

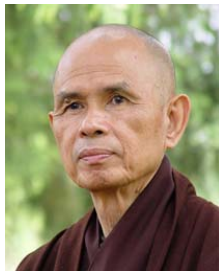


**WELCOME TO THE LOTUS BUD**

a publication of the Lotus Buds Sangha.

**WHO WE ARE**

The Lotus Buds Sangha is a community inspired by the Buddhist teachings of Zen Master Thich Nhat Hanh (pictured below). We aspire to live fully in each moment for the peace and happiness of ourselves and all beings. We meet regularly to observe the art of mindful living and to foster a supportive community of practitioners.



We meet at 7:30 each Wednesday at Buddhist Library, Church Street, Camperdown, Sydney.

**MINDFULNESS BELLS**

During our mindfulness meditation evenings and during our retreats we often hear the sound of a bell. These are our bells of mindfulness. This is a time when people around stop still, stop talking, and stopped moving. When we hear the sound of the bell we relax our body and become aware of our breathing. We do that naturally, with enjoyment, and without solemnity or being stiffed.



When we hear one of these mindfulness bells ring, we stop whatever we are doing and bring our awareness to our breathing. The ringing bell has called out to us:

*Listen, listen,  
To this wonderful sound  
That brings me back to  
My true home.*

By stopping to breathe and restore our calm and our peace, we become free, our work becomes more enjoyable and the friend in front of us becomes more real.

Back home we can use the ringing of our telephone, the local church bells, the cry of a baby, or even the sound of fire engines and ambulances as our bells of mindfulness. With just three conscious breaths we can release the tensions in our body and mind and return to a cool and clear state of being.

## ***LIFE, PRACTICE AND SUDOKU***

*Cultivating the curious mind  
Understanding the critical mind  
Opening the intelligent hear  
Not a bad way to go  
Embracing all*

Mindfulness practice has the effect of exposing the downside of that much-vaunted virtue –“multi-tasking”.

It may be an attribute particularly well-honed in many women having to juggle several jobs at once as well as forever keeping alert to the diverse exigencies of domestic living. In my case it may be a tendency to want to fit as much in to a given time as I possibly can – a tendency garnered from years living in “achievement mode”.

And it may be as a result of strong family conditioning. I daresay that it also has much to do with the proverbial monkey mind - something which most of us, perhaps some more than others, seem to have.

Of course there are times for all of us when a number of tasks/issues clammer for our attention with a perceived sense of urgency.

So I have come up with a few thoughts on the matter:

**DO ONE THING!** Do it with flexibility, with a light focus, with gentle one-pointedness, with a smile of understanding. Bring in the playful mind.

And here comes a paradox (though not really):

This is what I learn from Sudoku (the somewhat addictive Japanese numbers game): often an answer/solution/insight comes for the “one thing” through leaving the “one thing” and attending to another seemingly unrelated thing. It is all in fact interrelated and there is always the Bigger Picture; but the mind needs focus, and the issue deserves attention, no matter how circuitous the road to its resolution/realisation.....



Something else that can be learnt through Sudoku is to become aware of frustration and practise the gentle art of Stopping – turning away, in confidence that when I return there will be a fresh slant, a new overview. When I can let go, often what I want can come.

Finally, there is the possibility of “failure”. Equally there is the possibility of “success”. Both are OK!

Julie Adam

## A CAKE RECIPE

By SL

Whilst being thirsty and hungry some years ago, I was offered a cup of tea and a piece of cake. The tea really quenched my thirst. Each bite of cake gave me a different taste: one gave me a pleasant just-right-sweet taste, others were rough, lumpy, even salty or oddly sour ... The cake was obviously badly baked with incorrectly measured and chosen ingredients!



I started to search for a great cake recipe and I recently found one. The cake was called SB, But what did it stand for?

**SB:** Sangha Building, perhaps, or Sen Bup (the Lotus Bud Sangha in Sydney), Seeds of Buddha nature, Solidity in Buddhist practice, etc ... or maybe just as simple as Short Bread ...

### *RECIPE for SB CAKE*

The ingredients used for this cake need to be carefully selected and detached from other unwanted elements. Pre-set quantities are not required.

Ingredients to use:      Ingredients not to use:

Wholesome seeds	Unwholesome seeds
Maitri	Selfishness
Karuna	Greed
Mudita	Anger

Upeksa	Hatred
Deep Listening	Arrogance
Loving Speech	Power
Understanding	Ego

### **Where to get the ingredients:**

These special ingredients can be found by looking inside for the island of your "Self". This island is very well known to the local community of Plum Village, in France.

### **How to get to "Island of the Self":**

The best mean of transportation to arrive to "Island of the Self" is by foot ... We can walk, jog, run, swim ... or amazingly, just sit still ...



### **It is advised to pack well for the trip with lots of**

- vitamin B13 (B for Breath)
- vitamin D (D for Diligence)

### **How to bake:**

Pre-heat the oven up to 150 degree Celsius. Mix all ingredients obtained in a large mixing bowl. Line the cake tin with Glad baking paper before pouring in the dough. Bake until brown. Check regularly to avoid burning.

### **Useful hints:**

For best result, make sure:

- Ingredients are selected carefully and correctly
- The whole process is overseen by an experienced chef

## **This Place**

I enter and feel the calm  
I pause and bring my mind home to this  
place  
The fragrance of the room fills me  
I sit and feel the silence

The rhythm of my breath caresses me  
Like a soft hand on my head  
The rise and fall of my shoulders  
Like a boatman rowing to the shore.

A bell rings, clear and true  
It wells in me; in waves  
The bell rings, and brings me home  
To here, to now

He smiles at me with his half smile  
I've seen that face before  
In those that cry out, and the silent ones  
that I ignore  
In those that love me, hurt me; and in  
myself.

I see my true self; naked and free  
One with all things; different,  
yet the same  
Empty, overflowing, endless, ever  
changing,  
In the ultimate I dwell.

*Andrew Condell*



## *Our Main Activities*

**Mindfulness Meditation Classes**

**Mindfulness Days and Retreats**

**Mindfulness Trainings Recitation Days**

See: <http://www.lotusbudsangha.org/> for details

## *What's On in OCTOBER*

*Mindfulness Meditation on Wednesday Nights – current theme is Cultivating the Mind of Love.*  
7:30. Buddhist Library, 90 Church Street, Camperdown Sydney.

21<sup>st</sup> October 14 mindfulness trainings /half day of mindfulness

1 The Avenue, Hurlstone Park.

## **HOW TO CONTRIBUTE TO THE LOTUS BUD**

If you have something you would like to contribute to *The Lotus Bud* please offer it to  
Chris Barker in person at the Wednesday night group or by e-mail to:

[cbarker@uow.edu.au](mailto:cbarker@uow.edu.au)