

summer
edition
dec 10
feb 11

sacca

newsletter for the members of unbuds

attachment



where a bud can bloom in full



unibuds
UNSW BUDDHIST SOCIETY

sacca newsletter

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Look out for this space!

Have **your say** here, we welcome feedbacks and comments on feature articles or the newsletter.

Contributors

Interested in joining the editorial team? Any contributions in articles, event coverage, ideas, commentaries or images are welcomed! Please feel free to drop **Wei Yin** a word at 0430533011 or via **email** clarissewuy.chen@gmail.com



unibuds
UNSW BUDDHIST SOCIETY

where a bud can bloom in full...

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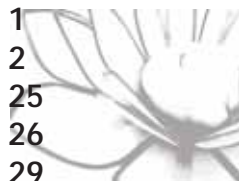
*“The tighter you squeeze,
the less you have.”*

Thomas Merton

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editor's letter

Dear Readers,

Another year has passed. I am your new SACCA Editor, Wei Yin. I look forward to travelling along this Dhamma journey with all of you.

The theme for this edition of SACCA is 'Attachment'. 'Attachment' of any form, leads to suffering. Hopefully, we are able to explore and identify these attachments of ours and eventually be 'detached' from them.

In this edition, there will also be updates on UNIBUDS' recent activities such as Cook of the Year 2010, Summer Retreat, and Sculpture by the Sea + Coastal Walk. Also included, are the voices from the newly-elected 31st Executive Committee.

As for upcoming activities, there will be O-Week, O-Picnic, and Meditation Workshop. You may also want to read more about the upcoming Buddhist Exhibition 2011 organised by UNIBUDS.

Look out for the theme for the upcoming issue of SACCA. If you wish to contribute photos or articles, you may do so by contacting me at clarissewyy.chen@gmail.com.

Last but not least, thanks to those who have contributed in this issue of SACCA.

With Love,
Wei Yin Chen
SACCA Editor 10/11

"Look at your
own mind.
The one who
carries things
thinks he's got
things, but the
one who looks
on only sees
the heaviness.
Throw away
things, lose
them and find
lightness."

-Ajahn Chah



president says

Hello everyone! How are you? Enjoying the lovely holiday? Yeah, after months of assignment and exams, finally we get the chance to rest now. I hope all of you can take your time to rest and have an enjoyable holiday!

Dear friends in the Dhamma, I'm really honoured to be given a chance to write a few words here as a President. The new Executive Committee for UNIBUDS has been formed during the 31st Annual General Meeting few months ago. In this term, we have 15 Executive Committees to serve all of you as well as spread the Dhamma. I would like to take this opportunity to firstly thank the other 14 dedicated committee members for having taken up their position. I sincerely hope all of you will enjoy the journey with us for the year 2011.

UNIBUDS has recently marked its 30th Anniversary, it's hard to believe a society can grow thus far. Without support from all of you, UNIBUDS would not be where it is now. I would like to express my deepest gratitude to our Patrons, Venerable Chao Samai and Venerable Tsang Hui for their endless efforts in giving us guidance and supporting UNIBUDS. Thanks to Venerable Neng Rong for her contributions as our Buddhist Chaplain and giving us weekly Chinese Dhamma Talks.

Our Summer Retreat and Christmas Gathering just ended with a smile in everyone's heart. Many participants have learnt on the theme - Attachment in Hwa Tsang Monastery during the Summer Retreat. I would like to grab this chance to encourage all of you to take a break from your routined life, practise meditation or read some Dhamma books. It's a great time to cultivate peacefulness in our mind during the holiday. Our activities will resume this semester, please drop by our O-Week Stall and join us for O-Picnic, you can renew your membership card, gather or make new friends there. We will be having a Buddhist Exhibition in April as well. For more details, please have a look on Buddhist Exhibition section. Come and join us yea!

Last but not least, I hope all of you enjoy reading this Sacca and gain something here. Do not forget to thank our dearest Sacca Editor and the article contributors for their hard work! Stay tuned for our weekly emails and UNIBUDS Website for the upcoming activities! Hope to see you all around!

May the blessings of Triple Gems guide us through our daily life.
Sadhu Sadhu Sadhu!

With Metta,
Foh Fan
UNIBUDS President 10/11

untying the knot of not knowing

The Buddha taught that delusion creates the world. When the heart is covered over with delusion, it will bring up a sense of self all the time, identifying with this body, this mind and the experience of the world. We will think that this is mine-my part of the world, my house, my car, my land, my everything. The sense of self is fed by this delusion, this not-knowing.

All our desires and attachments flow from this not-knowing, from not understanding truth. So the way of Buddhism is to cultivate the opposite of not-knowing. We cultivate the knowing, the understanding, that comes through continuous awareness, we begin to see the arising of this sense of self and all the desires and attachment that we are normally lost in.

When the mind can see that, then it will detach from the normal process of labeling things and creating a sense of self around our experiences. And with that there is no longer anyone who creates the world. There is no one who owns the world. Our old way of looking at things disappears.

Not ours

The sense and their respective objects are just the way they are according to nature. Eyes are just eyes, sights are just sights. They don't proclaim themselves to be anything at all. It is this sense of self that gives meaning to them by reacting with attraction or aversion. But with mindfulness and clear comprehension keeping up with the process of sense contact, the mind will see in accordance with truth: all phenomena are simply arising, remaining and passing away.

Ajahn Chah frequently taught what he called, "the practice which is never wrong." This is the practice of restraint, of watching and guarding the six sense faculties-the eye, ear, nose, tongue, body and mind. Whenever we experience the eye seeing forms, the ear hearing sounds, the nose smelling odours, the tongue tasting flavours, the body feeling tactile sensations or the mind experiencing mental objects, Ajahn Chah would teach to contemplate these experiences right at that point, to know them and understand them, see them clearly as changing and impermanent.

“Well, if it’s heavy,
why don’t you put it
down?”

He put the bucket
down, along with the
problem that was both-
ering him...”

It’s like walking along a road. There might be various things in our way: rocks, sticks or rubbish. But we just clear them aside and keep walking, not letting them worry us. The mental impressions are obstructions as well, but if we quickly clear them away by seeing them as impermanent, unsatisfactory and not-self, we keep progressing. When we let go of our attachment to these obstructions, we see that they are simply objects of the mind.

When we experience happiness, we say, “I am happy.” We take this state to be ours at that time. But that happiness does last does it? It comes up according to conditions. As those conditions change and pass, the mood, the feeling will pass as well. Suffering is the same. It comes up according to conditions, and then changes and goes away again.

In fact, the whole world is in a constant state of change, arising, passing away, completely beyond our control. If any of this could be

taken as “mine”, then it should be able to remain the way we want it to. But it doesn’t. If there were really a permanent self, we would be able to control our moods to maintain them or prevent them from occurring. But we can’t. They arise and pass away according to conditions. And because of this they are unsatisfactory. But when we know them all as they arise and pass away, then there won’t be any suffering in the mind. We won’t attach to them as my self, my mood, my happiness, my unhappiness. We will see the truth, realizing, “Oh, these don’t belong to me,” And that’s when the mind lets go.

The Most Important Thing

There was once a layman who came to visit Ajahn Chah. At that time, something was bothering this man and he was really suffering. So he went to seek Ajahn Chah’s guidance. When he arrived at the monastery he found him carrying



a heavy bucket. Ajahn Chah gave it to him to carry, and then started talking generally about this and that, steering the topic away from the man's problem. Soon he forgot all about what was bothering him. After awhile Ajahn Chah said, "Hey, you've been holding that bucket for a long time, isn't it heavy?"

"It sure is," the man replies.

"Well, if it's heavy, why don't you put it down?"

He put the bucket down, along with the problem that was bothering him.

When you can put down your burdens, the result is great lightness of body and mind. This is the way it is when you let go. When you let go of things, that's when emptiness arises. There's no attachment, no heaviness, no suffering. Letting go is the most important thing, more important than anything we might hold on to.

Ajahn Chah was a very diligent teacher, always finding skillful means to help people let go of their attachments. In fact, we can say that was the flavour of his teaching-getting people to let go. On the level of morality, letting go of the

things that led them to break precepts and make bad karma. On the level of concentration, letting go of thoughts, worries and moods. And then on the level of wisdom, getting them to see the very impermanent nature of all these mental states that we normally take as a self. We say, "I'm stressed. I'm angry. I'm depressed." But those are actually just conditions of the mind. When we see that they are impermanent, we are able to let go of them.

**“When you can
put down your burdens,
the result is
great lightness of
body and mind.”**

Ajahn Chah used to say that people who don't know very much are actually easier to teach. Generally, the more we know, the harder it is to see the Dhamma. This is because we tend to wrongly attach our views about the practice, about different techniques, even to states of calm and happiness that arise. But all these attachments are what we call ego, a sense of self which comes up and block our progress. If we cling to these views we will never get to the cessation of suffering. We have to contemplate to see the harm in them and let them go.

----- by Ajahn Anan Transcribed by Shi Ying Ooi
---from "Simple Teachings on Higher Truths"



A SACK OF BAD POTATOES

by Mei Ling TEOH

Little Belle was always full of anger. Every little thing that happened around her upset her and she threw tantrum when she was angry. She also held grudges on her friends who upset her. Her teacher worried that she might be a bad influence to other kids. Therefore, he decided to reward her with a potato sack. He asked Little Belle to put in a potato in the sack every time she felt angry and when she was happy, she could take a potato out of the sack. She also had to carry the sack of potatoes wherever she went.

As days passed, Little Belle felt that her sack got heavier. She had no choice but to carry it around as it was a reward from her teacher. In fact, she felt proud that she was the only one who got a reward. Soon, she realised the sack of potatoes was a burden for her. She felt tired for having to carry it around. Some of the potatoes even turned bad before she could chuck any of them away.

She then went to her teacher and told him that she no longer wants the reward. When asked why, she told him it was tiring to carry the heavy sack around. It was easy in the beginning but as her reward grew, it was a torture for her.

Her teacher then asked her to imagine the potatoes as her anger and explained that it was the amount of torture she was giving to herself every time she got angry for little things and holding to her anger. The sack was soon returned to her teacher. Little Belle learnt her lesson.

This story which I came across few years ago popped into my head when I was thinking about my recent encounters while driving. I imagined

myself being Little Belle, carrying a sack of bad potatoes. The potatoes I carried were the attachment I was clinging to. I think some of my po-

tatoes were in the sack for too long that it became potato plants. I tried to recall on the things I was clinging to. The amount of things I was and some still attached to is just unbelievable.

“ ... it was not easy to let go of all the attachments at once.”

I realised, at different stage of life, I had different attachments.

As a student, I was attached to my results. I always believed that if my results were good, I could get a job easily. When my results were bad, I suffered. Then when I got a job interview, I was hoping that I could secure the job. Whatever I might be doing, I just wanted a job regardless the pay. After the interview, I would definitely suffer. I knew I did not do my best. I could have done better. Then, I got the job. I was happy

initially but it was only temporary. I started to think if that is what I really want in life. I suffered again.

As a human being, I was also suffering from the attachment of feelings. However, it was only until I read a story about true love in Ajahn Brahm's *'Opening the Door of Your Heart'*, I learned that when you love someone, even though that person is with someone else, you should be happy for him or her because they've found happiness and as long as they are happy, you should be happy too. It may not seem as easy as being said, but it is possible. Seeing people you care and love being happy will and can bring happiness to you too. Happiness can be contagious. Ajahn Brahm was right, loving someone should be that way.

“ ... if i start letting loose on these attachments, I would be happier.”



Different people will have different attachments and I think attachments are inevitable among lay people. That is why there is suffering in life. We suffer when we do not get what we wished for. Even after we get what we wanted, we may suffer too. We tend to want to achieve more in life. It is difficult to

put a full stop on what we want and be contented.

The attachments I was holding to make me an unhappy person for quite some time. I started to get mentally and physically tired of carrying the sack of bad potatoes. I did not know how, but somehow, recently I found myself starting to throw bad potatoes out of the sack. Throwing some of the potatoes was easy, but some was hard as their roots tangled on the sack. They were in my sack for too long. It will take some time before I am able to clear the roots.

The sack got lighter as some potatoes were no longer there. I found myself smiling again. The smile was different. It is hard to explain

“
**... there is much
more to life than
clinging on the
things which disal-
low you to see oth-
er happier things
around you.”**

the feeling. It was as if the smile was really from the heart. As funny as it may sound, I think the smile I have given lately is the sweetest I've ever had.

I have to say it was not easy to let

go of all the attachments at once. However, I believe that if I start letting loose on these attachments, I would be happier. Life is so unpredictable that I think I will regret if I did not enjoy my life right now.

It does not mean that I should stop working on my goals. In fact, I should continue working on my goals in life, but I should not get attached to these goals as it might bring unhappiness in my life. I always believe that as long as there is determination, and if it happens, it happens! Sometimes, at some point in your life, there should be time to spring clean your sack of potatoes. You will then realise, there is much more to life than clinging on the things which disallow you to see other happier things around you.

Did you know?

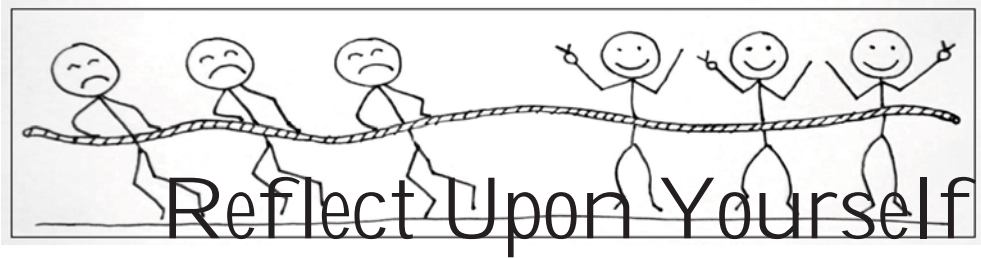
UNIBUDS has regular luntime meditation sessions to help you find peace in the middle of a hectic day in the UNIBUDS library.

For more details, contact our meditation coordinator,

Su Sian

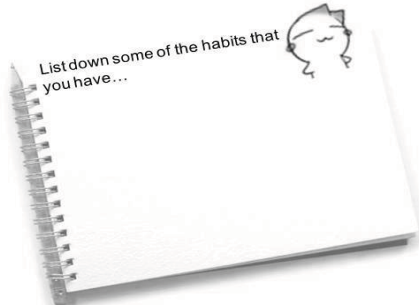
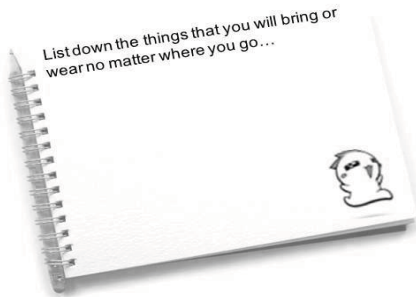
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What are some of our attachment in our daily life? Do you recognise them?

Complete this quiz, and you will understand yourself better! Remember, be as honest as you can! If you have someone whom you think he/she understands you better than yourself, let them fill up the quiz for you. You will be amazed!



reflect upon yourself

List down the websites that you have to browse in a day...



List down the things that you have to do on your birthday...



List down the situation that you are fear to be in...



List down the emotions that you dislike...



List down the people that you can't afford to lose...



List down some good memories that you can still remember...



Did you manage to see yourself in those answers that you have written down? Are there things which you are attached to? Material things, body, emotions, perceptions, thoughts, people, etc. They are all impermanent.

Now that we realised how much we cling them, we can slowly reduce our craving towards temptations and comfort, and bring ourselves a step closer to non-attachment.

This quiz is intended only for the use of the members of UNIBUDS. You are hereby notified that the taking of any action in reliance upon, or any review, retransmission, dissemination, distribution, printing or copying of this quiz or any part thereof by anyone other than the intended personal is at your own risks. Questions listed, statement written, and other information in this quiz shall be understood as the point of view of the writer only, strictly NOT on behalf of UNIBUDS.

Accepting Attachment

by Khai Yi NG

2010 has come to an end, and ahead of us, 2011 welcomed us with open hands.

Take a moment to reflect what you have been through in 2010, from January to December.

How did you cope with your studies last year? How did you cope with human relationship? Be it with your family, friends, lecturers, peers, strangers, etc. How did you cope with other activities such as UNIBUDS or Bodhi Nite? How did you cope with challenges in life? How did you cope with making decisions or choices?

Was your year full of tears, pain, and sorrow? Did you forgo some opportunities in which you regretted? Did you do something awful to someone and regretted it? Was your year full of excitement? Were you lucky enough to have met someone who brings you happiness? Were you given a great opportunity and you are proud of it?

12 months, 365 days... What is your most memorable event in 2010? For me, I consider it as a year of test, a year of great change.

First, I graduated as an Engineer, and ended my life as a student. After 16 years of studying, I am finally free from any in-hall exams and loads of projects/assignments! How great is that? I was offered a job immediately and stepped into working life, as an employee of a company.

Now that I started working, I miss the time when I was studying. I get tonnes of holidays. I get to join clubs and societies. I have break times in between lectures when I can grab a pack of fries, have a stroll in the park before the next class. Class sometimes ended 2pm, where I could catch a nap and have a great evening to myself, indulging in the swimming pool or helping out in UNIBUDS. My day would end at 12am or 3am sometimes, with a smile in my dreams. Ow, those were the days!

Now, I work from 8am to 5pm. I must obey the rules and regulations of my company. I must not be late for work and must not sneak out early before 5pm. I forgot when I last swam or had a peaceful meditation. My day ends at 9pm when I hit my pillow completely exhausted, yet the sense of pleasure seems



hidden somewhere.

Another change is that I came back from Sydney, Australia to my home country, Malaysia. Sydney is a very beautiful place with 4 seasons. Malaysia instead, is an all-year-summer country. Ow, I miss winter where I could have warm coffee and yummy chocolates, and wear boots and scarf.

When I was in Sydney, I joined UNIBUDS, the Buddhist Society in University of New South Wales. Members of UNIBUDS are kind, helpful, trustable, and reliable. They are great friends to be with! Ow, I miss those time we had together during Dhamma Talks, meditation, retreats, cooking for potlucks, endless gatherings, and best of all Bodhi Nite!

In the working world instead, you don't know what to expect. I am often taught to be cautious when dealing with people and not to trust someone easily in this business world. Af-

ter work, everyone dashes home to be with their family. At times, we do have some company activities, but it is just different.

Now you see, I am really really really attached to:

1. Life as a student
2. Sydney, Australia
3. UNIBUDS

And there are more uncountable attachments that I have, but I don't think I will be able to list them all here.

Everything is impermanent, that's a fact. Nothing remains the same. It is a fact that I will have to graduate and work. It is a fact that I have to come back to my country to serve. It is a fact that the world out here, is much more complicated.

Attachment arises because we don't want things to change, we hope that it stays the same or it stays at the

state we wanted it to be. I know the theory, but it is hard to put it into practice! It has been a year since I experienced the changes mentioned above but I am still clinging to the past!

I guess it is normal for us to have attachment in life. What really matters is how we take it and how we deal with the attachments we have. In the process of letting go of the attachment, what I practise is that I see those attachments positively. Instead of being upset about the changes, I take the changes as a motivation for me to move forward, to improve myself, and grow.

I wish I could still be a student, but the fact is I am now an employee. But that doesn't mean that I can't continue studying. I am looking forward to continue my studies in Masters and PHD some time in the future.

I wish I could still be in Sydney. Even though I work in Malaysia, I can still fly to Sydney, have a holiday and visit some friends. Now that the flights are cheap, everyone can fly! Besides, there are many 4 seasons countries out there. Maybe I should visit some other countries and explore the world! That would definitely be an eye-opening experience for me.

I wish I could still be in UNIBUDS

physically, but since I can't, let me continue supporting UNIBUDS in other ways. And that's why I am here writing article, to contribute to UNIBUDS Sacca.

Attachment can be negative, if we don't deal with it mindfully. Whenever attachment arises, we can smile at it, and tell ourselves "Hey, attachment is visiting us." Rather than trying hard to let it go, accept the fact that we have attachments in life, and change it to a positive energy for us to improve and move forward. In that way, we will be able to deal with attachment with a positive mind.



The 31st Executive Committee

2010/2011

FOH FAN YONG

PRESIDENT

yongfohfan@gmail.com

Hello everyone, welcome to UNIBUDS! I'm Foh Fan, the new President of UNIBUDS. I'm honoured to be elected as President and I will strive my best to serve all of you. As a President, I act as the spokesperson of the society and oversee the activities involved in society. UNIBUDS indeed is a very good place for everyone to mingle around and learn teachings of the Buddha together. We have Dhamma related weekly activities such as Dhamma talks and meditation session and also many other social activities such as Orientation Picnic and Potluck. If you want to know more about UNIBUDS, feel free to approach me! I'm sure you will enjoy your time in UNIBUDS. Looking forward to see you!

BING SEN KOH

EXTERNAL VICE PRESIDENT

kbs25kia@gmail.com

Hi everyone, I hope that all of you can have a good time in UNIBUDS. Besides making new friends, feel free to approach us for any help, as our society main focus is the welfare of the members. Furthermore, come and listen to some Dhamma Talks as it is closely related with our problem in life.

DEN NEIL OOI

INTERNAL VICE PRESIDENT

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Hi everyone, I'm Den Neil and I am the 31st Internal Vice President of UNIBUDS. So, well, to those who don't know me yet, (Although I think you should. Hahaha) I am the one sending you guys the weekly email! Yeah! So, I am quite honored to be chosen as an EXCO and sincerely hope that I will be able to deliver the best to you guys.. Hope to see you guys in UNIBUDS activities. Sadhu.

XIAN HUI TAN

HONORARY SECRETARY

xianhui90@gmail.com

Hi everyone! I am the Honorary Secretary for the upcoming term. My duty is to keep meeting minutes and to keep custody of all documents of UNIBUDS. UNIBUDS is a great place to make new place and learn Dhamma in the process. I am sure that you will enjoy here as much as I do.

JUAN LYN ANG

HONORARY TREASURER

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Hi everyone! Hope this edition of SACCA finds you well and happy. As a brief introduction of me, I am in the 3rd year of Medicine, and this is my first time being an EXCO. As the name of my position suggests, I am in charge of taking care of UNIBUDS' money matters. I will endeavour to carry out my roles to the best of my abilities! Looking forward to meet you, and welcome to UNIBUDS!

HANS WIBOWO

GENERAL SECRETARY

hans.wibowo@gmail.com

Hey ho~ Welcome to UNIBUDS!!! Let me first introduce myself, I'm Hans, The General Secretary for this term AGAIN. My duty is actually to look after the UNIBUDS Library, updating the membership database and providing the refreshments for Dhamma Talks. I would like to welcome everyone to UNIBUDS because this is a good place where you can get to know new friends, catch up with your old friends, having fun with your friends and more importantly, learn Dhamma together with your friends. Honestly I considered myself lucky to end up in such a place because its a good platform to learn and grow. Last but not least, I would like to thank everyone for giving me the support and another chance to be an EXCO again. I really hope many people will learn the Dhamma through UNIBUDS and practice it in their lives. May all sentient beings be well and happy!! With Metta, Hans~ \(^o^)/

KELLY WONG

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ASSISTANT GENERAL SECRETARY

I am Kelly and this is my 3rd Exco Term being an Assistant General Secretary. I hope in the coming year I will be learning Dhamma and enjoying fun with all of you. Looking forward to seeing all of you in the coming year.

HONG GEE OOI

ACTIVITIES DIRECTOR

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Hi unibuddies! I am Hong Gee, the new Activities Director of UNIBUDS! I will be organizing a lot of activities in order to build up a strong relationship among all the UNIBUDS members. Thus, your attendance to all my activities does show your support toward me and UNIBUDS! Come and join us now! =D

IAN CH'NG

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ENGLISH DHAMMA TALK COORDINATOR

Hi everyone, my name is Ian and I am the new English Dhamma Talk (EDT) Coordinator! It is an honour to be the EDT Coordinator, as you get to gain the greatest gift that you can ever get from UNIBUDS- The gift of the Dhamma. I will enjoy myself as the coordinator, setting topics and invite speakers every week. If you have any suggestions or if there is any topics that you are interested in, please do not hesitate to contact me as I am really curious to know what sort of topics you are interested in! So DO come on every Friday! =P

May you be well and happy. Sadhu~

SOO SIANG OOI

CHINESE DHAMMA TALK COORDINATOR

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I'm Soo Siang, Chinese Dhamma Talk (CDT) Coordinator of the 31st UNIBUDS EXCO. It is my pleasure having the opportunity to contribute in the UNIBUDS community. As the CDT coordinator, I will organize the weekly CDTs throughout the whole term. I would like to welcome all of you to the CDTs and it is a good chance to learn the Buddha's teachings as well as making new friends. Feel free to bring your friends together and translators are available for non-Chinese speaking audiences. Let's learn the Dhamma together!!! Hope to see you there ^^

SU SIAN TEH

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MEDITATION COORDINATOR

First of all, I would like to invite you to take three deep and serene breaths.

Breath in... Breath out... x3

Dear friends in Dhamma, I'm glad to be elected as the UNIBUDS meditation coordinator this year. I hope to bring forward more variety of meditation classes and workshops by various Venerables and Speakers. Thank you for allowing me to have the opportunity to serve a place where I always call home - UNIBUDS - again and as part of the family, I hope to see YOU, or hear from YOU more often in UNIBUDS coming activities, gathering and events!

May you be well and happy.

Metta, Su Sian Teh

WEI YIN CHEN

SACCA EDITOR

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Yo! I'm Wei Yin. As the position suggests, I am in-charge of publishing UNIBUDS' quarterly newsletter – Sacca. Through these newsletters, I hope in one way or another Dhamma can be infused into your daily lives. I look forward to seeing you in UNIBUDS' coming activities. Have a wonderful day, every day!

KAI YI GIAM

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ANNUAL MAGAZINE EDITOR

Hello UNIBUDS! This is Kai Yi, I am a recent graduate from UNSW. But due to some reasons, I'm back in the EXCO again! Yahoooooooo! As an Annual Magazine Editor, I'll be in charged of publishing the Annual Magazine similar to the one you have just received this year. Looking forward to be seeing you in the upcoming events!

KIA SHENG CHEW

PUBLICITY DIRECTOR

kiasheng.chew@gmail.com

Hi everyone. My name is Kia Sheng and I am the publicity director. My duty basically involves promoting UNIBUDS activities on campus. Having been in the EXCO for third year, I believe the coming year will be a wonderful year ahead filled with joy and laughter. I hope everyone enjoys being in UNIBUDS. Sadhu.

DENNIS LIM

fallenangel91xd@gmail.com

SPORTS DIRECTOR

Hi fellow UNIBUDS-buddies! My name is Dennis and I am the Sports Director for this EXCO term. I will be in charge of our weekly sports sessions which are held mainly on Sundays. We will be running a variety of sports activities for this coming semester such as badminton, basketball and even soccer. Don't hesitate to contact me if you have any suggestions or ideas that you would like to contribute to our sports sessions. My first year at UNSW and also joining UNIBUDS was filled with lots of fun as I participated in many activities such as the Amazing Race, Bodhi Nite and the Retreats. I look forward to seeing everyone not just during our weekly sports sessions but also during most of our UNIBUDS activities. See you around!

S u m m e r R e t r e a t 2 0 1 0

~ **attachment**

Clarisse Chen reflects on the retreat in Hwa Tsang Monastery.

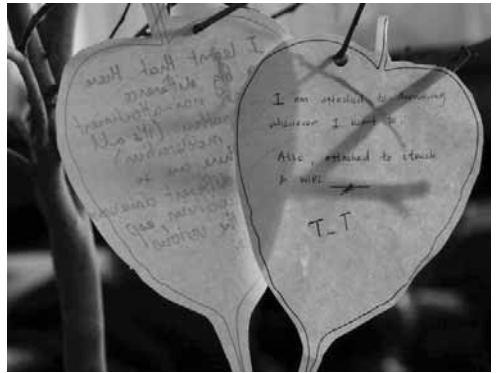
The Peacefulness

The smell of morning air, free of soot and dust, refreshes the mind and body. The peacefulness in the monastery - free of traffic noises - provides the inner peace which we cannot ask for from busy city life – the life where most of us are living in.

“We find it hard to pass time without them but we don't need them to pass time with.”

The Realisation

Everyone has his own daily routine, habit, or feeling which has been adopted for a long time that it has unknowingly become a permanent 'item' in him. This item - routine,



habit or feeling - is a form of attachment. Attachment, be it good or bad, causes suffering.

As we progressed further into the retreat, we found that our relaxed and peaceful minds soon become restless despite the clean air and peaceful environment because our various attachments which were once unknown to us, surfaced and became 'known'. We became uncomfortable when immediate 'detachment' was enforced in the retreat.

The Attachments

Waking up as early as 5am, finding ourselves on a piece of thin mattress with no pillow under our heads, and a slight back ache, this was when the theme of the retreat – Attachment - starting to make sense to us. Where are the bed frame, bolster, pillow, and quilt? Why is the short hand of the clock pointing at 5 instead of 9 or 10? What's with the back ache? Everything seemed wrong.



In fact, the ONLY wrong thing was Attachment.

As we were allowed to shower only once a day during the allocated time (4pm), shortly after midday, we realised the last time we washed up was 20 hours ago; 4 more hours to drag by before we could be clean again. Does my body stink? Does my hair look messy? Is my face oily? Are these uneasiness merely Attachment? Answers: 'NO' to all other questions. 'YES' to Attachment.

“Attachment is not permanent; ...not too late to realise its existence, never would it be too late to eliminate it.”

The use of electronic devices was prohibited throughout the retreat. Mobile phone, iPod, and laptop were to be kept aside. No incoming calls and text messages, no updates on Facebook, no musics,



no YouTubes, no news on soccer matches, etc. for 3 days. These are the unnecessary things in life in which we are attached to. We find it hard to pass time without them but we don't need them to pass time with. We survived the retreat; which means we can live without them anyway.



The Lesson

All in all, the retreat has helped most of us realise part of the roots to the unhappiness in our lives. We would not be searching for a solution if we had not realised the problem in the first place.

Attachment is not permanent; it is not too late to realise its existence, never would it be too late to eliminate it. We can all be happier persons if we really want to.

There are more attachments than those mentioned above which cannot be listed in this article due to limited column. The participants would know by now, what their attachments are.

“Attachment, be it good or bad, causes suffering.”



cook of the year

2010



Part of the opening speech by our patron, Ven. Chao Khun Samai: There are only two kinds of food –
**Food for the Body,
Food for the Mind/
thought.**

Message from Venerable Chao Khun Samai:

Food for the Body

No matter how well we cook, we have to eat in moderation. As it is said in Pali, ***'Mindfully, I take this food, not for fun, not for pleasure, not for beauty, not for handsomeness; but for the survival of this body and for the continuation of this life.'***

Food for the Mind/Thought

It has been divided into two nutriments, good and bad or wholesome and unwholesome. People who have their mind not well-developed, have their fun and pleasures from their bad karma, as food for their minds. But for those whose minds are well-developed,

their food for thought would generate from generosity, morality, and meditation.

Advice to all participants, members, and attendees: Cook well for the ***Food for the Body*** and come to Dhamma classes for the ***Food for the Mind***.

Judges:

Wee Han Lim
Aun Sukijjakhamin
Vickey Chen
Adeline Sugianto



The Sour Buds proudly presents, the four suffering in life - **birth, old age, sickness and death.**

Sweet and Sour Berry Soda



Birth and Death are both represented by the sweet and sour berry soda. When the cup is empty, it represents birth and when we pour the berry soda in, we are going through all the sweet and sour experiences in life.

As we drink the berry soda and empty the cup, it represents death

because it is empty again. Birth and death are just the same in a way, we did not bring anything to this world nor can we bring anything away; except for the smell of the berry soda left behind in the empty cup – which is our kamma.

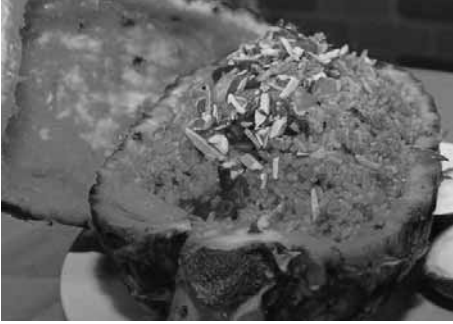
Soft-Serve



Old age is represented by soft-serve because old people are normally very soft and full of life experience. Also, most of the old people cannot eat hard food and that is also another reason we have this inspiration to use soft-serve to represent old age.



Pineapple Fried Rice



Sickness is represented by pineapple fried rice. What do we feel when we are sick? We feel uncomfortable and this is how we will feel when we eat the pineapple fried rice which is spicy.



- Food presentation provided by Team 'The Sour Buds'.

- Article compiled by Clarisse Chen .

Team 'Truth' ~ Unibuds Cook of the Year 2010



Sculpture by the Sea

+ Coastal Walk

“RRRRRing!!!” November 14, 2010. It was a scorching Sunday morning in the summer after three weeks of hectic exams. The annoying alarm went off while I was still enjoying my cozy, warm bed. ‘8.45am’ was shown on my phone. I was late.

After a quick shower and breakfast, I went to Bondi Beach which is 3 buses away from my place. As it was the last day of the exhibition, there was some traffic en route to Bondi beach.

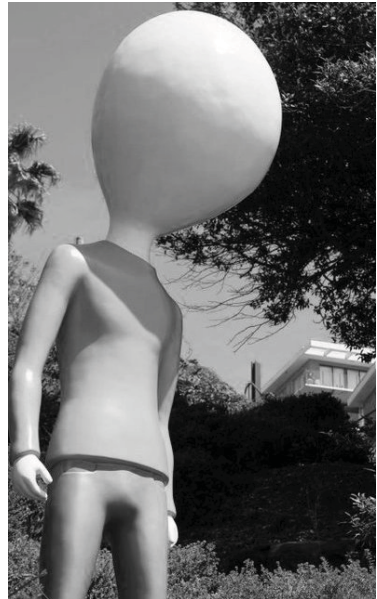
Upon setting down at Bondi beach, I was welcomed by the heated sea-smelling breeze. The summer’s Sunday Bondi Beach was crowded as usual. After few phone calls, I finally spotted the orange dots - Unibuds members!

**“
... if we can let
go of unnecessary
thoughts and per-
ceptions, a happier
life results.”**

There were over hundreds of sculptures in this exhibition presented by

artists all over the world, ranging from large outdoor sculptures to small contemporary indoor sculptures.

However, I was particularly attracted to one of the sculpture called **“Lumphead”**. It’s a sculpture in



humanoid form with a big lumpy head as per the name suggested. For me, I see the people of modern society in it, just like you and me. We often have a lot of thoughts in mind and sometimes, we cannot



handle the amount of stress in us. Like Lumphead, we have too many thoughts in our minds and they make our head too “heavy” and we become unhappy. In fact, if we can let go of unnecessary thoughts and perceptions, a happier life results.

After we finished the exhibition, we went to have lunch and some chatter before we went home separately. This activity is more than just purely

“ We often have a lot of thoughts in mind, ...we cannot handle the amount of stress in us.”

admiring sculptures; it also gathers Unibuds members and friends together to have a weekend off from exams, works, or even daily lives. Very often we are so caught up with our daily lives and commitments; we may start to neglect our friends.

Undeniably, this was a good opportunity for us to get in touch with friends before we proceed with our own plans for the rest of the summer.

Hope you had fun over the summer break and hope to see you more of-



- Xian Hui Tan -

eat your greens



THE HARMONY VEGETABLE PLATE

*Presented by Team Harmony
(2nd Runner Up,
Cook of the Year 2010)*

Ingredients:

For Tahini sauce:

- 1 tablespoon soy sauce
- 1 tablespoon white vinegar
- 1 tablespoon water
- 2 tablespoon tahini
- ½ teaspoon sugar

Vegetables:

*e.g. capsicum, carrots, celery, cucumber, etc.
(feel free to use any vegetables you like!)*

Cooking Instructions:

1. Place all ingredients into a bowl, and mix till all is mixed well homogenously into a smooth paste.
2. Season the sauce with more soy sauce or sugar according taste. Adjust the consistency by adding more water/vinegar if needed.
3. Wash the vegetables, and chop them into suitable sizes. Arrange them properly on a plate.
4. Serve the vegetables with the tahini sauce.

Stay tuned for the next issue!

More recipes from Cook of the Year to be revealed!

**If you are interested in sharing your culinary secrets with our readers, please drop me an email at clarissewv.chen@gmail.com.*

CORNER OF OUR HEARTS

Recommended Reads

Dear Unibuddies,

First of all, let me introduce myself. I'm Hans, the General Secretary for this term. This term, the opening hours for UNIBUDS library is from Monday - Friday, **12 - 2 pm**. However, this couldn't be done by myself alone. Therefore, I sincerely ask for the help of members who are willing to sacrifice few hours of their lives *sounds scary eh?* every week to volunteer as a librarian. If you are interested in helping us, please contact **UNIBUDS: (02) 9385 6082** or **contact me: 0404 609 225**. Thank you so much!!

With Metta~
Hans Wibowo
(General Secretary)

Be a Lamp Upon Yourself

A Dhamma book which touches on many basic teachings of the Buddha such as Four Noble Truths, Noble Eightfold Path, Triple Gem, Karma, Dependent Origination, etc.

Despite the brief yet clear explanation of each concept, I still find it useful for an introduction to the vast field of the Buddha's teaching. Thus I highly recommend this book for beginners who are really eager to learn the essence of the Dharma.

Mindfulness:

The Path to the Deathless

The meditation book from the Theravadin tradition which covers the fundamental instructions for various meditation practices such as; Breathing Meditation, Walking Meditation, Loving Kindness (Metta) Meditation, etc.

Practicing the real meditation might not be as simple as reading the theory, thus I advise beginners to attend Meditation Workshop or Lunch-time Meditation Session to ensure that they practice the correct approach.

BUDDHIST EXHIBITION 2011

Buddhist Exhibition is an Exhibition organised by UNIBUDS once every 3 years. This year, we are fortunate to bring to you another exhibition in the hope to raise awareness of Buddhism on campus! Our theme for this exhibition is – **“In the Footsteps of The Buddha”**. We would like to present to you the teachings of the Buddha which can guide us through our daily lives. Of course, such a big and auspicious event would not be possible without your help. It is a five days event which will be attended by all communities on campus, general public, Buddhist or non-Buddhist. So, what are you waiting for? Come and join us!

ORGANISING DEPARTMENTS

Program Master Department

Do you like to host ceremonies? We are looking for two Masters of Ceremony (MC) who are fluent in English. You do not like to speak but are interested to contribute to Buddhist Exhibition 2011? The roles of Mic runners, ushers, and tray person in Program Master Department are waiting for you!!! COME ON AND JUMP ON BOARD!!!

Soo Siang [0410 160 578 soosiang86@gmail.com]

Monastery Visit Department

The main objective for monastery visit department is to explain Buddhist Exhibition theme to the venerables as well as the head of Buddhist organisations, seek their advices on the exhibition and to borrow artefacts from them. If you are interested in travelling around Sydney, photography, at the same time visiting temples of different countries and cultures, you are most welcome to join our team and have fun together! It's a really exciting department so don't miss out the chance~!

Ian [0430 063 421 iancxy89@gmail.com]

Foh Fan [0422 422 544 yongfohfan@gmail.com]

Reception Department

Hello~

Do you wish to help to give our guests the warmest welcome? Would you like to have the opportunity to escort the Venerables? Or do you wish to help out by giving our guest a wonderful tour around the exhibition? If you answered 'yes' to any of the questions above, then you're welcome to join the Reception Department! Let's make this exhibition memorable, fun, and meaningful for ourselves and our guests!!

Hans [0404 609 225 hans.wibowo@gmail.com]

Decoration Department

Are you creative and artistic?

Feel you could use an outlet to channel your interest for design and art?

Enjoy making things with profound significance and stories to tell?

Love having your work awed at with fascination and admiration?

Or what you seek is perhaps just some activities to take you from your mind-boggling studies or work?

If your answer is yes to any of these, it is YOU we are looking for!! This is THE chance to unleash your hidden talents and reveal the creative you! Only once in 3 years, this golden opportunity is hard to come by. If you are hesitating whether you have what it takes to join the team, please don't worry! What is important is your interest and enthusiasm. This team awaits your presence on board, looking forward to work with you! =)

Hong Gee [0423 429 015 ooi.hong.gee@gmail.com]

Juan Lyn [0430 115 568 ang_juanlyn@hotmail.com]

Su Sian [0433 946 550 tehsusian@gmail.com]

Marketing Department

Do you always have a smile on your face? Do you like walking around meeting random people? Do you want to shout and announce to the whole world about our upcoming event? Oh yes, I know you do. Then what are you waiting for? The Buddhist Exhibition's Marketing Department is waiting for you to join in. Come along and help promote this wonderful and meaningful event. It won't take a lot of your time, an hour or two in between classes is all you need. So, hurry up and sign yourself in.

Den Neil [0422 064 400 ooi.den.neil@gmail.com]

Publication Department

Designing flyers, posters, and exhibition booklets is what we do. If you think you are slightly more creative than most people, don't bother browsing through the other departments, this is just the right department for you. We believe that every mind is a creative mind. Hence, anyone is eligible to join. We sincerely welcome the creative you to the Publication Department!

Wei Yin [0430 533 011 clarissewy.chen@gmail.com]

Technician Department

Hello! Ever wonder how the lighting for an exhibition is done? This is what the technician department do! We lay out the lightings, cables, extensions, multimedia etc. It is an important job as an exhibition will not be decent without appropriate lighting! No experience is required. All you need is to be a team player and highly enthusiastic. Stop hesitating and join us now!

Kia Sheng [0450 632 109 kiasheng.chew@gmail.com]

Transport Department

Get your engine started. Vroom!!! As we will be 'importing' artifacts to the exhibition from monasteries. So, we are urgently in need of drivers. You should have valid driver's licence and a reasonable amount of experience. Drivers with their own vehicles are appreciated. Besides that, expert navigator is welcomed to keep the driver awake, while helpers are needed to load and unload the artifacts.

Bing Sen [0433 455 522 kbs25kia@gmail.com]

Kai Yi [0433 539 339 kygiam88@gmail.com]

Security Department

Ever wondered who's in charge of keeping an eye on the artifacts and the other valuable items on display? Ever wondered who's in charge of keeping the exhibition area safe? Well, wonder no more, as the answer would be our very own Security Department. If you possess high levels of alertness or just curious about what the role of a security guard is, then this is the department to join! Even if you have just one or two hours a day to spare, it is more than enough, as we would be having a duty roster for every exhibition day with regular shifts. It is also a good opportunity to meet new friends and also to learn more about our Buddhist Exhibition topic. Don't hesitate to call your fellow buddies if you feel that they are interested in helping out too. Sign up now!

Dennis [0425 667 068 fallenangel91xd@gmail.com]

Archive Department

Hi guys! We are the ones who preserve the memory of the exhibition! The archive department is looking for photographer and videographer. No experience is needed. So what are you waiting for?

Xian Hui [0402 646 027 xianhui90@gmail.com]

MEMBERS' CORNER

HAPPY BIRTHDAY TO YOU!

UNIBUDS wishes each and everyone well and happy, growth and learning on the Dhamma journey!

DECEMBER

Senk Siang Thung
Lillian Ong
Nai Shyan Lai
Uyen Nguyen
Shi Yun (Wendy) Chen
Ma Thin Mar Win
Charlie Soo
Chia Hui Loh
Shi Ying Ooi
Wen Wei Chen
Delvina So
Zimon Kwong Ho Wong

JANUARY

Kok Siong (Raphael) Lee
Ying Sean Lim

Anthony Derosa
Mark Jin Ming Tuen
William Satori Tompson
Kien Chai Tan
Yue Hu
Wai Wai Kwong

FEBRUARY

Samuel Pyae
Weng Sern Loh
Ivy Lam
Hiang Yang Heng
Wei Chen Seah
Francis So
Wei Yin Chen
Wu Chuan Ong
Paola Disanto

Coming up in 2011

22nd-28th Feb
O-WEEK

From 3rd March onwards
every Thursday 6-8pm
CHINESE DHAMMA TALK

From 4th March onwards
every Friday 7-9pm
ENGLISH DHAMMA TALK

5th March
O-PICNIC

19th March (10am-1pm)
Goldstein Room G06
MEDITATION WORKSHOP
 Theme: Loving-kindness Meditation*

**Meditation workshop theme is subject to change. Please look out for UN-IBUDS weekly email for latest updates.*

Mark your calendars and don't miss out! UNIBUDS requires your continual support for all activities to run, so if you are interested in helping out in any of the above events, contact us at unibuds@yahoo.com. Your participation is very much appreciated. Looking forward to seeing you!

Stay tuned for the next edition of Sacca where we will go back to the basics of Buddhism and discuss the cornerstone of Buddhism, **"Buddhist Stories"**. What does it mean to be a Buddhist? Why do we seek refuge in the Triple Gems? If you have any thoughts that you would like to share or provide feedback on this issue, please feel free to drop me an email at clarissewy.chen@gmail.com. Thank you! We are looking forward to hearing from you!

Did you know?

SACCA is a free quarterly magazine catered to our members. If you would like to obtain previous editions, drop by Unibuds Library to get a free copy! What's more, there are also free Dhamma books for distribution. So come visit us today!

Where is Unibuds Library?

Room 311, 3rd Floor, Square House

UNSW, Kensington Campus,

NSW 2052 Australia

Phone: (02) 9385 6082

Opening Hours: Monday-Friday, 12-2pm



www.unibuds.unsw.edu.au
email:unibuds@yahoo.com.au

夏
十二2010
二月2011

sacca

慧 命 社 閱 刊



执着

where a bud can bloom in full

where a bud can bloom



unibuds

UNSW BUDDHIST SOCIETY

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2 0 1 1 活 动 介 绍

22rd-28th Feb

O-WEEK

5th March

O-PICNIC

19rd March

禅修Workshop

从3th March 开始

中文达摩班

从4th March 开始

英文达摩班

请别错过！

如有兴趣者，请发电邮至unibuds@yahoo.com

与我们联络或浏览我们的网站：

www.unibuds.unsw.edu.au

慧命社季刊

编辑有话说

很快的，一年就这样过去了。大家好！我是陈玮莹，也是新一任的季刊编辑。我真诚地希望能够在这条菩提道上与大家一同学习！


本期季刊的主题是“执著”。执著会带来痛苦，所以希望本期季刊能够让读者们对于“执著”有更深一层的认识与了解。只有了解了痛苦的根源，对症下药，我们才会变得祥和，自在。

本期季刊的中文版将会有慧命社会员与大家分享在华藏寺举办的夏令营的感想与心得。此外，希望透过几篇小故事能够让大家更深一层的认识“执著”，也和读者们一同进一步的审视自己的种种执著是不是“必要”的。

《情绪的四放》这篇短文透过几篇小故事让大家了解如何在日常生活中运用佛法来管理自己的情绪，是一篇非常值得一读的短文！至于《五通梵志-放下》则让我们了解到“放下”不只是语言或外在的，更重要的是身与心的“放下”，方可达到真正的解脱自在！

在此想要感谢所有对本期季刊有所贡献的会员们！最后，我想欢迎大家踊跃地投稿！请大家留意下一期的主题，如果读者们想要与大家分享一些文章或是图片，或是有任何的建议和疑问，请把它们发送到 clarissewy.chen@gmail.com。

敬请期待下一期的季刊吧！
陈玮莹
合十



unibuds
UNSW BUDDHIST SOCIETY

where a bud can bloom in full...

联络
电话(02) 93856082
地址 Religious Center, Room 311, 3rd floor Squarehouse,
University of New South Wales, Kensington NSW 2052
12-2pm Mon-Fri 电邮 unibuds@yahoo.com

五通梵志 - 放

從前印度有一位修得五種神通的梵志，人人都稱他為「五通梵志」，他很善於說法，常常感動天女來散花，天龍八部來護法，連閻羅王也來聽法。

有一天閻羅王聽法後，卻在一旁哭泣，梵志就過去安慰他，並且問他為什麼在哭？

閻羅王說：

「法師！您雖然善說法要，但是尚未得到漏盡通，生死還未了，幾天之後，就會和我一樣墮到地獄道來。」

梵志聽了大驚，請求閻羅王告訴他如何才能解脫，閻羅王說：

「我也沒辦法，但是您可以去請教釋迦牟尼佛，他可以救您。」

於是梵志拿了兩瓶花來供佛，佛陀看見他一進來，便說：

「梵志，放下！」

於是他放下右手拿的花，佛陀又說：

「梵志，放下！」

他又放下左手的花，佛陀再次說：

「梵志，放下！」

梵志很納悶不解地說：

「我已兩手空空了，為什麼您還叫我放下呢？」

佛陀說：

「我並不是要你放下手中的花，而是要你將你的六根、六塵、六識，全都放下。」

五通梵志終於聽懂了佛陀的話，立刻通身放下，頓證阿羅漢果位，解脫自在。

——改寫自《佛說黑氏梵志經》

我們忙碌了一輩子，到底真正擁有了什麼？

能擁有的，就一定會失去，

唯有放下，捨離一切雜念、妄執，才能達到解脫自在、了無牽掛的境界。

所以學習如何放下身心的執著，

是我們每個人最重要的課題！



情緒的四放

每一個人難免都有情緒。正面的情緒是積極、樂觀；負面的情緒是沮喪、悲觀、消極、挫折感。

情緒管理有四種方法：

- 一、放鬆
- 二、放下
- 三、放開
- 四、放空

我們姑且稱之為「四放」。

第一個方法是「放鬆」。

現代人最需要身、心放鬆。站在車站前面完全無法停下腳步，總是被後面的人推擠得不由自主的往前衝，人海茫茫，不知前往何處，衝進地獄也不自知。所以現在的人最重要的是「身、心放鬆」。

我引用一個故事：佛住世時，阿難尊者一直跟在佛的身邊，從佛那裡聽到不少法門。在慕道者眾多，導師不能分身兼顧時，阿難也教學生。

有一個彈印度古琴的在家人，名叫「億耳」，他的音感很好，很會彈琴。阿難尊者教億耳用數息的方法禪修。億耳因為怕數息數錯，開始非常緊張，到最後心煩氣躁，於是告

訴阿難尊者：「你教我數息，卻讓我很緊張，心更亂。」

阿難聽了很驚訝，但他無法教億耳去掉心煩氣躁的毛病。

億耳於是去問佛陀，佛陀告訴他：「你很會彈琴，一定知道弦太鬆會如何？太緊又會如何？」

億耳回答：「弦太緊會斷，弦太鬆會彈不出好音樂。」

佛說：「禪修的道理也是鬆而緊，緊而鬆。該緊則緊，該鬆則鬆，最重要的是身心放鬆。」懂得身心放鬆，就懂得修行的道理。可是太放鬆，就要緊一點。

第二個方法是「放下」。

有句成語說：「失之東隅，收之桑榆」、「塞翁失馬，焉知非福」。要先「捨」才能「得」，不捨就不得。我們不肯放下，是因為我們都是「貪得無厭」，怕手中的東西一放下，就會被別人拿走，於是抓得越緊，就越不能得到新的東西。

各位朋友，如果你一時失掉地位或事業，不必傷心，如果你現在是經理，不肯放下經理這個職位，就可能會得不到副總經理，甚至是總經理的位子。你一定要放掉一樣東

西，才能得到另一樣東西。生命中有許多東西是不能兼得的。

第三個方法是「放開」。

我們為何怕東西丟掉呢？因為我們怕放開了這個東西，就不再是我們的了。如果換一個角度來思考，你放開的東西，是不會喪失的。

比如你放開心胸，可以接納更多的人、事、物，可以得到新的成長。再比如說，因為成見，你越討厭的人、事、物，你就越無法從他們那裡學習到他們的經驗、長處，也無法接觸新事物。即使你是一個佛教徒，也要敞開心胸去接納不同的宗教，這樣當你接觸到別的宗教時，就可以學到別的宗教的方法、教義。你也可以從天主教、基督教朋友那裡學到佛教徒所沒有的東西，多開放就可以多吸收新的東西。

第四個方法是「放空」。

完全放空就可以擁有一切，放得越空，便擁有越多；放得越少，就越苦悶。我們在一間小小的屋子裡，就會感覺不自由，因為觸目所及都是牆壁，就束縛了自己。如果是在大自然中，那種一

望無際的草原、森林、天空，讓我們感覺很開放，好像和大自然合而為一。我們可以利用外境來放空自己，到高山，到西藏喜馬拉雅山上，放眼望去，一片湛藍的天空，毫無邊際的蒼穹，就把自己給放空了。

佛教有一個著名的故事：一位學問很好的教授，有一天，他想向寺裡的老和尚請教問題，他到和尚的方丈室坐下，滔滔不絕談他對佛教的看法。他說：「我今天是來向您請教的。」

老和尚一句話也沒說，只是拿著茶壺，往杯子一直倒茶水，杯子都裝滿了，他還是不斷地倒水，水不斷流到杯外。

教授看了，疑惑地問：「老和尚，你是不是頭腦有問題？為什麼水滿了，還是一直倒水？」

老和尚笑著對他說：「這就對啦，你說你來向我請教問題，你卻一直在講話，你的心是滿的，怎麼能容得下我給你的新東西？」所以，要學東西，一定要把自己的身心都放空，這樣才能學到新的東西。若不能放空，就還有「相」在。

放鬆、放下、放開、放空，四放可以管理好情緒，對人生和事業都會有很大的幫助。

苦是來自於執著

原來當自己感覺輕鬆時是執著放下了，而卻不自知！

婦人說，因為丈夫猝逝，覺得沒有丈夫，活不下去了。
一位婦人在河邊尋死，被路過的船夫搭救了，

詢問原因，船夫問：結婚了多久？

婦人說：三年。

船夫又問：沒結婚前，做什麼工作？

婦人答：在村裡染布。

船夫問：那時生活過得如何？

婦人說：還算愜意。

船夫說：那時也沒有丈夫，為何活得下去？

婦人啞然。

船夫說：找回那個沒有結婚前的你吧，那時一個人，不也覺得快樂嗎？

◎ 人的苦，來自於「必須」

一位旅館大亨發現，每天都有一位流浪漢坐在公園的凳子上死盯對面的那棟旅館看，大亨愈來愈覺得好奇。

有一天他終於忍不住走向那位流浪漢說：「不好意思，老兄，我想請教一下，為什麼你每天都盯著那棟旅館看呢？」

流浪漢說：「因為那棟旅館太美了，雖然我一無所有，睡在長凳上，但我每天這樣看著它，晚上就會夢到自己住在裡面。」

大亨聽了很得意，就說：「老兄，今晚我就讓你如願以償，我將讓你免費住進這旅館最好的房間一個月。」

一個星期以後，旅館大亨回來想看看流浪漢住的情形如何，卻發現這個人居然已經搬出旅館，重新回到公園的長凳上。

大亨問流浪漢到底發生了什麼事？



流浪漢說：「之前我睡長凳上，夢見住在旅館裡，那很好；可是一旦睡在旅館裡，我就夢見自己又回到硬梆梆的板凳上，真是可怕極了，所以我就待不下去了！」

大亨聽了哈哈大笑說：「原來人沒有的時候也苦，有的時候也苦啊！」

的確，人的苦其實與「有」或「沒有」無關，而是跟執著有關，如果把得到的東西看成必須，沒有的時候羨慕，有的時候又恐懼失去，都苦。

《佛說無量壽經》卷2：「然世人薄俗。共爭不急之事。於此劇惡極苦之中。勤身營務以自給濟。無尊無卑。無貧無富。少長男女共憂錢財。有無同然。憂思適等。屏營愁苦。累念積慮。為心走使無有安時。有田憂田。有宅憂宅。牛馬六畜奴婢錢財衣食什物。復共憂之....」

◎ 沒有什麼是絕對必須的---色即是空

你會發現，任何人能從特定領域的苦裡面得到解脫，都是因為在那個領域發現到這個事實。

我另一位朋友，曾在伊甸社會福利基金會擔任社工員（那時候叫做「伊甸殘障福利基金會」），他告訴我一個故事。

有一次一位母親打電話來他的部門求助，她說自己正值青少年的兒



子，意外撞斷了一根手指，由於無法接回，兒子傷心地整天躲在房裡，拒絕去上學。

接到電話的社工員說：願不願意帶孩子來這裡做個協談？

這位母親說：「孩子就是覺得自己殘缺，不願意見人了，我相信孩子不可能願意來到伊甸的。」

他的部門於是安排了社工員前往探視，到了那一天，那位焦急的母親在兒子的房門前敲門，預先告訴兒子有伊甸的大姊姊要來探訪他，希望關心一下他的心情。但卻有東西重重地拋向緊閉的房門，並且聽見憤怒的聲音說：「你不要叫人家來，我不要人家管！」

約定的訪視時間到了，愁容滿面的母親前來開門，著急又抱歉地說：「實在很抱歉，我事先跟孩子說過你要來，但他很倔強，說什麼就是不肯見你。」

社工員安慰這位母親說：「別抱歉，我瞭解，不然讓我來試試看好嗎？他的房間在哪裡？」

母親指了指樓上：「就在樓梯口的那個房間。」

社工員說：「好，那麼麻煩您幫我拿一支拐杖到樓上等我。」我們的這位社工員是一位撐雙拐，兩腳穿著鐵鞋的重度肢障者，上樓梯的時候需要騰出一隻手來攀住樓梯扶手，所以需要另一個人將一支拐杖先拿到樓上等候，等一下她上樓後便能重新撐在腋下。

她上樓的方式有點像撐雙槓，完全要用雙手的力氣讓雙腳離地，再落到階梯上，由於鐵鞋很重，每一次落地都會發出很大的聲響。由於社工員上樓的速度很慢，又發出沉重的空咚聲，簡直就像無敵鐵金剛走上樓了。

在房間內的青少年聽到這怪異又可怕的聲響逼近，覺得非常訝異和害怕，他忍不住打開房門一探究竟，而眼前所看到的一幕給他更加巨大的震撼：一位兩條腳都不能動的女孩，要來安慰只是缺了一根手指的自己！

這位社工員還沒說一句話，這孩子已經覺得自己所有的自憐都是微不足道的了。

關於快樂和自尊，那一根手指是否為必須？已經不言而明了！

◎ 解脫「必須」的禁錮

如果有一天石油真的沒有了，我們的生活的確會起很大的變化，但是我們仍然能夠改變我們的生活形態，而繼續快樂的生活下去，原因很簡單，古時候的人並沒有石油，但他們不見得過得比我們不快樂。

如果沒有手機、沒有網路、沒有便利商店…人就會活不下去嗎？人就會不快樂嗎？當然不會。

認識到任何的「必須」都只是跟習慣有關，就是自由的關鍵。

也就是說，一旦習慣改變，原先的「必須」就不再是必須了。

比如習慣開車的人，就覺得有車是必須；習慣上網的人，就覺得網絡是必須…但對沒車、沒網絡的人而言，這些都不是必須，也就沒有失去的恐懼。

蘇格拉底曾經站在市場中開懷大笑：「看哪，天底下有這麼多我不需要的東西，我真幸福啊！」

夏令营感想

-庄祥缘

每当你打开电邮收到慧命社夏令营的通知时，这代表了一年的尾声了。今年的夏令营严格来说是我第二次的夏令营，两年前的我更多是在华藏寺的厨房帮忙，缺席了大多数的活动。我相信每个人在假期时肯拨出一个周末的时间来到一间寺庙来静休一定有他们的原因。对我来说，在繁忙的考试期间后寻找一份内心的平静固然是一个原因，但是一个更重要的原因就是审视自己在学佛的道路上有没有懈怠，并给自己一个进步的机会。毕竟，佛堂里那清静的环境里能让人心更加平静，更容易专心。



夏令营的前一天，我与几位主办人提前一天到华藏寺去清理卧室。虽然打扫的人不多，但是我们的卧房本来就不脏，所以只用了一个多小时就打扫完毕了。晚上，由于肚子非常饿所以多吃了一点，导致整晚肚子都有点不舒服。这个因缘增强了我守持八关斋戒的信念，除了要尝试从未尝试过的八关斋戒，也想要像能融师父所说的-可以试试看自己需要吃的食物有多少，有多少食物是因为自己的贪念而吃下肚子的。

今年夏令营的主题是执著(attachment)。执著这个词平时听得很多，尤其是华人喜欢把“别执

著，要放下”挂在口中。但是要怎样才能“放下”？我们必须了解自己的执著，清楚知道什么是执著以及了解自己执著的是什么，才能把执著给“放下”。否则口口声声说“放下”却不了解我们的执著，也只是徒劳无功。师父和主办人对于这个主题的设计也富有巧思，除了精彩的佛学讲座以外，他们也设计了一个“菩提叶”的活动，目的在于让大家反省自己的内心，试着去了解自己在这远离城市以及电子器材的环境里是否会感到不自在。果然，在夏令营结束前分享心得时，大家都因为无法上网，使用手机、随身听等电子器材都感到有点不自在。科技发达的今天，我们对于科技的依赖越来越强。无所事事时总是习惯把手机拿出来按一按，或者是做些其它东西，仿佛一刻都不能闲下来。但是，很多东西都是“必要”的吗？没有了一些东西我们是不是真的“活不下去”，这个问题值得我们深思。

在这三天两夜的夏令营里，我们必须早上四点钟起床，然后五点静坐，五点半诵早课。早餐时间应该是每个人最享受的时刻，因为华藏寺的食物是远近驰名的好吃！在此想向劳苦功高的有姐以及其他厨房帮手们致谢！早餐后的出坡（打扫佛堂）时间是另一个我最享受的时刻。看着原本因为散落满地的落叶而凌乱不堪



的走廊被打扫成一尘不染，愉快的心情也油然而生。星期六晚共修时长慈法师的讲座是这次夏令营的另一个亮点。根据笔者的观察与讨论，长慈法师深入浅出且幽默的讲座的确是受到了大家的好评！长慈法师的讲座的开头是几题关于“执著”的问题，此举拥有抛砖引玉的效果。之后法师以及个小故事以及例子让大家更加明白执著的意义，以及面对执著的方法。

每一次到华藏寺除了享受那幽静的环境之外，我更是非常享受坐在图书馆的那种乐趣。夏令营开始前能融师父也提及了“善用时

间”，鼓励我们要善用每一刻。到华藏寺的第一天就被一本书的书名《雪中足迹》给吸引住了。

《雪中足迹》是圣严法师的一本自传，里头真实地记录了圣严法师生活上的点点滴滴。圣严法师是近代北传佛教非常有影响力的一位禅师，他创立了法鼓山，也被获选为“四百年来台湾最具影响力的五十位人士之一”，却仍自喻为“风雪中的行脚僧”。这也许是因为这本自传会被命名为《雪中足迹》吧，毕竟里头记录了圣严法师这位风雪里的行脚僧所走过的每一步，所留下的每一个足迹。也许是因为这些精彩、温馨以及令人感动的故事，我在这三天两夜里一口气把这本两百多页厚的书一口气给读完了！

参加了很多次慧命社所举办的夏/冬令营，每一次的感受都不



同，当然学到的也都不同。我坚信，每一个的经验累积都是成长的机会，但愿所有有份参与这次夏令营的人都能够找寻到属于他们心中的那份感动吧！





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