



Uganda Buddhist Centre Newsletter

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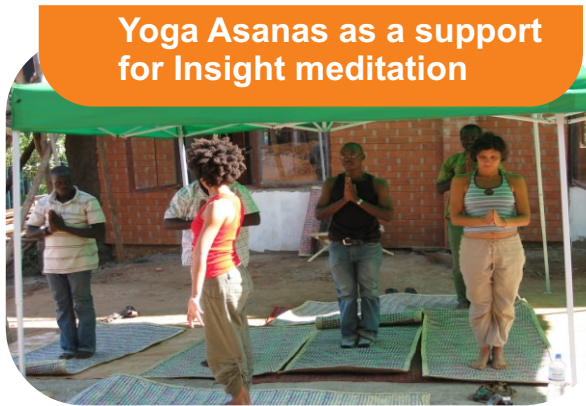
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Bhante Buddharakkhita pays a visit to the World Buddhist Summit, Japan

On November 27, 2015, Bhante Buddharakkhita flew from Sri Lanka where he undertakes his academic studies to Japan to pay a visit to the World Buddhist Summit (WBS) in Japan. Bhante was warmly welcomed by the President of the WBS the Most Ven. Dr. Kyuse Enshinjo and other members of the Summit.

During the visit, Bhante offered a Buddha statue Ven. Dr. Kyuse Enshinjo, the President of the World Buddhist Summit and Founder Priest of Nenbutsushu Buddhist Sect of Japan. The visit strengthened the relationship between the Uganda Buddhist Centre and the WBS as well as the Nenbutsushu Buddhist Sect of Japan.



Above: Bhante Buddharakkhita being welcomed at the World Buddhist Summit Japan



Bhante Buddharakkhita offering a Buddha statue to Ven. Dr. Kyuse Enshinjoh

Burmese visitor at UBC



Mr. Maung Aye Chan posing in a photo with Ven. Dhammakami and other members of UBC

In December 2015, the Uganda Buddhist Center was graced to host a visitor, Mr. Maung Aye Chan, a Burmese Buddhist follower. Maung Aye Chan was thrilled by the Uganda Buddhist activities and offered a proposal to film a documentary to cover all the activities of Uganda Buddhist Center. The documentary film which is to be filmed this year is to help promote Buddhism in Uganda, Africa in Myanmar.

Thank you Mr. Maung Aye Chan, please you are always welcome!

Bhante Buddharakkhita at Mahavihara, Malaysia

From December 8-30, 2015 Bhante Buddharakkhita was honored to be hosted at the Buddhist Mahavihara in Kuala Lumpur, Malaysia.

During his visit, Bhante gave three Dhamma talks which centred around “Mindfulness on Physical pain”, Drop by Drop: Practicing Dhamma in Daily Life” and “Working with Difficult Emotions’, such as stress, anger and fear.



Above: Bhante Buddharakkhita with some devotees at the Mahavira Kuala Lumpur



Above: Bhante Buddharakkhita with some devotees at the Mahavira Kular Lumpur

The World Peace Buddhist Conference in Myanmar

The World Buddhist Conference was held from January 23-24, 2016 at Sitagu International Buddhist Academy, Myanmar.

The Uganda Buddhist Centre which continues to strengthen its relationship with the international community was honored with an invitation of five (5) participants. The participants included: Venerable Dhammakami (a.k.a. Nampiima Felister), Mr. Tom Kaboggoza, Ms. Sandra Kisinde, Mr. Andrew Mukomazi and Mr. Godfrey Ssebawato.

Bhante Buddharakkhita was one of the honored academic scholars at the conference which brought together various academic scholars from over 23 countries to address the

current human conditions haunting all of us.

The modern world is plagued with numerous conflicts which can be divided in a few categories in order to underpin their causes. To name a few, political conflicts such as civil wars caused by different mental defilements, differences in political ideologies and agendas; social-economic such as family disputes and crimes which are due to mental defilements and economic inequalities; religious conflicts due to wrong views, fundamentalism and conflicting world views; internal conflicts which are due to conflicting interests and mental impurities. Drawing from the Buddha's teachings, Bhante Buddharakkhita's talk underscored the causes of conflicts and suggested the effective solutions in peace-building.

English Lessons for Peace School Children at UBC



With the arrival of Stellah Ayecho (a Ugandan Volunteering teacher), the Peace school is to resume its free English Language classes to help the children improve their international communication skills and develop the ability to independently access scriptures and literature that facilitate(s) spiritual growth and development.

Stellah who comes with a wealthy experience in teaching English as a foreign language, will begin to offer classes late February, 2016.

The tentative schedule is as follows:

Location: Uganda Buddhist Centre, Entebbe

Dates: Saturdays from 27th February, 2016

Time: 2pm - 3:30pm

The times may be changed to meet the needs of the majority of the participants, their parents and the schedules of other volunteers who may be involved.

Yoga Asanas (postures) as a support for Insight Meditation

Using basic yoga postures, breathing and deep relaxation techniques reduces compulsive behavior, lowers stress and increases mental and physical vitality. Buddhism and yoga share the intention of training the body, mind and heart in awareness, wisdom and compassion. The practice of yoga postures (*asanas*) is a beneficial preparation for seated meditation. Yoga helps focus and calm the mind, enhances breath and overall body awareness, and develops the physical flexibility and strength which help us to sit in meditation with greater ease.



As a path to enlightenment through compassion for all beings, yoga *asana* practice should be grounded in the original meaning of the Sanskrit word *asana* as explained by various scholars of Pantajali's Yoga Sutra. The posture (*asana*) for yoga meditation should be stable and consistent as well as comfortable (*sthira sukham asanam*). That one's relationship to all should be mutually beneficial and come from consistent (*sthira*) the place of joy and happiness (*sukham*).

So the practice of *asana* becomes more than just physical exercise to keep one's body fit or to increase strength or flexibility; it becomes a way to improve one's relationship to all and thus lead to the dissolution of the sense of separateness, the realization of the oneness of being, the discovery of lasting happiness.

The UBC will be offering yoga classes for groups and individuals from the end of February, 2016. The classes will be suitable for all levels. Furthermore, you do not need to be flexible to do yoga or have a particular body type. You only need to be as you are. Yoga is about listening to your body, and compassionately and wisely respecting your capabilities.

Location: Uganda Buddhist Centre, Entebbe

Dates: From 27th February, 2016 - Saturdays and Sundays

Time: 4pm - 5:30pm

"May all beings be happy and free and may the thoughts, words, and deeds of my own life contribute in some way to this freedom and happiness".

The International Buddhist Day Celebrations April 8, 2016

The Supreme Buddhist leaders from 41 countries across the world unanimously resolved at the Sixth World Buddhist Summit to establish April 8, as Buddha's Birthday as the International Buddhist Day.

UBC will be joining the international Buddhist community in gratitude and commemoration of the Buddha's day.

Please join us for the International Buddhist Day (IBD) celebrations

Location: Uganda Buddhist Centre, Bulega-

Garuga, Entebbe

Date: Friday, April 8, 2016

Program

- 10:00 to 10:30 am: Meditation Instructions
- 10:30 to 11:30 am: Meditation Session
- 11:30 to 12.00 Noon: Messages from the Royal Thai Embassy/Sri Lankan High Commission/lunch time for monastics
- 12:00 – 12:30pm: Dhamma Talk on the importance of the International Buddhist Day by Bhante Buddharakkhita
- 12:30 – 1:00pm: question and answer session
- 1:00pm – 2:30pm: Lunch
- 2:30 – 4:30 pm Discussion on the Right Mindfulness and African Indigenous Wisdom
- 4:30 – 5:00 pm: Cultural presentation by Children of the Peace School
- 5:00 pm: ADJOURN

Free Lunch Will Be Served! Come One, Come All!

Please Contact: Mr. Tom Muwanga Kaboggoza
Tel: 0775- 019-180

Evaluating Right Mindfulness and African Wisdom in Healing Trauma

Since independence (1962), the symptoms of Trans-generational Trauma (TT) issuing from colonial hangover have been very evident in Uganda. The current and obvious effects of this historical TT have been civil wars, domestic violence and sexual abuses. Such issues, if not completely healed, will continue to haunt people from generation to generations.

Though there have been some interventions such as Christian dialogues and Western approaches to peace, they all seem to address the symptom not the cause of TT. They are Eurocentric and so risk perpetuating alienations from the pre-colonial African healing practices that may help to heal these ruptures in the social and psychological fabrics of Uganda caused by hundreds of years of

colonial occupation.

Bhante Buddharakkhita is leading a research program to gain a better understanding on the “Effectiveness of Right Mindfulness and African Traditional Wisdom in Healing TT”. The study will seek to answer the following core questions:

- How effective are Right Mindfulness practices in healing Transgenerational Trauma (TT)?
- How effective are African wisdom practices in healing TT?
- How effective are the integration of both African wisdom practices and Right Mindfulness in healing TT?
- How can the information gleaned from this study improve the current clinical practices in treating TT patients?

To answer the above questions, the study will use an action research methodology beginning with a pilot study running from April 11-12, 2016 at the Uganda Buddhist Centre. An orientation program will be offered to explain the purpose of the study to participants in more details.

Pilot Study Workshop # 1: Evaluating Right Mindfulness and African Wisdom in Healing Trauma. The workshop is open to all individuals of any faith, background or gender.

Location: The Uganda Buddhist Centre, Entebbe

Date: Saturday and Sunday, April 11-12, 2016

Lunch will be provided at: 12 Noon to 1 pm



The above picture shows a workshop similar to the upcoming study workshop on Evaluating Right Mindfulness and African Traditional Wisdom in Healing TT

Would you like to submit an article for publication in the UBC Newsletter? Anything that would be of interest to the general Buddhist community is welcome, including personal experiences, questions that you would like to ask the UBC team, poetry, short stories, and letters to the editor. Send your articles by email, as Word or WordPerfect documents, or as text documents to: ugandabuddhistcentre@gmail.com or buddhistcenteruganda898@gmail.com

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