

spring

sept 11

nov 11

# sacca

newsletter for the members of unbuds



*where a bud can bloom in full*

*where a bud can bloom in full*



**unibuds**

UNSW BUDDHIST SOCIETY

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# u n i b u d s

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*where a bud can bloom in full*

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## editor's letter

Dear readers,

Hope you're well and happy.

In a blink of an eye, this is the final edition of Sacca for the 31st term. I would like to sincerely thank all of you who has given me help and support over this term. I hope Unibuds Sacca has benefited us in the journey of Buddhism and will continue to do so in the years to come.

In this edition of Sacca, we shall read on the experience of those who have learned and come across Buddhism and thus, **Changed. For the Better.**

Unibuds' Bodhi Nite Thank You Dinner is re-capped under the Event Coverage section. Also included, are the goodbye notes of our outgoing 31st EXCO.

Besides, the Buddhist practices, Pali chanting, Buddhist Quotes have been included in this edition. 'Eat Your Green' is also back! Bring out the chef in you and try out our green recipes!

The upcoming Summer Edition of Sacca will focus on how Buddhism is practised in daily life. The title will be **'Buddhism in Daily Life'**. I look forward to your contribution. If you have articles or photos to share, please email them to the editor of next term, Yi Wen at [yiw@nyw@gmail.com](mailto:yiw@nyw@gmail.com).

Kind Regards,

Wei Yin Chen  
(SACCA Editor 10/11)



***What we think,  
we become.***

***~Buddha***

## president says

Dear friends in UNIBUDS,

How are you doing? Hope this SACCA finds you well.

Time really flies. It's hard to believe that we have come to the last Sacca of the 31<sup>st</sup> term. I am very glad to have 14 Bodhisattvas who have accompanied me throughout this term. It was their great support that kept me going. Sincere thanks to Bing Sen Koh, Den Neil Ooi, Xian Hui Tan, Juan Lyn Ang, Hans Wibowo, Kelly Wong, Hong Gee Ooi, Dennis Lim, Ian Ch'ng, Pang Ping Wee, Su Sian Teh, Wei Yin Chen, Kai Yi Giam and Kia Sheng Chew. With the collective efforts, we have organised Buddhist Exhibition and Bodhi Nite, two big events in this term. Their efforts and dedications are well appreciated. The laughter and joys we had will definitely be missed. Thank you so much for making all these possible. Sadhu Sadhu Sadhu!

We have had our **32nd Annual General Meeting** on 24<sup>th</sup> of September. It was a meeting to pass down the light of the Dhamma. I sincerely thank those who came to support us on that day. Your attendance has made the meeting meaningful. I would also like to congratulate the newly elected committees. Your journey has just begun and I have faith in all of you to continue the spreading of Buddhism. I sincerely hope all of us will continue to support the new Executive Com-

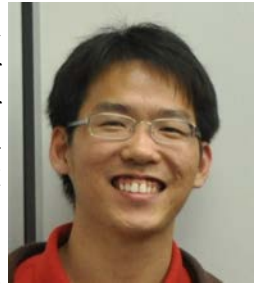
mittees, help them to create a better environment for everyone to learn Dhamma and practise Buddhism.

Last but not least, I would like to grab this chance to express my gratitude to our respective patrons, Venerable Tsang Hui and Venerable Chao Khun Samai for their unconditional support. Their spiritual guidance is what keeps UNIBUDS strong after so many years of establishment. Also, I would like to thank our Buddhist Chaplain, Venerable Neng Rong, for her strong support throughout these few years. Without her loving kindness, many things would be tougher for UNIBUDS.

It is sad to say now is the time to say Good Bye. I really appreciate the support I have received from every single one of you - it is what makes our effort worthwhile. I have enjoyed this journey and I believe you did too! Thanks for the memories and I will see you all around!

May all be well, peaceful, and happy.  
May all develop great Bodhi Mind.  
May the Light of the Buddha shines on everyone.

With Metta,  
Foh Fan YONG  
President of UNIBUDS 2010/11



# Accept the *Imperfections*

- Clarisse Chen -



One day prior to submitting the bridge design, the draftsman came to ask if I needed him to work overtime to get the drawings done. Three words appeared in my head – *I. DON'T. KNOW.*

***“...look at the good  
and bright side...”***

However, he needed further instructions regarding his workload - to work overtime or not. I suggested that we should consult a senior draftsman to know where are we up to in terms of getting the drawings done.

Old Dave's answer was,

*'It depends on how many mistakes you're going to spot in the next print of drawings.'*



True. I'm good at spotting mistakes; to the accuracy of 1mm.

Dave continued,

*'Well, if we're going to keep correcting, printing, checking, marking, and correcting again, there will be no end to this, isn't it? There's always something to improve in these drawings. At one point we have to go, **Alright, that's it. Print it. Submit it.**'*

***“If we set our mind to  
go and look for  
mistakes, we can  
always find a few.”***

I couldn't agree more.

I told the draftsman to finish at 5pm and we'll see how things go the next day. As Dave said, *it has to end, isn't it?*

I agree that in life, we are always out there looking for the flaws in others. And we end up suffering from the flaws that we paid so much effort to discover. If we learn to look at the

## accept the imperfections

good and bright side of a person/material/problem/etc, at the same time accept the bad and dark side, things will be simpler and easier on us. *Accept the imperfections.* Then again, it is always easier said than done.



When it comes to checking and marking drawings, 'looking for mistakes' is the key of the task. Every detail has to be right. Hence, I often found myself checking every little note and every 1mm of the lines drawn. When the piece of drawing is covered in 'red ink', I am satisfied because it means lots of mistakes have been spotted and will be corrected.

At the same time, I sigh because red marks mean that the cycle has to continue 3-4 times before the drawing is mistake-free.

***“...we are always...  
looking for the flaws  
in others.”***

In Dave's eyes, no drawing is mistake-free no matter how many rounds of checking and correcting we have gone through.

In other words, nothing is perfect. We have to accept these imperfections and live with it. If we set our mind to go and look for mistakes, we can always find a few.

***“...accept the  
bad and dark side,  
things will be  
simpler and easier  
on us...”***

At one point last week, I was feeling hopeless with a reckless draftsman who seems to produce mistakes than to correct them. This week, I was feeling hopeless because I am dealing with another draftsman who is too efficient at correcting as well as spotting mistakes - we just could not stop repeating the 'correct-print-check-mark-correct' process.



Thanks to old Dave, a bulb lighted on my head.

***Accept the imperfections.***

# amelia's amelioration



- Vickey Chen -

A little over a year ago, at times like this, she would have a pair of strong and warm arms wrapped around her, cuddling and comforting her, protecting her. Ah, she could almost taste his

Tick...tock. Tick...tock.

Tucked tightly at the corner of her bedroom, Karen swayed her body from left to right, and hugged it even tighter every second, in a crouched position. She listened to the grandfather clock ticking the night away. She did not know how long she had been there, crying and pitying herself; she was exhausted and her head ached, but the hot tears just would not stop. Suddenly, the skies broke out in mad

***"...there is a  
ray of hope to be  
truly happy and  
liberated from pain."***

jagged flashes of lightning and groans of thunder. It started to rain like it had never rained before. Karen dived for her duvet and crawled quickly underneath it, curling herself up in a fetal position.

***Learn to  
love yourself.***

musky scent. She would tell him that she liked his smell, and his common reply would be, "It's not me, it's my clothes" - he kept bars of soap in his wardrobe, for its fragrance and to keep away the moths. Back when she was just a little girl, as she hid under the blanket, her mom would make her some thick hot chocolate with little marshmallows in it. Her mom would put on her favourite Disney cartoon in the VCR and they would watch it together; cuddled up under the blanket with their hot chocolate.

Now, they're both gone. Removed from her life. What was there to live for? She cried herself to sleep.





One day, she received an email from a friend; an email she thought was junk as it contained the word 'free'.



"...free retreat in a beautiful scenic forest environment, far from the hustling and bustling of the city... inner peace and happiness..."

Those words captured her attention immediately. Karen thought of calling her friend, but it was two in the morning. Instead, she took up the initiative to sign up for it. What had she got to lose? She could really use something free that would give her inner peace and happiness, and, a faraway place at that. Would it bring her far, far away from all this pain? She hoped so.

Six weeks later...

## **CHANGE for the BETTER**

Karen sat there on the wooden floor, sniffing and wiping her tears away. Again, she was crying, but this time, it was not out of self-pity or utter foolish sadness. This time, it was out of the realisation that she had been silly and that there is a ray of hope to be truly happy and liberated from all these pain.

Amazingly, from the first day at the retreat that started four weeks ago, she had not shed a single tear, until now. But today, it was different. After her morning meditation and chanting session, she decided to visit the *Kuan Yin's* shrine. There, she 'talked' to *Kuan Yin* about her feelings and her experiences during the retreat, when suddenly, she was overcome by emotions and let it all out.

In the four weeks that she had been there, she learned to love herself. She also learned to break some habitual patterns that were not so positive for her progress. At first, it all seemed



weird to her because these were new things to her, and she had always done what she felt like, and when she felt like it. But, slowly, she began to understand.

One week later...

Karen opened up her eyes to the familiar smell of jasmine-scented candles. She glanced at the clock on her bedside table – 5 a.m. Ah, time to wake up for morning chanting and meditation. Only this time, she was doing it alone in her apartment.

Karen went back to the spot in the corner of her bedroom where she had

## amelia's amelioration

spent many a nights crying and feeling sorry for herself. It was the very same spot where she had relived her pain

***"...inner peace and happiness..."***

over and over again for the past year. She reflected to that time and compared it to her current feelings. She could definitely see the difference.

She did a quick 15-minute meditation and set about for a jog, something she had not done in a long, long time. She cycled to the park, jogged for a good 30 minutes, cycled back home, took a shower and got ready for work.

As she walked to work, she could feel it in her. She had changed, for the better.

She knew that she had become a happier and better person. With her heart full of a new life and determination, she decided to have her name



changed to 'Amelia'. Amelia, derived from the word 'ameliorate'. She hoped that the name would remind her of her transformation and to change for the better, no matter when.

Amelia smiled.

- Vicky Chen -

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# LIBRARIANS WANTED!

Dear Unibuddies,

I'm the General Secretary for this term, Yan Ni. Next 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 **email me: yanno\_yamster@hotmail.com**. Thank you so much!

With Metta,  
Yan Ni Ng  
(General Secretary)

# BLOSSOMING JOURNEY



Rosiana Lim

***“You can’t connect the dots looking forward; you can only connect them looking backwards.”***

**- Steve Jobs**

When I received an email asking if I want to contribute to this SACCA edition, I thought that I could relate to this theme and share my story. To do this, I guess it is always good to start from where my journey began.

***“...nothing is worth clinging onto.”***

My first contact with Buddhism was dated when I was still young probably since the day I could read. I was born in a Buddhist family in a small town. In my town there is only one small ordinary Buddhist temple, where people chant in Pali and burn some incense for offering. Because it is a small town, we do not have a residing monk. So it is all self-sustained and managed by a layperson. When I was little, the Buddhist teaching was not emphasised

because there was nobody who could teach. The only access to the teachings was the books kept on the bookcase. Being a curious person, I occasionally grabbed a book and read it in solitary. I was way too young to comprehend the profundity of the teaching.



Yet some phrases from *Dhammapada* (collection of Buddha’s phrases) stuck in my mind, and it actually had helped me through my difficult time growing up away from my nucleus family. These phrases and the five

precepts<sup>1</sup> were the only Buddhist teaching I was closest to. Growing up in a non-religious environment and educated in a Catholic school, I had no clue what the Buddha *really* taught.

***“It is about letting go...”***

If I could say, I am contemplative in nature. Or you may say, I think a lot,

<sup>1</sup> Five precepts, or Panca-sila refers to five basic Buddhist morality, namely refraining from (1) killing, (2) taking what not given, (3) sexual misconduct, (4) false speech, and (5) taking intoxicants.

and at times I live in my own thoughts. But I have to give credits to this thinking mind, because without it, I would

***“...opening to life and  
letting loose the  
grasp to it.”***

never have questioned about life. There was always a nagging feeling in me asking what the purpose of living is. This triggered internal dissatisfaction and hence my journey into finding my spiritual path.

### ***Ehipassiko***

Having finished high school, I had more “free” time to seek where my heart could rest spiritually. I followed a few friends to taste their spiritual beliefs, but none satisfied me. Then, having remembered that I once had touch with Buddhism and having a brother



who was so diligent learning about the teaching, I started to explore what Buddhism really is about. The more I read about it, the more affinity I had towards it. Hence, I made

a promise to myself to find out more about it and be surrounded in a supportive environment where I could ac-

cess to the teaching once I touch down in Sydney. That was what led me to UNIBUDS.

Flashing forward to now, I know that I have travelled quite a distance from where I started. Sailing in the sea of *Dhamma*<sup>2</sup> and tasted the fruits of its seeds, I know I would never turn my back from it. You may ask, what is it that I have learnt from the teaching that makes me feel this way? It is about letting go – that is one of major lessons that I cherish from Buddhism.



***“Sabbe sankhara anicca, sabbe sankhara dukkha, sabbe sankhara anatta”***

***Dhammapada***<sup>3</sup>

The Buddha always said that everything conditional is impermanent and nothing is worth clinging onto. To be honest, when the first time I heard of this, I could not comprehend what it

***“...smile amidst  
chaos...”***

truly means. I understood intellectually that all things change, but I could not see why and how it could create suffering. I started my journey by understanding through reading the teachings. My intellectual mind was trying to find the truth in the teaching. Yet this

<sup>2</sup>Dhamma in general means the teachings of the Buddha. Another meanings are universal law of nature and phenomenon of life.

<sup>3</sup>“All conditioned phenomena are impermanent. All conditioned phenomena are dissatisfactory. All phenomena (dhammas) are without Self.”

## blossoming journey

mind is so limited. There is a reason why the Buddha prescribed meditation as part of our practice.

Now I could see the significant importance of meditation. Through meditation hence I could see the changing nature of things, and slowly my heart is opening to life and letting loose the

***“Sailing in the  
sea of Dhamma...  
tasted the  
fruits of its seeds.”***

grasp to it. Even though my journey is still far away – and the sight of the island of liberation is still beyond the horizon, the slight release of attachment has given me some sense of liberation and lightness to life.

Buddhist teaching is just like medicine to the heart. It cures a lot of mental illness, as many modern psychologists have acknowledged. It certainly has eased my mental suffering. The tendency of me punishing myself for making stupid mistakes has become less



(mind you though, it is still there but its control over me has weakened). I can now smile amidst chaos in my life and

rest in it with more peace. Of course it is not always rosy and easy, but with patience and perseverance, I knew there was something I could take away

***“...everything  
conditional is  
impermanent...”***

as a lesson after a setback.

Therefore, I encourage you to try it out. *Ehipassiko* (come and see) as what the Buddha always emphasised. Try to be a scientist in your spiritual life. Try to practise the *Dhamma* with your heart and taste the fruits of your efforts yourself. And hopefully one day when you join the dots from your journey, you could have a big grin in your heart knowing that you've become a better person and live life in a wiser way.

***“...nagging feeling in  
me...asking what the  
purpose of living is.”***

May we all find peace in our hearts.  
May the goodness in our hearts blossom and bring more joyful lights to life.  
May all beings be well and happy.  
*Sadhu, sadhu, sadhu.*

# Events Taking Place During Thailand's Flood

- Phra Mick Ratanapanyo Bhikkhu -



Flash floods can occur in minutes... this isn't an exaggeration.

As the weight of the water breaks through one of the man-made barriers, it seemingly flows into drains which at first appear safe to those within the vicinity. But, judging from the water levels in rivers and canals would give a false estimation in this case and although with warning from various sources, danger doesn't seem imminent to those living in the zones. In minutes however, the water fills up all connecting drains underground and rises above street levels, uprooting the most off, stale, and contaminated liquids into homes.

***"...we are owners of our Karma."***

As soon as this occurs, the authorities move in and immediately close off affected roads – at some routes, miles of it. Everything that people took for granted will be immediately shut down. Electricity gets turned off due to danger of electrical shortages in homes and factories. Transportation is reduced to big or tall vehicles only; in some areas, they are reduced to none.

The plentiful arrays of food stalls that one used to see in Asia all pack up and disappear. Soon a radio message broadcasts informing people that their tap water is toxic and cannot be used for washing faces or brushing teeth. Boat services are closed as well, as water level in JaoPhraya River rose too high for them to cross under bridges.

***"...scary thoughts...not help people gather mindfulness to...adapt to change."***

At this point, no stocks are left in unaffected supermarkets, food supplies are gone, drinking water is nil. In fact, bottled water and instant noodles disappeared from supermarket shelves a month ago. Those still unwilling to leave homes in affected areas are deemed "DEAD BUT DON'T YET REALISE IT". Not that they do not wish to leave, some have no places to go, others have strong attachments to their possessions and many are worried about their pets. There is no time to think or prepare, with services to no avail and no one around to lend a



hand. The only thing on people's minds is panic as the great arriving change feels too great for them to adapt.

Houses with two-stories and above may appear safer than others, however images on television showed water level covering roofs and telegraph



poles of twin-story house. Without surviving necessities to sustain the occupants, there is very little point of staying. Many times over, people left their homes too late. Several dogs hung themselves by their necks as they tried to follow their masters out the 2nd story window, only to find their ropes or chains were tied to an object. There have been reports of some children swimming and taken by crocodiles in JaoPhraya River, monks and novices have seen these visions either in their dreams or meditation. Snakes are of great concern as well in Bangkok as the city learns about its snake population prior to these disastrous events.

For many though, their areas are not yet affected and they still carry on with their lives as if nothing is happening. Lucky ones who may have come across several detailed prophecies may be able to estimate the levels of danger and prepare themselves in time, but *Karma* has its own surprising

ways as the Universe throws a spanner into the spinning cogs of machines. Some may not be affected at all and some may not even grasp the situations of others to even care.

Ironically, the government is not telling people the truth about these situations, there had been plenty of "No flooding, you're safe, don't worry about it..." messages broadcasted in areas which are now totally lost with lives gone and occupants in great suffering. The media as usual, are of great help but at the same time of great concerns. Spins are put on stories to exaggerate the truth to fill up airtime and push those otherwise empty pages of newspaper. The danger is real and imminent for many but scary thoughts will not help people gather their mindfulness to combat disastrous situations or adapt to change.

### ***"...Karma has its own surprising ways..."***

The water will flow to the seas, diseases will come, but we will adapt, some will die and continue their journeys in various realms. But keep in minds that we are owners of our *Karma*. And this time, Mother Nature has spoken.

May all be well, happy and fill their wisdom with these invaluable experiences so that one day, we may all navigate towards the ultimate truth of the Universe.

Phra Mick  
Ratanapanyo Bhikkhu

# ACCEPTING DEATH

It was a sunny day. The school was closed today as it was used as one of the exam centres for the national public exam for Year 6 students. It was slightly passed noon. Jess just had lunch and was trying to play a video tape on the player while Mum was resting and Grandma was busy in the kitchen.



A couple of minutes passed, still, the player would not play the tape. Frustrated, Jess turned off the power of the player and decided to leave

the room. As she turned to her back, she saw Grandma standing at the door, looking at Mum. Fear in her eyes.

Puzzled, Jess took a look at Mum then returned her gaze to Grandma and her fearful eyes. What was wrong?

Grandma sprang to the bedside and placed her index finger under Mum's nostrils. Five seconds. Tears flooded her eyes while she turned the knob on the oxygen tank –anti-clockwise. Mum has been requesting for more and more oxygen for the past few days. Jess was confused as she thought the knob should really be turned clockwise, not the opposite.

***“...being able to  
let go.”***

She landed her fingers on the knob to turn it clockwise. Abruptly, Grandma laid her wrinkled hand on Jess' and forced the knob anti-clockwise. Jess stared at her wet face and mournful eyes and asked, 'Why?'

Grandma replied softly, 'Mummy's gone.'

Jess asked, 'What do you mean by 'gone'?'

After seconds of silence and stun,

With more tears in her eyes, Grandma



answered, 'Mummy's gone. She's not here anymore.'

Still confused, Jess only managed to say, 'Oh, I see.'

### ***"Death is part and parcel of life."***

This was the first death Jess had ever seen in the entire 10 years of her life. She did not know how it was like when someone is 'gone', what should she feel, and how should she react.

The funeral service was set to be three days later. In the days leading to the service, she observed the tears and cries of the adults in the family. Yet, she did not see Dad shed a single tear. He was calm and unshaken as usual. She thought Dad was a tough man.

.....

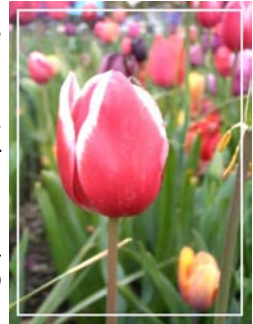
The couple of years down the road without Mum in her life were not easy. She saw Dad went through depression, insomnia, and reliance on alcohol and



sleeping pills. No one knew what was in his mind and what caused the suf-

fering. Jess would sometimes wonder; if Dad did not have any children, would he have left those suffering behind by taking his own life?

Over the span of twelve years since Mum's death, Jess lost two more immediate family members - her maternal Grandpa and Grandma. She lost her maternal Grandpa when she was a teenager and her maternal Grandma when she was a month short to being an adult.



From the 10-year-old who lost her Mum when she had not even the vaguest idea on what death was about, to the teenager who could not face the death of her maternal Grandpa; thinking that she could have loved and cared more for him, to the young adult who blamed herself for once again failed to love and care for her grandparent when she could. She started to question why death had to take place before she could prepare herself for it. When could she ever be prepared for it?

### ***"...appreciate and cherish every moment... not take it for granted."***

Two years since the death of her maternal Grandma, while she thought she was not prepared (yet) for another death to occur in the family, she re-

ceived news on the passing away of her paternal Grandpa. He had fought a long and suffering war with cancer and finally lost it. A part of her felt sad to have lost yet another family member. The other part felt ease and peace for

will be followed by night and sorrow by joy; all birth will be followed by death and vice versa. Nothing stays with us forever. Apart from life and death, impermanence also applies to all other



Grandpa as he did not have to suffer further. It was a mixed feeling that could not be explained with words. She did not cry or think that she could have done more for Grandpa. All she had in mind was her wishes for Grandpa to rest in peace and be at a better world. She felt lightness in her heart. Little did she know that she has learned and matured from life's experiences.

***"All things in life are  
impermanent."***

Death is part and parcel of life – something we cannot change. All things in life are impermanent. Just as each day

# DEATH

things in life – be it an object, emotion, taste, and etc. For example, whenever we experience bad times, we should bear in mind that these are impermanent and good times are on its way. The same goes to when we are in the midst of happiness, sorrow is yet to come.

By understanding this, we know how important it is to appreciate and cherish every moment and everything in our lives and not take it for granted. We would also be able to embrace the changes in our lives more readily and allow things to come and go without attaching to them.

The key to lightness of heart is the acceptance of **impermanence** and being able to **let go**.



# Why Do Buddhists Chant?

The practice of chanting goes back to the days of the Buddha, when writing was not common. His teachings were memorised by monks in chant form and passed on. This was how the Buddha's words were transmitted for several centuries.

- It reminds one of the Dhamma so that it is not forgotten;
- When meditation is not possible and when bare mindfulness does not give much consolation, it can be used to great advantage as an extension of meditation into words to produce calm, some peace within;
- It expresses one's strong confidence in the Dhamma;
- Reciting the same chants day after day also has an advantage - the making of wholesome repetitive karma which of course will bear very good fruit;
- Buddhists do not chant for some one to save him from evil nor is he hoping to be given a place in heaven as a result after he dies.



# Why Do Buddhists Bow?

- In Buddhism, the traditional gesture of reverence to the Triple Gem is to place the palms of both hands together and raise them high in front, usually up to the level of the forehead.
- In order to express deep veneration, a Buddhist may bow or prostrate before the image of the Buddha, members of the Sangha, and the masters of the Teaching.
- When a Buddhist prostrates before an image, he acknowledges the fact that the Buddha has attained the perfect and supreme Enlightenment. Such an act helps the Buddhist to overcome egoistic feelings and he becomes more ready to listen to the Teaching of the Buddha.

Source:  
[www.londonbuddhistvihara.org](http://www.londonbuddhistvihara.org)  
[www.buddhanet.net](http://www.buddhanet.net)  
[www.urbandharma.org](http://www.urbandharma.org)

# Introducing Pali Chanting

## *Salutation to the Buddha*

*Namo tassa baghavato arahato samma-sambuddhasa (x3)*

*Homage to the Blessed, Noble and Perfectly Enlightened One (x3)*

## *Taking Refuge in the Triple Gems*

*Buddham saranam gacchami*

*(I take refuge in the Buddha)*

*Dhammam saranam gacchami*

*(I take refuge in the Dhamma)*

*Sangham saranam gacchami*

*(I take refuge in the Sangha)*

*Dutigampi Buddham saranam gacchami*

*(For a second time, I take refuge in the Buddha)*

*Dutigampi Dhammam saranam gacchami*

*(For a second time, I take refuge in the Dhamma)*

*Dutigampi Sangham saranam gacchami*

*(For a second time, I take refuge in the Sangha)*

*Tatigampi Buddham saranam gacchami*

*(For a third time, I take refuge in the Buddha)*

*Tatigampi Dhammam saranam gacchami*

*(For a third time, I take refuge in the Dhamma)*

*Tatigampi Sangham saranam gacchami*

*(For a third time, I take refuge in the Sangha)*

# B U D D H I S T

## Q U O T E S

"We should constantly straighten our views to harmonize with the Truth, and not bend the Truth to suit our views." ~*The Buddha*

The greatest achievement is selflessness.  
The greatest worth is self-mastery.  
The greatest quality is seeking to serve others.  
The greatest precept is continual awareness.  
The greatest medicine is the emptiness of everything.  
The greatest action is not conforming with the worlds ways.  
The greatest magic is transmuting the passions.  
The greatest generosity is non-attachment.  
The greatest goodness is a peaceful mind.  
The greatest patience is humility.  
The greatest effort is not concerned with results.  
The greatest meditation is a mind that lets go.  
The greatest wisdom is seeing through appearances.  
~*Atisha*

"You are your own teacher. Looking for teachers can't solve your own doubts. Investigate yourself to find the truth – inside, not outside. Knowing yourself is most important." ~*Ajahn Chah*

"It is our very search for perfection outside ourselves that causes our suffering."  
~*The Buddha*

"Happiness comes when your work and your words are of benefit to yourself and to others." ~*The Buddha*

"When you try to understand everything, you will not understand anything. The best way is to understand yourself, and then you will understand everything." ~*Shunryu Suzuki*

"From the time we open our eyes in the morning until we sleep at night, if we can pass the whole day with a kind-hearted mind and cheerful face, on good terms with people and talking pleasantly to them, our mind will be relaxed when we go to sleep at night." ~*Ogyen Trinley Dorje*

"If you want a certain thing, you must first be a certain person. Once you are that certain person, obtaining that certain thing will no longer be a concern of yours."  
~*Zen proverb*

"Happiness does not come from having much, but from being attached to little."  
~*Venerable Cheng Yen*

First one must change. I first watch myself, check myself, then expect changes from others. ~ *H.H. The 14th Dalai Lama*

## bn thank you dinner







# BN Thank You Dinner 2011



# THE 31ST EXECUTIVE COMMITTEE 2010/2011

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## PRESIDENT

**FOH FAN YONG**    yongfohfan@gmail.com

Hey everyone! Can't believe it's time to say goodbye now. It has been a successful year for UNIBUDS and I hope you all enjoyed it as well. Looking back this term we have achieved something really great, such as Buddhist Exhibition and Bodhi Nite. The journey was definitely fun and I believe many of you have learnt something along the way. I would like to grab this chance to thank our patrons and Buddhist Chaplain for their consistent help in the past one year. Also, I would like to send my deepest gratitude to those who have supported UNIBUDS and myself throughout the year. A personal thank to the 14 Executive Committees who have accompanied me through the ups and downs in this term. Without everyone's kindness, this year would not be so wonderful and enjoyable. The sweet memories will always remain deeply in my heart. It is an honour to be the President of UNIBUDS this year. Although I am stepping down now but my support will always be there. Sincerely hope UNIBUDS will continue to grow and everyone can come and share the joy of learning the Dhamma. May the light of the Buddha shine on everyone in UNIBUDS. Sadhu Sadhu!

---

## EXTERNAL VICE PRESIDENT

kbs25kia@gmail.com    **BING SEN KOH**

Hahaha. May you be well, peaceful, and happy. Throughout this term I am grateful that everyone (members and Executive Committees) are helping each other to make UNIBUDS events such as, Buddhist Exhibition and Bodhi Nite a success. It is an enjoyable journey, THANK YOU VERY MUCH!!! Besides that, I would like to take this opportunity to encourage everyone to learn the Dhamma as it cures SUFFERING and it helps in understanding oneself.

---

## INTERNAL VICE PRESIDENT

**DEN NEIL OOI**    ooi.den.neil@gmail.com

Well, I can't believe that a year has passed. I've been through Buddhist Exhibition, Bodhi Nite, this and that with 14 Executive Committees, not to forget the countless helpers too. We've spent most of our weekends together, had long meetings with lunch during meetings, dinner after meetings, occasional (or should I say frequent) chit chats, and all the jokes to get through the meetings. I will miss those times - the times that we shared together as a group. It has been a great year for me. Having 14 committees to share the joy (and sorrow), learning the Dhamma, playing, and working together, it was a different experience; one that we will not learn of from textbooks. I would like to thank my fellow committees and also everyone that helped us along the way and supported UNIBUDS. Sadhu! Sadhu! Sadhu! Thank you all.

---

## HONORARY SECRETARY

xianhui90@gmail.com    **XIAN HUI TAN**

Hi everyone, this has been an amazing year. We successfully organised Buddhist Exhibition along with Bodhi Nite! This could not have been possible without the support from all our helpers and members. Give yourselves a round of applause! It has been an enjoyable journey and I would like to express my gratitude to be given the chance of being part of this team. Sadhu! Sadhu! Sadhu!

---

## HONORARY TREASURER

**ANG JUAN LYN**    ang\_juanlyn@hotmail.com

Hi everyone! In a blink of an eye, a year has passed. I'm grateful I have been given the opportunity to be part of the wonderful Executive Committee (EXCO) team. Reminiscing, it has been a fruitful year. Though there were ups and downs, the experiences have taught me plenty and what I have gained and learned is invaluable. Here, I would like to take the opportunity to thank my amazing fellow EXCO teammates and UNIBUDS members for all your support. Without each and everyone's support, the essentials of the equation to what we have achieved would be missing. "Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared", the Buddha once said. Let us all continue to work together and help each other in our journey of Dhamma discovery and learning, for the happiness of all.



# 31st excos bids goodbye

## GENERAL SECRETARY

hans.wibowo@gmail.com **HANS WIBOWO**

Hey All! Thank you for the wonderful journey that I experienced for these 2 years. Without all of your support and help, I don't think I can be who I am right here, right now. I have to admit that UNIBUDS is really a good platform to grow, meet heaps of great friends and most importantly, learning the Dhamma. For all the current and upcoming members of UNIBUDS, take as much opportunities to contribute to UNIBUDS!! The more you give, the more you'll get out of it. I really wish from the bottom of my heart that UNIBUDS will continue to grow and inspire many more individuals! Sadhu 3x~

---

## ASSISTANT GENERAL SECRETARY

**KELLY WONG** kykellywong@gmail.com

Another EXCO term has gone which is also my last Exco term in UNIBUDS. I enjoyed the time working in UNIBUDS where I can learn the Dhamma and meet good friends. I hope all of you will have a good year ahead. May the Triple Gem be with you all the time.

---

## ACTIVITIES DIRECTOR

ooi.hong.gee@gmail.com **HONG GEE OOI**

Hello everyone! I still can't believe time flies and here comes my outgoing speech as a 31<sup>st</sup> Executive Committee of UNIBUDS. I would like to thank everyone who has given me the opportunity to join this team as an Activities Director. This position draws new tasks and responsibilities as compared to the previous Activities Directors. However, I am glad that there were a lot of people who offered me their helping hands and supported me along the journey in carrying out all activities successfully, especially my fellow teammates. THANK YOU would be the last word from me to all of you. It is sad to leave the team but it also symbolises the formation of a new team in UNIBUDS! I hope that everyone will show their continuous support to UNIBUDS and appreciate this platform where all of us have the chance to learn the Buddha's teaching. May everyone be well and happy. Sadhu sadhu sadhu~~

---

## SPORTS DIRECTOR

**DENNIS LIM** fallenangel91xd@gmail.com

Time passes by so fast. It's very hard to believe that a year has passed and another EXCO term has come to an end. It has been an honour to help UNIBUDS alongside my fellow EXCOs. All the great activities and events that we had, for example the Buddhist Exhibition and Bodhi Nite, I will never forget these happy and fun moments! I would like to thank them for making this past year a special one. As the Sports Director, I would also like to thank everyone who participated in my weekly sports sessions and I hope that you all had a great time! I hope to see UNIBUDS grow as a society, spreading the Dhamma on campus!

---

## ENGLISH DHAMMA TALK COORDINATOR

iancxy89@gmail.com **IAN CH'NG**

Time flies and there goes another year. It's my honour to be the English Dhamma Talk (EDT) Coordinator in the 31<sup>st</sup> EXCO term. Why? It's simply because of my love for the Dhamma and I'm always eager to share the benefit of it to everyone. I enjoyed every single second as the EDT Coordinator, being able to arrange interesting topics, seeing new faces joining Dhamma Talks, talking to inspiring Venerables and lay speakers. How enjoyable can it be! I would like to express my gratitude to our Patrons for their guidance, all speakers for being wise and compassionate in sharing the teachings, and all helpers and members that made English Dhamma Talks possible.

---

## CHINESE DHAMMA TALK COORDINATOR

**PANG PING WEE** pangpingw@gmail.com

Hi! Thank you for your interest in reading this SACCA edition. I am very grateful to be given the opportunity to coordinate the Chinese Dhamma Talk this year. I hope everyone who has attended the talks this year has learnt one or two things taught by the Buddha which was passionately given by our dear Venerable Neng Rong. If you have not been able to attend many of the talks this year, please make time for it as we should be greatly thankful for such priceless opportunity! I would like to thank you and everyone else who has helped me throughout the journey of being in this year's Executive Committee. I hope that you will continue to support UNIBUDS and enthusiastically practise the Dhamma in your life. Let us continue to cultivate compassion and wisdom in our everyday life. Sadhu sadhu sadhu!

# 31st excos bids goodbye

## MEDITATION COORDINATOR

tehsusian@gmail.com **SU SIAN TEH**

"Before you read on, I would like to invite you to mindfully take three deep breaths. 'Breath in peacefulness, breath out peacefulness x3'. Thank you. UNIBUDS has gone through another fruitful year, created space and atmosphere for anyone who is interested in learning Buddhist teaching and Buddhist meditation. These are only possible through the help of the kind-hearted and wonderful volunteers. Amazingly people who constantly practise giving, in most of the cases, what they received are more than others. Thank you for friends whom have come along in this journey. May you always be well and happy.

---

## SACCA EDITOR

**WEI YIN CHEN** clarissewy.chen@gmail.com

In a blink of an eye, the term has come to an end. I would like to thank those who have given me this invaluable opportunity to be part of this amazing team. As mentioned by some of the Executive Committees, UNIBUDS is like a second home to most of us. The ups and downs that we have been through over the past year have undeniably made each of us a better and stronger person. I would also like to apologise to my fellow colleagues for the things that I may have said or done wrong. Thank you for bearing with me at times when I chose to be difficult. Hehe. Lastly, all the best in your future endeavours.

---

## ANNUAL MAGAZINE EDITOR

kygiam88@gmail.com **KAI YI GIAM**

Being part of UNIBUDS is like being part of an enormous family, and often a 2nd home for most of us. Environment is warm, people are friendly and I find the moments I spent with UNIBUDS delighting. I truly hope that this trend can remain and continue, as much as I enjoyed. Moreover, I learned not only the Dhamma, but also learned organisation skills and experienced various difficulties in life. As a whole it's a wonderful 'give and take' journey. Therefore, A BIG THANK YOU to all who brought up UNIBUDS as it is today. May all be well and happy. Sadhu sadhu sadhu.

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## PUBLICITY DIRECTOR

**KIA SHENG CHEW** kiasheng.chew@gmail.com

Being in UNIBUDS really brings out the true meaning of 'time waits for no man'. Indeed, a year has passed so quickly. Nonetheless, it has been a very fruitful year for me and I am surprised that I still have much to learn in UNIBUDS. Being able to be an Exco is undeniably one of the best things that has happened to me and I must say after all these years, UNIBUDS has been a second home to me. I sincerely hope everyone will find their joy and comfort in UNIBUDS as I do and to the next term EXCO, all of you are on the way to embark on a great journey! Cheers.



# Eat Your Greens

## Sweet Apple Dessert Soup

### Ingredients:

- 4 apples
- 2 litres of water
- 15 dried red dates
- 15 dried longans (optional)
- 1 piece snow fungus (optional)
- Sugar or Rock sugar



### Method:

1. Soak snow fungus in warm water until soft. Once softened, tear into small pieces.
2. Wash red dates and longans in water, then set aside.
3. Peel and cut the apples into pieces, preferably in 4 or 8 depending on the size of the apples.
4. Boil water in a pot. Once boiled, throw all the ingredients into the water.
5. Let it boil in low heat for 2 hours.
6. Add sugar to taste.
7. Dessert can be served warm or cold (add ice or refrigerate).

# Eat Your Greens

## Stir-fried Vegetarian Hokkien Noodle

### Ingredients:

- 1 packet Hokkien noodles
- 1 handful of green vegetables (Eg. Choy Sum)
- 2 tbsp minced garlic
- 4 tbsp thick soy sauce
- 6 tbsp vegetarian oyster/mushroom sauce
- 1 packet tofu puffs
- 2 tbsp oil
- water



### Method:

1. Pour oil into wok. Once heated, add minced garlic. Fry until golden.
2. Add water followed by Hokkien noodles. Make sure water is enough to cover noodles.
3. Add thick soy sauce.
4. Add vegetarian oyster/mushroom sauce.
5. Bring to boil while constantly stir-frying the noodles.
5. Add tofu puffs and green vegetables.
6. Stir-fry until water thickened.
7. Turn off the stove and ready to serve.

# MEMBERS' CORNER

## *Happy Birthday to You!*

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

### OCTOBER

Ratnanathan	Varshan	Andre Yao Yang
Shu Qi	Wong	Vi Vian
Kia Sheng	Chew	Sharon
Pang Ping	Wee	Sin Yee
Myo	Khine	Woon Tong
Htet	Cho	Khin Siong
Hashani	Dissanayake	Yue
Shi Nee	Lou	

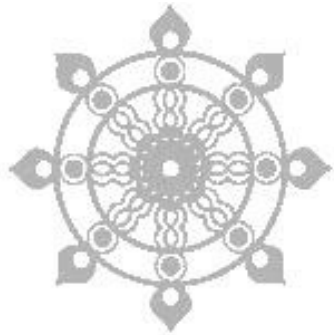
### NOVEMBER

Teh	Zhen	Wang
Chin	Zane Lynn	Ng
Nguyen	Wilson	Luu
Chong	Juan Lyn	Ang
Chan	Byrne	Bryce
Chai	YanMinZhi	Ying
Yu	Kun	Qin

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## 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!



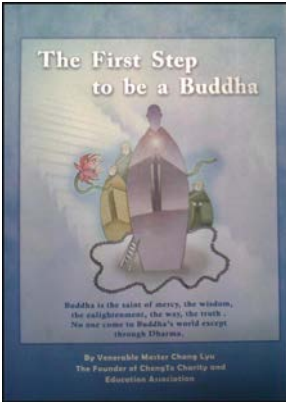
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## Next Edition

In the next edition of Sacca, we will touch on how Buddhism has changed our view of life in general—*Buddhism in Daily Life*. 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 our newly appointed Sacca Editor, *Yi Wen*, an email at [yiwen.nyw@gmail.com](mailto:yiwen.nyw@gmail.com). We look forward to hearing from you! Thank you!

# CORNER OF OUR HEARTS

## Recommended Reads



'The First Step to be a Buddha' penned by Venerable Master Chang Lyu introduces the core teachings in Buddhism. The first step to be a Buddha is to have faith in the Triple Gem – Buddha, Dhamma and Sangha. Buddhism is the knowledge about the universe, covering science, philosophy, astronomy, physics, etc.

Master Chang Lyu encouraged the followers to not only visit temples to seek good fortune and longevity but also to listen to the Dhamma to enhance wisdom. He also explained that if we indulge in the worldly pursuits, we will get mental health in one way or another, therefore equipping ourselves with the Dhamma that can alleviate the pain we suffer due to our ignorance. If we understand about the impermanence in life and reduce our desires, our minds will be peaceful and free.

The practice of Buddhism includes 1) Observing and reflecting on ourselves and phenomenon in life, 2) Deep meditation, and 3) Understanding the Dhamma through reflection and deep meditation.

The author explained in detail about the Buddha (including his childhood), Dhamma and monk. The author also talked about the story of the philanthropist – Prime Minister Fan, Zhong-Yan in Song Dynasty, and King of Steel Andrew Carnegie. Master Chang Lyu also included the relationships between Buddhism and other religions or disciplines in the world. He hoped that the readers will use this book beneficially to enhance wisdom, mercy, and enlightenment.

NOTE:

春

九月2011

十一月2011

# sacca

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*where a bud can bloom in full*

*where a bud can bloom in full*



**unibuds**

UNSW BUDDHIST SOCIETY



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- 13 佛書推介



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# 慧命社季刊—冬

## 编辑有话说

亲爱的读者，

转眼间，我们来到了第三十一届的最后一刊了。我想在这忠心地感谢那些帮助过或支持过我的人。我希望慧命社季刊在你们学佛的道路上给予了一些帮助，在未来也一样。

本期季刊里我们将会领略许多人在学佛的道路上所领悟出不同的道理，故命名为：改。良。

在这期的季刊我们记录了慧命社的菩提之夜慰劳宴。现已卸任的执行委员们也献上了他们的心中的话。

除此之外，在这一刊里我们也记载了巴利经文，佛法名言和一些佛教徒的修行方式。这期的季刊我们也会和大家分享

一些素食烹饪法。请多抽空来尝试一下这些食谱，好好地发挥您的厨艺。

接下来的季刊将会着重在如何在日常生活中修行佛法。主题将会是“日常生活中的佛法”。我想欢迎大家踊跃投稿。如果您想分享一些文章或图片，请将它们发送给下一届的季刊编辑，貽雯，yiwenn.nyw@gmail.com。

愿您健康愉快。

陈玮莹

合十



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*where a bud can bloom in full*

# 佛法讓我 覺悟了什麼？

-黃邦屏-

從小到大，佛教在我的記憶中有著兩個存在的理由。一，過節的時候，媽媽會去廟裡祈福，讓家里大小安康，心想事成。看來，佛陀是個好人，因為大家都向他討東西，得到還是得不到我就真的不知道了。其二，在婆婆去世時，幫忙念經。



雖然不知道他們在念些什麼，當時覺得這樣做，應該就是對的了。五歲時因為報讀基督教有關的幼稚園，差點洗禮當基督教徒，可是媽媽解釋說婆婆說我們是佛教徒，所以就當佛教徒吧。自此以後宗教這欄都填‘佛教’，但是對佛教卻一點認識都沒有。什麼是三寶？什麼是四聖諦？什麼是八正道？什麼是十二因緣？當時的我根本一竅不通。

我長大後出國留學，因為學習壓力，時不時會到大學裡的英文佛學班聽聞佛法。每次聽完了之後，壓力紓解了不少，可以再次在學習中奮鬥。那個時候，我還是不知道什麼是三寶，什麼是四聖諦。只知道每個星期五在離宿舍五分鐘的地方有英文佛學講座，只要壓力太大，解藥就在那裡，去聽聞佛法就是自救的方法了。那時的我，只把佛學班當壓力解藥，很少在生活中運用佛法，更歪說要為佛教做點事了。直到一年前，因為一個人的離開，讓我沉思了。為什麼要離開我？我相信很多人在自己當時不能接受的事情發生時都會問‘為什麼？’。我也時常重複又重複地問自己。那時我瘋狂地閱讀關於佛法的文章和書。我也不知道為什麼會再次希望從佛法中找到答案，可能是前世所修的因緣吧。不管何時何地，隨手就找起有關佛法的東西，閱讀了之後就在生活上一直反思。我覺得佛陀所說的都好對，譬如四聖諦的第一諦——苦諦，說出了世間是苦。

**“。。。在死亡來臨時，我們又能執著於什麼？”**

## 佛法讓我覺悟了什麼？

這很對啊！沒有苦，我應該還繼續無明地逍遙自在、或為世間一切執著，苦惱，折騰。我何需聽聞什麼佛法呢？一次又一次地省視自己的內心，才發現這是三毒在做怪呀！貪於以為得到的，痴於世間真相，才會體驗這種苦。在一次

### **“反復地做同樣的一件事，並期許得到一樣的結果是精神錯亂的行為。”**

又一次的反思後，我開始感謝這些自認讓我嚐到苦果的人。沒有了他們付出的時間和精力，我怎麼會有機會接觸佛法呢？這當中的因果我看不清，可是明白了十二因緣，三世因果後，我釋懷了。因緣具足，事情自然會發生；因緣不夠，自然會得不到自己想看到的果了。事情就這麼簡單，有什麼好執著的呢？你不放手，或不把事情搞明白，只有自己在承受那個苦的果，有人能為我們承受這苦嗎？自己才能承受苦倒是件好事，因為你可以自己計劃，自己實行。如果假手於人，那豈不是沒有自控權了？所謂‘人身難得今已得，佛法難聞今已聞’，這句話提醒我們要好好珍惜人身，多聽聞佛法，精進才行啊！

在說了為什麼我會接觸佛法後，可以分享一下我最初閱讀佛法相關的文章和書時對佛法的見解。‘空’這詞是最被我

誤解的了。那時我就覺得嘛，不管三十七二十一，什麼都是空的，那我什麼都不需要做就好啦！反正佛陀說空嘛，那我就非常得空好啦，還需要做些什麼呢？這那念被我維持了數個月，讓我的思緒好不混亂。法師在佛學班上講的‘佛法是積極的’，我也聽得一頭霧水。佛陀不是說空了嗎？佛法怎麼是積極的呢？在一年裡，我精進地聽聞佛法 and 閱讀佛法有關的書後，才慢慢地領悟出‘空’的意思。東西、人物是實在的，可是本性卻是‘空’的。所謂本性是‘空’，就是一切都是緣起的，一直都在隨著各種因緣而生或滅。我們必須感謝本性是‘空’這自然法則。因為自認不好的東西，我們可以審視為什麼事情會是如此，並找出應有的因緣，來達到想看到的結果。如果人與物沒有空性，那我們的奮鬥還有用處嗎？如果人與物沒有空性，那本來不會製造電燈泡的愛因斯坦到命終那一刻也發明不了電燈泡啊。就是因為空性，愛因斯坦先生找到了無數個不能製造電燈泡的因緣，



並慢慢地找到了需要的因緣後，發明了電燈泡，改變了我們的生活。所以，命運是掌握在自己的手中的。生活中的每一秒，我們有選擇尋找適當的因緣，來達到我們想看到的成就。

## 佛法讓我覺悟了什麼？



在2555年前，悉達多太子（釋迦摩尼佛覺悟成佛前）第一次出宮，有幸地看到了‘生、老、病、死’。對一

位從小在華麗的皇宮裡生活和成長的人，這是多麼令人震撼的事啊！相信多數的我們在生活中看到這一切，都不會太在乎，可是如果沒有悉達多太子當年精進地尋求生命真理，我們今天就沒有聽聞佛法的福報了。很多時候，我們都不會覺得‘生、老、病、死’是個值得探討的學問，直到至親離去，才會恍然大悟，原來生命是如此脆弱和無常。我的公公婆婆們在我很小的時候都相繼離去，當時的我並沒有開始思想這方面的事。可是，身為一位醫學生，卻讓我有許多機會在醫院裡看到‘生、老、病、死’。有幸被安排到老年病學病房實習，讓我看到了人生的無常。我看著臨終的老人家，她老人家已不能記得自己的兒子。這讓我覺得在死亡來臨時，我們又能執著於什麼？如果我們不在死前把握光陰精進學佛，我們到底在等什麼呢？當我再看著老人家兒子手中抱著孫子，那孫子有著可愛的模樣。難道老人家在多年前當小孩時不也是這副模樣嗎？無我和無常變化讓可愛得‘人見人愛，車見車載’的小孩逐漸在‘生、老、病、死’的過程中變成了體弱多病的老人家。這過程你我都改變不了。如

果我們執著於利用保養品和各種技術保持著自認可以永駐的面容和身體，那也是時候好好反省了。試問，有哪家的人沒有面對過親朋戚友的病痛和死亡？但是，這‘生、老、病、死’的概念很多時候在我們凡夫心中的地位是極低的。至少，伴侶、金錢、事業、家庭和朋友有關的事往往會高於有關修行佛法的事。佛法繼續被普羅大眾誤讀、誤用，直到某天發現身邊的人病重或意外死亡才被驚醒，但是時間可能太遲了。當然，有機會接觸佛法還是件有福報的事，我們在感恩之餘，也要多精進，才能更加明白和實踐佛陀對我們孜孜不倦的教誨。

**“不要相信任何事情，不管是在哪裡讀到的，或是誰說的，就算是我說的，也要自己覺得有道理才建立起對某件事情的信任。”**

相信很多人在日常生活中總會遇到有親朋好友來訴苦，讓我們給點意見。這是反觀自己和精進學習佛法的好機會。那我們怎麼知道怎麼給意見呢？我自己覺得了解三毒及其重要。三毒解釋了為什麼人會做某件事。何謂三毒？三毒就是貪嗔癡。因為痴，我們無明地看不清事實的真相，而做出貪和嗔的果。貪是指

## 佛法讓我覺悟了什麼？

染著於五欲-色、聲、香、味、觸；嗔則是仇視、怨恨和損害他人的心理。因為我們的痴，我們貪著我們自認好看的、好聽的、好聞的、好吃的、好的觸覺的；並排斥著我們看不順眼的、不喜歡、覺得是錯誤的。因為痴，我們每天反复地在貪和嗔，並造下各種業，那試問我們什麼時候能超脫生死呢？請容我再一次搬出愛因斯坦。他曾經說過，

‘反复地做同樣的一件事，並期許得到一樣的結果是精神錯亂的行為’。讓我們諾出五秒中想一想，我們不難發現人生里有苦和樂，但是苦的時間遠遠超過於快樂的時光，那為什麼我們還這麼執著於世間的一切呢？到底有什麼是真正讓我們非捨不得的呢？如果人生的樂多於苦，那為什麼還有這麼多人找我們哭訴？為什麼精神有關聯的問題日益嚴重呢？那試問還會有人在自認得到某個人或事後擔心失去嗎？說到這裡好像說得人生很悲慘。其實，我們只有在明白問題所在後，才能對症下藥，不然豈不是胡亂看診給藥了。我們在明白我們身為凡夫為什麼會有煩惱後，才可在解決自己和朋友的問題中有正思緒。我們可以感謝這些朋友，在相信我們可以幫助他們明白和解決生活問題之餘，他們也



給我們機會反思和提醒自己不要做相似的事。只要我們給大家時間好好改進，相信每個人都有明白佛陀的教誨，和成佛的一天。

## “人身難得今已得， 佛法難聞今已聞。”

那我們應該怎樣對治貪嗔癡這根深蒂固的三毒呢？佛陀教導了我們培養戒定慧這善法。在持戒的時候，我們以道德和不害人的生活規範對治我們的貪心。定則教導我們如何對治這暴躁或缺乏耐心的心，讓我們培養專注力和耐心。增長智慧則讓我們看清自然顯像。我們來談談佛法中的五戒吧。佛法中的五戒是一不殺生，二不偷盜，三不邪淫，四不妄語，五不飲酒。想像一下我們是只在魚缸中快樂地遊來游去的漂亮（你要想像成帥得掉渣的也可以）三文魚。突然我們被撈起，痛苦地掙扎，然後感覺到身體一陣劇痛 - 原來我們的身體重重地被拍打，然後就昏死去了。結局是什麼呢？可能就是被高超的刀法切成薄薄的魚片，然後被做成了可口美味的三文魚壽司，並被擺放在最精緻的小碟子上。然後呢，這死屍就葬送在有緣人的食胃裡了。試想想，身為人類的我們是這麼地疼惜著我們的身體和愛惜我們的生命，那身為萬物之靈的我們是不是也可以嘗試不殺生，不吃動物的屍體來培養慈悲心呢？我個人在嘗試吃素時也屢屢

## 佛法讓我覺悟了什麼？

有想吃雞肉或魚肉的慾望。當我設身處地於無助的雞和魚，吃素就變成再普通不過的攝取營養的方法了。我漸漸感受到吃素可以讓我們培養事事為他人著想的理念。這為別人著想的理念在不偷盜中也可以顯見。當我們習慣性地在網上非法下載電影、音樂和文件時，我們有想到創作人多年來努力學習和創作過程中所感受的辛苦嗎？創作人把產品當孩子般看待，我們也不會希望其他人奪取我們的‘孩子’吧？第三戒-不邪淫旨在鼓勵人們忠於自己的伴侶，免得有不必要的情感瓜葛。這對社會安定也是極其重要的。如果我們不能維持家庭和睦，我們能想像國家會變成什麼情況嗎？第四戒-不妄語則是勸戒我們注意我們對其他人說的話，和對自己說的話。第五戒則是不喝有酒精的飲料。雖然我已皈依三寶，但是在守持五戒中尚需努力。皈依三寶前，我斷斷續續地吃素和吃肉。皈依三寶後，不知哪來比以前更強大的定力，我從此吃素了。在吃素的過程中，在餐廳目錄中尋找素食已變成有趣的尋寶遊戲。我也比以前更小心地保護個人產權和注意自己的身口意行為。以前的我還蠻享受與朋友喝酒的日子，但在漸漸反思喝酒的利弊和皈依三寶後，我也戒酒了。在我減少去那震耳欲聾的環境，我



有更加多的時間反思每天所遇到或想到的人與事。我感謝以前所嘗試過的，因為沒有了這些經驗作為寫照，可能我還是很懵懂地蹉跎歲月吧。

佛法到底怎麼改變了我的生活呢？我相信佛陀看清了生命的自然法則，並很慈悲地用他畢生的時間教誨眾生。因此我有幸地學習多觀照自己的思緒和情緒起伏，和視人間一切都是無常並緣起變化的。我學習從事情中抽離自己並多以旁觀者觀照所看到的一切，以免落入當局者迷的迷霧裡。成為一位旁觀者，我學習以各個角度探索事情，慢慢地減少了以自我為中心的看法和對策。身為一位佛法初學者，我自認要學習的東西實在是太多太多了。在慚愧之餘，我也在盡我現在最大的能力精進參透和生活息息相關的佛法。

“。。。聽聞佛法就是自救的方法了。”

## “。。。聽聞佛法就是自救的方法了。”

讀到這裡，不知道我們有信心把心按住在三寶嗎？佛陀曾說，‘不要相信任何事情，不管是在哪裡讀到的，或是誰說的，就算是我說的，也要自己覺得有道理才建立起對某件事情的信任’。我相信佛法亦是。



# 佛法如何改變了我的生活

-楊和凡-

佛教，對我而言是一個十分熟悉的宗教。我想我的背景應該和東南亞大部分的佛教徒一樣吧。我的家人都信奉佛教，經常去寺廟拜拜，祈求平安。但是一提起佛法，他們就一問三不知。當我十歲的時候，父母嫌我在家沒事做，就把我送去兒童菩提班，從那時開始，我接觸了一些佛法。但當時我年紀還小，不明白導師們所解釋的佛法與道理。而朗誦菠蘿蜜多心經成了我小時對佛法唯一的記憶。



輾轉間我來到新南威爾士大學，在一個偶然的機遇下我加入了慧命社。當時對新的環境一點都不了解的我純粹只想認識多一些朋友。但我萬萬沒有想到加入慧命社的這個決定，竟然從此改變了我的大學生活。慧命社的朋友們都很友善，尤其是對我這個新會員十分照顧。在他們的邀請下我常常去英文達摩班幫忙，但那時的我對佛法並沒有濃厚的興趣，只喜歡和他們在達摩班後的晚餐閒聊。漸漸的我開始習慣聽聞佛法，後來覺得達摩班還蠻有趣的。說實話，慧命社邀請來的講師都十分不錯，常常能把佛法解釋的清清楚楚，然我這個初學者獲益不淺。

**“。。。這個世界是  
無常的，沒有東西  
會永恆不變。”**

過了幾個達摩班後，我開始明白為什麼佛陀常說人生是苦的。起初我還以為佛法是讓那些迷信的人的，但當我花了一些時間來了解的時候，我發現佛陀所說的東西都是有根據的。本身就讀工程系的我，比較喜歡用邏輯來思考，而這些佛法和我個人的生哲學有許多相似之處。了解佛法的人會明白我們並沒有盲目的相信某些事情，或者把我們的命交由其它人去主宰。佛陀說過我

## 佛法如何改變了我的生活

們的一切都由我們自己去掌握。而我們今世所做的一切將會影響我們的未來。如果我們發心做善事，我們就會累積善業。相反的，如果我們作惡多端，我們就會造惡業和受到應有的懲罰。



在那麼多佛法當中我想對我影響對深的應該是佛陀常說的一切皆空吧。佛陀解釋過在這個世界是無常的，沒有東西會永恆不變。

如果我們用簡單的一層去理解的話，我們可以看到我們身邊的一切無時無刻都在改變。這世上的東西都是空性的，既然一切皆空，我們沒有必要去執著於任何一樣東西。透過這個道理，我開始對生活上的看得比

**“。。。人生  
是苦的。”**

較淡，不會過分追求自己想要的東西。我也發現人們的慾望是無窮無盡的，盲目地追求自己想要的東西只會帶來更多的不快樂。名分與地位都只是過眼雲煙，錢財也只是身外之物。有了這一些東西，並不代表我們就能得到快樂。相反的，我認為這一切只會為我們帶來更多煩惱，擔心有一天我們會失去它們。

可惜的是，許多人不明白這個道理。他們日日夜夜忙盲目的追求心中的理想，而忘了活在當下。就拿我來當例子吧。去美國讀書自小就是我的夢想。一路以來我一直希望可以快點達到這個願望。努力讀書，盡量考取好成績成了我唯一的目標。但我忘了我也應該盡量享受我現有的生活。和身邊的好朋友們一起共度生活的點點滴滴。有夢想是一件好事，但是如果我們只顧著實現這個夢想而忘了身邊的一切，那就會適得其反。

**“有了佛法的智慧，我發現我對許多事情都看得比較透徹。”**

這兩年來我學會了許多東西，尤其是當我參加了慧命社所舉辦的夏令營與冬令營，在短短的幾天內我有了很多不同的體驗。到了寺廟，我們需要按照寺廟的



規矩，早睡早起，按時誦經打坐。通過這些體驗和師傅們的開釋，我才慢慢地了解到我的思想與毅力是多麼的不堅

## 佛法如何改變了我的生活

定。我的頭腦無時無刻都在想著某些事情而沒有得到應有的休息。所以我們需要透過禪定，才能讓思想鎮定下來，好

**“。。。我們的一切  
都由我們自己去  
掌握。”**

好地專注在我們應該著重的事情上。而且，我也發現我們在生活當中所依賴的許多東西都是不必要的。我們可以像寺廟裡的師傅們一樣，過著簡單即有意義的生活。但是我們已經養成了許多不良的習慣，例如經常依賴電腦來做每一樣事情。我們應該發現電腦是一件可以幫助我們的工具，適當的使用能讓我們的生活變得更簡單。反之，如果我們

**“。。。人們的  
慾望是無窮無盡  
的。”**

樣樣事情都依靠電腦，那我們對生活就變得沒有意義了。有了這些經驗與了解，我現在常常嘗試把我所學到的佛法運用在日常生活當中。每當我遇到不愉快的事情，我都會用佛法來理解，試著找出解決的方法。有了佛法的智慧，我發現我對許多事情都看得比較透徹。判

斷力也比以前提高了，慢慢地，我做人也比較開朗了。

最後，我想介紹幾本好書給大家。它們是“The Life of The Buddha (By Rev. Siridhamma)”，“Everything We Do Matters (By Venerable Wuling)”，以及“Good Question Good Answer (By S. Dhammika)”。這幾本

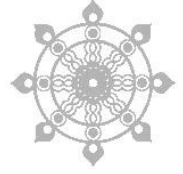


都是好書，其中的內容清楚易明，適合初學者或對佛法稍有認識的人。此外，我也希望你們多抽空出席慧命社的達摩班。只要有恆心的學習，我相信你們一點會獲益良多。

願眾生平安與快樂！我們有緣再見！

和凡合十

# 佛法格言



不寬恕眾生，不原諒眾生，是苦了你自己。

你永遠要感謝給你逆境的眾生。

你永遠要寬恕眾生，不論他有多壞，甚至他傷害過你，你一定要放下，才能得到真正的快樂。

當你快樂時，你要想，這快樂不是永恆的。當你痛苦時你要想這痛苦也不是永恆的。

修行就是修正自己錯誤的觀念。

醫生難醫命終之人，佛陀難渡無緣的眾生。

多用心去傾聽別人怎麼說，不要急著表達你自己的看法。

身安不如心安，屋寬不如心寬。

人為善，福雖未至，禍已遠離；人為惡，禍雖未至，福已遠離。

真正的布施，是把煩惱，憂慮，分別，執著，通通放下。

世上有兩件事不能等：一，孝順。二，行善。

征服世界，並不偉大，一個能征服自己，才是世界上最偉大的人。

人之所以痛苦，在於追求錯誤的東西。

# 素食烹飪

## 豆苗冬菇

### 材料：

小冬菇（12朵，泡開去蒂）

姜片（3片）

豆苗（200公克）



### 調味料：

A: 鹽（1/2 小匙），高湯（2湯匙）

B: 油（2湯匙），高湯（1碗），醬油（1/2湯匙），糖（1/2湯匙），胡椒粉（少許），太白粉水（1小匙），香油（1小匙）

### 作法：

- 1) 鍋熱入油1湯匙，倒入豆苗及調味料A，大火快速翻炒均勻即可起鍋放盤上。
- 2) 鍋熱入油，先放入姜片，冬菇爆香，再加入調味料B，小火悶燒（加蓋）越燒五分鐘至湯汁略干，再加入太白粉水勾芡及淋上香油起鍋鋪于豆苗盤上即可上桌。

### 注：

- 1) 如要這盤菜請客好看，姜片爆香后，同燒有香味起鍋盛盤時撈出不要。
- 2) 豌豆通常食用部分為柔嫩豆莢稱為豌豆片，而豌豆之嫩芽，鮮嫩甜美稱為豆苗，現市面上有無菌人工培育之豌豆苗，無農藥，炒食或生食均可。

# 素食烹飪

## 炒三絲

### 材料：

素香片（200公克切絲）  
紅辣椒（3支15公克）  
木耳（1朵約40公克）  
青椒（半個約50公克）  
胡蘿蔔（50公克）

### 調味料：

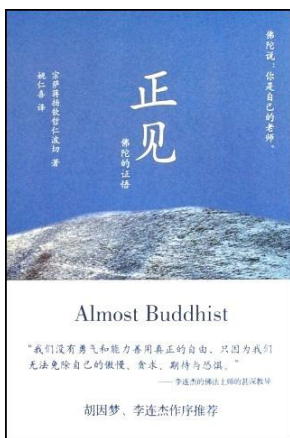
油（1湯匙）  
辣豆瓣醬（1/2湯匙）  
醬油（1/2湯匙）  
高湯（2湯匙）  
糖（1/4湯匙）



### 作法：

- 1) 所有材料都切成絲。
- 2) 鍋熱入油倒入所有材料及調味料，炒拌均勻，最後加入青椒絲，速炒拌，淋上香油起鍋即好。
- 3) 此菜可包入油餅，春卷皮或土司來吃，口味特殊。。

# 佛 书 推 介



‘正见-佛陀的证悟’是宗萨蒋扬钦哲仁波切的一本著作。宗萨钦哲仁波切秉承藏传的传承和教育，是一位有创新和创意的新一代佛教导师。他编写和指导了两部以佛教为主题的电影-‘高山上的世界杯’和‘旅行者与魔法师’。作者指出，他写这本书的目的，不是说服读者追随释迦牟尼佛，或是成为佛教徒，所以书中并没有讨论禅坐或咒语。作者主要指出佛教和其他见地不同之处。到底这位印度王子说了些什么，让世人尊敬和景仰？佛教与其他宗教有什么不同？这本书有四章-造作与无常、情绪和痛苦、一切是空和涅槃超越概念。作者以浅白的文字和轻松的语调解释佛陀的教诲，所以这本书适合各个读者，包括初学者。在第一章里，作者讲述了释迦牟尼佛的生平故事，并提出了佛陀和凡夫在面对事物时不同的处理方式。凡夫在面对事物时，还是心甘情愿地继续折磨自己，然后希望也相信新的人或事可以给予我们圆满的生活。看着无常的道理，凡夫却还是执着于世俗间所谓成功的定义。无常是悲观的吗？其实不然，因为明白了无常，我们不必为发生的事感到太难过。无常是好消息，因为我们可以创造因缘来达到我们要的效果。这本书以生动的日常生活例子讲述佛法，相信读者们都会受惠良多。



NOTE: