



# ***dharma vision***

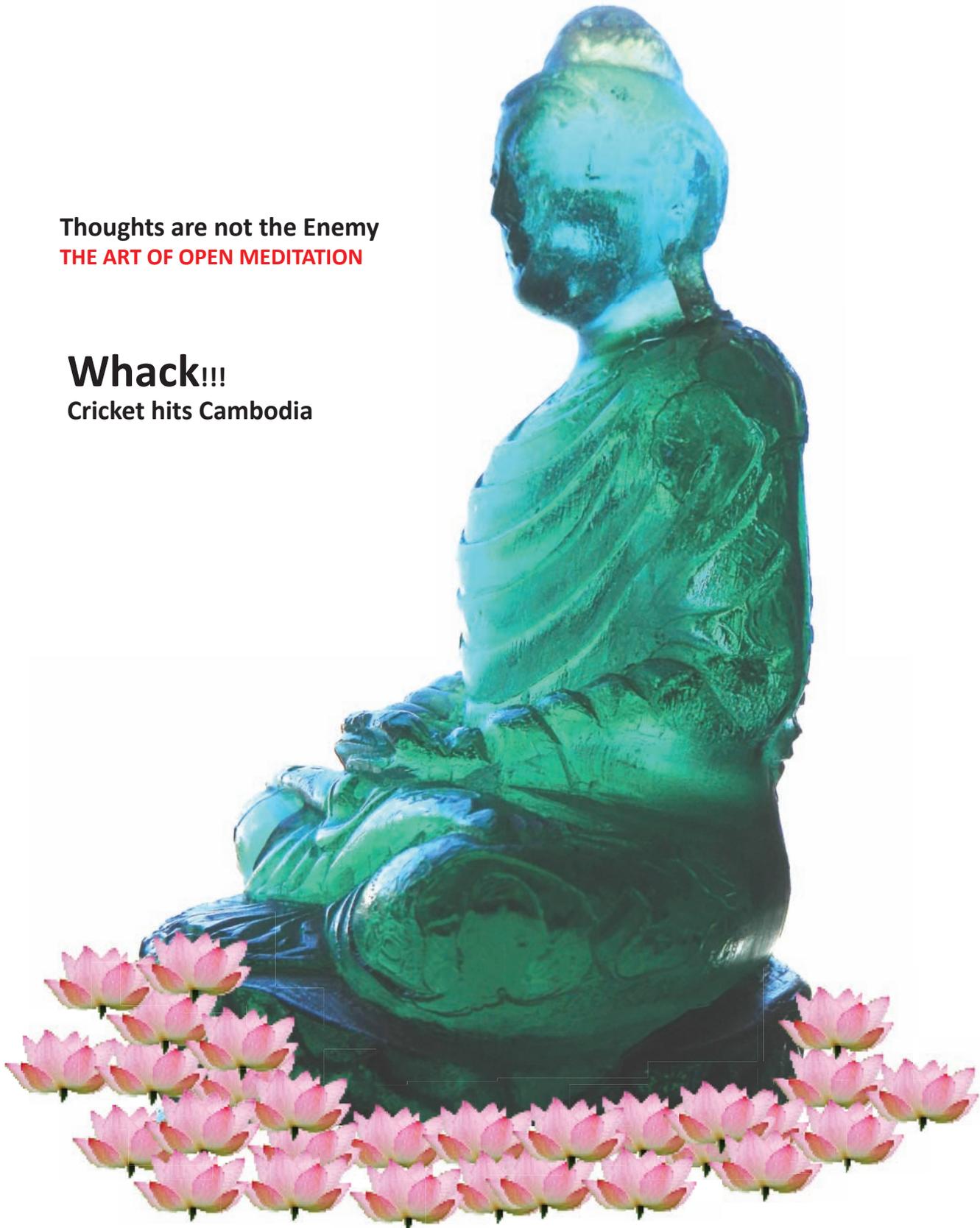
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Buddhist Library and  
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Camperdown,  
sydney

***Buddhist Community News***

November 2013

**Thoughts are not the Enemy**  
**THE ART OF OPEN MEDITATION**

**Whack!!!**  
Cricket hits Cambodia





# Whack !!! Cricket hits Cambodia

Our Cambodia Project Manager Rajeendra Perera decided on his latest trip to Kampot to take a couple of Cricket bats to see if the students of our target schools would enjoy the Aussie sport. The hardwood bats made in advance of his trip were so heavy the 12 year olds could hardly lift them !

After only 2 hours of training over two weekends for each of two schools, Ranariddh Secondary and Rolous Secondary, Raj demonstrated batting, bowling and of course fielding and was delighted the way the two teams picked up the basics.

Check out the 13 year old girl batting ! and the fabulous bowling from the 13 year old boy!. Champions in the making Raj said.

Rolous Secondary school had a massive total of 106 runs for 4 wickets in 10 overs. Ranariddh Secondary scored 46 runs. It was like a 20/20 match with roaring excited applause from 500 kids from the two schools. WOW!

Visit our web site for more details.



Pull shot by Ranariddh's Nhet Sreynea. This magnificent shot is just after two hours of training in batting. Cricket is a game Cambodians never heard of.



Rolous's Meansay Kim Sean top scored with 32 Not Out with towering two sixes in this (possibly) first ever cricket match between two schools in Cambodia.

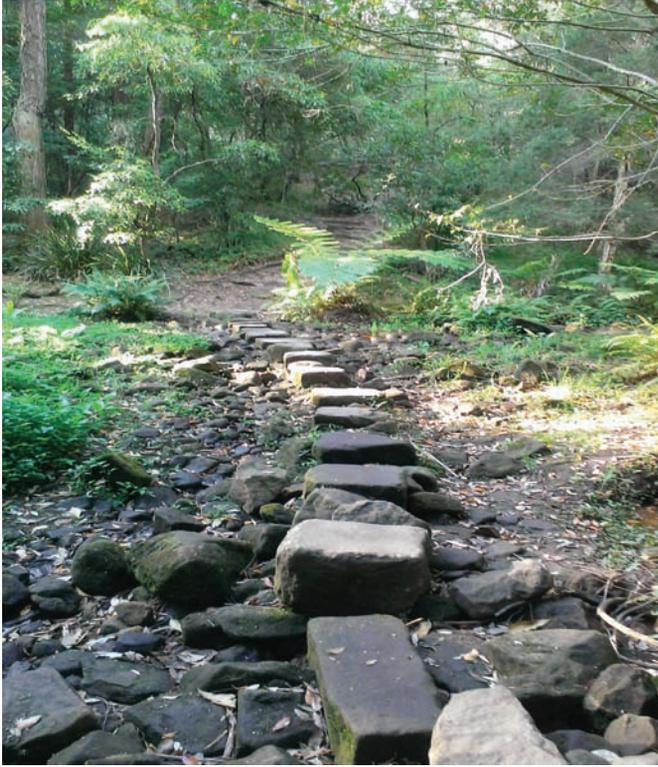


The winning Rolous Secondary school with their trophy. Wicketkeeper Say Samlang (the little boy in the middle) is the best fielder of the match with 3 dismissals.



Thy Phop of Ranariddh Secondary bowls like "Brett Lee", fast and furious.

# Thoughts are not the Enemy **THE ART OF OPEN MEDITATION**



Here is what I have come to believe: Just being aware of thoughts in meditation is not enough. We also need to explore the thoughts and emotions that arise within our meditation sittings. While meditating, you might recall, for instance, how you were thinking about a character flaw, such as “talking too much about yourself.” Your uncomplicated reflection leaves you feeling awful about this flaw and wanting to take some kind of action, such as pursuing a program of self-improvement. What if, when it comes up in your meditation sitting, instead of trying to get rid of it or figure out what to do about it, you start exploring the nature of this supposed flaw?

To do this, you need to recollect the experience in more detail. Say the thought process went something like this: “While I was meditating, I remembered going out to dinner last night with a friend and I couldn’t stop talking about my plans, my hopes, my work, my life. I was very excited and animated, and I thought I was good company, but I did not register how my friend tried to change the subject a couple of times. I didn’t ask her anything about herself. What kind of person am I? Am I a self-absorbed narcissist? How am I ever going to have satisfying friendships if I keep acting this way? I must do something about this.”

It is quite natural to get caught up with the feeling of “I must do something about this,” instead of exploring what was going on before you got to the place of making a decision to “do something”. In this case, the meditator was recalling how she was “excited and animated” with her friend. If I were interviewing her as her meditation teacher, I might ask: “What was it like sitting with your memory of being excited and animated the night before? Did you feel that way in the meditation sitting?”

Her reply might be “Yes, at first I felt excited and happy when I remembered last night.”

“You said you were talking about positive things in your life. And then you noticed your friend’s disinterest.”

“Yes, it wasn’t until I interpreted her expression as disinterested that I saw something wrong in my behaviour.”

I might comment, “It seems like you have been thinking so much about how to change your behavior that you haven’t considered the behavior as a normal expression of your happiness.”

“You mean there is nothing wrong with my taking up all the space when I am with people?”

“That is your perception of what happened and the self-judgement that comes with it.”

“But you don’t see that I have to change it.”

“No,” I might say, “I am not here to tell you what to change or how to change. What interests me is your experience in meditation. Do you recall how the thoughts ended.?”

“The thoughts didn’t go on for more than ten minutes. I was feeling some shame, and then near the end, some anger towards myself. Then the feelings softened a bit. My mind relaxed and started drift off.”

“Did anything happen with the shame and anger that helped them subside?”

“I remember an image of a big bossy woman looking down at me. She was shaking a finger at me. It seemed like it was her anger, not mine.”

“So there was a way you saw that the anger was not yours. Did this perception arise naturally, without your intending it?”

“Yes, it just happened and the feelings vanished right after that. I hadn’t quite noticed that before”.

Such meditation sittings are more common in an unstructured form of meditation, where you are not returning to the breath whenever there’s thought. On the surface it looks non-meditative, and in some schools of meditation, it may be considered an “incorrect” way to meditate. What makes this practice meditation, and mere ruminating or daydreaming, is that the meditator has adopted a meditation posture with the intention to meditate. In an open meditation practice, the still meditation posture is enough to restrain speaking and acting on the thoughts and emotions that arise.

When teaching an open meditation practice, I can’t give meditation instructions beyond the basic instruction to sit in a still posture, allow thoughts and emotions into the meditation sitting, and occasionally, when needed, gently bring your attention to the external contact of your hands touching. Once I start giving additional instructions, no matter how well-intentioned, the student will most likely use those instructions to control or change her experience and will not be open to whatever comes up.

**Contd. Next Page**

This open approach to meditation is primarily learned through reflecting back on the meditation sitting, which is how it got the name "recollective awareness meditation". After the meditation sitting is over, you may then be able to recall some of what went on during the meditation period, but not all of it. I might explore, as I did in the opening interview, the meditators's judging mind with it's life-changing ideas. I might also highlight how she was skilfully able to let go of anger-not by applying any prescribed strategy for getting beyond her anger, but by simply sitting with her experience of it in an open and gentle manner that brought some movement in the form of an image showing her "the anger is not mine." When she sits again with her anger, she won't necessarily have a new strategy for dealing with it, but she may trust her mind more in meditation; since she has had one experience of her anger dissolving from seeing

it as not hers, then maybe something similar can happen again on its own. Gradually, she may make her way toward a deeper understanding of how her anger arises and passes away, not by stopping it, but by exploring it in meditation.

**Jason Siff** was a Buddhist monk in Sri Lanka in the 1980s. He co-founded the Skillful Meditation Project in 1996. He is the author of *Unlearning Meditation: What to Do When the Instructions Get in the way and the forthcoming Thoughts Are Not the Enemy: An Innovative Approach to Meditation* (Shambhala, Fall 2014)

Courtesy Tricycle Fall 2013 Page 30

## Our New Language Lab and New Chinese Language Class



Our new language lab can now train 04 students at a time with our new wireless transmitter and headphones.

We appreciate if you can donate English Language documentaries (DVD) WITH ENGLISH SUBTITLES on wild life, history, nature or cartoons for our students to listen and practice. The second hand good quality ORIGINAL DVDs are accepted with thanks.

We seek Australian volunteer teachers or native English speakers to volunteer in our classes in Cambodia. Please visit our website to register your interest.

### Note on new Chineses classes

With the increase of investments by China and the increase of Chinese tourists, Project Cambodia identified the potential of educating our kids in the Chinese language. Hence, we initiated the two Chinese classes in Kampot town on trial basis in April 2013.

We are overwhelmed by the demand and now both our classes are overcrowded with 35 children in each of them. Two local teachers Chou Ling and Eung Saev Leab teach basic Chinese to our lucky kids.

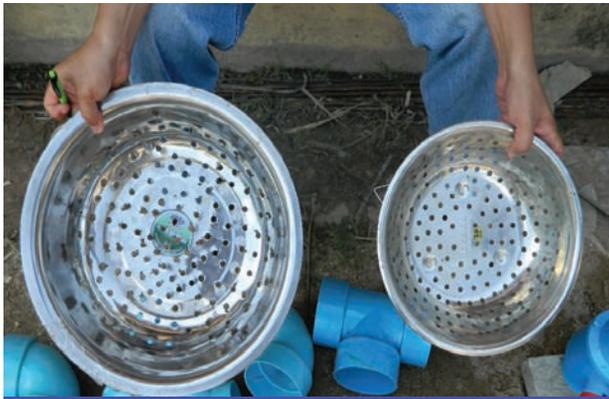
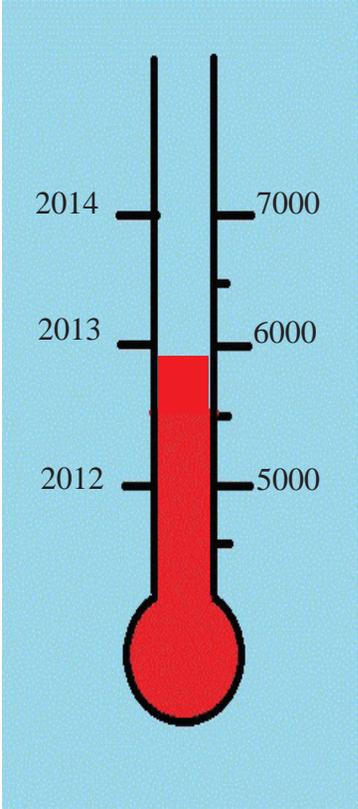


**We need your help to reach our target of 7000 water tanks before the end of 2014**



Our clever Head of Kdat school on top of the tank starting the syphon/cleaning process.

We have built 5914 tanks by the end of October 2013.



The self-cleaning stainless are hand drilled SS bowls...the water force clears leaves etc. steel colanders

Your great big new 2250 litre tanks of \$200, need bigger stainless steel colanders which are self-cleaning. Bigger tanks means we can collect more rain from the bigger guttering we are installing now .

While we see government cutting aid now, kangaroos are seen all over the place. The Cambodians know that "Buddee" Library is responsible for the health and education we deliver.



Wall posters deal with the perils of not drinking plenty of tank water, headaches and up to 60% of children can have chronic diarrhoea in schools with no tanks, so you see why we are driven to build more.



Students take turns pointing out the benefits and danger. Dental hygiene is included with great results.



# Success Story

We are bringing another success story of one of our graduates from our English classes.

Puthy Song, (age 19) had been learning English and computer skills with Buddhist Library Cambodia Project at Thnol Bombek High School, Takoe Province from early 2011 to late 2012. She was from a poor farming family of four children who owned a small piece of land.

“I know my family has no possible to earn enough money for my university study in Phnom Penh after I have finished high school, so I decided to study English and computer at BLCB because it was free. In a short period of time I was able to improve my English and computer knowledge to get a job. I felt very excited about this and moved to Phnom Penh in November 2012.



After a month I got a job as an English teacher at Stamford International Academy private school in Phnom Penh. I am very pleased with my first starting salary of \$120 ” says Puthy Song.

“I told my parents they didn’t have to worry about paying for my university studies any more. I can save to pay on my own. In May 2013, I started my bachelor degree, English Literature which was what I had in my mind for a long time.

I really appreciate grandpa Paget Sayers, the donor from Australia. I love him. I only saw him just once in Takoe and I want to see him once again to say Thanks to him” she said.

## Sanitation Project



When we build tanks we often need to supply toilets, as a result a health bonus.

These toilets cost \$750 a pair and we include rain harvesting to the toilets.

In some locations we only provide \$150 and the community builds the basic toilet with palm walls.

# Events @ Library

Holiday Closure - Buddhist Library will be closed between 14 December 2013 and 6 January 2014 . Please check our website for new-programme for 2014.

## Samantabhadra's Vows

**Dates: 2 consecutive Tuesday evenings  
3th December and 10th December  
Time : 7 - 9 PM at Buddhist Library**

By Justin Luu

In this two-part series, we are going to examine what each of these Ten Vows mean and most importantly, how we can put them into practice in our everyday lives. Although they may seem like a high standard to keep, Samantabhadra is all about practical action and sets out a very clear framework on how each one of us can become more mindful, generous, and compassionate people to alleviate our own suffering and that of others.

**These sessions are suitable to all practitioners and entry is by dana\*.**

## Half Day Meditation Practice

**Dates: 30 November Time : 1 - 6PM**

Where: Buddhist Library

By Chien Hoong Gooi

This Half Day Practice Session is an opportunity for meditators who already have a basic understanding of mindfulness or insight meditation practice to do more extended practice in a group setting.

This event is strictly open only to those who have previously completed at least one introductory mindfulness or insight meditation course with Grahame White, Jim Teoh, Patricia Austin or Dr Chien Hoong Gooi.

**Registration Essential  
Entry is by dana\***

## Events at Sangha Lodge

Association of Engaged Buddhists

**For information on Events.**

<http://www.engagedbuddhists.org.au/events/>

02 9590 3617 or E: [office@engagedbuddhists.org.au](mailto:office@engagedbuddhists.org.au)

## Services Provided by Buddhist Library

We provide number of services for the benefit of the Buddhist community in Australia. The library has a collection of Buddhist books and other media for sale.

Free books on Buddhism and meditation are available for sale. Please visit our website.

We have a hall available for hire.



Meditation Stools and cushions are available for sale.

Meditation Cushions : \$ 80/\$70

Mediation Stools : Folding \$90, Fixed legs \$75

## Regular Programmes at the Buddhist Library

Tuesday Night Meditation Class 7.00PM with Giles Barton, Grahame White, Dr. Chien Hoong Gooi and Jim Teoh

Wednesday Evening Meditation Class - Lotus Buds Group 7.30PM - 9.30 PM  
Info: [www.lotusbudsangha.org](http://www.lotusbudsangha.org) or John Barclay 9559 8805 Khan LeVan 9543 2873

Thursday Yoga and Meditation with Giles Barton 6.30 - 7.30PM -

Saturday Gentle Yoga and Meditation with Giles Barton 10AM - 11.45 AM

## Library Opening Hours

Monday	12.30 - 5.00PM
Tuesday	12.30 - 7.00 PM (Library has extended hours of borrowing and browsing before the Tuesday night class)
Wednesday	12.30 - 5.00PM
Thursday	12.30 - 5.00PM
Friday	12.30 - 5.00PM

Address : 90, Church Street, Camperdown NSW 2050

Phone: 02 9519 6054

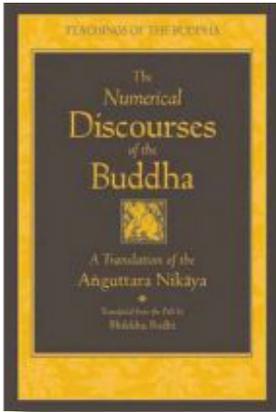
Website: [www.buddhistlibrary.org.au](http://www.buddhistlibrary.org.au)

Enq & Bookings : [info@buddhistlibrary.org.au](mailto:info@buddhistlibrary.org.au)

# New in the Library

## NEW BOOKS in the Library.

Buddhist Library is delighted to inform our members and the general public that plans are underway to acquire a range of new titles on Buddhism and other related topics in the 2014.

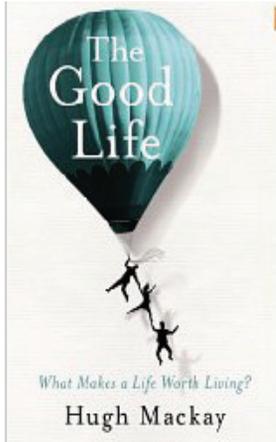


### The Numerical Discourses of the Buddha

**Bhikku Bodhi**

Anguttara Nikaya that skillfully leads the reader through this mountain of texts. Readers wishing to discover for themselves the wisdom of the historical Buddha will find here an experienced and trustworthy guide.

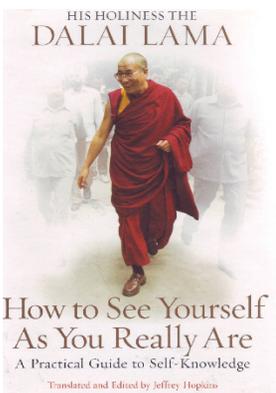
Buddhist Library is grateful to Anthony Woods for donating this expensive book to the collection.



### The Good Life

**Hugh Mackay**

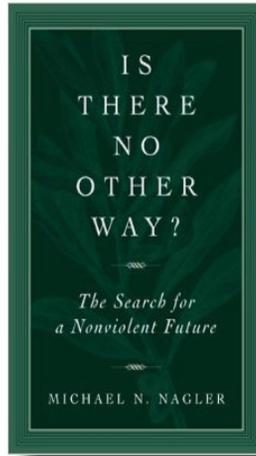
Social researcher and psychologist Hugh Mackay has spent 40 years asking Australians about their lives, loves, hopes, ambitions, fears and passions. In *The Good Life*, he asks and answers the ultimate question: What makes a life worth living?



### How to See Yourself As you Really Are -

**Dalai Lama**

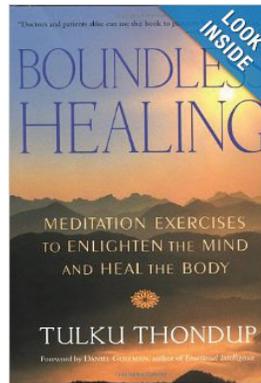
His Holiness the Dalai Lama invites you on an exhilarating journey of self-discovery. In this, his astounding new book, he explains that self-knowledge is a vital step on the path towards enlightenment, and reveals the time-honoured techniques that will help you shed your illusions about yourself.



### Is there no other Way?

**Micheal N. Nagler**

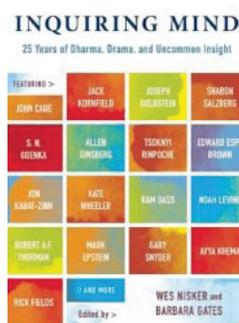
Drawing from the experiences of such figures as Mahatma Gandhi, Michael Nagler describes both the laws of non-violence and the nonviolent actions of ordinary people, with analyses of events like the Columbine High School shootings. "This is a vital book for us as individuals, as communities and nations, maybe even as a species." - Bill McKibben, author of *The End of Nature*



### Boundless Healing

**Tulku Thondup**

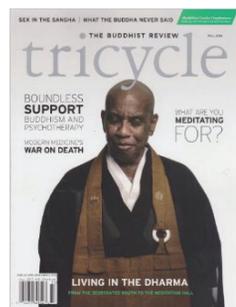
This book offers simple meditation techniques to awaken healing energies in the body and mind. Using Buddhist principles as a basis, Tulku Thondup has created a universal guide that anyone can use. It will benefit those who want to preserve good health as well as those who need comfort and relief from illness or mental distress.



### The Best of Inquiring Mind

**Barbara Gates & Wes Nisker**

This collection includes contributions from Gary Snyder, Allen Ginsberg, Jack Kornfield, Ram Dass, and many more.



### Tricycle Fall 2013