



# October Newsletter

Dear friends of the Oddiyana Dharma Sanctuary

Everyone has said to me “September seemed to go like a blink”. This prompted me to reflect on how this is a great motivation for us to remember to be discerning about **how** we spend our time. To make sure we choose our activities **wisely** so that we promote balance and calm in our lives. Remembering if we can do this we have a better chance to be able to develop a sense of well being and a feeling of contentment in our life.

☺ *Choeying*

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## DON'T MISS THIS!

Sunday 18<sup>th</sup> at 9.00am and/or Monday 19<sup>th</sup> at 9.00am in the Temple Room at;

**The Oddiyana Dharma Sanctuary** where Choeying will be giving teachings on *Obstacles and Remedies to Calm Abiding Meditation* which is among **the most important** teachings contained in the Calm Abiding meditation teachings. These teachings on identifying obstacles and remembering the remedies to counteract the obstacles in our meditation are especially effective for developing a steady practice of meditation and deepening your insights during meditation as well as in life. Don't miss this very important meditation teaching.

*Only suitable for people who have completed a Calm Abiding Course or who are attending the current classes.*

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## EVER WANTED TO BE FAMOUS?

Here's your chance. We need to do a photo shoot for the launching of our new and exciting webpage. So we have decided to invite you join us in this celebration . . .

We decided to make it an *Afternoon Tea Party* to also give those of you who have not seen the new face of **The Oddiyana Dharma Sanctuary** a chance to have a look around.

We have many exotic tastes for you . . . starting with,

- A taste of exotic teas from around the world in the “**Buddha Bowl Café**”
- A taste of the Calm Abiding Meditation Classes while you sit in our beautiful and humble Temple Room for a short meditation teaching and practice.
- A taste of Helen’s Tibetan Yoga Class while sitting in the front garden under the prayer flags flapping in the breeze and blessing you while you bend and shape yourself into bliss.
- This will also be a wonderful relaxed setting for those of you who have not yet met Venerable Choeying. A wonderful opportunity to meet Ani La while resting in the beautiful ambience of the Temple gardens. The gardens are happy spring has arrived and are spreading their joy to all who abide in her beauty.

We warmly welcome you and your family and friends to join us at the

Where: **The Oddiyana Dharma Sanctuary**

**Address:** 14 Layde Court, Urangan

**Date:** Sunday 25<sup>th</sup> October.

**Time:** Starting at 1.00pm

**Bookings Essential:** *see details on page 5*

## TEMPLE SHRINE ROOM DONATED TWO BEAUTIFUL ANTIQUITIES

**The Oddiyana Dharma Sanctuary** was very blessed last week. We were donated two very precious pieces of Buddhist antiquity that had been left to Walter Cornelius by his father. My eyes swelled up with tears of joy when I first lay eyes on them. It has been such an honour to be donated these most precious gifts for our humble Temple. On your next visit you will be able to ponder the beautiful travelling altar and the superb bell and vajra (or dorjee) so generously donated by Walter.

In ancient times the altar was usually strapped to pilgrims’ backs as most of them were from nomadic tribes so needed their shrines to be accessible to pay homage and say prayers on their travels. They also took them when on pilgrimage to auspicious places. This way they could set up a shrine or altar wherever they stopped along the way and at the destination. I have seen bewildering images of the Tibetan warriors clad in animal furs slinging large guns strapped meticulously over their shoulders sitting starkly beside their sacred travelling altars.

The vajra and bell set is a truly wonderous sight for a Buddhist nun. As nuns we carry a vajra and bell with us at all times. This reminds us that we are trying to realise by practising using wisdom and compassion in everything we do, say and think. The bell represents wisdom and the vajra represents compassion. The idea is that compassion without wisdom or wisdom without compassion is like a one winged bird..... it cannot fly.

Compassion without wisdom is sometimes referred to as **idiot compassion**. Idiot compassion has the ability to harm others rather than heal them. So we need the wisdom to discern what to do, when, when we are trying to benefit suffering beings. The same applies if we have wisdom and no compassion. We may harm others even though we may have the wisest solution for a particular problem if there is no compassion to present it in a way that is received with loving kindness rather than cold hard facts.

I would like to whole heartedly thank Walter and his father for such a precious offering to our Temple.

☺ **Choeying**

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## WOULD YOU LIKE TO HAVE MORE PURPOSE AND MEANING IN YOUR LIFE?

By becoming a member of our community? As a Buddhist nun I am totally committed to **The Oddiyana Dharma Sanctuary** and am passionate about sharing the teachings on Calm Abiding Meditation and Buddhist Philosophy with anyone who is interested to learn. I am surrounded by a wonderful group of people and we have a lot of fun meditating together and planning future events for The Sanctuary and the community at large.

For any community to flourish it needs the support of a dedicated group of like minded volunteers with a shared interest. In this case we have a shared interest and passion for personal growth and/or spiritual development. Our aims are very clear and simple and that is to promote Global Peace through kindness, tolerance and acceptance of ourselves and all beings.....\*\*\*\*\*

**The Oddiyana Dharma Sanctuary is a Non - Sectarian Centre.** Although we teach Buddhist Philosophy and Meditation, we also welcome all faiths to attend to learn meditation in order to enhance their own faith. As one of our main aims is to promote tolerance and religious harmony and that includes people with no particular religion or spiritual path.

We also plan on having additional healing and well- being modalities by continuing with Yoga classes and incorporating other well being/healing modalities in the future.

Helen McCann who has been practising Kum Nye Tibetan Yoga for three years - will also be facilitating regular classes at:

**The Oddiyana Dharma Sanctuary.** These gentle exercises are for relaxation and loosening physical and mental blockages. It suits all ages and fitness levels. Choeying feels this will compliment Calm Abiding Meditation practice very well.

Helen has listed possible times to establish the best days and times to conduct these classes. However at this stage it is shaping up to be Wednesdays from 5pm - 6.00pm

**Wednesday:** 5pm - 6.00pm or 10.00 - 11.00

**Thursday:** 4.30am - 5.30am or 10.00 - 10.00

**Friday:** 10.00 - 11.00

**Saturday:** 1.00pm - 2.00pm

**Phone Helen on: 0407 628 622** for more information and times that best suit you.

We will also be having these Yoga classes as part of any future Calm Abiding Courses and Retreats.

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## BUILDING A COMMUNITY

We have been blessed to have also had requests from people to be able to reside at the Sanctuary to be part of the community. This is a wonderful situation to aspire too, for this to be possible depends on the community developing and being able to facilitate suitable premises. Choeying is also trying to encourage a few of her Dharma sisters and brothers (*some of whom are monks and nuns*) to make the big shift to Hervey Bay so we can have more classes and events while building a spiritual community of monastic and lay practitioners.

Choeying says, "Every time I look on the net at the Plum Village site of Thich Nhat Hahn my heart longs to be living in a community like Plum Village and to be able to learn from such a truly outstanding and precious teacher"

[www.plumvillage.org](http://www.plumvillage.org)

☺ Choeying

However, predominately.....We encourage and welcome everyone to come and learn meditation as a way to promote more peace, calm and happiness in their lives and in the broader community. It is therefore not a prerequisite to be a Buddhist or to have any particular faith to attend the *non - sectarian* events we have here *or* to become involved in the community.

For those who **are** Buddhists or **interested in Buddhism** we have special days and nights for spiritual practice. We also provide opportunities for people interested in learning more about Buddhism.

If you would like to become a member please register at:

**The Oddiyana Dharma Sanctuary:** 14 Layde Court Urangan or phone 4125 5530 for more information.

Last Sunday we all squeezed into the little Temple which brought great joy to Choeying seeing so many people interested in the **Introduction to Buddhism and Meditation Classes**.

*Quote; "I had a truly wonderful time. I was amazed at the transformation that took place with many of the students. It was very inspiring for me. I look forward to seeing you all again and sharing another warm and wonderful experience of learning more about meditation and meditating together as a group. I was also very happy to be sharing Buddha's inspiring philosophy helping us all to learn how to lead more meaningful and loving lives." ☺ Choeying*

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## 2010 CALENDAR EVENTS



People who missed the last course due to work commitments have asked us to give *plenty* of notice for the next **Calm Abiding Course and Weekend Retreat** so they have ample time to organise their work commitments. *Since we have found this to be one the most popular courses*, we have set a date for next year early....hoping this will be enough time for everyone.

We highly recommend this course for *beginners* as well as people who have already completed the course to renew their commitment and to deepen their practice and understanding.

### WHAT'S ON? : CALM ABIDING MEDITATION COURSE AND WEEKEND RETREAT

**WHERE:** **The Oddiyana Dharma Sanctuary** - 14 Layde Court Urangan

**PHONE:** 41255530 or call Choeying on 0408257071 (bookings are essential)

**DATE:** SUNDAY 31<sup>st</sup> January - SUNDAY 14<sup>th</sup> February

**TIME:** 9.00am to 1.00pm (Registration 8.30am) Sunday 31<sup>st</sup> January 2010  
6.00pm to 8.00pm (Registration 5.30pm) Wednesday 3<sup>rd</sup> February 2010  
9.00am to 1.00pm Sunday 7<sup>th</sup> February 2010  
6.00pm to 8.00pm Wednesday 10<sup>th</sup> February 2010

**Retreat:** Saturday 13<sup>th</sup> February from 7.00 am to 6.00pm 2010  
Sunday 14<sup>th</sup> February from 7.00 am to 6.00pm 2010  
**PRICE:** The Full Course: \$70 (pensioners 10% disc) *includes course materials*

**WHAT TO BRING:**

- A notebook and pen.
- A plate to share for lunch at the **“Buddha Bowl Café”**
- **IMPORTANT:** Wear **baggy** clothes. Tight clothes (even stretchy jeans) obstruct your meditation.

**This weeks' comment in the form of a wonderful affirmation is from a student on our last Calm Abiding Course**

I forgive my enemies for they are deluded.  
I thank them for making me want to be the best me I can be.  
I thank them for further awakening me to learn new skills & knowledge.  
I will forgive them, I will let the past go & I will move on with a smile on my face & courage in my heart.  
I thank them for opening my eyes to see my beautiful true & loyal friends & family.  
Now I appreciate these people more every day and will strive to return their unconditional love & kindness.  
I thank my enemies for teaching me to control anger so I may be a strong & compassionate woman.  
I thank my enemies for setting me free. I can now let go to receive love, kindness, prosperity and peace into my life.  
I feel blessed every day and will now attract; happiness, love, travel, financial freedom, good health, likeminded & caring friends, a loving & respectful partner, a house, success & abundance in all aspects of my life. – *Jeanette*  
***“I freely release my grip upon the past, embrace the present moment and feel excited about my glorious future” – Source Unknown***

*May all the Divine beings shine their endless blessings on you and all beings!*

