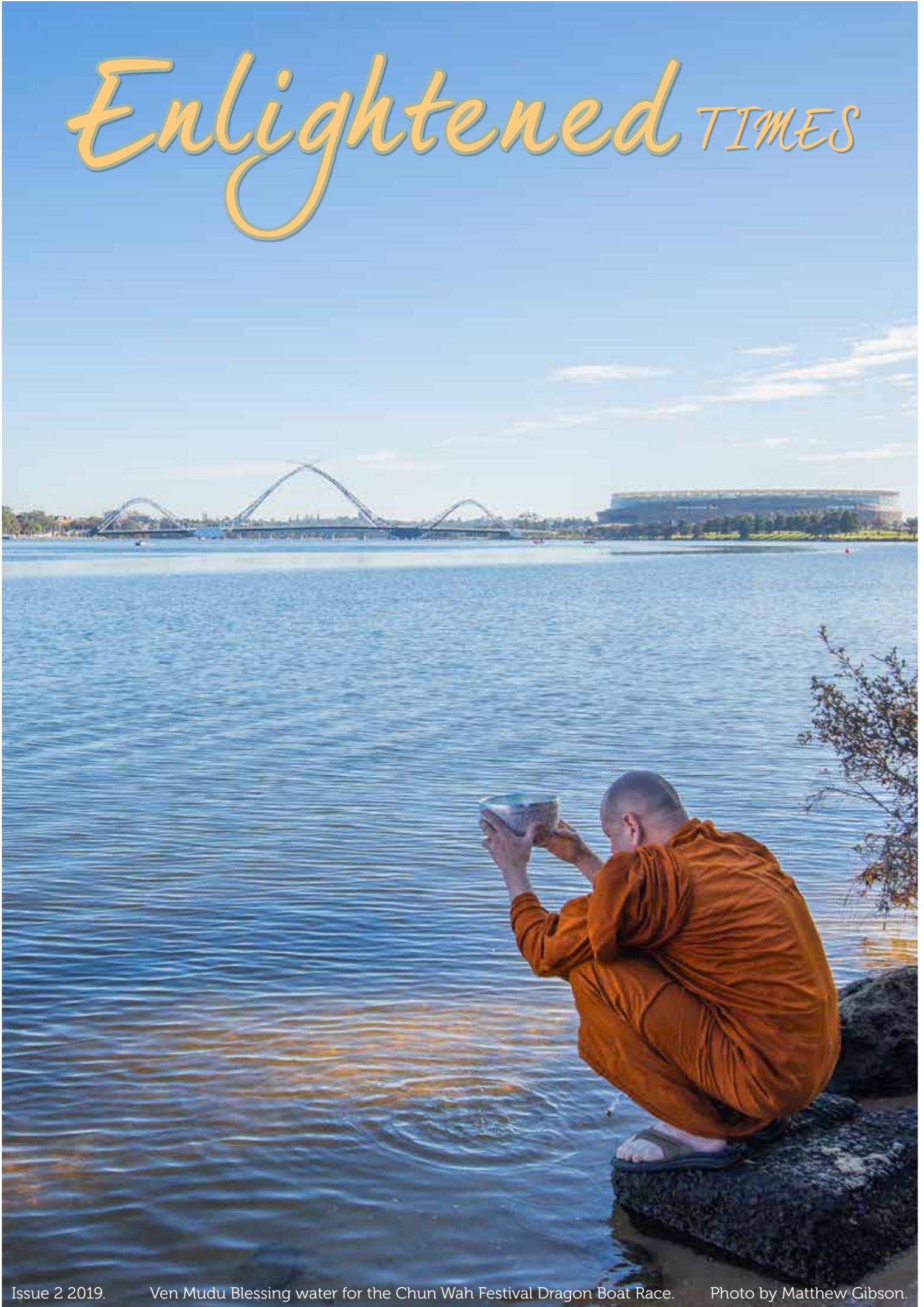


Enlightened TIMES





The 2019 Buddhist Society of Western Australia Committee.

Left Side Front to Back: Dennis Sheppard (president), Dimithri De Fonseka (Administrator - non committee), Geoffrey Webb (Secretary), Lay Har Goh (Vice President), Lucky Kodituwakku (Membership Secretary), Ajahn Hasapanna (Assistant Spiritual Director).

Right Side: Ajahn Brahmavamso (Spiritual Director), Boon Tan (Treasurer), Bill Prins (Security and Events), Anthony Hawkins (Assistant Secretary), Chet Yeong Teh (Ordinary Member), PJ Gunasekera (Webmaster), Jee Too Foo (Assistant Treasurer) **Absent:** Cecilia Mitra (External Affairs).



Photos: Top left and right by Nicholas Allott
Bottom by Matthew Gibson

We will be celebrating the 10th year since the first Australian Theravada Bhikkhuni ordination of Ven. Vayama, Ven. Nirodha, Ven. Seri and Ven. Hasapañña (pictured) on October 27 at Dhammasara (during Kathina).



2019 Chinese New Year Celebration at Dhammaloka.

On the Friday night of 15th February 2019, after the Dhamma talk, three colourful Lions invaded the Dhammaloka Main Hall amidst sounds of drums and cymbals.

According to Traditional Old Chinese Customs the Lions have come to cleanse the place, driving away evil spirits and bringing peace, happiness and good luck.

In the modern sense we regard it as a form of entertainment

and fun and it was moving to see how the Lions bowed down to pay respects to Ajahn Brahm and sangha, a rare sight to see.

After performing some stunts the Lions then went to collect red packets (the audience fed the mouths of the Lions with red packets containing money) as a form of appreciation. All money collected was donated back to BSWA.

There was a lot of laughter and applause and all enjoyed the

evening. The main hall, outside verandah and lawn were packed with people.

After the performance, light refreshments were served in the kitchen area. Special thanks to the Lion Dance performance team and to their leaders Quang Quyen Luong and Sharon Ngo. They are from the Chow Kwoon Yarn Yee Tong martial arts academy.

By Eddie Khoo.

**Whatever you
are doing,**

**Give it
all you've got.**



Quote and
Illustration
Courtesy of
the Ehipassiko
Foundation and
Ajahn Brahm.

The Bhikkhunis are here to stay!



The questions of rights & wrongs of the Bhikkhuni, (Female Buddhist Monastics), ordination seem to have resurfaced yet, again!

As mentioned by Ven Ajahn Brahmali, in one of his recent articles to Suttacentral, the Bhikkhunis are here to stay! What is remaining is to make sure that the arguments about the rights and wrongs of the decision to ordain Bhikkhunis do not lead to unhappiness of the people involved, both for and against. Let the Past be the Past! Let us stay in the present moment and support the Bhikkhunis!!

The importance that the Lord Buddha has placed on the creation and the continuation of the Bhikkhuni Sasana, thereby allowing females to go forth as HIS fully ordained disciples is aptly displayed in the words of the Buddha in a number of discourses. Here is an extract from Bhumicala Sutta, (Discourse on Earthquake: AN10:70), which records a passage that the Lord Buddha has told Mara, the Evil One, soon after the Lord Buddha's Awakening, about the establishment of the Bhikkhuni Sasana as an integral part of the Buddha's Dispensation:

'Wicked One, I will not become fully extinguished until I have nun (Bhikkhuni) disciples who are competent, educated, assured, learned, have memorised the teachings, and practise in line with the teachings; not until they practise appropriately, living in line with the teaching; not until they've learned their

tradition, and explain, teach, assert, establish, open, analyse, and make it clear; not until they can legitimately and completely refute the doctrines of others that come up, and teach with a demonstrable basis.'

So, it is amply clear that the Lord Buddha had a clear idea of establishing the Bhikkhuni Sasana as an integral and an important part of the four assemblies that make up the Buddhist Dispensation.

One thing that some of us seem to forget is the nature of the then Indian Society in which the Lord Buddha established the Bhikkhuni Sasana to help the long-suffering females. It was an utterly male dominated society. It was essentially a patriarchy society. During that time, the middle land was ruled by ruthless kings even though they all paid their utmost respect to the Buddha. For example, the King Ajātasattu of Magadha murdered his own father and did not listen to the repeated pleas of his mother to spare the life of the kind, old King Seniya Bimbisara who was a stream-enterer! So, the decision by the Lord Buddha to allow the women to go forth was a world changing revolution!

If the Lord Buddha's decision to establish the Bhikkhuni Sasana & ordain Bhikkhunis was good for that time, it certainly must be good, for now!

In this respect, if we use somewhat similar questions that the Lord Buddha asked the Kālāmas, in the Kesamutti Sutta (AN3:65) & use that as a Blueprint,

we could ask ourselves the following questions:

1. When women are practising as Bhikkhunis, wouldn't that help create more conducive conditions for them to tread the Path to Nibbana?
2. When the female monastics practise the Dhamma well, within a more conducive environment, wouldn't that help them reduce their greed, hatred & delusion?
3. When there are more fully ordained monastics, both male & female, practising in the right way, practising the True Dhamma happily, wouldn't that be for the welfare & benefit of the whole world?
4. Wasn't the action taken by the senior members of the Sangha such as Ven. Ajahn Brahm & by some senior members of the Sangha in Sri Lanka to restart the Bhikkhuni ordination praiseworthy?

To my way of thinking, any true practitioner of the True Dhamma would almost invariably answer all four questions in the positive/affirmative manner.

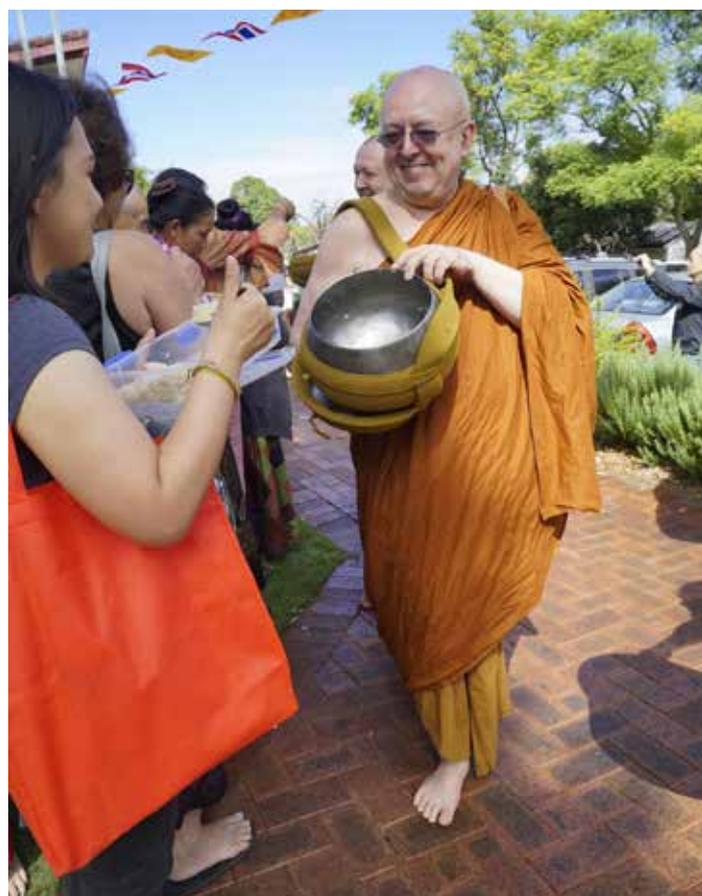
So, let us stay in the present moment & help the Sangha practise the Good Dhamma in the good way! We need to support our Sangha irrespective of the gender into which they were born!

May all beings be happy, well and peaceful!

With Metta to all beings,

Upasako

Songkran at Dhammaloka 2019.



Photos by Boon Tan and Matthew Gibson.

The Enlightened Times Team

Edit and Design: Nicholas Allott.

Content Review: Cecilia Mitra.

Proofreading: Manel Fernando, Tracey Lau, Lawrence Van Der Zande, Shirley Cooper-Dixon, Natalie Mar, Priya Barnes.

Distribution: Lucky Kodituwakku, Kit Lee, Ean Kim, Michael Carrol, Cherry Jackson.

Contribute To Our Next Issue

Please send all submissions and ideas to Nicholas the editor: editoret@bswa.org.

All types of content that are relevant to the local and international BSWA community will be considered.

Please aim for around 650 words per page (for articles).

School Culture Deeply Enriched by Meditation.

Article by Nicholas Allott

In 2018, Principal Iffeisha Gordon-Toppin visited Dhammasara to see, learn and practise at this nuns' monastery she had heard so many great things about.

I received a phone call from Anagarikaa Anna who suggested that I interview Iffeisha about the meditation and mindfulness program she had collaboratively set up at SouthWest Baltimore Charter School.

This public school (for preschool to grade eight) is located in a lower socioeconomic urban area in the USA. Its students face many poverty, crime and trauma related issues.

When Iffeisha became principal in 2016, she and her colleague Ashley Williams decided to introduce a mindfulness program to help address its numerous school culture and behaviour related issues. They made a curriculum, explained their intentions to staff and students and asked them for their thoughts.

At first, there was a lack of enthusiasm among teachers towards teaching this curriculum, as they were both inexperienced and not previously interested. So instead Ashley and Iffeisha decided to seek skilled volunteers from places such as meditation and mindfulness centres, yoga studios and churches. After orientation they had 28 volunteers.

At 12:30 every day, the school would stop and the volunteers would teach meditation exercises in individual classrooms for thirty minutes. At the end of each session the class would discuss how they felt, what their mind was doing and what they could do next time. Each session has a discuss, practise and debrief structure to it.

In the second trimester, they

introduced an extra yoga component to this session as well. However, it was soon dropped due to the practicalities and time constraints of moving children to and from the gym.

The program slowly moved towards being taught by teachers, as they became more comfortable with the program and volunteers changed. By the third year, all teachers were running the program and scheduled at least one session a day into their programs.

Teachers also practised the program on Fridays at the beginning of professional development. It is here that they also learnt and discussed techniques for the program.

A variety of meditation techniques have been discovered and tested since the program's inception. This has helped to increase novelty, engagement and allowed practitioners to explore which types of meditation work best for them in different circumstances.

Some of the types of meditation tested include breathing exercises, walking meditation, listening to mantras and balloon

breath acting (among others).

The effects of this program have been profound in all aspects of the school. The environment is now often described as peaceful and serene. There are more connections and support among staff and students who now feel safer, happier and more engaged.

Parents have reported that their children are calmer, more empathetic and thoughtful.

Teachers have seen students develop greater patience, tolerance, stress management and communication skills. They have even noticed children using these techniques to calm themselves down during stressful situations and to build relationships.

As a result, the number of suspensions have dropped from 48 in 2016-17 to 2 in 2018-19 and incidences of bullying have declined to zero (including cyber bullying).

Ashley has gone on to become the CEO of a company named Infinite Focus (with Iffeisha as a board member). The company is developing an application to support mindfulness in schools everywhere.



Iffeisha Gordon-Toppin in her Principal's Office.

When?

When veneration
Blows out all
Of vanities' illumination

When all of space
Is encased
In infinite reflexion

When 'being there'
Fills the air
Like sparkles under foliage

When complexity /
simplicity
demand equality of homage

By Bryce Wilson

Mindful steps...

Mindful steps shed the weight
Of the soul
And kiss the earth
Like fruits that fall,
Free from worldly fetters.
Peaceful minds are like loose
feathers

Above the peaks
Of our desires,
Free from worldly fetters.

Those happy ones are shining
on

As if kinsmen of the sun,
Free from worldly fetters.

Those saintly ones have won,
Having done
What should be done
They are
Free from worldly fetters.

By Bryce Wilson

Song of an Ascetic

I can hardly stand the eye,
The sight of naked bodies,
Shameless and unshy.

I can hardly stand the ear,
The sound of radio songs
Of drugs and loving beer.

I can hardly stand the nose,
The smell of sausage sizzles
Attracting crowds to the shows.

I can hardly stand the tongue,
The taste of hamburgers
Still poisoning our young.

I can hardly stand the body,
The touch of conditioned air,

Dead, but ever ready.

I can hardly stand the mind,
The whispers of Mara
Tempting from behind.
O! How I crave with the eye
The sight of naked bodies
Decomposing by and by.

O! How I crave with the ear
The sounds of swaying trees
Whispering without fear.

O! How I crave with the nose
The smells of forest compost
Growing deftly in the flows.

O! How I crave with the tongue
The taste of potatoes -
Homely heroes unsung.

O! How I crave with the body
The feelings of the jhanas
That Mara cannot see.

O! How I crave with the mind
The gnosis that all of this
Is not mine.

*By an anonymous Australian
Theravada Monk.*

Khadiravaniyarevata

Since I've gone forth
from the lay life to
homelessness,
I'm not aware of any intention
that is ignoble and hateful.

"May these beings be killed!
May they be slaughtered! May
they suffer!"—
I'm not aware of having any
such intentions
in all this long while.

I have been aware of loving-
kindness,
measureless and well-
developed;
gradually consolidated
as it was taught by the Buddha.

I'm friend and comrade to all,
compassionate for all beings!
I develop a mind of love,
always delighting in
harmlessness.

Unfaltering, unshakable,
I gladden the mind.
I develop the divine meditation,
which sinners do not cultivate.

Having entered a meditation
state without thought,

a disciple of the Buddha
is at that moment blessed
with noble silence.

Just as the mountain crags
are unwavering and well
grounded;
so when delusion ends,
a monk, like a mountain,
doesn't tremble.

To the man who has not a
blemish
who is always seeking purity,
even a hair-tip of evil
seems as big as a cloud.

As a frontier city
is guarded inside and out,
so you should ward
yourselves—
don't let the moment pass you
by.

I don't long for death;
I don't long for life;
I await my time,
like a worker waiting for their
wages.

I don't long for death;
I don't long for life; I await my
time,
aware and mindful.

I've served the teacher
and fulfilled the Buddha's
instructions.
The heavy burden is laid down,
the attachment to rebirth is
eradicated.

I've attained the goal
for the sake of which I went
forth
from the lay life to
homelessness—
the ending of all fetters.

Persist with diligence:
this is my instruction.
Come, I'll realise quenching—
I'm liberated in every way.

From:

*Verses of the Senior Monks,
The book of the fourteens,
Chapter one.*

Available at:

<https://suttacentral.net/thag>

Translation by Bhikkhu Sujato

Vesak at Dhammaloka 2019.



The New Preceptors Ceremony

One of the most heart-warming events of the Vesak Day Celebrations at Dhammaloka was the New Preceptors Ceremony. Supporters who have been practising the Buddha Dhamma for a while, formally undertook to keep the Five Precepts, with guidance from Ajahn Brahm and receiving blessings from the Sangha.

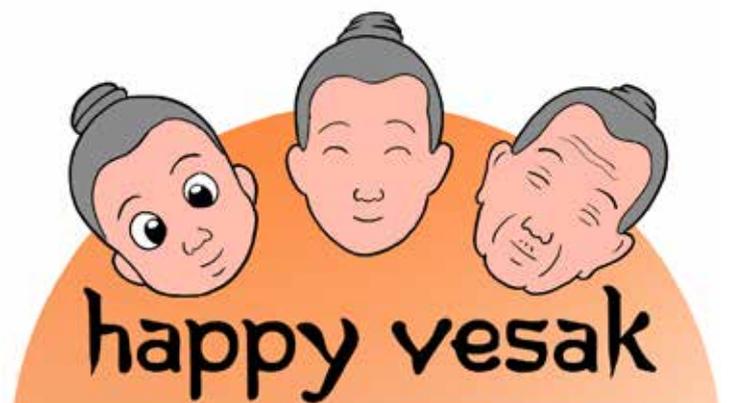
There were 78 participants for the ceremony this year, including 54 from overseas who took affirmation of precepts online, based in their home countries.

The Meditation Hall was full, not only with friends and relatives of the new preceptors but others who wished to participate in this beautiful ceremony.

In September there will be special Q & A sessions on Friday evenings at Dhammaloka, to discuss the main teachings of the Buddha with new preceptors.

Details will be advised via the BSWA website.

- Lucky Kodituwakku



Quick Announcements

Our two newest monasteries are:

Bodhinyana Great Southern Monastery

280 Elleker-Grasmere Road, Elleker

Albany WA 6330

Telephone: 9844 6666

Open 10:00am - 12:00am every day. Arrive at 10:00am for dana.

Wat Dhammayanaram Monastery

56 Scott Rd,

Kelmscott, WA 6111

Open 10:00am - 12:00am every day. Arrive at 10:00am for dana.

Telephone: 0444 556 032

Dhammaloka (our city centre) is open from 8:30am - 3.30pm weekdays. It may be open at other times if a caretaker is present.

Our office hours are **Mon:** 8:30am - 2:30pm **Tue:** 10:00am - 3:30pm

Wed: 9:00am - 2:30pm **Thur:** 10:00am- 3:30pm **Fri:** 10:00am - 6:00pm.

You can email the office on: **admin@bswa.org** or phone **+618 9345 1711**.

Our address is 18 Nanson Way, Nollamara 6061.

Regular activities can be found here:

<https://bswa.org/our-locations/regular-activities/>

Please email Nick via **memberships-assistant@bswa.org**

- To update your BSWA membership email, phone or address details
- When you have made a membership payment. Please include the following details: membership number, payment method, date, time, amount, contact details and who the payment was for.

Look out for our newly designed yellow envelopes at all our centres to create or renew your BSWA Membership.

Please visit <https://bswa.org/support-us/membership/> to learn more about our memberships (including payment and processing options).

Find out about upcoming BSWA retreats via:

<https://bswa.org/location/jhana-grove-retreat-centre/>

Our newsletter archive can be found at:

<https://bswa.org/news/newsletters/>



Buddhist Society of WA

Online Dhamma Teachings Guide

Main Page
bswa.group



Teachings Page
BuddhistSocietyWateachings

BSWA YouTube

Videos can be viewed here.

Channel
youtube.com/BuddhistSocietyWA



Playlists
youtube.com/BuddhistSocietyWA/Playlists

YouTube App
goo.gl/9PBXmR



BSWA Website Teachings Page

Dhamma teachings can be watched and listened to here.

bswa.org/teachings

BSWA Podcast

Friday Night Dhamma talks, Friday Night Meditations, Saturday Guided Meditations and Armadale Meditation Group teachings can be listened to and downloaded here.

podcast.bswa.org



BSWA DeeperDhamma Podcast

Sutta classes and Meditation Retreats can be listened to and downloaded here.

deeperdhamma.podbean.com

Mobile phone Podbean App
Search for 'Podbean Podcast App & Player' in your mobile App Store. Open the App and search for *Buddhist Society of Western Australia* and you will see our two Podcasts: Deeper Dhamma and Buddhist Society of Western Australia.

Android/Google/Samsung Podbean App
goo.gl/snm8mj

iOS/iPhone/iPad Podbean App
goo.gl/x7H5bD



BuddhistSocWA