



Philadelphia Buddhist Association

NEWSLETTER

www.PhilaBuddhist.org

November, 2013

SCHEDULE OF PROGRAMS AND EVENTS

NOVEMBER							DECEMBER						
			1	2			1	2	3	R	5	6	7
P	4	5	R	7	8	T	L	9	10	R	12	13	14
L	11	12	R	14	15	16	P	16	17	R	19	20	21
P	18	19	R	21	22	23	P	23	24	25	26	27	28
P	25	26	27	28	29	30	P	30	31				

JANUARY							FEBRUARY						
			R	2	3	4							1
L	6	7	R	9	10	11	P	3	4	R	6	7	8
P	13	14	R	16	17	18	L	10	11	R	13	14	15
P	20	21	D	23	24	25	P	17	18	R	20	21	22
P	27	28	R	30	31		P	24	25	D	27	28	

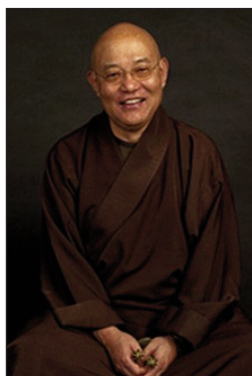
Introduction to Aspects of Tibetan Buddhism

The Purification Ritual of Dorje Namjum

Venerable Losang Samten

Saturday, November 9

Plymouth Meeting Friends, 10am-4pm



Geshe Losang Samten will guide us on a retreat that is intended to give a taste of the variety, the beauty, and the mystery of Tibetan Buddhist practices. He will lead traditional Buddhist prayers that are teachings in themselves. There will be meditations in silence as well as meditations using sacred mantras and prayers. Losang-la will speak on the Dharma, and will allow time for discussion (debate is important for Tibetan Buddhism). A featured part of this retreat will be the Purification Ritual of

Dorje Namjum. This beautiful ritual contains many profound teaching within it. Losang-la was taught this ritual by His Holiness the Dalai Lama and will teach it to us from this unbroken lineage. For further information see page 3.

Annual Dana Drive

PBA runs solely on contributions and by the kindness of those who give their time and skills to assist others. Your donations not only help PBA's ongoing work to introduce others to the Buddha's Way in its many forms, but it helps maintain our facilities so that we can continue to offer weekly meditation practice in Radnor and Plymouth Meeting, in addition to the retreats offered throughout the year.

As recent dana has not met our financial needs, now more than ever are we in need of your assistance, so as the year comes to an end, please consider making a donation to help us keep our facilities running. All contributions are tax-deductable. Make checks payable to PBA and send to P.O. Box 532, Narberth, PA 19072.

What is Buddhism?

In part four of his five part series, Bill Cunningham explores the meaning of Buddhism to 21st Century practitioners.

The heart of Buddhism is the joyous and hopeful message that we can live happily and wholesomely here and now. It is the description of how to practice and develop that happy life here and now.

Here are three big secrets. One big secret is that out early and recurring ignorance, anger and hatred are NOT some eternal or essential part of who we are. Sometimes we're angry or hateful, but we don't have to be. The second big secret is that all we have to do is wake up from our nightmare life and live mindfully (or heartfully). The third big secret

Continued on page 3.

- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30 to 9:00 pm
- T** Venerable Losang Samten retreat at Plymouth Meeting Friends 10:00 am to 4:00 pm.
- P** Sitting meditation at Plymouth Meeting Friends 7:30 to 9:00 pm
- R** Sitting meditation at Radnor Friends 7:30 to 9:00 pm
- D** Meditation Discussion group at Radnor Friends 7:30pm to 9:00 pm. **Note that there will be no discussion group in November and December, and will resume in January.**

Buddhism Lecture and Discussion Series

Sunday nights, Plymouth Meeting, 7:30

November 10	<i>Non-Duality</i> Frank Hoffman
December 8	<i>Starting and Maintaining a Meditation Practice</i> Gail Zivin
January 12	<i>The Eightfold Path</i> David Carpenter
February 9	<i>Developing a Personal Practice</i> Bill Stauffer

ALL ARE WELCOME TO ATTEND ANY OF OUR PROGRAMS OR EVENTS AT NO CHARGE

Local Buddhist Centers and Groups

The following are some of the places in the Philadelphia region where regular Buddhist meditation practice is followed.

Pennsylvania

- * Buddhist Sangha of Bucks County
Yardley 215-431-0882
- * Clear Light Meditation Group
Devon 610-293-9133
- * Dungkar Ling (Tibetan)
Honeybrook 610-942-2512
- * Media Meditation Group
(Shambhala)
Media 610-566-2525
- * Peaceful City Sangha (Community
of Mindful Living)
Center City 215-852-4375
- * Pebble Hill Mindfulness Sangha
Doylestown 215-230-9899
- * Perkiomenville Karma Kagyu
Study Group (Tibetan)
Spring Mount 610-287-2043
- * Philadelphia Meditation Center
(Non-Sectarian)
Havertown 610-853-8200
- * Philadelphia Soka Gakkai
International-USA
Center City Philadelphia
215-569-2144
- * Rainbow LGBTQ Buddhist
Meditation Group
Center City Philadelphia
215-732-2220
- * Shambhala Center (Shambhala)
Center City Philadelphia
215-568-6070
- * Soji Zen Center
Lansdowne 917-856-5659
- * The Oubaku Tree Sangha
(Zen Buddhist)
West Philadelphia 267-972-5442
- * Tibetan Buddhist Center
of Philadelphia
West Philadelphia 215-701-7018
- * Willow Branch Sangha
West Chester 610-388-1257
- * Won Buddhism Temple
of Philadelphia
Glenside 215-884-8443
- * Zen Center of Philadelphia
West Philadelphia 215-472-2613
- * Zen Meditation Group of Greater
Philadelphia (Center City)
215-381-0398

New Jersey

- * Buddhist Sangha
of Southern New Jersey
Cherry Hill 609-953-9215
- * Pine Wind Zen Center
Shamong, NJ 609-268-9151
- * Seabrook Buddhist Temple
(Jodo Shin Shu Buddhism)
Seabrook 856-451-3422

Delaware

- * Delaware Valley Zen Center
Newark 302-981-6209

How to Contact PBA

- * Send an email to
info@PhilaBuddhist.org
- * Send USPS mail to
P.O. Box 532
Narberth, PA 19072

Guide to Retreat Centers

The following is a listing of some Buddhist centers in the Eastern United States that offer a program of retreats throughout the year. These centers offer a place where scheduled Buddhist teaching from various traditions is given. In addition, many local centers offer day and weekend retreats.

- * Bhavana Society Near Washington, DC & PA border
Rt.1, Box 218-3 High View, WV (304)-856-3241
<http://www.bhavanasociety.org>
- * Insight Meditation Society
1230 Pleasant Street, Barre, MA, 01005 (978)-355-4378
<http://www.Dharma.org>
- * Mt. Equity Zendo
280 Mt. Equity Road, Pennsdale, PA, 17756
(717)-546-2784, <http://www.mtequity.org>
- * Zen Mountain Monastery
P.O. Box 197, Mt. Tremper, NY, 12457 (845) 688-2228
<http://www.mro.org>
- * Milarepa Center
P.O. Box 51, Barnet, VT 05821 (802) 633-4136
<http://www.milarepacenter.org>

The Philadelphia Buddhist Association (PBA) is a non-profit corporation registered in the Commonwealth of Pennsylvania. It has provided programs since 1986 to the public for making known the principles and practices of the Buddhist way. PBA represents no

one Buddhist tradition and promotes dialogue with all faiths. All programs are without charge and are financed only by freely given donations. Donations are tax-deductible.

What is Buddhism? By Bill Cunningham

is that the same mechanism that causes and perpetuates our suffering can cause and perpetuate our happiness, initiated by the second secret of waking up.

When we merely react, thoughtlessly, to someone's bad behavior, we worsen our own situation and that of others. Nobody prefers to worsen their own situation. But we do not always know what to do about it.

Our initial interpretation of seeing what's happening could be mistaken. Other interpretations are possible. We can learn how to reinterpretations situations. In our examples, maybe the other person was upset by a spat with a spouse or annoying behavior of a child or noisy neighbor? Maybe their alarm clock failed. We don't know any of that. However, when we look at what's happening with friendly, compassionate eyes, we can see other interpretations; we can transform the situation.

We're all responsible to transform the situation, but I suggest that there is greater responsibility for the one who is awake than the somnambulant, as there is for an adult rather than a child, or a ship's skipper rather than a

crewmember or passenger. Besides, my own conduct is the only one I control directly, and yours is the only one you control directly. Maybe we find a way to act that will induce and encourage the other person to modify his or her unhelpful behavior. In other words, we can transform the situation into an opportunity for both of us become better persons than we were.

We are free to transform situations. We don't have to follow dictates of the situation or our unhelpful habits. If we choose to follow the unwholesome lead of the situation, we are like tumbleweed, unable to determine our own path.

The solution is to change ourselves into persons who are motivated to live daily wisely, lovingly, compassionately, solely because that way of living is desirable in itself. And because we are essentially changeable, we can make this change. How we can do so is the topic of our next and final part in this series.

[Note: This is the fourth part of a five part series based on an address to the Philadelphia Buddhist Association, Sunday, September 9, 2012.]

Venerable Losang Samten to Lead Retreat Plymouth Meeting Friends Saturday November 9

The Venerable Losang Samten, a renowned Tibetan scholar and a former Buddhist monk, was born in Chung Ribuce, of central Tibet. In 1959, he and his family fled to Nepal and later moved to Dharamsala, India. His education includes studies at the Tibetan Institute of Performing Arts and the Namgyal Monastery which is the monastery of the 14th Dalai Lama. In 1985, he earned a Master's Degree in Buddhist Philosophy, Sutra, and Tantra, from the Namgyal Monastery, which is equivalent to a Ph.D. In 1994, Losang received an Honorary Doctorate of Divinity from Trinity College in Hartford, Connecticut. He was granted an Honorary Doctorate of Art from the Maine College of Art in 1995. He taught Tibetan Language at the University of Pennsylvania in Philadelphia from 1994 - 1997 and was awarded the National Heritage Fellowship from the National Endowment for the Arts in 2002. In 2004, he was awarded a Pew Fellowship in the Arts.

Dorje Namjum

Dorje means Thunder Bolt and Namjum means, that all negativity is purified. The main Deity for this purification ritual is Dorje Namjum. On the conventional level of understanding, Dorje Namjum is the primary Deity who has the power to eliminate all negativity in all sentient beings and in the world. From the ultimate level of understanding, it is the development of our own profound compassion and wisdom which manifests the qualities depicted in Dorje Namjum, that is the power that can eliminate negativity and suffering. This purification ritual is 2,500 years old, passed on from teacher to student. As I received this practice from my teacher and root Guru, His Holiness the Dalai Lama, I will teach it to you today.

The Purification Ritual of Dorje Namjum The Importance of Motivation

From the Buddhist point of view all sentient beings yearn for peace, happiness, liberty, and freedom. We know this through our own experience. These goals can be viewed from

a short-term or a long-term point of view. Buddhism teaches that to achieve these experiences in the long-term, it is necessary to achieve enlightenment. Whether we realize it or not, we each have the potential to achieve enlightenment, a potentiality called Buddha Nature. Buddha taught many different methods, for different types of individuals, to achieve this goal. Among these methods, the most important method is to develop profound love and compassion, a state of mind called Bodhicitta. Love and compassion not only brings long-term benefit but also short-term happiness, peacefulness, and hope. Whether a person is religious or not, the qualities of love and compassion can be seen as a great benefit, and as the actualization of a precious human quality. Now is the time for us all to actualize the power of love and compassion in our mind and behavior.

Love and compassion is like our soul, without it we are not truly alive. With love and compassion we can create more harmony in our relationships, our community, and in the world. For love and compassion to be truly beneficial it must be combined with the profound wisdom of the mind that knows the interdependence of all phenomena, or emptiness. Practicing love and compassion does not mean only being aware of love and compassion while we are meditating, but more importantly, it means expressing love and compassion in our interactions with others in the many other activities of our life.

From the Buddhist view, much of the suffering in the world is caused by negative patterns of behavior, or negative karma, in sentient beings, including ourselves. We each have the responsibility to reduce the suffering felt by our own heart, our family, our friends, our community, our society, and the world. It is necessary to develop this foundation of motivation to perform the Ritual of Purification of our body, speech, mind, of all other beings, and of the environment.

For more information on the Purification Ritual of Dorje Namjum go to: www.tibetanbuddhist.org

PBA does not charge for any of its activities (other than residence fees at residential retreats). We do incur expenses for rent, newsletters, website, and various other items. If you have found

participation in our activities valuable, please consider sending PBA a tax-deductible contribution. Make checks payable to PBA and send to P.O. Box 532, Narberth, PA 19072.



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RETURN SERVICE REQUESTED

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The Purification Ritual of Dorje Namjum

Venerable Losang Samten

Saturday, November 9

Plymouth Meeting Friends, 10am-4pm

Suggested dana of \$25

No one will be turned away

**Please bring a brown bag lunch and your own
mat and cushion, if you have one**

Where We Meet

Plymouth Meeting Friends

Every Sunday at 7:30 PM

second Sunday: lecture and discussion series

2150 Butler Pike, Plymouth Meeting PA 19462

(SW Corner of Germantown and Butler Pikes,

just outside Philadelphia)

Wheelchair and handicap access

Radnor Friends

Every Wednesday at 7:30 PM

second Saturday: meditation class at 11:00 AM

610 Conestoga Road, Villanova, PA 19087

(Sproul Rd (route 320) and Conestoga Road)

Limited handicap access