



Philadelphia Buddhist Association

NEWSLETTER

www.PhilaBuddhist.org

July, 2016

SCHEDULE OF PROGRAMS AND EVENTS

JULY							AUGUST						
			1	2				1	2	R	4	5	6
P	4	5	R	7	8	S	P	8	9	R	11	12	S
L	11	12	R	14	15	16	L	15	16	R	18	19	20
P	18	19	R	21	22	23	P	22	23	D	25	26	27
P	25	26	D	28	29	30	P	29	30	R			
P													

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

- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30 to 9:00 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** Open Discussion group about meditation and other Buddhist topics at Radnor Friends 7:30pm to 9:00 pm.
- S** Sutra Study at Radnor Friends 10am to 12pm. Sitting meditation from 9:30am to 9:50. See p. 4 for details.
- H** Day retreat with Heidi Scheer at Plymouth Meeting Friends, 9:30am to 4:30pm

BUDDHISM LECTURE AND DISCUSSION SERIES

Every 2nd Sunday, Plymouth Meeting, 7:30

July 10	<i>Something Different: An Open Discussion on Your Meditation Practice</i> Gail Zivin and Bob Koller
August 14	<i>Lovingkindness Meditation</i> Heidi Scheer
September 11	<i>Buddhism and Health</i> Pierce Salguero
October 9	<i>Karma</i> Richard McKinney

Heidi Scheer to lead
Meditative Yoga Retreat
Saturday, October 1, 2016
9:30am - 4:30pm
Plymouth Meeting Friends

This retreat will incorporate sequences of easy Yoga exercises in order to help our meditation practice to go deeper.

The yogic exercises we are using were developed by the Bihar School of Yoga in India, mainly PMA I and Yoga Nidra.

Along with periods of regular Buddhist meditation, we will do some simple movements in a slow manner.

We will also explore Yoga Nidra, a tantric meditation which dissolves tension and deeply relaxes the brain. Yoga Nidra starts with a Body Scan in a particular order (starting with the right thumb). Visualizations of the chakras with their symbolic image will follow, e.g., Muladhara, the first chakra, is associated with a red inverted triangle, i.e., with the tip of the triangle facing downward. We will visualize this triangle at its associated location in the body. We will do this with the seven major chakras.

Heidi has been a member of the Philadelphia Buddhist Association since 1999. She is a Certified Yoga Teacher and has taught many different styles of Yoga in the past twelve years. She has applied the techniques used at this retreat frequently since 2004 – in her personal meditation practice and in teaching others.

Save the Date

Sensei Ai Fusuo Rapaport

Saturday, December 10th

9AM to 4PM

Plymouth Meeting Friends

This year Sensei Ai Fusuo Rapaport will lead participants in a group koan exploration. This day retreat will especially good for people who have no knowledge of or particular interest in koans. It will be a very experiential, no right or wrong, exploration of the individuals' immediate reactions to the koan and building with each one's reaction (and reactions to the reactions). All are welcome to attend and no previous experience in koan study will be necessary.

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
email: bsbc19067@yahoo.com
- * 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
- * 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
- * Shikan (Stop & Observe) Zendo
Center City, Philadelphia, PA
Monthly One-Day Silent Retreat
Email: juliannalipschutz@gmail.com
- * Soji Zen Center
Lansdowne 917-856-5659
- * Springboard Meditation Sangha
W. Mt. Airy, Philadelphia, 19119
info@springboardmeditationsang-
ha.org
- * Tibetan Buddhist Center
of Philadelphia
954-956 N Marshal St
www.tibetanbuddhist.org
- * 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 11728
Philadelphia, PA 19101

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.bhavasociety.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>

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 11728, Philadelphia, PA 19101.

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.

Yoga Nidra Meditation Practice, Part III by Heidi Scheer

Heidi concludes the practice here by explaining Sankalpa Intention and Coming Back. You will find a complete explanation of Yoga Nidra meditation practice on the PBA website:

Yoga Nidra is a type of guided meditation which dissolves tension and deeply relaxes the brain. This helps our sitting meditation practice to go much smoother and to be more pleasant than it would be without a deep relaxation practice like Yoga Nidra as a tool.

Sankalpa Intention – 3 times – choose one option

(I will not fall asleep. I will not fall asleep. I will not fall asleep.)

I am calm and peaceful. I am calm and peaceful. I am calm and peaceful.

Pure Love is all around me. Pure Love is all around me. Pure Love is all around me.

I am awakening Kundalini who dwells in Muladhara Chakra, and makes its headway through Sushumna Nadi up to Sahasrara Chakra. I am awakening Kundalini who dwells in Muladhara Chakra, and makes its headway through Sushumna Nadi up to Sahasrara Chakra. I am awakening Kundalini who dwells in Muladhara Chakra, and makes its headway through Sushumna Nadi up to Sahasrara Chakra.

I am awakening my Kundalini. I am awakening my Kundalini. I am awakening my Kundalini.

Coming Back

Bring your attention back into this room. With your eyes closed, imagine the room, its furniture and windows.

See yourself lying on the floor.

Wiggle your fingers and toes.

Roll to one side, and press your hand down to help yourself sit up.

Open your eyes.

Please note:

1. This is one version of Yoga Nidra meditation which I put together. It could also be a different version, e.g., instead of the chakra scan there could be a yogic breath meditation with counting backwards from 54.
2. Sankalpa: Please, choose only one option as a Sankalpa. I have mentioned several options in the script. Choose only one. You can also make up one for yourself and use this one.
3. Heavy/Light: I didn't include the painful experience switching to joy on the retreat. It is in the script, but most people don't like it. You don't have to do it.
4. In many regions of India, the "a" at the end of a word is silent, i.e., not pronounced.

This is also true here – for the 1st, 2nd, 3rd, 4th, and 7th chakras, e.g., the 4th chakra, Anahata, is pronounced Anahat.

It doesn't apply to the 6th chakra, Aina (or Agniya), though.

The 5th chakra ends with an "i", Vishuddhi, so it also does not apply to it, because it doesn't end with an "a".



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RETURN SERVICE REQUESTED

Sutra Study with PBA

Saturday, July 9, 2016: *The Essentials of Buddhist Meditation: The essentials for Practicing Calming-and-Insight & Dhyāna Meditation* written by Chinese eminent monk Zhiyi (aka Chih-I, 538-597 CE) Chapter 10: Realization of the Fruits (p. 189-201) http://www.kalavinka.org/Jewels/book_excerpts/EBM_excerpts/EBM_X-16_X-10.pdf
Led by David Carpenter.

Saturday, August 13, 2016:
MN 4 PTS: M i 16, Bhaya-bherava Sutta: Fear & Terror, translated from the Pali by Thanissaro Bhikkhu © 1998
<http://www.accesstoinsight.org/tipitaka/mn/mn.004.than.html>
Led by Julianna Lipschutz

Saturday, September 10, 2016:
MN 27 PTS: M i 175, Cula-hatthipadopama Sutta: The Shorter Elephant Footprint Simile, translated from the Pali by Thanissaro Bhikkhu © 2005
<http://www.accesstoinsight.org/tipitaka/mn/mn.027.than.html>
Led by Heidi Scheer

Saturday, October 8, 2016:
MN 10 PTS: M i 55, Satipatthana Sutta: Frames of Reference, translated from the Pali by Thanissaro Bhikkhu © 2008
<http://www.accesstoinsight.org/tipitaka/mn/mn.010.than.html>
Led by David Carpenter

Day Retreat with Heidi Scheer



Saturday, October 1st
9:30am - 4:00pm
Plymouth Meeting Friends

What to wear: Comfortable clothing

What to bring: For some easy work on the floor, bring a sheet or your Yoga Mat if you have one. Please bring a lunch for yourself.

Note: Lunch will be for one hour to give time to eat slowly.

This retreat is free of charge, but donations are appreciated.

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: Sutra study 10AM to 12:00 AM
610 Conestoga Road, Villanova, PA 19087
(Sproul Rd (route 320) and Conestoga Road)
Limited handicap access