

Sacca

A newsletter for members of UNIBUDS -
The UNSW Buddhist Society

The Seed of Metta

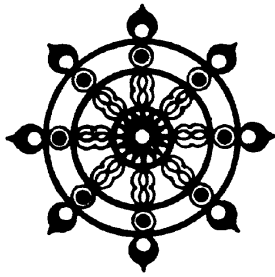
Love, Loving-Kindness & Compassion



DEC 2007 - FEB 2008

SUMMER EDITION

www.unibuds.unsw.edu.au



UNIBUDS The UNSW Buddhist Society

Where a bud can bloom in full...

Summer Edition

December 2007 – February 2008

Upcoming Event...

Summer Retreat

Date: 7th – 9th December 2007

Venue: Wat Pa Buddharangsee

O-picnic

Date: 3rd March 2008

Venue: Coogee Beach

Editor's Corner

Hi all,

Welcome to the first edition of Sacca for this year. The purpose of Sacca is to inform members of UNIBUDS activities and introduce members to the teachings of Buddha, also serves as an entertainment for members with comics and short Dhamma articles.

The theme for this Sacca, as you can see from the front cover is "Seed of Metta" which includes, Love between partners, between family members, colleagues, till to the widest range – all beings!

This edition of Sacca articles were all written by members who have lovingly contributed their time and shared their invaluable experiences; my gratitude to them all.

If you would like to share your experiences, or simply be a regular Sacca contributor, you may contact me through the details below. Let us rejoice in Dhamma together! ☺

Enjoy your holiday!

*Smile,
Linus*

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Contact:

- Got any feedback or ideas for Sacca?
- Want to share your experience and growth with all of us?

Email: linussssss@gmail.com

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President's Message



*where a bud can bloom in full...
where a bud can bloom in full...*

A very warm welcome to all~!

How is everyone? Busy with assignments? Exams? Uni work? Work? Personal commitments? Having fun with life? Being in the present moment? Whatever you are doing, may I invite you to take a deep breathe, *Breathe in*, *Breathe out*, and wish all sentient beings be well and happy.

Dear friends in the Dhamma, I am absolutely honored and grateful for having this chance to write this message as UNIBUDS' 28th Executive Committee's President. I would like to take this opportunity to firstly thank the other eleven dedicated committee members for taking up their positions. As what one of our patrons, Chao Khun Maha Samai said during the AGM, it is through the efforts and commitments of many young and dedicated people that teachings can be kept alive and the Dhamma can be spread throughout the world. Thus, with my deepest sincerity, I thank the EXCOs in helping to make this possible. I would also like to thank all of you, for your efforts and support, no matter big or small, physical or spiritual, in making UNIBUDS what it is today. Sadhu! Sadhu!

Another semester has come to an end, with most students having finishing exams and assignments, For working people, the festive season is around the corner. I hope that you have a wonderful holiday period while not forgetting to learn and practice the Dhamma! With the summer holidays coming, we are organising Summer Retreat, held at Wat Pa Buddharangsee (Sadhu Chao Khun Samai for having us there!). Places are limited and filling up fast, so hurry up and sign up! Summer Retreat is an excellent opportunity to experience monastic lifestyle and learn the Dhamma. Summer Retreat is also the last official UNIBUDS activity for this year.

Our activities will resume next year, starting with the O-Week followed by O-Picnic, which are events to invite new members to UNIBUDS, renew old memberships, gather and make new friends! Come and join us! Also, our usual activities like the weekly Chinese Dhamma talks, English Dhamma talks, social activities and/or sports sessions, meditation workshops, lunchtime meditation sessions and not forgetting Bodhi Nite, will be carried out as well! UNIBUDS activities are golden opportunities to learn and practice the Dhamma, to catch up, and to make friends. Hope to see you there! Also, stay tuned for our quarterly newsletter, Sacca, and our Annual Magazine.

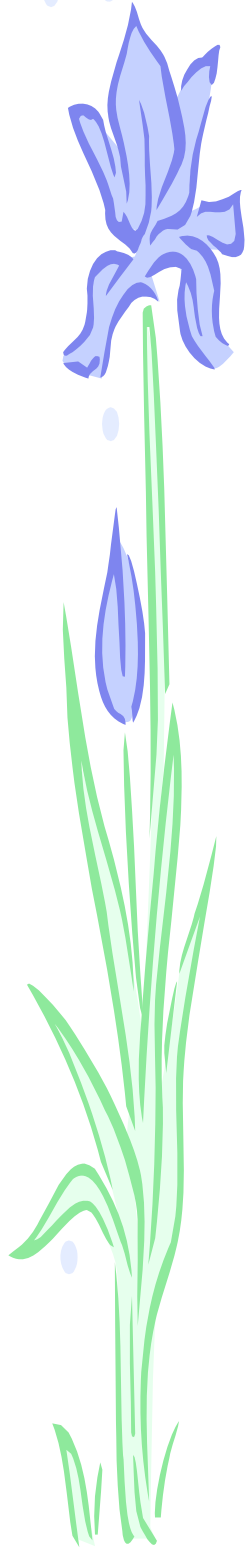
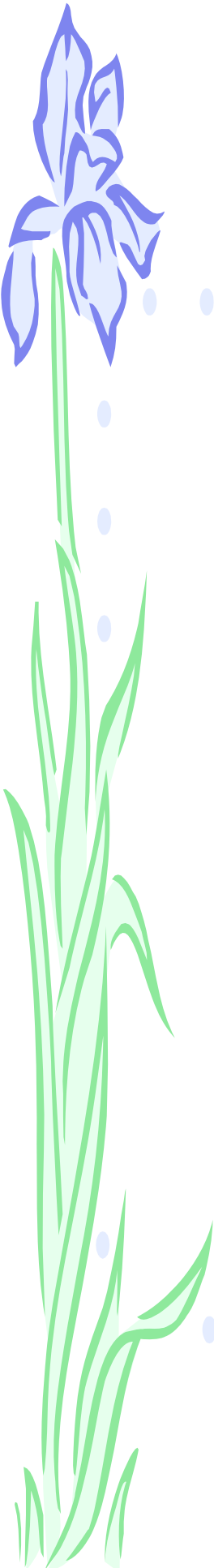
With my deepest sincerity and loving-kindness, allow me to wish for all to be well and happy, to be free from suffering and enmity, and whatever merits we have done, let us share it with all sentient beings as well. Sadhu! Sadhu! Sadhu! May all live to the fullest and be grateful for whatever we have.

Smile always ☺

Ming De

Metta

By Chien Hoong Gooi



*Stemming from within
We all have a gift to share
A gentle smile
A comforting touch
Every moment,
Cultivating a boundless heart towards all beings
With Loving Kindness...*

*In the face of aversion
Confronted with old hurts
That is when kindness eludes us most
As we put up barriers
we forsake others
We abandon love
And eventually, we forget...*

*Deep down inside
There are parts of us we try to hide
Even from ourselves
The things we are not proud of...
Our mistakes, our fears
Our own vulnerabilities
Just as we shut them away
So too, do we close ourselves off
From those who remind us of our imperfection
We lose sight of our aspiration.*

*Loving kindness
In its purest form
Comes from acceptance and embracing ourselves
For who we are,
and in that,*

*Learn to love others wholeheartedly
Un-judgingly and unconditionally
Without justification and condemnation
This is the barriers melt away
Allowing love and kindness
To shine in its entirety...*

Metta.

With gratitude towards my father who have shown and touched me with his unconditional love I wrote this poem. A great man who taught me the meaning of Unconditional Love

----- The love that crosses all boundaries, limitless and powerful!

A Great Man in my life!

The Great Man in my life
Is – My Father
He is my step father
But yet like a biological father to me

He is a GREAT Man
A man that I truly admire
A man that I truly respect
A man that I truly proud of

He showered me with the fatherly love with all his heart
He gave me all the best that he has
Most importantly, he treats me like his own daughter.
Sometimes, even better!

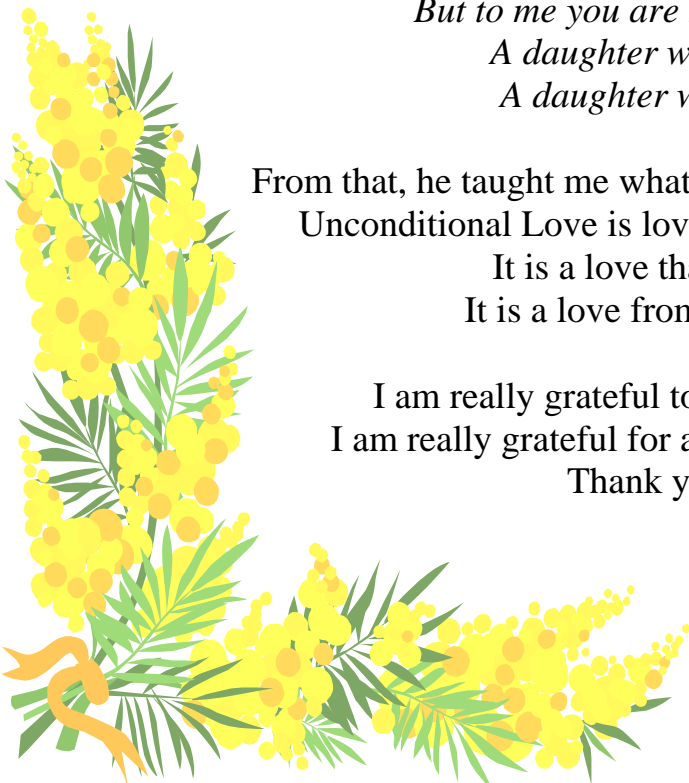
I am touched by his unconditional love.
A love that is so precious.
A love that I treasures most!

He once told me:

*“I may not be your biological father
But to me you are my biological daughter.
A daughter whom I am proud of
A daughter whom I truly love”*

From that, he taught me what UNCONDITIONAL LOVE is.
Unconditional Love is love that crosses all boundaries.
It is a love that has no limits.
It is a love from the deep within.

I am really grateful to have a father like him.
I am really grateful for all that he has done for me.
Thank you Daddy!



By Mandy

Opening the Door of Your Heart

The following extracts comes from a book called 'Opening the Door of Your Heart' written by Ajahn Brahm.



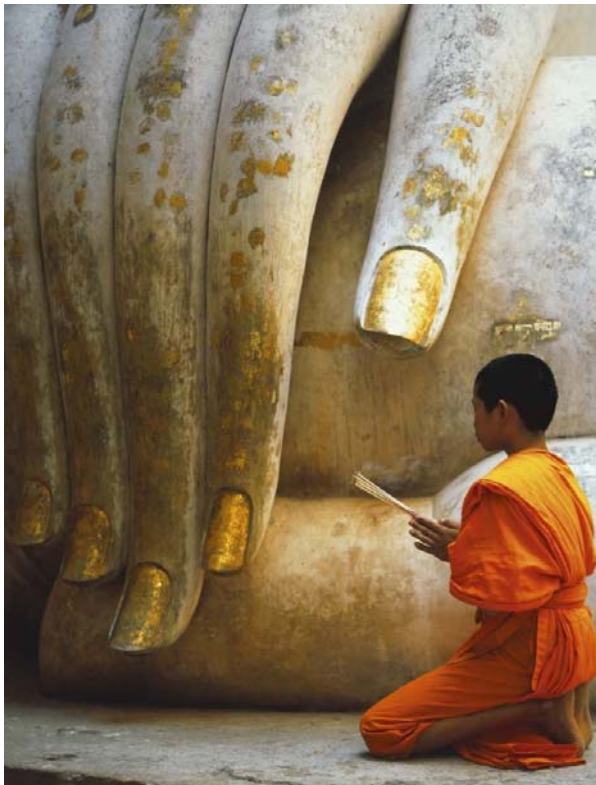
Several centuries ago, several monks were in a cave in a jungle meditating on unconditional love. There was a head monk, his brother and his best friend. The fourth was the head monk's enemy: they just could not get along. The fifth monk in the group was a very old monk, so advanced in years that he expected to die at any time. The sixth monk was sick – so ill in fact that he too could die at any time. And the last monk, the seventh, was the useless monk. He always snored when he was supposed to be meditating, he couldn't remember his chanting, and if he did he would chant off-key. He couldn't even keep his robes on properly. But the others tolerated him and thanked him for teaching them patience.

One day a gang of bandits discovered the cave. It was so remote, so well hidden, that they wanted to take it over as their own base, so they decided to kill all the monks. The head monk, fortunately, was a very persuasive speaker. He managed to persuade the gang of bandits to let all the monks go, except one, who would be killed as a warning to the other monks not to let anyone know the location of the cave. That was the best the head monk could do.

The head monk was left alone for a few minutes to make the awful decision of who should be sacrificed so that the others could go free.

Who do you think the monk will choose? Will he sacrifice himself for others? Well, read on please.

His love for his brother was exactly the same, no more and no less, than his love for his best friend – which was exactly the same as his love for his enemy, for the old monk, the sick monk, and even for the dear old useless monk. He had perfected the meaning of those words: the door of my heart will always open to you, whatever you do, whoever you are.



The door of the head monk's heart was wide open to all, with unconditional, non-discriminating, free-flowing love. And most poignantly, his love for others was equal to his love for himself. The door of his heart was also open to himself. That's why he couldn't choose between himself and others.

How many of you thought that he would sacrifice himself? Why is it, in our culture, which we are always sacrificing ourselves for others and this is held to be good? Why is it that we are more demanding, critical and punishing of ourselves than of anyone else? It is for one and the same reason: we have not yet learned how to love ourselves. If you find it difficult to say to another 'the door of my heart is open to you, whatever you do', then that difficulty is trifling compared with the difficulty you will face in saying to yourself, 'Me. The

one I've been so close to for as long as I can remember. Myself. The door of my heart is open to me as well. All of me no matter what I have done. Come in.'

Forgiveness is a part of loving (ourselves or others), it is stepping free from the prison of guilt; it is being at peace with oneself. And if you do find the courage to say those words to yourself, honestly, in the privacy of your inner world, then you will rise up, not down, to meet sublime love. One day, we all have to say to ourselves those words, or ones similar, with honesty, without playing games. When we do, it is as if a part of ourselves that had been rejected, living outside in the cold for so long, has now come home. We feel unified, whole, and free to be happy. Only when we love ourselves in such a way can we know what it means to really love another, no more and no less.



Forgive yourself; forgive others, let love shine from your heart.

And please remember you do not have to be perfect, without fault, to give yourself such love. If you wait for perfection, it never arises. We must open the door of our heart to ourselves, whatever we have done. Once inside, then we are perfect.

By Rosiana

The Inward Journey

—Living towards self-acceptance and inner peace

I remembered a time quite a while ago, I did not like myself very much. I used to wish many times a day that I could be as beautiful, as popular, or as well loved as other people. My self value was very much dependent on how others perceived me. My happiness index shot up when my work was recognized, or when I was praised; but plummeted when I felt ignored, or criticized. I tried very hard to please everyone, to get as much attention as I could. As that was my source of reassurance and comfort. Fear was my regular visitor. I feared when I was loved - that the good days will not last; and I feared when I was ignored - that I did not deserve to be loved.

From fear arose hatred and jealousy. I hated those who took attention away from me, and I became jealous of those whose qualities I did not have. To make things worse, many of those people were my friends. These negative emotions occupied much of my conscious self. And they drove me to do things that I am not proud of. I did not like what I was doing or thinking. While I did not break the law, I felt that I had breached my own code of conduct. I felt that I had betrayed my own integrity and principles, which made me feel even worse about myself. It was a viscous cycle.

I began to ask myself: why is life such a chore? I began to question if I could live another way. I wanted more control over my thoughts and feelings. I wanted inner peace.

Those were painful times...

Then one day, after years of pain and misery, something happened. I began to look at my vulnerabilities and painful memories locked and double locked away in deep corners of my heart, and acknowledged them - “Yes, I am crazily jealous of this person, but it's ok...” “Yes, I am vulnerable, that is ok...” “Yes, I did this terrible thing to that person, but it's ok...” “Yes, I was not loved, but it's ok...” I started to accept my vulnerabilities and made peace with myself. I began to love myself. Not because of my achievements, but for who I am, with all my weaknesses and vulnerabilities. The love was unconditional, little subjected to external influences. It is always there.

I felt peace for the first time.

My heart was like a deep pool of tranquil water, unaffected by the wind or sun. Healing has begun. And then there comes change. I became more confident, more self assured, and less reliant on the attention I get from the outside. Although I enjoy them, I am also happy without them.



A wise friend once told me, “*Acceptance and change are brothers, and change is younger among the two.*” How true is that! It is only when we acknowledged and accepted our flaws, can real change take effect, as we are no longer motivated by fear, but by love and respect for ourselves.

Having loved and accepted myself for who I am, I was able to love and accept others for who they are. To look at individuals—my friends, loved ones, even strangers—as people with their own mix of strength and vulnerabilities, without judgment. They are just like me. Imperfect and flawed, but have every potential to change for the better and transform into gemstones.

The outward journey begins inward. Only when we learn to love ourselves can we learn to love others. With self love and self acceptance, equanimity arises, tolerance arises, and loving kindness (towards all beings) arises.

It has been a while now, since I bade goodbyes to those days. Life still challenges me very much with all its lessons. There are times when I falter, there are times when I doubt myself, and there are times I was not proud of myself. ***However, at the end of the day, I was able to look at them straight in the eye and accept them as my imperfections, and continue to strive for the better.***

I hope this little story could help you along your own inward journey. Know that you are not alone in your struggle towards peace. There are people who have walked before you, there are people who are coming after you, and there are people who are walking beside you.

We are all students in a school called life, making our way the best we can. Some travel faster, and others taking their own time. It is ok. For everyone’s journey is unique to themselves. Let us not forget to smell the roses along the way, and share laughter with one another!

May you all be well and happy!

By Zhang Yi

A Beginner's Reflections on Love

Usually when the topic of love comes up I feel like an amateur with regards to it and yet here I am writing an article on the topic. I thought it may be valuable to share with the reader some thoughts and experiences related to love which have come to me so far in this life. Perhaps the reader will relate to them or maybe in some way find them interesting or helpful.

I am not sure what the word “love” refers to. Perhaps it means different things to different people. Maybe for some it is an act of kindness, for others a feeling of kindness of varying degrees or an ideal state of being. Sometimes I am not sure if I’ve experienced this phenomena, or perhaps not in its pure form. The “love” I would like to reflect on is not the Western idea of “romantic love” but something closer to the idea sometimes termed in the Buddhist tradition as “loving-kindness”.



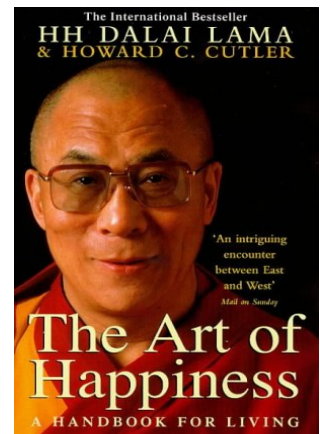
For me sometimes I feel that either I’m learning to love myself and others for the first time or somehow I’ve forgotten how to do this and I’m in the process of relearning how to do this. Regardless, I feel I’m a beginner in this precious domain because it seems unfamiliar to me. I say “precious domain” partly because this feels like such an important part of life to receive and to give to others. Sometimes when I reflect on what is truly of value in this limited life (imagining myself on my deathbed and looking back at life), it is having beautiful, loving interactions with the world seems truly important. However, I find this way of life very hard to practice.

Another way of thinking about love maybe is experiencing beauty within oneself, with the world and other beings. As such perhaps it comes more often when causes and conditions are right, maybe in atmospheres filled with warmth, acceptance and openness. Perhaps it comes in times where there is less pressure, more sharing, more giving and more gentleness, where a person can feel more free to be themselves, and less afraid of letting their natural character come to the surface. With thoughts of love like these comes a determination to bring about more of this “love element” into my life.

But how does one do that? I don't fully know yet, but I have heard of some ways. In the Buddhist tradition(s) different types of meditations on love (aka loving-kindness or compassion) are prescribed. I have been trying to implement these, with some success. But what amazes me is that there is no such switch you can just flick to turn on love of others in your mind/heart – it seems that the process of opening up the heart is a more gradual one. ----- *A new realization*

I remember in the “Art of Happiness”, a book based on interviews with the Dalai Lama, he urges the reader to reflect on the value of love in one’s life, to reflect on how it felt for them the last time someone showed warmth/kindness/acceptance towards them. In this way, I realized that developing one’s capacity to love is like a long term investment into one’s future happiness account, the happiness within oneself, with friends, family or in a marriage, which seems like a real priority. I constantly think that I and most others don’t water this seed enough, which results in a lot of people missing out on a lot of goodness during their lives.

From my little practice I’ve found that one of the benefits of having a more loving mind is that those unpleasant feelings such as shyness, awkwardness, fear, suspicion would have less power and influence. One becomes more open, relaxed, peaceful and clear-minded. Also in a similar way, barriers that one



feels with other people (i.e. barriers of differences in religious beliefs) seem to dissolve. Often I find myself wishing that my heart would open to others, and it would truly be wonderful if it would open to myself too.

But once again one needs to be patient with this, for no matter how deeply one craves for giving and receiving love, there isn't a switch to "turn this force on", and the manifestation of this force can not be controlled. I think I come face to face with this frustrating fact on a daily, if not hourly basis.

Sometimes I feel lucky enough just to look upon others in a loving way, which gives me hope of looking upon others in such way more often spontaneously. Perhaps one is truly lucky to have such a hope that having more love in one's life is something achievable, that over time one's heart may soften and allow beauty to flow through it.



I guess on some level it seems that having a mind filled with kindness, gentleness, acceptance and care for oneself and others is the key to genuine happiness and a good life.

These are then some reflections on love by a beginner.

By Alex Voevoda

Animal Intuition

My mother has a tiny dog, Tyrone, that she spoils terribly. She cajoles it, let it sleep on her bed, takes it for a walk twice a day and is particular about what it eats. When she travels, she often gets me to mind Tyrone while she is away. She is away she will ring and ask, in a concerned motherly voice, "How's Tyrone?" Then Perhaps as an after-thought, "How are you?"

My mother's love for that little dog is understandable. After all, it is very cute. Despite being a few years old it still looks like a puppy, with shaggy fur and big brown eyes. Sometime when I walk him in the park near our house people come up to us and say, "Hello Tyrone!", as if they had been best friends their whole lives. When I happily reply, "Hello!", they reply "Who are you?"

When I visit my mother Tyrone barks his head off, and that is how my mother knows that I have arrived. Having spent a lot of time with the little dog, I know how well he hears.



Strangely, despite my hearing being as good as Tyrone's he always knows when someone is approaching the house long before I do.

Why is that?

The answer I have discovered to this question is surprisingly simple: he listens, all the time, which is both profound and surprising. Do you think you could sit none stop all day, just listening to the sounds around you without distraction? It is almost as if we can say that Tyrone is meditating, and in this lies a lesson that Buddhists can learn from animals.



This lesson is presence. Animals, such as my mother's small dog, have such an acute perception of their world because they are much more present in it. Can you imagine your dog worrying about the past or the future? Or being attached to material possessions?

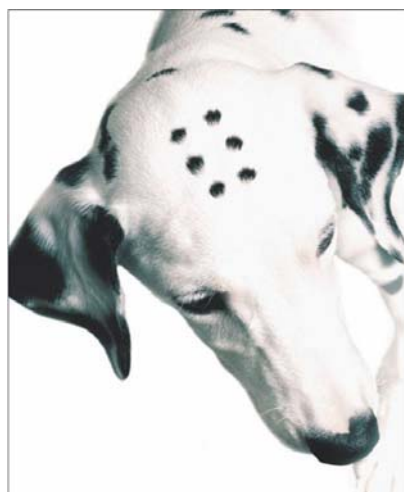
To see what we can learn from this animal presence, we can look at how it affects the way that animals form relationships. The first and most striking observation about animals is that they are loyal. If you have ever had a puppy you will know that that animal will love



you unconditionally, and will always be loyal. A dog will give its life for you without hesitation. You can even beat it to death, and it will love you right up until the death blow.

In many ways I think this powerful love and loyalty arises from a lack of past and future in animal perception. Betrayal, trust and gripes are all things that require a memory and a contemplation of a time other than the present. Betrayals and gripes are from the past, while trust hinges on what others may do (or not do) in the future. Love, on the other hand, always occupies the present space. As animals have little memory or contemplation of past and future compared to us, they have less attachment to trust and fear, and find it easier to love.

Another lesson lies in the animal attitude to violence. A dog will always do everything it can to avoid a fight. It will try and make friends, run or even hide. Animals will never commit violence out of revenge, cruelty or maliciousness. However when an animal does commit violence, it will not hesitate to kill. It will also fight with an absolute viciousness. Why can 30kg dog take down a 90kg man? Because of the intensity with which an animal fights is too strong. This intensity too, I think, is linked to an animal's attachment to the present moment.



Of course another question one might ask is, is an animal capable of true compassion? While animals will always help a friend...would it help a stranger? People, on the other hand are able to extend true and equal compassion to all living beings.

As Buddhist practitioners, there is much about our animal nature we must try and escape. However, there is also much about it we can also admire.

By Alex Serpo

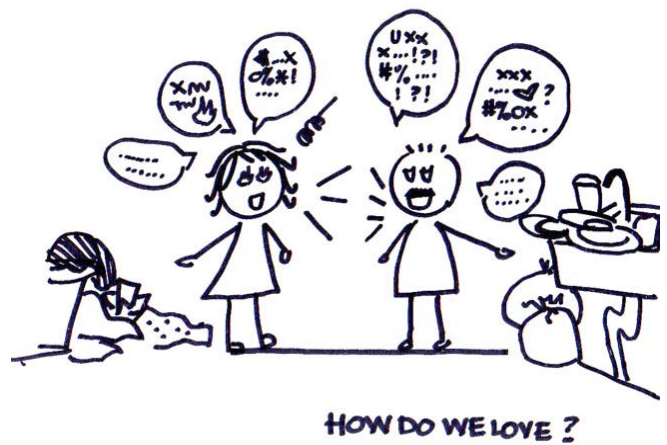
Love Crimes

Sketched by Shi Ying Ooi

Love Crime 1:



Love Crime 2:



Love Crime 3:



Love Crime 4:



28th Executive Committee Opening Words

MING DE TEH

President



First and foremost, Sadhu! Sadhu! Sadhu! to everyone, for supporting UNIBUDS in every unique way that you have done so and shaping UNIBUDS into what it is today. I am honoured and absolutely privileged, to be elected as the new President of UNIBUDS, to stand on the path laid by 27 years of hard work and countless people's effort, to be given this golden opportunity to serve and give! UNIBUDS has been a warm place to practise and learn the Dhamma, and it is also at UNIBUDS that we find friends who share and support each other's Dhamma practice. How truly wonderful it is that there is this place, UNIBUDS, where we can learn, practise and progress along the Dhamma path together! My friends, let's continue creating wholesome conditions, let's continue encouraging our Bodhi mind, to always have the Buddha, Dhamma and Sangha in our minds. May all be well and happy.

MANDY PANG

President

External Vice-



Switching to the channel: "UNIBUDS" on the radio

This is Mandy speaking. Welcome to the UNIBUDS channel. I would like to introduce myself as the 28th External Vice President(EVP). I'm currently a student of UNSW studying year 1 of Bachelor of Commerce. Having UNIBUDS as part of my life is truly the greatest moments in my life. I am really grateful to be able to learn the Dhamma as well as to know YOU! So, hope to see you at UNIBUDS' activities! May all be well and happy!

Thank you for listening to UNIBUDS channel! Stay tuned!! ^_^

KHAI YI NG

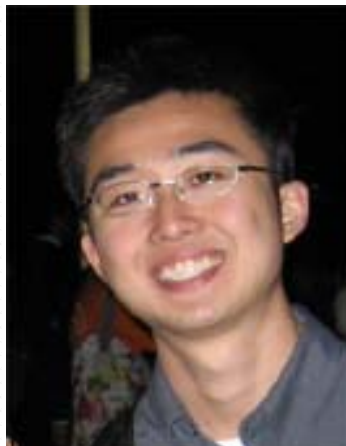
Internal Vice-President



Greetings to all my lovely Buds! How are you? Enjoying Summer Holidays? I am the newly elected Internal Vice President (IVP), Khai Yi. I am honoured to be elected, and I will try my best to serve UNIBUDS and all of you. As IVP, I take care of our Buds' welfare. So if you need any of my help, be sure to let me know! I will do my best! =) Besides that, I am in-charge of sending out weekly emails to inform all on our weekly activities! Stay tuned for more Dhamma learning sessions and more exciting activities in the coming year! UNIBUDS needs you for the Lotus of Dhamma to bloom in Full!! Sadhu! Sadhu! Sadhu!

ADELINE SUGIANTO**Honorary Treasurer**

Hello...It's me again! Adeline. I am the Honorary Treasurer in the UNIBUDS' 28th Executive Committee. Allow me to introduce a bit about myself. I have just finished my undergraduate degree in Photovoltaic Engineering, and thinking of doing a postgraduate degree next year. As Treasurer, I am basically in charge of carefully recording any transactions that are happening in UNIBUDS. I am also responsible for creating budgets wisely for our activities. It's been a great honor to back be part of this committee, and I look forward to "working" (practicing) with you all in the path of Dhamma through many interesting activities to come. I wish you all to be well and happy. May we all flourish in the Dhamma and help spread the teachings to all around.

ALVIN PHUA**Honorary Secretary**

Hello everyone!

I'm Alvin, the Honorary Secretary for the 07/08 term. Currently, I am a third year medical student. I feel privileged to be part of UNIBUDS, and to be exposed to more Dhamma. I hope that all of you would be able to feel the UNIBUDS friendliness and warmth, and learn the Dhamma at the same time. I will do my best in performing my duties. Well wishes to all for the year ahead!

HADI KUSUMA**General Secretary**

Dear All,

My name is Hadi and I am the General Secretary of UNIBUDS for 2007-08. I am currently studying Commerce in Second Year. I have been learning Buddhism at school but did not really learn thoroughly about the Dhamma. This is just my second year in UNIBUDS and I am eager to learn Dhamma more. It will be an interesting journey throughout this year, hopefully all of us can learn Dhamma together.
May all being find peace in heart and mind.

POJDANAI SUKIJJAKHAMIN

Activities Director



Hi fellow buds! Are we ready for another exciting year of Dhammaful activities? I hope so! Let me re-introduce myself, my name is Aun and I'm back for another year of "EXCO"ship as the Activities Director. Through sports sessions and other social gatherings, I am hoping to foster friendship and Dhamma among all of us. So stay tuned for the coming activities!

Metta,
Aun

ROSIANA LIM

English Dhamma Talk Coordinator



Hi all!

Let me give you a short introduction about myself. My name is Rosiana Lim, currently doing Master of Professional Accounting. I am very grateful for this opportunity to disseminate the Dhamma and to serve UNIBUDS as the English Dhamma Talk Coordinator. I've been in touch with Dhamma since I was young, but honestly haven't really understood it. There are still many parts of it that I need to learn about. In this term, I would love to learn and share the Dhamma together with you. Please come and join us, and let's taste the Dhamma together.

ZHANG YI

Chinese Dhamma Talk Coordinator



Hello fellow friends in Dhamma! I am Zhang Yi, the Chinese Dhamma Talk Coordinator of the 28th Executive Committee. It is with great pleasure and honour to serve UNIBUDS (a.k.a. u readers!) for yet another year! Learning the Dhamma has enriched my life, allowing me to be a better and happier person, and I am deeply grateful for that. Therefore, I hope to share the joy of learning the Dhamma with all of you! I will do my best to cater to your needs and I hope you will be able to join us in these meaningful and enriching sessions. All the best in the coming year and I look forward to meeting each and every one of you!

SHI YING OOI**Meditation Session Coordinator**

Heya All

Thank you for opportunity to hold the position of Meditation Coordinator for the coming year. Meditation is part of an important practice in Buddhism: in realizing and understanding the Dhamma, the truth of life. I do not claim to be a master meditator, but like you all, I am set on a path to learn, practice and grow from whatever meditation can bring to my life. If what you seek is wisdom, insights on life, and the development of unconditional love and mindfulness, meditation will be your key. So, please continue to support UNIBUDS and I will see you around!

LINUS MENG**Sacca Editor**

Greetings everyone, my name is Linus. I am currently in the second year of my degree in Civil Engineering. I am very grateful for this opportunity to help spread the Dhamma, and to serve UNIBUDS as the editor of its quarterly newsletter, SACCA. The word *sacca* means 'truth', and I will endeavor to make this my guide at all times. I look forward to receiving all your interesting articles, pictures, or whatever else you wish to send me! Hopefully this year's SACCA will be interesting, inspiring and full of surprises. Let us grow together in our search!

Sadhu! Sadhu! Sadhu!

TINA NG**Annual Magazine Editor**

Thank you for re-electing me!

It means a lot to me because it shows me that you're not sick of me yet! I hope that this Exco term will be as fruitful and beautiful as my previous terms. I look forward to the upcoming UNIBUDS events, hoping to see all the familiar smiles, but also meeting some new ones. Please remember me all the way to the end of next year, because that's where the Annual Magazine Editor's role really comes in! Would love to receive your contribution and support. May the Buddha Dhamma continue to shine in your life as you cultivate this Bodhi Mind! Sadhu! Amitufo!

As you can see, UNIBUDS is blessed with many talented, smiling people! Please don't hesitate to contact any of the EXCOs about information or feedback on UNIBUDS activities. All contact details can be found on our website: <http://www.unibuds.unsw.edu.au>

Cook of the Year: Eat Dhamma!

'Food for thought' were the words used to describe Cook of the Year organized by UNIBUDS in last October. There were four groups demonstrating their cooking skills, they were 'Bees 4 Buds', 'Khanti 2007', 'The Four Noble Truths' and 'Into It'. Each group prepared four dishes and explained to the audience the meanings behind their dish.

As a person who studied food science and technology (nearly finished, yay!), I usually have to focus on factors such as sensory properties, preservation and safety of the food, microbiology and nutrition. However, participants in Cook of the Year tried to represent important and invaluable aspects of the Dhamma through their food, which of course makes you wonder about questions such as: 'What am I eating?', 'Where does it come from?' and 'How did it arrive on my plate?'



Group One: Khanti 2007



Dishes:

840

There were 8 mushrooms, which represents the Noble Eightfold Path, then if you eat four of them, it'd be four. The four represents the Four Noble Truths. And if you eat all, it represents

emptiness.

Rice

Rice as our staple food is a means of survival. In order to learn Dhamma, we also need to fill in our stomachs, but just right, so we can contemplate more on the teachings.

Appreciation Curry

The water in the curry represents suffering in our life. But if you look carefully, there are actually many colors in the curry! The colors are the beautiful things in life. So it means that even though life has sufferings, it also has beauty! So when we live in the moment by being present we'll be able to see the colors in the curry, or the beauty in life.



Happiness Beans

The sauce on the beans is tomato sauce, which it tastes sour. Sour represents the unhappiness in our lives. However, the beans are still crunchy and tasty despite the sourness of the sauce. People tend to like crunchy foods, therefore the beans represents the happiness in life. So in life, happiness and unhappiness comes in a single package.

Enlightenment Watermelon Drink



Enlightenment Watermelon Drink is made of sparkling water and watermelon with mint leaves. The practice of Dhamma is like this minty drink. All the defilements in the heart come to the surface just like the gas in this drink. Hence we can be aware of them and so rid ourselves of them. Just as the taste of the drink is refreshing, so is Dhamma. The taste of Dhamma is refreshing!

Red Bean Dessert

There are two ways of serving this dessert: cold and warm, depending on what people prefer. As ordinary people, we tend to grasp at things, and push away the things we don't like. But as we can see from this dish, they both are actually the same, only the temperature is different!

Group Two: Into It



Dishes:

The triple gems (potatoes, tomatoes, avocados and pumpkin).

We have three different colors to represent the Triple gem: which are the Buddha, Dhamma, Sangha. The potato layers represent us, having the 3 gems as the guidance in our life.

The karma treasure (tofu, peanut butter, honey)

Karma - the effects of our deeds. And whether or not is good karma or bad karma, it's only the Buddha and us who know about it. It's like a treasure, only the owner and the founder know about it. We are the one who decides to have bad or good karma. In this dish, honey and



peanut butter represent the good karma.

The surprise (dumplings with rice and corn fillings)

Surprises in life come when there is no expectation. Just like in this competition, we tend to have expectation about the dishes at first sight. Taste these dumplings, and see the difference. Remember, let go of your expectations.

The Seeds of Metta (red bean soup with sagu)

Metta means loving kindness, good will, friendliness and non-violence. Spreading these seeds means spreading metta to everybody. Because true love is unconditional, it's pure, it's true, and it doesn't require any external decorations, therefore, it is presented in a simple way where everything comes from the bottom of the heart.

And of course, recipes! The group 'Bees 4 Buds' and the 'Four Noble Truths' have been kind enough to share recipes from some of their dishes, so you can recreate your own yummy Cook of the Year 2007 dishes at home.

Kebab Ultimatum

Made from delicious sun dried tomatoes, golden pineapple, garden fresh lettuce, gluten-free falafel, mixed with finely chopped cucumber, carrots, capsicum and olives, wrapped elegantly in a Turkish bread. Served using a toothpick.

Group Three: Four Noble Truths



Milk Rice

Ingredients: 4 ounces of rice, 1 quart of milk, nutmeg or vanilla, sugar. Way of cooking: Boil the milk, and pour it over the rice [uncooked]. Let it cook for two hours, and then sweeten with sugar and flavor to taste. Served last from this group,

also linked to the last one of the Four Noble Truths. Milk Rice was offered to the Buddha by Sujata as the first meal after he realized that middle path was a proper way of practice. Also milk rice was the first dish that stopped the Buddha from leaving his body earlier, which contributed to his attainment of perfect enlightenment later on...☺



Group Four: Beads for Buds



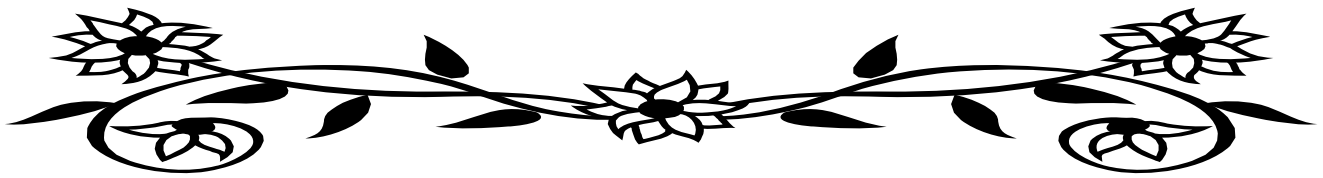
Kebab Ultimatum from Beads for Buds

Thanks to our organisers Alvin Phua and Zhang Yi for the successful event. Finally, thanks to Alvin Phua for his tremendous help in collecting all the information and thanks to the participating groups for sharing this information.

Other photos from the event:



By Christian Tanadinata with lots of help from Alvin Phua and the participating groups.



HAPPY BIRTHDAY!!!

To all those dear UNIBUDS members who have their birthdays over the Summer Break (you unlucky people), here's to you! May you all be surrounded by friends on your special day, wherever you are ☺

December

Bernard Chen
Teresa Hong
Dominic Cheng
Pojdantai Sukijjakhamin

Gilbert Foo
Eshan Salgado
Zacharias hambides
Shi Ying Ooi

Evelyn Tan
Lynn Hong
Lilian Ong

January

Qifeng Zhao
Ngoc An Nguyen
Samantha Chia
Timothy Cheng

Alex Thattamanivong
Zhi Jun Lim
Ivy Jo
Eddy Yong

Shimin Foo
Chao Zheng
Eugene Chiew
Pauline Toh

February

Jurgen Nagler
Alanna Cresp
Xun Zhang

Paola Disanto
Teresa He

Shie Haur Tan
Henry Makgawinata

List of contributors to this SACCA:

Thank you to Alex Serpo, Alex Voevoda, Chien Hoong Gooi, Mandy Pang, Rosiana, Zhang Yi, Shi Ying Ooi, Summer Ding and all the EXCOs for their contributions to the English section. Thanks to Su Sian Teh for the Chinese article.

Photos: Thanks to Cheng Tuck Lim, Chris Tan, Rosiana, Summer Ding and Zhang Yi.

May all beings be well, happy and peaceful; free from enmity and suffering. Whatever merits we have done, may these merits be shared by all!

Sadhu!

CHINESE SACCA

活动介绍

特别活动:

- 夏令营
(十二月七日至九日)
- O-Picnic
(三月十六日)

每周活动:

- 英文达摩班
(星期五 7-9 pm)
- 中文达摩班
(星期四 6-8 pm)
- 体育活动时间
(星期日 11-1pm)

注: 每周活动将从下学期
照常进行

目录

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嗨! 我是 UNIBUDS 新上任的 Sacca 编辑, Linus。

在接下来的 Sacca 中, 我希望能带你们走过一段奇特的旅程。我们将尝试从不同的角度来认识佛法, 同时探讨佛法如何与日常生活息息相关。如果没有亲爱读者们的支持, Sacca 对我来说就失去了意义。再次谢谢大家的支持!

Sacca 题目的范围可以很广阔。因此, 我愿邀请不同文化背景的慧命社会员分享他们对佛法的认知, 以及呈现多种角度的剖析与见解。如果大家有兴趣与读者分享对佛学的所学所得, 尽请与我联系!

希望当你们收到 Sacca 时, 大家已都顺利的完成考试而开始尽情的享受假期。这假期也是提供我们静心的‘好机会’! 因此, 即将到来的夏令营就正是‘好机会’, 希望能借此‘好机会’与大家再见!

Linus

如果您 对 Sacca 有任何意见或想投稿, 请联络:

Email: linussssss@gmail.com **Phone:** 0402 097 300

修道人，一定要培養四無量心。有了四無量心，才能教化眾生，令眾生離苦得樂。修道人若無四無量心，就與道相違背，就是修了八萬大劫，離佛道尚有十萬八千里。

四無量心是修道人應具有的基本條件。何謂四無量心？就是慈悲喜舍。無量就是沒有限量。不半途而廢，不中道自畫，得少為足，認為夠了。其實慈悲喜舍沒有夠的時候，越多越好。應把它推而廣之，擴而充之，達到止於至善的境界。

（1）慈能予樂。我們是否給了眾生快樂？若是沒有，那就是沒有盡到慈心。應該朝向‘無緣大慈’的目標邁進，不但同情人類的遭遇，而且也要同情動物的遭遇。如有不幸的事情發生，即時伸出援手，幫助他們脫離苦海，這是佛教徒應該做的事。不要存著隔岸觀火的心理來觀賞，那樣就失去佛教的救世精神。佛教是慈悲為懷，方便為門的宗教。

（2）悲能拔苦。我們能不能拔出眾生的痛苦？若是不能，那就是沒有盡到悲心。應當有‘同體大悲’的思想。也就是人溺如己溺，人饑如己饑的精神，佛教以悲為宗旨，悲就是憐憫的心。與儒家所說的‘悲天憫人’不謀而合。由此可知天下聖人的思想，同出一轍，沒有離開惻隱之心。佛教主張慈悲，儒家提倡忠恕。心心相同，這是宗教的骨髓，否則，乃是異說外道。

（3）喜是喜心。我們是不是歡喜學佛法？有沒有發憂愁起煩惱？或者鬧情緒？如果有的話，趕快糾正，不可任性發展，若有半點習氣存在，在七情六欲上用功夫，那就是錯誤觀念。要知道這種觀念錯不得。否則，後果不堪設想。

（4）舍是舍心。我們有沒有舍心？如果有，是大還是小？是一時還是永遠？舍甚麼？就是發心給予眾生快樂，拔眾生的痛苦，扶人困危，會生起無限歡喜，但不可執著。做完之後，統統把它忘掉，不可留記心頭。如果執著不忘，那不是菩薩的願行。要有施恩不求報的胸襟，才算是真正的佛教徒。



爱的阶梯

郑淑心

如果让我们找出一个人类共同喜欢歌颂与赞美的字，我想这个字一定是——**爱**！

爱--对很多人来说有不一样的定义，对于不同的心境也有不同的定义；随着心情的改变也有不一样的定义，随着成长的变动也有不一样的定义。似呼爱是无绝对性的？还是众生太过善变？无论我们持着对爱有哪个阶乘的看法，对于爱有何见解，或对爱有何认定，人间是需要爱的，因为人间有爱，才有希望。

圣严法师曾说到只要是人，就不可能没有感情，佛教称众生为“有情”，就是因为“有爱”的缘故。人活在世界上，除了饮食的养分，还需要精神的滋润，而感情就是最好的精神滋润剂，因此，感情和生命可说是息息相关的。佛教虽然劝人学习放下万缘，不要执着感情，却不是要人无情，因为，人本来就是有情众生。

还未看破红尘的我们就是那有情众生，要做个有智慧的有情众生，还是在沉睡迷茫中的有情众生？重点就依赖在我们怎么看世界，怎么看生活中的一切，怎么看待身边的每一个人，对他们抱有怎样的期待，这一切都密切的影响着我们对人们的爱。

最终影响着我们的是一颗心，心的处境影响着如何面对每一份不同的情义。其实每一段情义都有着它可观的一面，只要调整自己的心境，爱可以是无限的。以下是几则有关感情与人间爱的基础观点，每当被烦恼铺满脑袋的时候，或在快要忘记什么是爱的时候，可给自己的一些提醒：

爱己篇—爱惜，知足

爱要先从个体开始，一个不会爱惜自己的人怎么谈得了爱惜身边的人？人总是要到生病的时候，才眷念着自己曾有的健康身体。人总是要到受伤的时候，才眷恋着自己曾有的健壮肢体。这意味着我们需常常念着知足，心灵才会感受与体会到饱满，身心才会健康。观无常能帮助加强我们对于人体变化的了解，对于心情变动的了解，然而一切事物都是因缘和合的。只有了解到要爱惜自己的人，才会懂得怎么爱身边的人。

父母篇—生命，尊敬

[如果说子女是一棵“小树”，父母就是提供它茁壮成长的土壤；如果说孩子是一个“巨人”，父母就是他脚下得以站立的肩膀。]父爱的深沉、父爱的伟岸、父爱的弘远，如同生命的镜子，永远给予子女于启迪和教诲。母爱的深厚，母爱的可贵，母爱的无限，如同生命的菩提，永远给予子女于慈怀和悲心。

他们给了我们世上最宝贵的生命，没有了生命我们无法呼吸着清澈的空气，没有了生命我们无法体会生活灿烂的喜悦，没有了生命我们无法了解世间可贵的菩提。佛陀在“父母恩重难报经”中说到父母的十大恩德，父母恩情深重，难于回报，对父母需恭敬孝顺，不要等到错过了，才自责与后悔。

伴侣篇—坦诚，信任

对于伴侣的爱有时候是很容易出问题，因为“爱”与“恨”是对难兄难弟，几乎是形影不离的。爱得不好，会成为恨，因为社会上一般人所讲的爱，往往仅限于男欢女爱，而不能进一步将爱升华为爱护一切众生的慈悲。情爱如水一般，可以滋润我们的生命，但是水能润物，水也能覆舟，如果感情处理不当，也会让我们灭顶丧生。该如何处理感情呢？

- 我们要“以智化情”——用理智来净化感情。
- 我们要“以慈作情”——用慈悲来运作感情。
- 我们要“以法范情”——用礼法来规范感情。
- 我们要“以德导情”——用道德来引导感情。

爱情里的关系，并不是在互相执着、纠缠和占有，而是互相的贡献、成长和学习。能够坦诚的互相关怀、照顾、包容；对彼此信任、不计较，不相互猜疑，多沟通，并相互信赖，才能成为菩萨伴侣。

亲情篇 – 尊重，爱护

很多时候人们都太过习惯性的依赖着身旁的人，只要他们给你一点的不顺心或小插曲，生气与胡闹也被淀定是理所当然的。对于他们，我们需常念尊重与爱护。尊重意味着根据对方的本质去给予、去帮助，对长辈需恭敬。然而，对于晚辈我们需加爱护，在还未大腔责骂时先想想那像不像是当初的我们？如果是，我们会因当时的大腔责骂而改变吗？对家人爱护，体贴，可以让关系更亲密；对家人尊重，敬爱可以使生活充满欢喜。

友情篇 – 真诚，和气

对朋友体贴，可以扩展自己的人际；对同事和气，可以增进工作场所的融洽。友情占了生活满大部分，所谓出外靠朋友，很多时候朋友是我们需要的精神支柱，朋友是我们的良伴，相对的在他们需要的时候，我们也伸出援手与关爱。对朋友需真诚，只有真心对待，友情才能维持。对朋友需常保和气，只有互相谅解，友情才能长久。

一切众生篇 – 感激，大爱，

佛说：四生六道皆是我们过去父母。除了我们身旁所认识的人，也须感激擦身而过的人，也须感激与我们无关的人，像路人，发明一切事物的伟人，制造机器或用品的人，甚至巴士司机，服务人员，清洁工人 ... 每个人都对这世界做出了不同的贡献，扮演者不同的角色。我们不但没有献上我们的感激，而是处处批评着他们的不足。可别忘了，因为有了他们，世界才能完善的运转。要常持着大爱去爱护这世界，赞美能加强人们的信心，感激能使人起欢喜心，感恩一切能使人们互相尊敬。

愿世界和平似乎是有点难于达到的前景，人们总是容易忘了真正能制造世界和平的关键在于一个最基础与简单的字 – 你！如果每个人都能往内心看，去探讨去发掘那隐藏在心中的慈怀悲心，再将善良慈爱的一颗心带给身边的每一个人，爱会再从身边的人影响着更多徘徊周转在外的人，像小圈圈一样慢慢扩大，从个体到身边的人，从身边的人到一切众生。世界和平不再是谈何容易，而是谈起容易。

慈悲喜舍是真爱，是人与人之间最良好、最具建设性的关系。成熟的爱是在保存自己的完整之下，与别人建立合理的关系。它是从生命中流露出来的完美情感，是沟通彼此的力量，是人类互助、友爱、慈悲的根源。成熟的爱是在彼此关怀中结合成为一体，但每个人仍旧保持了自己的独立、自由和完整。这种爱的特性是给予（舍），而非占有；是喜悦赞叹，而非妒嫉毁谤；是慈悲，而非对立。



爱是要被呈现出来，无论是语言或行动，都要把握，都要珍惜机会，将爱的界限宽大到世界每一个角落。一个人有了智慧，能深深地了解人心，他才能针对别人的需要，维护别人的自尊，做最适当的帮助，使对方获得饶益；有智慧的人帮助别人是无形的、暗中的、不居功的，而且是针对对方的需要最善巧方便的。爱的本质是给予而不是占有，给予是自我实现的开始，是生命自觉的责任，它的过程是丰足和喜悦，它的终点是人生的圆满和自在。只有懂得尊重与了解的人，只有慈悲和智慧双运的人才真正有能力表达生命的真理。

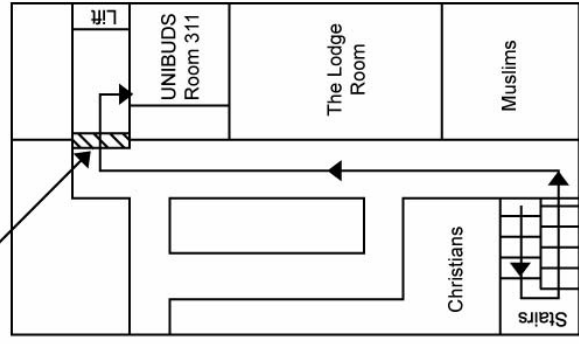
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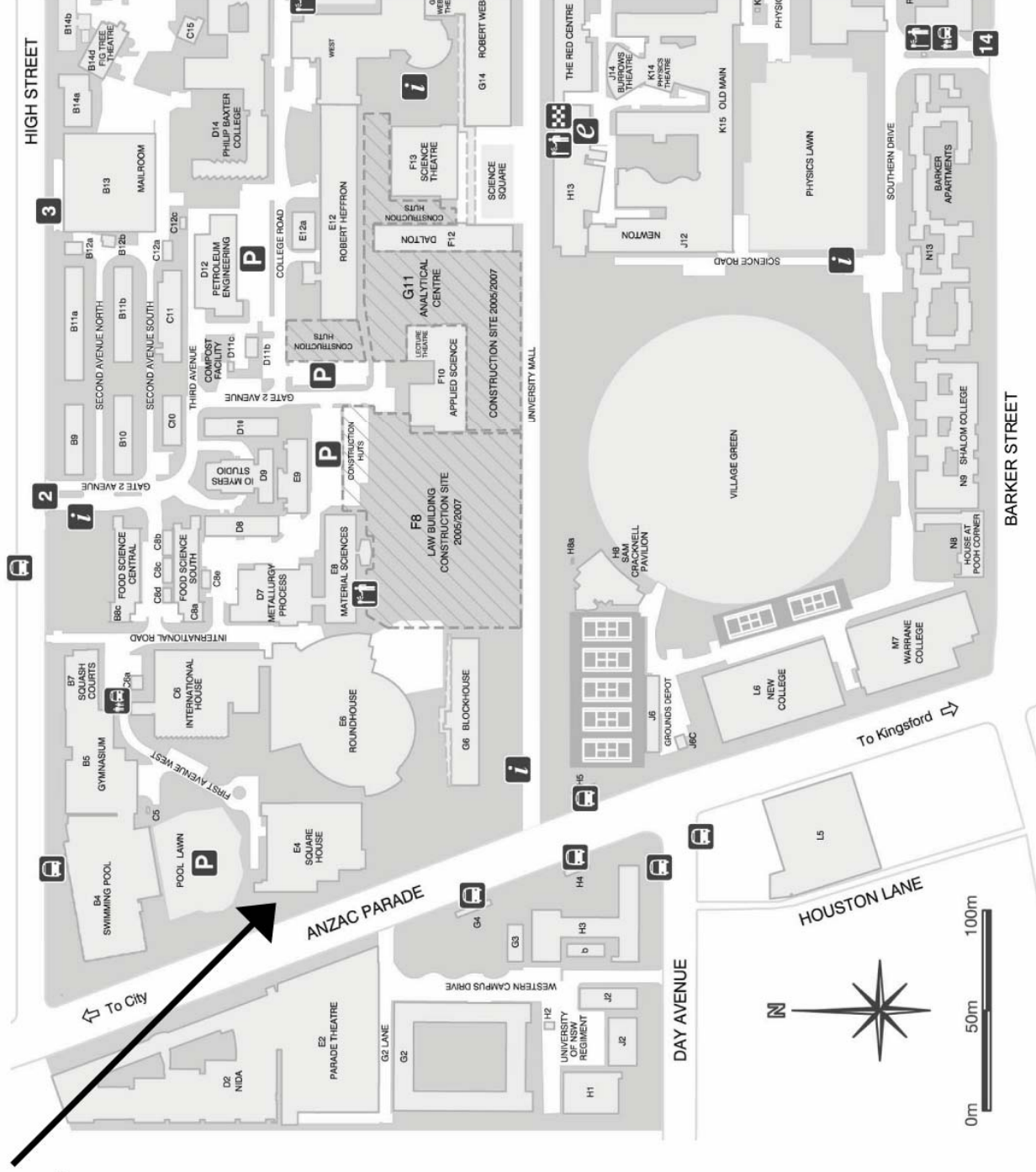
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SQUARE HOUSE MAP Level 3

Fire Exit Door



KENSINGTON CAMPUS MAP





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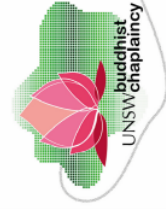
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