; self-sufficiency, self-sustainability, and balanced livelihood.

6. Right effort (you may have wisdom but if you cannot translate it to effort, nothing will come out of it. Use right effort with SWOT {strength, weaknesses, opportunities and threats} analysis)

7.Right mindfulness (Pay attention to the breath, actions) {Tongue in cheek mental exercises for busy people}.

a) Wake up meditation (Be grateful to be alive, healthy and I will use my energy to attain sustainable happiness, final liberation)

b) Bathroom meditation (when brushing teeth, be mindful of coolness and hotness of the water, be mindful of the thoughts when in the shower and watch the thoughts.

Do not just wash the body alone, but also, wash the mind)

c) Eating meditation (Be aware of tasting, chewing and swallowing and helps to slowly focus the mind. Try and start with one meal a day to eat with mindfulness)

d) Traffic Light Meditation (when stuck in a traffic jam, most people will look at the mirror of the physical self. On your phone, paste direct opposites of emotions such as Fear and courage, Rage or Loving kindness, greedy or gifting and remind yourself as a mirror of your mindstate at that moment)

e) Shopping center meditation (While in the queue, instead of looking at every other things, do standing meditation and be aware of the sensation in your feet and the emotion background)

f) Sleeping Meditation (Send people loving kindness to everyone that you have encountered and wish them to be well and happy before sleeping)

g) M and M meditation (one Minute meditation

everyday)

8. Right Concentration: When you practice constant mindfulness, you will gain concentration from moment to moment.

Talk given by Bhante Buddharakkhita at the Buddhist Society of Victoria in December 2016. Compiled by Mr. Hao Teo (Volunteer at BSV)

A MONTH BEFORE 2016 ENDED

“NO ONE IS TOO POOR TO GIVE AND NO ONE IS TOO RICH TO RECEIVE”
(AFRICAN PROVERB)

The above profound quote was recited by Bhante Buddharakkhita on one of his talks for the Buddhist Society of Victoria (BSV) in December 2016. During this talk, Bhante explained to us that cultivating generosity was one of the ways to develop the right thought. Being generous could be done through different practices in daily life; one is through practicing the 5 precepts, where you are giving a gift of harmlessness; another one is to give energy and time through volunteering activities. These simple yet deep examples were only a few examples that Bhante mentioned over his talk called “Mindfulness in Daily Life: Off-Cushion Practices”, where he showed how to practice the noble eight fold path in your life.

Before the year ended most of us reflected on what we achieved in 2016 and what we wished to achieve/improve in 2017. We reviewed whether they are aligned with our ‘vision’ in this life. With Bhante Buddharakkhita’s talks and sutta discussions, our knowledge about Dhamma for daily practices were enriched and clarified. What made it even more special was that the talks were related to why and how we could change our attitudes into a more positive one, something that could become one of our New Year resolutions.



The theme of his talks in the New Year Eve and New Year Day was one to be remembered and practiced: being gratitude toward oneself and others. Bhante said *"everyday think as you wake up: I am fortunate to have woken up; I am alive, I have a precious human life; I am not going to waste it, I am going to use all my energy to develop myself, to expand my heart out to others, to achieve enlightenment for the benefits of all beings."* By reciting this every day, we will develop gratefulness for ourselves. The more grateful we are, the happier we would become. We will change our attitudes into more positive ones and happiness will grow. *"Attitude makes the difference between success and failure. Good mindset turns bitterness into happiness, obstacles into opportunities, stumbling*

blocks into stepping stones and problems into powers."

We were grateful for Bhante's generosity for his time and supports towards the BSV during his three weeks stay in Melbourne. He also gave away copies of his books: *Planting the Dhamma Seeds in Uganda*. Some of us are looking forward to join him to the first International Meditation and Yoga retreat and volunteering works at Uganda Buddhist Centre in April 2017 led by him. If I am allowed, I would recite the opening statement as *"you are neither too poor to give these opportunities to yourself nor too rich receive the benefits"*. This is the opportunity for us to re-TREAT (and give back to) ourselves not only through the meditation but also through giving back to others.

BHANTE IN SINGAPORE ONCE AGAIN



Bhante Buddharakkhita once again was graced with an invitation from the Buddhist Fellowship of Singapore for a Dhamma teaching tour in the month of December, 2016. At the Uganda Buddhist Centre, we are so grateful for the support given to Bhante by the members of the Buddhist Fellowship and for finding Bhante's compassion, kindness and wisdom so inspiring that they further extended invitations for him to share his wisdom.



Bhante reported that he had pleasant times at the Buddhist Fellowship, and even after his teaching programs in Melbourne, Australia, Bhante made a one day stopover in Singapore.

Bhante is again expected to be at the Buddhist Fellowship this year for another Dhamma teaching program.

VEN. ADICCA AT ALMSGIVING IN LWEZA

Almsgiving (dana) is a central practice in Buddhism. Offering alms to monks is considered as a privilege by the laities. Because monks are special beings who have given up the household comforts for spiritual awakening—offering dana to such beings is indeed meritorious and confers innumerable blessings to the donor or almsgiver (Dakkhina Vibhanga Sutta). On Sunday January 1, Ms. Moe Moe (Burmese national living in Uganda) invited Ven. Adicca for lunch at her house in Lweza on Entebbe road. This invitation was the first of its kind for Ven. Adicca since he arrived in Uganda in June 2016. Ven. Adicca generously offered and shared his merits with his hosts and wished for the welfare of all beings. Merits and metta for the family of Ms. Moe Moe for their kindness and generosity.



TEACHING PROGRAM IN HAWAII, USA (JANUARY 20 – 28, 2017)

Bhante Buddharakkhita is expected to lead talks on the topic “Unraveling Our Emotions through the Practice of Loving-kindness, Mindfulness, and Insight Meditation” at Palolo Zen Center, Honolulu in Hawai’i, USA. In this retreat, Bhante will give a deeper understanding of the nature of emotions such as fear, anger and self-criticism and how we can turn such emotions into courage, loving-kindness as well as acceptance.

GRATITUDE TO ALL OUR SUPPORTERS

UBC activities are made possible by many supporters from around the world. Therefore, we are eternally grateful for your kind and generous donations.

UBC still needs your support:

- To maintain resident teachers/monastics
- To maintain the Temple
- To establish the African Buddhist School/College
- To run Buddhist activities
- To build accommodation facilities

How to donate:

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<http://ugandabuddhistcentre.com/site/donate/>

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Account Name: Uganda Buddhist Centre

Swift address: AFRI UG KA

Address:

Main Branch, Plot 45, Jinja Road.

P.O. Box 2750, Kampala, Uganda.

THE INTERMEDIARY / CORRESPONDENT BANK DETAILS

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