



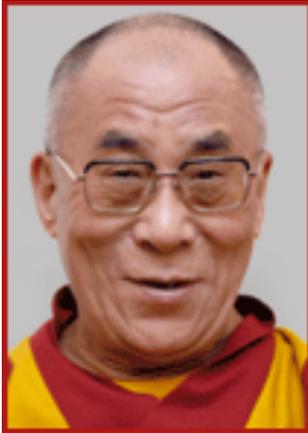
Cham-Tse-Ling



A Buddhist Group in the Nalanda Tradition

Patron: His Holiness the Dalai Lama of Tibet

Newsletter: Spring 2015



We humans are actually not that far from enlightenment. Our five senses are like the Emanation Body of a Buddha; our dream body, which is similar to the after-death form, is like a Buddha's Beatific Form; and the basis of both of these is the subtle mind of clear light which shares the nature of a Buddha's Wisdom Body. All we have to do is learn to transform these ordinary elements into their pure natures. Then buddhahood naturally comes into our hands. From *The Path to Enlightenment*, page 62.

Cham Tse Ling News

We've had a busy Spring, with a visit from Lama Rabsang, and contact with several teachers with a view to future visits over the next year. We've been fortunate in welcoming some new people to the group recently,

Ven Mary Reavey



It was lovely to have Ven Mary teaching us again, after her 12 month retreat on Holy Isle.

Mary quickly refreshed our memories with an overview of her previous teachings of shamatha and vipassana, guiding meditation sessions with reminders about breathing and posture, all basic, but all so easily forgotten! Combining total relaxation with mental vigilance, letting go of thoughts its just so easy to follow, gently allowing awareness to happen, I find this so much easier in the supine posture introduced to the group by Mary a few years ago.

I have great ambition to do long sessions, but find that my knees and hips think otherwise, so Mary's initial teaching from her retreats with Alan Wallace were something of a revelation. Although Mary was only with us for a day in September, we hope very much that she will come back, hopefully for a

weekend next time.

The 25th. Anniversary of the Multi-Faith Centre at UCLAN



A

Celebration of Faith- 5/6th November 2014

N.B.
Lama's visit
18/19
April



Cutting the celebratory cake, Eileen looking on

The Multi Faith Centre at the University of Central Lancashire was the first of its kind to be established in the UK, and it was felt it would be most appropriate that we celebrated this milestone, and celebrate it we did! (Yes, the wine did flow a little!). On the Thursday there was a gathering of two Archbishops, two Bishops, and one Archdeacon at lunch, and about 30 or so invited guests from the different denominations represented at the Multi Faith Centre. Scriptural readings were given by the representatives- I read "Never Give Up" by His Holiness Dalai Lama. Photographs were taken, and then we adjourned, and went for lunch, and a very good lunch it was too!

Thursday was a more informal affair, Anne Pat and I represented Cham Tse Ling- it was lovely renewing many old acquaintances, renewing friendships, -so many blessings, so much goodwill and laughter filled the hall. Such a privilege to be there. Thank you so much UCLAN- thank you to all who worked so hard to bring this about. Special thanks are to Andrew Clitherow, Anglican chaplain and convener.

Eileen Maher

Christmas at Palpung

It was the appearance of a particularly opulent Christmas catalogue that triggered it- the thought of spending the festive season away from home, and away from traditional celebrations. Working in a children's nursery, in a local primary school, one is bombarded by the pressure of Christmas preparation from the autumn onwards, in addition to the increasing frenzy happening in shops and the press, it suddenly seemed a grotesque way of celebrating a holy event. Baby Jesus was hard to find, consumption, transitory gratification and a lot of dead poultry was a bit more evident. The day the catalogue dropped through the letterbox we felt we'd had enough. My husband (non-Buddhist), wondered what Lama Rabsang was doing...

"Just relaxing, some meditation, prayers, sharing food" said Lama when I asked him, "You come, it will be nice"



It was!

-though it was nice because it was so uneventful!

We had teachings in the mornings from a text by Patrul Rinpoché, called 'Self Liberated Mind', and in the evening, Chenrezig puja, and a question and answer session. There was a lot of peace and quiet, and the opportunity to spend time in the shrine room, or in our rooms reading and meditating. Mark welcomed help in the kitchen, though he had a menu worked out, so no undue thought was necessary, and he produced wonderful food, including what must have been the puffiest Yorkshire pudding in the World! I took Lama's dog, Poppy for walks when I needed some fresh air, but shopping wasn't required so everything

“Whether our action is wholesome or unwholesome depends on whether that action or deed arises from a disciplined or undisciplined state of mind. A disciplined mind leads to happiness and an undisciplined mind leads to suffering”.

His Holiness Dalai Lama

was very leisurely. It took me two days to ‘wind down’ and feel I didn't need to be doing, making, fixing or organising. We didn't watch television, and I soon forgot iPads and phone. There must have been a group of about 8 of us, including other guests, Mark and Lama, and the atmosphere was unhurried, mindful and gentle, with lots of laughter! Christmas

was celebrated, but differently!

The Christmas retreat would most definitely not win prizes as an unmissable fun way to spend Christmas, but we returned rested, refreshed and renewed, and very different from how I usually feel at the end of the Christmas holiday!

Anne Walmsley

Dharma in Daily life

Eileen had requested the topic, and Andy had asked us to read the book “Bodhisattva Attitude”, by Lama Zopa Rinpoché, obtainable free from Wisdom Books. He had planned the topic based on this book having received the teachings while in Australia earlier in the year.

Some of us struggled with the book, but Andy's teaching simplified and clarified things, getting to the core of how to integrate the Buddha's advice into everyday life, as taught by Lama Zopa, and it all came down to one simple thing...attitude!

We will all say that we have the motivation to help all sentient beings, particularly helping them to be liberated, but the motivation is difficult to sustain in the humdrum routine of daily life.

We are all familiar with the practice of mindfulness, but this is Bodhisattva Mindfulness, with all actions and attitudes specifically aimed at releasing all beings from samsara.

A chapter at the back of the book was key to the instructions, and had lots of suggestions of how we can remember and renew our motivation using everyday activities, e.g. When we open a door we can imagine that we are opening the door to liberation for all beings; when we wash, we can do it with the attitude of removing negative karma from the mindstreams of all sentient beings, and so on.

There were so many techniques for remembering our motivation, aimed at heightening our awareness, and training our minds along the positive path of Dharma practice. Andy encouraged us to think of our own ideas and prompts, as the easier it is to remember, the more we will practise! I had encountered similar teachings in a little book by Bokar Rinpoché, ‘A day in the Life of a Buddhist Practitioner’ and it was good to hear it from another source. Over the next few days it was fun to think of one's own ideas, like cutting the roots of ignorance while chopping onions, leading all beings to liberation on a dog walk, and aspiring to interest all beings in Buddha dharma while writing the newsletter! A good habit to get into I think, it felt really nifty, and easy to do, but quite a profound activity at the same time.

Andy's weekend brought the first of the Four Dharmas of Gampopa to mind, the prayer that starts our weekly meetings:

Grant your blessings that my mind may become one with the dharma
Grant your blessings that the dharma may progress along the path
Grant your blessings that the path may clarify confusion
Grant your blessings that confusion may dawn as wisdom

As always, it was great to see Andy again, and benefit from his teachings. We understand that he will be enjoying Shan's retirement in the near future, but has promised to bear us in mind for a later date.