



Newsletter

DHAMMA SUKHA MEDITATION CENTRE

Melbourne VIC Australia

'It's Meditation Time'



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Please contact us if you have any questions about this newsletter or would like to contribute an article for future editions

Message from Sayadaw

In the Mangala Sutta class, Sayadaw elaborated on the manner in which children should repay their gratitude to parents. The five (5) ways are as follows:

- (1) Having supported me, I shall support them.
- (2) I shall do their duties.

(3) I shall keep up the honour and the traditions of my family.

(4) I shall make myself worthy of my heritage.

(5) I shall make offerings dedicating the goodness of my practice to my parents after their death. ■

Peaceful Contemplations

DSMC now sports a lovely courtyard that conjures peaceful inspirations for all to enjoy. The soft elegance of the sprawling pavement and the lone conifer with smaller plants in the background offer a new dimension in space and time to the meditative mind.

The raised bund around the plants was put together by sheer effort from Sayadaw

and some yogis, especially Sayalay Dhammacari (in her 70's!) who had many years of brick-laying experience in her own home. Concrete costs were kindly donated by Andre Ho. ■



Top: The old roof came down to make way for the new library & interview room

Kathina Robe-offering Ceremony

The ceremony went well with a huge turnout despite the weather being drizzly. The coolness made it conducive for the devotees to stay back for their robe-offerings & to catch-up with each other —it was a big 'family' day.

We had five visiting venerables and three sayalays to grace the occasion. The dana lunch offerings were abundant and very interesting (as you can imagine, a good mix of sumptuous Asian & Aussie cuisine).

With the recent renovations, although the turnout was about the same as last year, it was not as crowded, as we had more space for the devotees to mingle. Our devotees came from far (Malaysia) and near (Sydney) to pay their respect & made offerings to the

Sangha. We would like to thank all volunteers & committee members for their valuable help. ■

Pictures below captures the mindful activities for DSMC's 6th Kathina Event.



DSMC Interview Room & Library

With Council approval, DSMC has commenced the construction of the long-awaited interview room & library. Over the years, there has been an increasing number of long-term intensive meditators staying here & this facility would give

both meditation teacher and students the privacy for discussion and serve as a conducive room for quiet study and reflection amongst the Dhamma books and Tipitaka. All donations to support this facility are welcome. ■

Inside this issue:

Message from Sayadaw	1
DSMC Interview Room & Library	2
Peaceful Contemplations	3
Kathina Robe-offering Ceremony	4
Vipassana Retreat: Feedback 1	5
Vipassana Retreat: Feedback 2	6

Special points of interest:

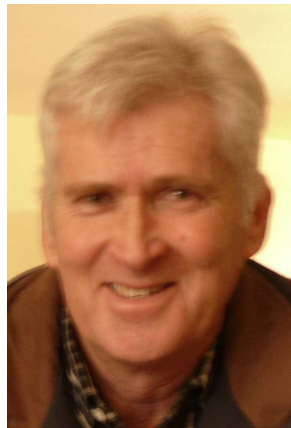
- ◆ Full month Dec-09 Meditation Retreat in Indonesia led by Sayadaw U Pandita
- ◆ 10 to 16th Dec-09 Meditation Retreat in Healesville VIC led by Sayadaw U Lakkhana.
- ◆ Those who wish to serve Lunch Dana—volunteers, please contact Linel 0417 576 801 for more information.

'It's Meditation Time'

Vipassana Retreat: Feedback 1

Dear Sayadaw,

I would like to express my deep gratitude to be able to attend the 5-Day Oct-09 Retreat just concluded at DSMC. I found Sayadaw's instructions very clear, very direct and very precise. The Sayadaw's correction and guidance made one aware of one's unmindful nature in several areas such as eating, using cutlery ("clay spoon... tok tok tok!" – that was me!). Not leaving a place untidy and always considering not disturbing the mindfulness of the other yogis. This helped to get the message across that this was to be a 'non-stop' training in continuous



Top: Ross Brown

mindfulness and there was no likelihood of escaping

S a y a d a w ' s keen eye or ear. The intimacy of the small centre helped ensure this.

S a y a d a w ' s Dhamma Talks were inspirational, and compassionate. Your humility and honesty even now, brings tears to my eyes. The

Teaching longer than it takes for 'one sip of porridge' – (True Dhamma being of the moment – 'in the moment' mindfulness). That was my favourite!

It connected one's heart on so many levels – there's so many gilded idols we cling to in substitute for the truth—Wollongong, Swedagon, this beautiful house, that luxury car... my golden idol, my attachment has always been cars. It's no wonder that after the offer and talk of the tons of gold, rubies and emeralds in Swedagon Pagoda, that night I had a vision it was a front view of a fairly old model car – 1970s or 80s – the parking lights were huge diamonds and the grill contained a row of large rubies!



H a v i n g watched the Sayadaw and listened to his talks at BSV and now after this second 5-Day

Retreat, I am convinced that in Sayadaw, we have a great teacher of Buddha Dhamma whose words match his actions; I forget the Pali words the Buddha used but they could be translated into the vernacular: "He talks the talk and walks the walk". I am honoured to follow such a man and call him my teacher. May he continue to inspire many beings to awaken. Sadhu! Sadhu! Sadhu!

In gratitude, Ross Brown. ■

Vipassana Retreat: Feedback 2

Dear Sayadaw,

This is the final hour of the 5-Day Oct-09 Retreat. Time is rushing past and yet this is a very still spot. A moment before the return to the 'world out there' and to the noise and mindlessness of the streets. At this moment, I want to thank you for this treasure that you provide in this suburban house. What a rare find... to find you as a teacher and to have this facility available, affordable and just at the perfect time.

I greatly respect the way you pass on the word of the Buddha. No sentimentality, fierce at times and honest and true. You teach with simple stories that come from your lived experience. Not from book learning or by a formula. I am amazed at how you are aware of everything that is going on. Your teachings go straight to the heart & mind when they are needed most.

all around me. I felt tired and jaded from the weariness in life and from the intense experience of being with my sister in the six weeks of her passing away. Now I can feel the aches in my own body very clearly. I feel old age coming close to me too... But now I feel really refreshed and alive and quite ready to go back and work with the patients in the hospital. I hope I can go out and be a caring and compassionate therapist and be the best I can be for you and for the Buddha.

My stay at the retreat was very comfortable. The other yogis made me feel very welcome. No need was left unmet. The food was delightful –healthy and plentiful. The house was clean and tidy, and the residents living here work together happily and with great attention to the finest detail.

It was also wonderful to be able to practice with very experienced, very mindful devotees. They were also great teachers. It was such a joy to see new yogis experiencing a retreat for the first time.



I came here a l i t t l e worn-out by the suffering

Left: Carol Hamilton — ready for longer retreats

Often I have 'big life' questions I would like to ask when times get difficult. I say to myself, 'What would Sayadaw do?', 'What is a wise action here?'. I see you teaching so many people – here and at Buddhist Society of Victoria, the children and all the people that come to the centre and by phone. So when I have a big question to ask: 'What is the wisest action?', I now know the answer is: 'It is all that I can do. I will continue to do my best.'

Do keep up the wonderful teaching. We



Above: Sister Poh-chin's lovely flower arrangement (only one of many) for Kathina.

are so lucky to have you here in Melbourne. The seed is planted —now I am ready for a longer retreat. Even though at times life seems hard, I know now that things will work out.

Any suggestion or feedback (however harsh) from Sayadaw is welcome.

With true appreciation, may you be well and happy always and live a long life.

Sincerely, Carol Hamilton. ■