

autumn
edition
feb 11
may 11

sacca

newsletter for the members of unbuds



Short
Stories

where a bud can bloom in full

where a bud can bloom in full



unibuds

UNSW BUDDHIST SOCIETY

s a c c a a u t u m n e d i t i o n

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where a bud can bloom in full

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editor's letter

Dear readers,

First of all, I would like to thank those who have helped out in making this issue of *Sacca* possible.

In this edition of *Sacca*, let's explore and learn the Dhamma through short stories. I hope these short and simple stories will bring about easier understanding of the Dhamma.

UNIBUDS' most activities will also be covered in this edition whereby our members contribute their thoughts and experience in the Buddhist Exhibition 2011 and Vesak Day 2011.

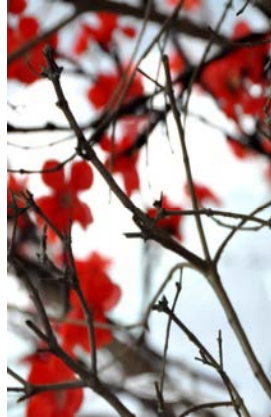
Our upcoming activities are the Photography Workshop and Bodhi Nite 2011. Details of the Photography Workshop has been included. Also, we need volunteers to help out in Bodhi Nite. Bring your friends to these activities and join the fun!

The upcoming Winter Edition of *Sacca* will touch on 'Mindfulness'. I look forward to your contribution. If you have articles or photos to share, please email them to clarissewy.chen@gmail.com.

Stay tuned for the next edition!

Kind Regards,

Wei Yin Chen
(SACCA Editor 10/11)



*If you want
others to be
happy, practice
compassion. If
you want to be
happy, practice
compassion.*

~Dalai Lama

president says

Dear Unibuddies,

How are you all doing? Are you ready for the new semester? Had a fun and great semester break? No matter what you did, I hope you all enjoyed the precious break!

There goes our first semester in 2011. How do you all feel right now? Feels relax? Or starting to miss those hectic days? I guess many of you would have mixed feelings toward it. It is time for us to look back and reflect what we have achieved in the last few months, contemplate, then move forward.

Many of you may wonder what to do when semester starts again. Of course, UNIBUDS has many events coming up for you. To those who missed the Winter Retreat, please join us next year. Other than this, we are organising a Photography Workshop around mid July. It's a good chance for those who are interested to learn more about photography skills to join us in this wonderful and interesting event. Not to forget our big annual event - **Bodhi Nite** which will be held in late August.

I would also like to take this opportunity to thank everyone for your contribution in UNIBUDS **Buddhist Exhibition** which was held in April, without your effort, it would not go smoothly and many people would not get the chance to appreciate the wonderful artefacts and gain something out of this event. This has



proved that with collective effort, we are capable of achieving something great, let's give all of us a round of applause for what we have done.

Last but not least, it's time for us to recharge ourselves and prepare for this coming semester! I sincerely wish all of you had a great time during the break, do not forget our practise, let's be mindful of whatever we are doing.

Thank you Wei Yin, our SACCA Editor for her effort in making this possible, thank you those who has contributed as well. I hope you all will enjoy and appreciate reading Buddhist short stories. Keep warm and see you all around yea!

May the light of the Dhamma shines on every sentient being.

With Metta,

Foh Fan Yong
(UNIBUDS President 2010/11)

APPLYING DHAMMA IN DAILY LIFE

There was a young woman named Visakha who was a devoted follower of the Buddha from when she was very young. After she got married, she lived with her husband in her father-in-law's house.

One day, her father-in-law was eating a meal when a beggar came to the door asking for food. The father-in-law turned his head away, ignoring the beggar's request.

Visakha saw her father-in-law ignore the beggar. She spoke to the beggar, "Go away, old man! My father-in-law is eating stale food."

And so, the beggar left.

"When we share whatever we have with others, everyone benefits ..."

The father-in-law became quite annoyed with her for saying this and asked, "I am eating such fresh, well-prepared food. Why did you say that the food I am eating is stale?"

Visakha replied very sweetly, "Respected father-in-law, you must have done some good deeds in some previous birth to have all this wealth now. But in this life you are not earning any new merits because you are not sharing your wealth with those in need. Whatever you have is based on old merits and so this is why I said that

what you eat is stale."

The old man was an intelligent man and hearing these words of wisdom, he understood the truth of what she had said. He became very somber and said to her, "You are right. But what can I do now to correct my mistakes?"

Visakha replied, "Come meet my teacher. He will explain all."

And together, they went to meet the Buddha.

Conclusion: *When we share whatever we have with others, everyone benefits; the giver as well as the receiver. Start practising generosity now - it is never too late for you to act.*



THE STORY OF GOTAMI

There was a woman named Gotami who remained childless though she had been married for several years. She longed for a child and after many years she gave birth to a boy.

She loved her son and doted upon him, and felt that her status in her family had risen because she had finally had a child.

Sadly, when the child was about two years old, he became ill and suddenly died.

Gotami was in grief and she refused to accept that her child was dead. Instead, she wandered around the town carrying the body of her dead child.

Her relatives asked her to hand over the body so that they could bury it.

Gotami refused, saying, "No. My child is not dead. He is sleeping. Somebody please wake him. He is sick, somebody give me medicine to make him well."

Finally someone told her, "Buddha is nearby at the ashram. If you go to see him, maybe he can help you."

Gotami carried her dead child to Buddha. As she approached Buddha, she held her child's body before him and said, "Sir, my son has fallen asleep, he is ill. Please wake him up."

Buddha looked compassionately at Gotami and said, "Go to town and get me a handful of mustard seeds from anyone's house."

Gotami turned quickly to do his bidding but he stopped her, saying, "Wait! Listen to me carefully. You must get the mustard seeds from a household

where there has been no death."

Gotami replied, "Yes, I will do exactly as you say."

She wandered from house to house, throughout the entire town but she could not find a single house where no death had taken place.

Attachment.

Impermanence.

Tired and exhausted, she returned to Buddha and said, "Sir, I could not find a single house where no death has taken place."

With compassion, Buddha explained, "Now you understand. This world is impermanent. Everything that is born, dies."

She accepted that her son had died and gave the child's body for burial. Buddha taught her to practise meditation and she came out of her mental suffering.

Conclusion: *Our attachments to those we love and all that we have can cause us misery when we lose them unless we understand that nothing in life can be ours forever and that all things must pass. All things are impermanent. In times of great sorrow and loss, practising meditation helps to calm and concentrate the mind. A calm and concentrated mind thinks clearly and is not blinded by grief.*



GOOD ACTION IS ALWAYS REWARDED

A lion was sleeping when suddenly a small rat fell on him. and panicked.

The lion woke up, caught the rat, and said to it, "How dare you jump on me? I will kill you!"

The rat pleaded for its life saying, "Please forgive me, I beg of you. Do not kill me. Maybe I can help you some day."

The lion replied, "You small creature! How can you ever help me?"

The rat kept pleading and finally the lion let him go.

One day the lion got trapped in a net

The rat heard that he was trapped and came to his rescue. He came to the lion and said, "Don't worry, I will gnaw through the net and set you free."

The rat quickly gnawed through the net and set the grateful lion free.

Conclusion: *If you treat others with kindness and forgiveness, you will have loyal friends everywhere you go.*



THE PARROT'S STORY

A baby parrot went to live in a forest ashram. The holy man living there took care of the parrot, feeding and teaching it.

One day the holy man warned, "Look, parrot, you must be careful! A hunter often comes to this jungle. He spreads grain and sets traps for birds. Oh parrot, be careful! The hunter will come, he will spread grain, if you get attracted to the grain, he will throw a net over you and take you away. Oh parrot, be careful!"

The parrot memorized the words of the holy man and repeated them over and over again as parrots do, "Oh parrot, be careful! The hunter will come, he will spread grain, if you get attracted to the grain, he will throw a net over you and take you away. Oh parrot, be careful!"

One day, the hunter did come. As the

holy man had warned, he set a trap and the parrot got captured.

As the parrot was carried away in the net he kept repeating what the holy man had taught him, "Oh parrot, be careful! The hunter will come, he will spread grain, if you get attracted to the grain, he will throw a net over you and take you away. Oh parrot, be careful!"

The parrot was very good at repeating those words, but he had no understanding of the truth and wisdom in them.

Conclusion: *Anyone can repeat the words of wisdom spoken by wise people, but unless we each develop wisdom within ourselves we are just like parrots, repeating words that have no meaning to us.*



THE MONK'S DETERMINATION

There was a monk who lived and meditated in a cave in the forest. Every morning he would walk in to town to beg for his food and then return to his cave to meditate for the rest of the day.

One day, he fell sick and could not go into town to beg for his food. The next day and the next, he was still sick and he grew weak and fainted from hunger. He realized that he would die if he did not go into town to beg for food.

Somehow, he managed to get himself up and started walking towards town.

Before he reached town, he fainted from exhaustion at the foot of a huge mango tree, laden with ripe fruit.

“....even if it seems right to do the wrong thing, it is always best to do the right thing.”

When he regained consciousness, he saw that ripe mangoes were lying on the ground all around him. He thought about eating some of the mangoes but then remembered that the mango tree belonged to a local farmer. The mangoes did not belong to him, and had not been offered to him by the owner, so how could he eat them? It would be stealing. Of the many vows he had taken as a monk, one of them was not to steal.

He decided that it would be better to die than eat the mangoes that had not been given to him.

As he was lying there on the ground in his wretched condition, the farmer

came upon him and said, “Reverend Sir, you look starved and weak. You are not well, what is wrong?”

The monk explained his predicament and the farmer asked incredulously, “But why didn't you eat any of these mangoes all around you on the ground?”

The monk explained that one of the many vows he had taken was not to steal and since the mangoes had not been offered to him, he could not in good conscience partake of them.

The farmer was very impressed with this monk who would die rather than break his vows. He lifted the monk onto his back and began to carry him back to his cave. He told the monk that he would take care of him and bring him food until he became well again.

As the monk rode on the farmer's back, he thought to himself, “Even my own mother could not have cared for me as selflessly as this farmer is doing. If I had broken my vow, I would have been satisfied momentarily but my purity would have been spoiled by a wrong action. By scrupulously keeping my vow not to steal, I have benefited now as well as for the future.”

Conclusion: *Many times in life, it seems easier to do something wrong to avoid an unpleasant situation. Many wrong actions are performed for this reason alone. But, even when it seems right to do the wrong thing, it is always best to do the right thing. So much good flows from a right action that seems hard to make.*



STORY OF THE MAID

There once was a queen who loved fresh cut flowers. Every day she would give her maid two rupees to purchase flowers in the market for her. And every day, unbeknownst to the queen, the maid would buy only one rupee's worth of flowers and keep the other rupee for herself.

One day the maid heard the Buddha giving a discourse on the Five Precepts; not to kill, not to steal, not to lie, not to have sexual misconduct, and not to take intoxicants and how breaking the precepts harms others and harms oneself.

The maid felt sorry about her stealing after hearing the discourse. That day when she went to the market, she bought two rupees worth of flowers for the queen.

***“...Five Precepts...
helped her to see the
error of her ways.”***

When she presented the flowers to her, the queen was surprised and exclaimed, "There are so many flowers today! Have you stolen them from somewhere?"

The maid replied with shame, "Oh Queen, everyday I used to cheat on you and purchase only one rupee worth of flowers so I could keep one rupee for myself but today I bought two rupees worth of flowers."

The queen asked, "Why did you decide to buy two rupees worth of flowers today?"

***“....never too late to
correct our mis-
takes.”***

The maid told her about hearing Buddha's discourse on the Five Precepts and how it helped her to see the error of her ways.

The queen was very impressed by this transformation and said, "If you could be influenced to change your wrong actions by just listening to one discourse, then I must meet this great saint and hear his words of wisdom.

The maid and the queen went together to meet the Buddha and learned his teachings.

Conclusion: *It is never too late to correct our mistakes. The first step is admitting to ourselves that we have done wrong. Then we can correct the mistake by doing what is right.*



SPEAK RIGHT, ACT RIGHT

One day, Dronacharya, a teacher in ancient India during the 'Mahabharata' times, taught his students, "Speak right, act right."

The next day he asked his students, "Do you understand yesterday's lesson?"

Everyone raised their hand except the young prince, Yudhishtir.

Dronacharya reprimanded him saying,

"...better to remain silent until you speak the truth."

"Yudhishtir, tomorrow you'd better have learned the lesson and come ready to repeat it."

The next day, Dronacharya again asked the same question and again, Yudhishtir remained silent. Dronacharya again warned Yudhishtir that he'd better come the next day with the lesson learned, ready to repeat it.

The next day, Dronacharya asked the same question and again Yudhishtir remained silent so Dronacharya slapped him.

Yudhishtir then answered, "Yes, teacher, now I understand the lesson." Dronacharya asked him to explain why he now understood.

Yudhishtir explained, "Before now, I would sometimes get angry. Today when you hit me, I did not get angry. And I did not lie, pretending that I had

understood the lesson. So only now I can say that I understand the lesson. After all, to practise the lesson is to have understood it."

Conclusion: Sometimes, you may be tempted to lie to avoid criticism or punishment. It is better to remain silent until you can speak the truth. We should refrain from telling lies as mentioned in one of the Five Precepts – No Lying.



YOU REAP WHAT YOU SOW (1)

A saintly man was living outside a town. Every day he would set out to beg with his begging-bowl saying, "You reap what you sow".

An old man became very irritated and angry with the saintly man. He became so irritated and angry that he decided to kill the saintly man. He poisoned some sweets and offered them to the saintly man along with some other food.

The saintly man ate the food but kept

"...what you do is what you get..."

the sweets aside and didn't eat them.

Sometime later, a young man, who was the son of the angry old man, came to the ashram to rest and told the saintly man, "I am very hungry and would like to eat something. Do you

have anything you could spare to give me?"

With love the saintly man offered him the sweets. The young man ate the sweets and died.

The townsfolk told the young man's father that his son had died at the ashram. He rushed to the ashram and asked the saintly man what happened.

The saintly man replied sadly, "The poor young man! He was very hungry, so I offered him the sweets that you had given me. After he ate them, he died."

The old angry man cursed himself and understood the truth of what the saintly man was always saying, "You reap what you sow."

Conclusion: *Very often we do not consider the results of our wrong actions, which always have bad effects on ourselves and others. We should practise mindfulness so that we can be aware of the results of our bad and good actions on ourselves and others. On the other hand, we should also bear in mind the saying, 'What you do is what you get' - the good and bad things that we do, will come back to us one day.*



WITH THE MOON, WE FORGET THE SUN

Once upon a time, I asked an old man, "Between Sun and Moon, which one do you think is more important?"

The old man replied, "Moon - as it shines at night and lights up the dark. When we need light most, the moon is there. During the day, it is already bright and hot, we don't need the sun."

Do you think that the answer is a bit ridiculous?

Well, think about it - Aren't all of us the same as the old man?

A girl argued with her mum, ran away from the house, decided that she will never come back to this horrible home again.

When she was out, she became hungry and tired and has no money for food. Yet, she still did not want to go home because it is so shameful to do so.

***"....the day is bright
enough...the Sun is not
necessary."***

Until night falls, she passed by a hawker stall selling noodles.

The owner of the stall saw her and asked, "Girl would you like a bowl of noodle?"

She replied, "Yes! I would love to but I don't have money."

The lady said, "It is fine, I will give you

a treat. You look so tired.”

The girl, delighted, thankfully smiled and sat down at the table. When the noodle arrives, she happily ate it.

Before she left, she said to the owner, “Thank you very much for your kindness, I really appreciate it. You are such a nice person!”

The owner was surprised, “Oh, why?”

The girl replied, “We don’t even know each other, but you treat me so well unlike my mum who never seem to understand my thoughts. I really hate it!”

The owner then said, “Oh? Little girl, I have only given you a bowl of noodle and you are already so happy and grateful about it. Your mum has been cooking for you for the past 20 years, shouldn’t you feel more grateful and more thankful to her than me?”

The girl suddenly realized, stood up, and rushed home to her mum.

***“Our loved ones are
always there for us.”***

Reaching home, she saw her mum already waiting for her outside the house. Seeing her coming back, she was so glad.

Before the girl could say anything, her mum said, “Oh, where have you been? Go wash up and have your dinner.”

At that moment, only then she realized her mum’s love for her.

We would never thought of thanking the person who takes care of us every

day. We would never thought that she has done anything big.

But when someone - a stranger - treats us well for once, we are so thankful about it.

Your parents, family members, spouse, whatever they have done, it is something like a “must”, never thought that it is something big.

But when outsiders do something good to you, you feel that it is extraordinary that you are so happy, thankful, and surprised about it.

Doesn’t this resemble ‘With the moon, we forget the Sun’?

The sun is always there. We forget that it is the one giving us light.

Our loved ones are always there for us. We forget that they are the ones who have always been loving and caring for us.

A person, who has always been sheltered and cared for, will never remember to be thankful.

As the day is bright enough, we wouldn’t think the presence of the sun is not necessary.

Is it not?



YOU REAP WHAT YOU SOW (2)

A successful business man was growing old and knew it was time to choose a successor to take over the business.

Instead of choosing one of his directors or his children, he decided to do something different. He called all the young executives in his company together.

He said, "It is time for me to step down and choose the next CEO. I have decided to choose one of you." The young executives were shocked. The boss continued, "I am going to give each one of you a seed today - one very special seed. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO."

Honesty reaps Trust.

One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly told his wife the story. She helped him get a pot, soil and compost and he planted the seed. Every day, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow.

Jim kept checking his seed, but nothing

ever grew.

***"...be careful of
what you plant now,
it determines what
you reap..."***

Three weeks, four weeks, five weeks went by, still nothing.

By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure.

Six months went by -- still nothing in Jim's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Jim didn't say anything to his colleagues. However, he just kept watering and fertilizing the soil. He so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection.

Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room.

When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful -

- in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him.

When the CEO arrived, he surveyed the room and greeted his young executives.

Jim tried to hide in the back. "My, what great plants, trees and flowers you have grown," said the CEO. "Today one of you will be appointed the next CEO!"

All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front. Jim was terrified. He thought, "The CEO knows I'm a failure! Maybe he will have me fired!"

Forgiveness reaps Reconciliation.

When Jim got to the front, the CEO asked him what had happened to his seed - Jim told him the story.

The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, "Behold your next Chief Executive Officer! His name is Jim!"

Jim couldn't believe it. He couldn't even grow his seed.

"How could he be the new CEO?", the others said.

Then the CEO said, "One year ago today, I gave everyone in this room a

seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead - it was not possible for them to grow.

"All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!"

If you plant honesty, you will reap trust.

If you plant goodness, you will reap friends.

If you plant perseverance, you will reap contentment.

If you plant consideration, you will reap perspective.

If you plant hard work, you will reap success.

If you plant forgiveness, you will reap reconciliation.

Thus, be careful of what you plant now; it determines what you reap in the future.





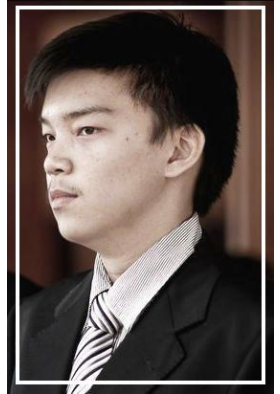
O'picnic 2011





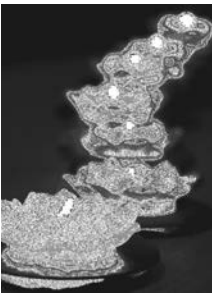
Buddhist Exhibition 2011

*Den Neil Ooi reflects on his experience as an organiser for the
2011 UNIBUDS Buddhist Exhibition.*



Buddhist Exhibition 2011: In the Footsteps of the Buddha. I was fortunate enough to be given the opportunity to be a part of this great event. The preparation starts from November 2010 while the exhibition was held on 10th-14th April 2011.

There were more than 50 helpers contributing to the success of the event. Without their help, the exhibition may not have been this successful. Hence, I want to take this opportunity to thank them for their effort. Thank you.



As I mentioned earlier, the exhibition was a success, with approximately 500 people attended the exhibition over 5 days. We aimed to cater to the interests of the general public - whether they do or

do not have Dhamma background, the visitors would gain something from the exhibition.

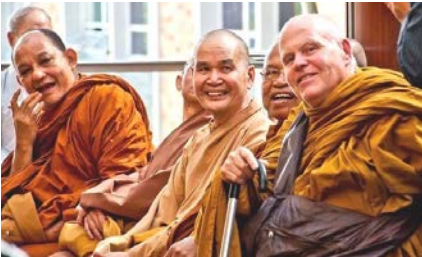
However, the ones who gained the most out of the exhibition were the organisers and helpers. Everyone has

the opportunity to learn the Dhamma, either reading it from the exhibits description, or even while they are preparing for the exhibition, they could learn the Dhamma as well. Why do I say that? It is because Dhamma is everywhere, as long as we know it, we can see it.

For the organisers and helpers, besides learning the Dhamma there is also the opportunity for them to improve other personal skills while preparing for the exhibition. For example, Receptionist and Marketing department helpers could boost their communication skills as they had to interact with strangers. On top of that, Decoration department helpers may discover their new talent in arts and crafts. Regardless of which department we helped in, there is always something to be gained out of this great event.

All in all, I am happy and grateful to be given this opportunity to learn Dhamma and learn more about myself. I wish UNIBUDS and everyone all the BEST. May the spirit of UNIBUDS grow stronger with time. I look forward to another exhibition as such in the future.

buddhist exhibition 2011





Vesak Day

2 0 1 1

Vesak Day – in the eyes of Anthony Cortes.

Hi my name is Anthony Cortes. I have been an active participant of UNIBUD's since start of 2010. This year on 14th of May, we celebrated *Vesak*; sometimes informally called "Buddha's birthday", it actually encompasses the birth, enlightenment, and passing (*Parinibbana*) of Gautama Buddha, on the full moon of the 6th lunar month (May). It is considered the most important festival in the Buddhist lunar calendar.



This year we celebrated with chanting of Sutras (teaching of the Buddha) both in English and Chinese before and after the *Bathing of the Buddha* and Dhamma talks by UNIBUD's patrons, *Ven. Chao Kun Samai*, from Wat Pa Buddharangsee (Theravada Tradition) and *Ven. Neng Rong* from Hwa Tsang Monastery (Mahayana Tradition). It is always a special honour to have our patrons to give Dhamma talks with insightful experi-

"...the teachings have become more meaningful with greater understanding into the journey of Buddhism..."

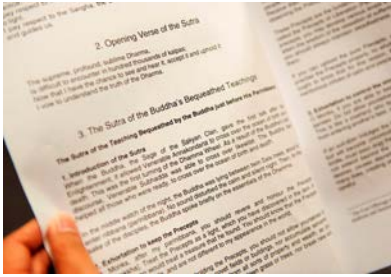
ence and knowledge in guiding us to developing the supreme Bodhi Mind.

Buddhist festivals are a time for joy. They give Buddhists an opportunity to meet together, to take the Three Refuges, and learn more about the Buddha's teachings.



This ceremony has become more meaningful this year, as it is my second attendance of *Vesak* with UNIBUD's, the teachings have become more meaningful with greater understanding into the journey of Buddhism.

We bathe the statue of *Prince Siddhartha* with this scoop of holy water three

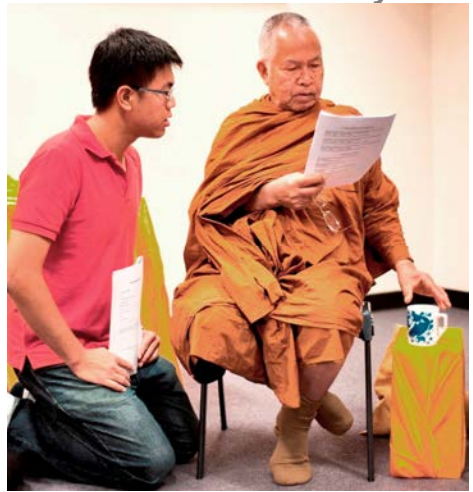


times. The significance behind *Bathing of the Buddha* is to be rid of the defilements of greed, hatred and ignorance, so that our body, speech, and mind may remain pure.

With the merit gained from bathing of the Buddha, we aim to rid our minds of defilements, and at the same time cleanse and beautify our actions, transforming this land of suffering into one of bliss, and guide the stray and evil minds onto the path of virtue. This is the true meaning of *Bathing of the Buddha*.

Having kept the handout including the Sutras recited on the day has been a good resource and guide to refer to in following this path of virtue. Hope the next Vesak we may see you celebrate with us too.

**With Metta,
Anthony Cortes**



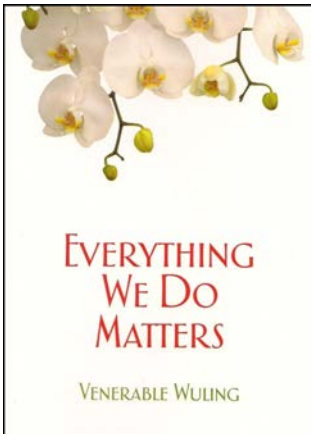
CORNER OF OUR HEARTS

Recommended Reads

Dear Unibuddies,

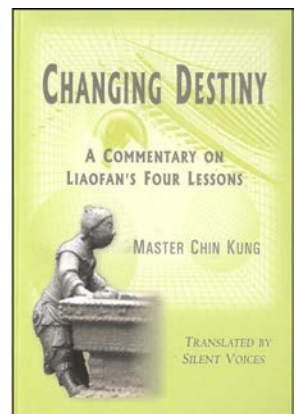
I'm the General Secretary for this term, Hans. This semester, the opening hours for UNIBUDS Library is from **Monday-Friday, 12-2pm**. The library could not be managed by myself alone. Thus, I sincerely ask for the help of members who are willing to sacrifice few hours of their time on weekly basis, to volunteer as librarian. If you're interested in helping us manage the library, contact **UNIBUDS: (02) 9385 6082** or **contact me: 0404 609 225**. Thank you so much!

With Metta,
Hans Wibowo



What is Buddhism? Is Buddhism just merely a religion which is only filled rituals and no more? Or is it solely as a study of morality, concentration and wisdom? Fortunately the answer is no. This book shows us that only if we concurrently view Buddhism as a teaching of morality, concentration & wisdom and **practice it into our daily life**, only then Buddhism can be beneficial to all of us. This book will also show how we can apply various teaching of the Buddha in our daily lives, such as goodwill, compassion, equanimity and many more, while referring to some short stories of the Buddha. This is a highly recommended books for beginner/intermediate who would like to further extend your knowledge of Buddhism and apply it in your daily life.

A moderately intermediate Dhamma book which explain about the Liao Fan's Four Lessons in a very great detail. In summary, it illustrates that humans actually have their own destiny, but the destiny can be changed for the better through practicing good deeds to cultivate virtue and humility or for the worse by practicing excessive amount of bad deeds. This was then related with Liao Fan's story to prove how destiny can be changed. This is a fairly interesting book and recommended for intermediate user.



BODHI NITE 2011: MINDFULNESS

27th August 2011

UNIBUDS was founded in 1981 by Dr. Ching Liang Lim and his small group of committee members. With the endless guidance from both of our Patrons and the support from the communities, UNIBUDS is able to withstand the test of time and became **a society for the students, by the students, which flourished in a university environment.**

We marked our 30th anniversary IN 2010 and this year, we would like to take one step further to present to you another wonderful yet inspiring event – **Bodhi Nite 2011!**

Bodhi Nite is an anniversary night that commemorates the birth of our dearest society. In conjunction with this celebration, we hope to portray the wonderful teachings of the Buddha in a fun, creative and relaxing way. This year, we will explore the theme **“Mindfulness”** through **creative mix stage play, choir performance, and multimedia presentations.**

In order to succeed, we require efforts from everyone to make this possible! **Do you feel like showing your talents and impressing the others? Do you want to add colour and form treasured memories during your university life?** Bodhi Nite is a great chance for you! This will definitely be one of the most wonderful and exciting experiences for you in UNSW. **Come and join us now!**

ORGANISING DEPARTMENTS

Sketch Department

"Cut! Cut! Cut! No no, this won't do, let's start this scene all over again." Ever heard those words being shouted by the director while watching the 'behind the scenes' clip of your favourite TV show or movie? Well, the truth is, it's only 5% of that and 95% of acting joy and hilarious moments! The process of script rehearsals and brainstorming for the storyline is very enjoyable, where the sky is the limit for the end product of our sketch!

If you are interested in acting or performing, then this is the department for you! Whether you are interested in taking up a major role or even a 'cameo' role in this year's Bodhi Nite sketch, there is always a role for you. We will also be making things more interesting this year by filming some short videos aside from the on-the-day sketch performance.

We are also looking for videographers to help us film the short videos, script writers for the main script and also back drop/costume designers. Remember, you don't necessarily need to be experienced to join us! So what are you waiting for, feel free to leave me an email or message if you have any questions.

And that's a rap!

[Dennis Lim 0425667068 fallenangel91xd@gmail.com]

Technician Department

A niche department of the show production team, this department is exclusively seeking for someone who is interested in taking charge of the lighting and sound systems throughout the event. Working from the technical control room, we guarantee you the best seat in the entire theatre. There is only **ONE** spot left for this department – waste no time, contact us now!

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

Mei Ling [0431 521 812 meilin9.teoh@gmail.com]

Program Master Department

Are you interested in performing? Dancing? Playing music instruments? Or maybe you prefer to be the unseen heroes, working behind the stage to make sure the performance is a blast? Well, this is your CHANCE! We are currently looking for performers, which includes musicians and also mic runners, tray persons, and ushers.

Besides, we are still looking for a female (preferably) Mandarin-speaking Master of Ceremony (MC).

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

Pei Ru [0430 604 058 katesee36@gmail.com]

Choir Department

Heeeeyyyyhooooo~

Waste no time in hesitating!! JOIN CHOIR DEPARTMENT NOW!! Choir is a fun department where we will be using our voices to inspire the attendees about the Dhammas. Whether you're experienced or just a novice, worry not! We're looking for those who are enthusiastic enough to come and learn and be part of the Choir department!! We're having choir practices every Monday night, Wednesday night, and Saturday morning. Choir members are expected to attend twice of the practices every week (Monday OR Wednesday AND Saturday). Let's work together to make this year's Bodhi Nite an AWESOME one and enjoy ourselves to the fullest!

Note: Application closed on 24th July 2011 (Week 1, Semester 2)

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

Adeline [0405 994 957 adeline.lukmantara@gmail.com]

Esther Chia [0401 226 289 pecking_style@live.co.uk]

Backstage Department

Ever wondered what goes on behind the scenes of a live performance? Do you like creating props, or would like to experience coordinating stage elements of a performance? Do you want to be part of a stage production, but feel that perhaps it is too daunting to perform on stage? Or do you simply feel like you could use some exercise?

If it's a yes to any of these, then THIS is the golden opportunity to join the backstage team - one of the teams crucial to making what goes on stage, successful. The backstage team will be making props for performances, and coordinating lights, sounds and other performance elements. Do not be fooled by the name "back"-stage, what happens on stage is as important as what happens behind the stage!

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

Zhen Xun [0433 478 933 czx312098@hotmail.com]

Multimedia Department

We, Multimedia Department add the magical touch to the Bodhi Nite through audio and visual effects.

We have a wide range of position for you ranging from Animator, Artist, Scriptwriter, Movie editor, and much more!

Worried that you lack the skills? Worry no more, as long as you wish to share your creative minds or you just like to draw or even you know how to use a computer and wish to help; we will have a position for you!

So what are you waiting for? Put your creative talents to great use by joining the Multimedia Department!

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

Elva [0450 645 464 catpurr90@hotmail.com]

Publication Department

Put your good heart and creative mind into good use by joining this department- we'll be reaching out to the communities near and far; on and off campus by publishing creative & eye-catching posters! And that is not all, any publishing acts will be taken on by this department; so, the beauty lies in introducing Bodhi Nite to the public and drawing crowds to this event: creatively, fun-lovingly and skilfully presenting the theme and essential message to the audience by capturing their attention before the event! People with skills in design, visual presentation, and strong graphic sense are very much appreciated! So what you waiting for? Come join us!

Jayson [0450 632 109 kiasheng.chew@gmail.com]

Devina [0415 141 144 devina.kusnadi@gmail.com]

Transport Department

We strive to deliver anything related to this auspicious event in a joyous and collaborative way! By offering our kind help in transporting respectable VIPs, delicious vegetarian food, and other useful goods, we are able to be the AusPost/FedEX of the UNIBUDS and make dynamite ties along the way! The only difference is that this is not a full time job but as tolerated or on demand only! Please register with your unique contact number, vehicle types, and available hours and we will deliver right away!

Pang [0450 742 228 pangpingw@gmail.com]

Kaidi [0451 651 678 kaidi.unsw@gmail.com]

Marketing Department

Interested in travelling? Or talking to people? If your answers are YES!! SURE!! AND NO PROBLEM!! Then, Marketing Department is something you must not miss.

We will be going to suburbs to put up posters as well as attending events held by monasteries to sell tickets. If you are lazy to travel, NO WORRIES!! We will be setting up a stall in front of main library, giving out pamphlets in university, and promoting Bodhi Nite in classrooms. It would be FUN DOING IT TOGETHER!!!

Bing Sen [0433 455 522 kbs25kia@gmail.com]
 Tze Hao [0425 811 313 tth_odysseus@hotmail.com]
 Senk Siang [0425 445 190 senksiang90@v7mail.com]
 Shermayne [0405 841 686 tee_yi_wen@hotmail.com]

Decoration Department

Do you...

- Enjoy working with colours, and making things gorgeous and beautiful?
- Have flair in flower arrangements, drawing, painting, handicraft work or photo collages?
- Love having your work set to mesmerise people and sweep them off their feet?
- Feel perhaps you could use some exercise or stress-relieving activity to unwind from mind-boggling studies or work?

If the answer is yes to any of them, then THIS is a great opportunity to unravel the artistic YOU, and showcase your talents!! Be a part of the team that will be setting the colourful and lively scene of Bodhi Nite 2010!! We will be decorating billboards, the reception area, and the stage. Please don't worry if you are hesitating whether you have the creativity to join us. We can work together to make this a success! Your contributions are greatly appreciated!! Do contact us if you're interested! We'd love to hear from you!

Kai Yi [0433 539 339 kyqiam88@gmail.com]
 Wan Chee Chua [0425 483 626 wanchee_706@hotmail.com]

Archive Department

Do you want to capture all the great moments for Unibuds' annual event – Bodhi Nite?

If you are interested in photo-taking or video-taping, now is a good chance to apply your interest/skill in Archive department. It is one of the most meaningful departments with friendly people to work with. Let's capture all the laughter, smiles, tears, and every single memorable moment for Bodhi Nite 2011.

Kelly Wong [0430 470 035 kykellywong@gmail.com]

Catering Department

Ever imagined you could prepare food for a large group of people? Ever thought of polishing your cooking skills and at the same time having the opportunity to meet many people? Well, now is your chance! Join us, the catering department that fills everyone's tummies on the eventful night of Bodhi Nite. Can't cook but enjoy feeding guests and looking at their happy faces? This is just the right place for you to help with the packing and distributing of food to our audience with smiles. And if you are worrying that you do not have too much time to contribute? Worry not! We are seeking for 1-2 days commitment only.

Ian [0430 063 421 iancxy89@gmail.com]
 Yi Wen [0425 445 400 yiwennw@gmail.com]

Funding Department

This year UNIBUDS has a new department that focuses on sourcing for resources, FUNd, and other values (e.g. suggestions or materials) for Bodhi Nite through soft FUNding (donation and FUNdraising stall). FUNdraising activities will be organised to gather, make aware of, and to subsidise Bodhi Nite.

Do you have many creative ideas or prior experience with FUNdraising? Always portray positive attitude and enthusiastic? If your answer is YES or you are interested to try out, please contact:

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

Reception Department

Who are we? We are the ones that provide the welcome, fun-loving yet grand atmosphere of Bodhi Nite. We are the smiling faces that greet the audience as they arrive for our performance. We are the reassuring and comforting faces that guide the audience to their seats. We are the Reception Department! SO, if you are a fun-loving individual, like meeting new friends and improve your own socialisation skills, we welcome you to COME and JOIN us!

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

MEMBERS' CORNER

Happy Birthday to You!

UNIBUDS wishes everyone well and happy—All the best along the Dhamma journey.

MARCH

| | |
|---------------|----------------|
| Peter | Djimric |
| Joon Wayn | Cheong |
| Den Neil | Ooi |
| Potjane Candy | Therasutthikul |
| Olivia | Rosebery |
| Bill | Reda |
| Aggie Susanti | Lawer |
| Li Khim | Siew |
| Annabelle | Luong |

APRIL

| | |
|----------|-----|
| Daniel | Lim |
| Bing Sen | Koh |
| Pei Ru | See |

| | |
|----------------|------------|
| Dora | Cheung |
| Ping Fai | Kong |
| Esther | Chia |
| Jie (Michelle) | Zhao |
| Hooi Ying | Ng |
| Dani | Winzeneied |
| Timothy | Randall |
| Muhammad | Bahjat |

MAY

| | |
|-------------|------|
| Zen | Low |
| Hong Ing | Ooi |
| Yi Wen | Neoh |
| Tek Ping | Tan |
| Cheng Hiang | Lee |

| | |
|------------|---------|
| Chen Wei | Boey |
| Erica | Leonar |
| Lining | Li |
| Hong Gee | Ooi |
| Tshering | Dorji |
| Lizadjohry | Meikana |

JUNE

| | |
|--------------|----------|
| Nathan | Howe |
| Mabel Xin Yi | Ang |
| Emily | Liu |
| Ka Yee Kelly | Wong |
| Tee Seong | Kho |
| Maheswar | Satpathy |
| Yen | Phan |

Next Edition

In the next edition of *Sacca*, we will focus on the theme for Bodhi Nite 2011—***Mindfulness***. If you have thoughts which you would like to share with our members or feedback regarding this issue of *Sacca*, please feel free to drop me an email at clarissewy.chen@gmail.com. I look forward to hearing from you! Thank you!

SACCA

Sacca is a quarterly newsletter catered for free to the members of Unibuds. If you would like to obtain previous editions of Sacca, kindly drop by at Unibuds Library to get a free copy! There are also free distribution Dhamma books available at Unibuds Library! Come visit us today!

Unibuds Library

Room 311, 3rd Floor, Squarehouse,
UNSW Kensington Campus,
NSW 2052,
Australia.

Phone: (02) 9385 6082
Opening hours:
Monday-Friday
12-2pm

Photography Workshop

Coming up in July 2011

Hi Unibuddies! How are you recently? Stressing out with the coming final exams? Worry not! Take a deep breath, have a cup of coffee and read through the upcoming event that I have planned for your winter break!

The main objective of having a Photography Workshop is to bring all members around during the winter break and enhance everyone's knowledge and skills on photography. This will be a two-days workshop involving both indoor and outdoor activities. Are you ready for it?!

This time around, we are glad to have Shanty Joeng to volunteer as the coordinator of the workshop. She is our long-term supporting senior and has very good experience in photography.

If you have strong interest in photography, what are you waiting for? Even if you do not have VERY strong interest, just come along and join the fun of learning!

CAUTION! This workshop has a limited space of only 20 participants. If anyone is interested to join for only one day of the workshop, you are more than welcome to submit your form to me too! However, priority seats will be given to those who can make it for two days.

Date: 16th & 17th July 2011 (Saturday and Sunday)

Time: 9.00am

Venue: UNSW Kensington Campus

Cost: \$5.00

Things to bring: CAMERA! (i.e. compact camera, phone, or SLR camera)

A full program of the workshop will be handed out to the participants only when the date gets closer to the event. Besides, the cost of \$5.00 is for the lunch provided in the second day of the workshop. Still hesitating? DON'T! Download the form now and submit to me to secure yourself a place!

Coordinator Profile

Shanty has grown up with travelling and photography from her early days. She spent her childhood time around South East Asia before moving to Sydney, Australia in her early 20s. After finishing her formal university studies in UNSW, she trained professionally in Australian Centre for Photography in 2003 during her sabbatical year.

Her initial dream career on becoming a photographer was put on hold due to family circumstances. However, she never stops her professional photography practice even though she's not practicing commercially.

Her favourite photography style are mostly candid as she believes that emotions captured in the most unaware, are the true capture of the life stories. However, lately she also explores the landscape photography.

Her love with technology gadgets and Buddhism philosophy have recently broaden her views on how photography should be used as the enhancement of documenting and archiving humanity's stories in 21st century. She does not believe that one should take pictures using the expensive tools. Her understanding is, as long as someone can deliver the humanity stories; that is the true art.

Exploration using iphone4 and different applications is her favourite hobby presently. She always tries to shoot with her Canon 5D Mark II whenever she can.

She was active in UNIBUDS from 2001-2007. She also served under Exco term as Activity Director and involved in the setup of Archive Department for Bodhi Night.

秋
二月2011
五月2011

sacca

慧 命 社 季 刊



佛学故事

where a bud can bloom in full

where a bud can bloom in full



unibuds

UNSW BUDDHIST SOCIETY

目录

- 1 编辑有话说
- 2 诚实最重要
- 2 身体力行，以身作则
- 3 不遵守五戒的后果
- 4 意志坚定的出家人
- 5 种瓜得瓜
- 6 葛达米的故事
- 7 讲真实的话，做正当的事
- 8 布拉瓦婆罗门改变了心意



2 0 1 1

活动介绍

16th-17th July

摄影工作坊

27th August

菩提之夜

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—秋

编辑有话说

亲爱的读者，

首先，我想感谢所有对这期季刊有所贡献的读者们！

这期季刊的概念是想让读者们能够透过一些小故事来学习佛法，同时也希望这些故事能够更生动、简单地帮助大家了解佛法。

除此之外，这期季刊也记录了会员们对于慧命社活动的心得感想。这其中包括了佛教展览和佛诞日。

在接下来的几个月里，慧命社将会举办摄影工作坊和一年一度的盛会—菩提之夜2011！和往年一样，菩提之夜这盛大

的庆典将会需要您们大力的支持与帮忙。请与您的朋友一同来共襄盛举吧！

还有，别忘了每个星期的午间静坐班和精彩的佛学讲座！

下一期的季刊主题将会是“**正念**”，如果读者们有任何的文章或是照片想要分享给大家的话，请把他们发给

clarissey.chen@gmail.com

敬请期待！

陈玮莹

合十



u n i b u d s
U N S W B U D D H I S T S O C I E T Y

联络我们

电话 (02) 9385 6082

地址 Religious Centre, Room 311, 3rd Floor Squarehouse,
University of New South Wales, Kensington NSW 2052.

开放时间 12-2pm Mon-Fri

电邮 unibuds@yahoo.com

网站 www.unibuds.usw.edu.au

where a bud can bloom in full

诚实最重要

从前有一队篷车，在经过沙漠时被一群山贼抢劫。山贼搜遍每一个人，抢走了他们的贵重财物。

车队内有一名拿着旧布袋的男孩，山贼在搜他的旧布袋时，发现里面只有几块没用的旧布。

山贼问男孩为什么带着几块旧布。

男孩说因为他的钱都缝夹在旧布里面。

那些山贼感到十分惊奇，他们问男孩说：「如果你无心隐瞒钱财避免抢劫的话，又何必费心把钱缝在旧布内呢？」

男孩回答说：「我母亲把钱缝在旧布内，是希望钱财不会被人抢去。但是，她也告诉我绝对不可以说谎。所以当你们问我为什么带着布块，我只好据实回答。」

面对孩子的坦诚，山贼对自己的所作所为觉得很惭愧。他们把钱还给男孩，并且也把其它人的贵重物品也一起归还。

男孩长大后成为了当地国王。

结论：诚实有很大的力量。即使有时说谎好像有益处，但说真话总是最好的。只有诚实才会带来好的结果，特别是在说谎比较容易的时候。



身体力行，以身作则

有一个男孩很爱吃很多的糖果，他的母亲决定要帮他戒除这个坏习惯。

母亲去拜访附近的一个圣人，请他帮助男孩戒除这个坏习惯。圣人专心听完母亲的请求后，叫他一个星期后再带孩子来，到时他会帮助孩子解除他的坏习惯。

一个星期后，妇人带着孩子再来。

圣人慈爱地看着男孩说：「孩子，不要吃糖啊！吃糖让你身体不健康。」

说完就让他们回家去。

离开前，母亲问圣人：「如果您只是要对孩子说那些话，那上星期已经可以说完了。为什么要等一个星期呢？」

圣人回答：「一个星期前，我也有相同的坏习惯，爱吃很多的糖果，这样的我，怎能劝您的儿子呢？现在我已经戒除了自己的坏习惯，我可以好好劝您儿子跟我做同样的事。」

结论：真正有智慧的人会以身作则。当我们给别人指引，全都来自自己做好的事的实际体验。



不遵守五戒的后果

有一个人完全不持守五戒。他的老师建议他为了自己好要特守五戒。他答应了，除了其中的不偷盗。

他跑到皇宫去偷一些贵重的珠宝。国王正好装扮成平民出巡去，在路上碰到他。小偷告诉国王，他打算去皇宫偷东西。

国王就跟他一起去，小偷进皇宫时，他在外面帮他把风。

小偷在里面找到五件珠宝，但是只拿了四件，这样他才可以跟他的同伙平分。他出来后，把两件珠宝送给装扮过的国王。

第二天，国王把首相找来，告诉他：[皇宫发生了偷盗案，去查什么东西被偷了，什么东西没有被偷。]

首相发现了四件珠宝被偷，他自己藏起了剩下的一件珠宝，告诉国王说五件珠宝全被偷了。

国王把小偷找来皇宫，问他：[你知道这里的五件珠宝被人偷了吗？]

小偷曾经承诺要遵守五戒中的四戒，就对国王坦白说：[我只偷了四件珠宝。]

于是国王叫人搜索首相，在首相的口袋中找到了第五件珠宝。

结论：当然最好还是要特守五戒，但是如果做错了事，说实话是改进自己的第一步，让自己更能够特守五戒。

五戒



意志坚定的出家人

有一个出家人住在树林的洞穴修里修行。每天早上他会走到城里讨食物，然后剩下的整天就回去山洞修行。

一天，出家人病倒了，不能到城里讨食物。第二天、第三天，出家人仍然抱病，加上身体虚弱，他饿极昏倒了。出家人知道如果他再不到城里讨食物，他必定会饿死。

出家人于是勉强爬起来，慢慢走去城的方向。半路上，他终于精疲力尽，倒在一棵布满果实的芒果树下。

当他醒来的时候，出家人发觉身边周围的地上，全是成熟的芒果。出家人心中闪过拿芒果来吃的念头，但马上又想到这些芒果是农人的财产，并不属于他的。农夫并没有把芒果送他他怎么可以拿来吃呢？如果他吃了，就等于是偷窃。作为出家人，他发誓要遵守很多戒律，其中一条就是不偷盗。

想到这里，出家人决定宁愿死也不会拿不属于他的芒果来吃。

农夫经过见出家人半死地躺在地上，上前探问：「师父，您看来好象饿了很久，并且很虚弱。您那里不舒服？发生了什么事？」

出家人把他的困境一五一十告诉了农夫，农夫难以置信地问道：「但是您为什么不吃地上的芒果呢？它们就在您的身边。」

出家人解释他发誓遵守戒律，其中之一就

是不偷窃。因为芒果不是他的，所以他的良心不允许他拿来吃。

农夫见出家人宁愿死也不破戒，于是深受感动。他背起出家人走向山洞，并答应会一直照顾和送食物给他，直到出家人完全康复为止。

出家人被农夫背着，心中一面想：「这位农夫对我的照顾可说是完全没有一丝的自私心，就连我的母亲也做不到。假如我当时破戒的话，我会得到一时的满足，但是我的纯洁就会被不正当的行为污染。完全遵守份言不偷盗，不但在现在，在将来我同样得到益处。」

结论：在一生中，很多时候，以为做一些事情会很容易可以逃避困难，许多不正当的行为都因此而产生。但是，即使看来像是当时应该做的事，我们还是必需选择正当的行为。正当的行为可能比较难做到，但好处很多。练习观息法和持守五戒，能帮助我们做更多的正当行为，因为你的心会变得越来越平静和坚定，而且更加能够看清楚当时的真相。



种瓜得瓜

在一个小城附近，住着一位圣人。他每天化缘的时候，都会一边念：[种瓜得瓜，种豆得豆。]

一个老人听了觉得很烦，开始对圣人生气起来。一天，老人终于忍无可忍，决定要杀掉圣人。

他把毒药放在甜点里，连同其它食物，一同送给圣人。

圣人吃了其它食物，却把甜点收起来没有吃。

过了一些时候，老人的年轻儿子经过圣人的住处，进到里面休息。他对圣人说：[我肚子很饿，请问您可以给我一点吃的东西吗？]

圣人慈爱地把甜点拿给年轻人。年轻人吃过之后就死了。

乡民把年轻人的死讯告诉老人，老人马上跑去向圣人质问儿子的死因。质问

圣人难过的回答：[可怜的年轻人！他肚子很饿，所以我把您送我的甜点给了他。他吃过之后就死了。]

老人便咒骂自己，同时深深体会到圣人说的‘种瓜得瓜，种豆得豆’的真理。

结论：很多时候，我们不去想自己行为不正的后果是会得到害人害己的恶果。自己不正当行为会造成对自己和对别人的恶果，而自己正当行为又会对自己和别人都有益处。



葛达米的故事

有一个叫葛达米的女子，她结婚好几年了，还是没有子女。

她十分渴望有一个小孩，多年后，她终于生下一个男孩。

她非常爱她的儿子，而且觉得自己有了儿子后，她在家中的地位也提升了。

但是很不幸的，小男孩在两岁时突然生病死了。

葛达米悲伤极了，不肯相信她的儿子已经死亡，反而抱着小孩的尸体在城里四处游荡。她的亲戚请她把尸体交给他们去埋葬。

但是葛达米拒绝说：「不，我的儿子没有死。他只是在睡觉，请把他叫醒。他生病了。请给我一些药来治好他。」

最后有人告诉她：「佛陀就在附近。如果你去见他，也许他能帮助你。」

葛达米抱着死去的小孩去见佛陀。她走到佛陀面前，举起她的小孩说：「先生，我儿子睡着了，他生病了，请叫醒他吧。」

佛陀很慈悲地望着葛达米说：「请到城里去为我找一把芥末子。」

葛达米赶快想要去找，但是佛陀阻止她说：「等一下，仔细听我说。你必须从一户从来没有死过人的人家中拿来芥末子。」

葛达米回答说：「好的，我会照您的吩咐去做。」

她挨家挨户去问，但是在整个城里，她都找不到一户没有死过人的人家。

她精疲力竭地回来告诉佛陀：「先生，我找不到任何一户没有死过人的人家。」

佛陀慈悲地解释：「现在你应该明白了，这个世界就是无常的。任何出生的必然都会死亡。」

她接受了自己儿子已死的事实，埋葬了他。佛陀传授她观息法与内观法，让她从心中的痛苦解脱出来。

结论：我们对于自己所爱的人，都会有执取，当我们失去所爱的人时，就会带来痛苦，除非我们能了解，生命中没有任何事物可以永远拥有，一切都会过去。练习观息法能帮助我们在非常悲伤的时刻，也能保持平静与专注。平静与专注的心能使思想清晰，不会因为悲伤而盲目。



讲真实的话，做正当的事

在古印度摩诃婆罗多时代，有一位老师名叫多纳查亚，有一天，他教导学生要[讲真实的话，做正当的事]。

第二天，他问学生们：[你们听得明白昨天的教导吗？]

大家都举起手，除了年轻的王子尤迪沙。

多纳查亚就说他：[尤迪沙，明天你最好听得明白我的教导，并且能说出来。]

第三天，多纳查亚问了同样的问题，尤迪沙还是不说话。多纳查亚再次警告他。明天要说出来。

第四天，多纳查亚又问了同样的问题，尤迪沙还是不说话，于是多纳查亚打了他一下。

这时候尤迪沙回答：[是的，老师，现在我明白了您的教导。]

多纳查亚要他解释为什么现在才明白。

尤迪沙解释说：[以前我有时候会生气，但是今天您打我时，我没有生气。我也没有说谎，假装我明白您的教导。所以直到现在，我才能说我明白了您的教导。毕竟，只有能够做得到所教的，才算是真正的明白它。]

结论：五戒之一是 [不说谎]。有时候，我们会想说谎来避免遭受批评或惩罚。但是最好保持沉默，直到你可以说出真话。



布拉瓦婆罗门改变了心意

老婆罗门布拉瓦每天都会祈祷，很尽责地履行宗教仪式。但是他也看到他的儿子与媳妇们一个接着一个成为佛陀的信徒，练习观息法与内观法。

老人觉得很生气。他怪罪佛陀，认为佛陀破坏了他的家庭，因为现在只剩下他一个人在奉行他的宗教仪式。他决定去找佛陀，他说，[我见到佛陀后，要打破他的头。]

老人拿着一根木棍去见佛陀，一路上咒骂佛陀。

佛陀看到老人走过来，很温和的说，[请过来，老人家！您看起来很不高兴，请坐。]

老人拒绝坐下，继续侮辱和威胁佛陀。

佛陀说，[老人家，您是不是常有客人来拜访您家？]

老人生气地回答，[当然有！这关你什么事？]

佛陀又问，[请再告诉我，这些访客会不会带礼物给您？]

老人很恼怒的回答，[当然有，这又关你什么事？]

佛陀再问，[请再告诉我，如果您不接受他们的礼物，那么这些礼物留给谁？]

老人回答说，[这问题真笨！礼物当然归还他们！]

佛陀解释说，[这就是我要告诉您的，老人家！您带了咒骂，侮辱与威胁的礼物来见我。我不愿意收下，所以这些礼物还留在您身上。]

老人其实是一个有智能的人，只是因为过于执迷于宗教仪式而被一层无明所蒙蔽。他听了佛陀的智能言语就平静下来，明白了自己的愚行，于是他请求佛陀传授他正法，接受佛陀为他的老师。

结论：能够使自己的心更平静，更专注，更容易掌控，这才能让我们成为一个更好的人。有了坚定的心，我们才能掌控自己，做好事与善行。



感激月亮，否定太陽



"被照顧到無微不至的人反而不會感恩，因為當白天夠亮，太陽就是多餘的"。

有一則猶太故事說，有一天，有人問一位老先生，太陽和月亮哪個比較重要。

那位老先生想了半天，回答道：「是月亮，月亮比較重要。」

為什麼呢？「因為月亮是在夜晚發光，那是我們最需要光亮的時候，而白天已經夠亮了，太陽卻在那時候照耀。」

你或許會笑這位老先生糊塗，但你不覺得很多人也是這樣嗎？

每天照顧你的人，你從不覺得有什麼，若是陌生人這樣對你，你就認為他人真好；你的父母、妻子或先生一直付出，你總覺得理所當然，甚至還有得嫌；一旦外人為你做出類似行為，你就受寵若驚，你就會很感激。

這不是跟「感激月亮，否定太陽」一樣糊塗嗎？

有個女孩跟媽媽大吵了一架，氣得奪門而出，決定再也不要回到這個討厭的家了！

一整天，她都在外面閒逛，肚子餓得咕嚕咕嚕叫，但偏偏又沒帶零用錢出來，可又拉不下臉回家吃飯。

一直到了晚上，她來到一家麵攤旁，聞到了陣陣的香味，真是好想吃一碗，但身上又沒帶錢只能不住的吞口水。

忽然，老闆親切的問：「小姐，妳要不要吃麵啊？」

她不好意思的回答：「嗯！可是……我沒有帶錢……」

老闆聽了大笑：「哈哈，沒關係，今天 就算老闆請客吧！」

女孩簡直不敢相信自己的耳朵，她坐下來。

不一會兒，麵來了，她吃得津津有味，並說：「老闆，你人真好！」

老闆說：「哦？怎麼啦？」

女孩接著回答：「對啊！我們素不相識，你卻對我那麼好，不像我媽，根本不了解我的需要和想法，真氣人呢！」

老闆又笑了：「哈，小姐，我才不過給你一碗麵而已，你就這麼感激我，那麼妳媽媽幫你煮了二十幾年的飯，妳不是更應該感激她嗎？」

被老闆這麼一講，女孩頓時有如大夢初醒，眼淚瞬間奪眶而出！

顧不得還剩下的半碗麵，立刻飛奔回家。

才到家門前的巷口，就遠遠的看到媽媽，焦急的在門口四處張望，她的心立刻揪在一起！

有一千句、一萬句的對不起想對媽媽說。

還沒來得及開口，只見媽媽已迎了上前：「唉呦！妳一整天跑去那裡了啊？嚇死我了！來，進來把手洗一洗，吃晚飯了。」

這天晚上，這個女孩才深刻體會到媽媽對她的愛。



太陽一直都在，人就忘了它給的光亮，當親人一直都在，人就會忘了他們給的溫暖；一個被照顧到無微不至的人 反而不會去感恩，因為白天已經夠亮了，太陽不是多餘的嗎？

