

# Cham-Tse-Ling

A Buddhist Group in the Nalanda Tradition

Patron: His Holiness the Dalai Lama of Tibet

Newsletter: Spring 2014

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The view of interdependence makes for a great openness of mind. In general, instead of realizing that what we experience arises from a complicated network of causes, we tend to attribute happiness or sadness, for example, to single, individual sources. But if this were so, as soon as we came into contact with what we consider to be good, we would be automatically happy, and conversely, in the case of bad things, invariably sad. The causes of joy and sorrow would be easy to identify and target. It would all be very simple, and there would be good reason for our anger and attachment. When, on the other hand, we consider that everything we experience results from a complex interplay of causes and conditions, we find that there is no single thing to desire or resent, and it is more difficult for the afflictions of attachment or anger to arise. In this way, the view of

interdependence makes our minds more relaxed and open.

From: 'For the Benefit of All Beings,' page 3.

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## Cham Tse Ling News

It's been quite an unpleasant winter with several of the group being unwell, and Eileen having needed a hospital stay to help her on the road to recovery. Despite this, we have had good attendance at weekly meetings, and at also at teachings. Lama's teachings on facing ageing and illness were so apt, but as with everything, listening and nodding wisely is easier than actually doing it, though undoubtedly even a little knowledge of the Dharma helps, creating a little space around the solidity of one's self and one's suffering.

Lama Rabsang and Andy Wistreich have given teachings, and John Peacock has been booked for the first weekend in October, and the Ven. Mary Reavey for the weekend of the 14th./15th. of September.

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## Approaching Ageing

We're all getting older; this is very much stating the obvious, and one would think that being Buddhist, and studying and contemplating old age, illness and death would help this to become so familiar, that one would have got used to the idea by now.

But I haven't, and when I asked around, no-one else had either. It's not just that advertisers urge us to treat our bodies with anti-ageing products, and emphasise youthful looks, it's much deeper than that, and I really haven't absorbed the plain facts of impermanence in relation to myself at all.

And what little I've encountered makes me feel uncomfortable, and non-accepting, so... more discomfort!

Maybe Lama Rabsang can sort it out!



Lama came and taught us about accepting change. The obvious parts, and the more subtle 'suffering of suffering'. We continually add to the inevitable, refusing just to let it be, adding multiple layers to whatever we find unpalatable which increasing our difficulties.

With knowledge of the Dharma, and practice, we can learn to see things as they are; the continual struggle of wanting things to be different, adds to our suffering, and we have to learn to accept this too, and not think impatiently 'I'm a Buddhist, I should be able to deal with this!'

Anything that is created must sooner or later die. Enlightenment is permanent because we have not produced it; we have merely discovered it.  
*Chogyam Trungpa*

Accepting non-acceptance as a normal human response is part of the process, creating some space around our thoughts and emotions, and helping to lessen the grasping to negative as well as positive thoughts.

Lama encouraged us to see the positive aspects of ageing; getting older, getting wiser, with hopefully the development of greater tolerance and patience, and more opportunity for practice. In Tibet elderly people practise more as they get older and less able to join in active family life. Lama talked about the importance of tying up 'loose ends', of making peace with everyone, giving away material objects, so that one approaches death with as little as possible to tie one to this life. 'Happy to go' was the phrase he used.

The weekend ended with an Amitabha puja. My cousin had passed away some weeks before, and I wanted Lama to lead a puja in his memory. We remembered many other beings at the same time. Thank you Lama, for an excellent weekend!

Anne Walmsley

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## Land of Joy

Regular attenders at the group will know that over the last few years, Andy Wistreich, one of our regular teachers has worked towards a project to establish a FPMT retreat Centre in the UK.

In Buddhism, both learning and practice are extremely important, and they must go hand in hand. Without knowledge, just to rely on faith, faith, and more faith is good but not sufficient. So the intellectual part must definitely be present. At the same time, strictly intellectual development without faith and practice, is also of no use. It is necessary to combine knowledge born from study with sincere practice in our daily lives. These two must go together. - *His Holiness Dalai Lama*

Andy would never accept any form of gift for his teachings, so instead Cham Tse Ling has contributed to the Land of Joy project, formed with this aim in view.

We were delighted to hear that the project has now got sufficient funding, and has found a wonderful property near Hexham, so provided planning permission is granted, the project should come to fruition soon. It's great to know that Cham Tse Ling has contributed towards the support of Dharma activities, and also good to know that geographically it isn't very far away from us in the North West!

If anyone would like to know more about Land of Joy, the website is [www.landofjoy.co.uk](http://www.landofjoy.co.uk), where it's

possible to sign up to receive regular updates.

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## Where's Don?

### ***Nature's Embrace***

Strong wind blowing,  
Temperature dropping,  
On the mountain, night approaches...

...

Oaks, sixty feet tall,  
Branches swaying,  
Wood on wood clattering...

...

Sleeping on the ground,  
Trees like fingers,  
Hold in gentle embrace...

...

Peeping out,  
From my man-made shelter,  
The stars - oh, so brilliant!

...

Awoken again,  
By light, but not dawn,  
The reflection of a full, brilliant moon!

...

At one with the earth,  
A magical reminder,  
Of being part of nature's design...

...

Totally at peace,  
Totally at ease,  
Grounded in nature's wonder!

...

Yogi bear-19April14

Although he lived over an hour's drive away, Don was a regular at the group's weekly meetings, but we seem to have seen very little of him recently. We knew that he was busy completing his Master's Degree on Mindfulness, as well as working at a very demanding job whilst keeping tabs on family scattered round the world, so he already had our profound admiration!

We last saw Don, when he came for Lama Rabsang's teachings and told us that he was taking year's sabbatical leave from work, (we thought he'd take a well-earned rest) then we heard about his ambition of volunteering for Raleigh International.

This organisation describes itself as running *"meaningful sustainability projects which are designed to create a positive impact in the communities and areas in which they take place,"* It states its vision as *"to create a global community of inspired young people committed to working together regardless of age, social background, culture and nationality, to build and maintain strong and sustainable communities across the globe."*

So Don is currently hiking part of the Appalachian Trail in order to raise funds for Raleigh International, as well as the for Aplastic Anaemia Trust, another charity close to his heart. He then plans to work as a volunteer manager, on one of Raleigh's projects in Borneo during the autumn!



He's writing a blog [bigdontreks.tumblr.com](http://bigdontreks.tumblr.com) so we can check his progress and people willing to support him can contribute on the 'justgiving' site by following the link from his blog.

Don has taken some stunning photographs, and written some lovely poetry on his blog. When asked if I could use some for the newsletter, he said 'Please do!'



Rest in natural great peace this exhausted mind,  
Beaten helpless by karma and neurotic thoughts  
Like the relentless fury of the pounding waves  
In the infinite ocean of samsara.  
Rest in natural great peace.

— Nyoshul Khen Rinpoche



## Holiday in India

It wasn't a pilgrimage, as our previous trips to India had been, but a holiday, led by an Indian guide, with a group of others hoping to enjoy the touristy parts of this amazing country. Nevertheless I was delighted to have the opportunity of visiting Sarnath and Lumbini, both part of the itinerary, and also to visit Varanasi, which has such an important ancient spiritual tradition.

Our guide was delightful, a Hindu, he arranged for us to make floating offerings during our trip down the Ganges, and to witness the evening puja taking place on one of the ghats.

A few of us went to Sarnath, where the Buddha first 'Turned the wheel of Dharma' and taught the Four Noble Truths, creating the first sangha. It was a lovely peaceful site, with the ruins of two huge stupas, and the remains of many monasteries where a large community of monks was established. It is said that the Buddha used to spend the rainy season there.



We moved on to Lumbini, the Buddha's birth place, which is now surrounded by a large number of monasteries representing many schools of Buddhism. We visited the remains of the temple, built around the site where Queen

Mayadevi is said to have given birth to Siddhartha, and I sat beneath a Bodhi tree, said to be a cutting from the one at Bodhgaya, and renewed my Refuge and Bodhisattva vows. Many people had left offerings at a shrine at the base of the tree, and I was pleased to see a rat scuttling down the trunk, and helping himself to the offerings.



Perhaps one of the best fed rats in Nepal! Unfortunately, like several in the party, I succumbed to a tummy upset, which curtailed activities in Lumbini, but having visited the birthplace of the Buddha, I wasn't too disappointed about missing the temples.

We continued through Nepal, ending up in Katmandu, and went once again to Tilopa and Naropa's meditation caves on the banks of the Bagmati River at Pashupatinath.



It was an amazing holiday, very hectic, and we enjoyed the last two days 'chilling out' in Delhi. I decided that to visit holy

The appearances of the world are not the problem,  
it's clinging to them that causes suffering"  
~Tilopa

sites as a tourist or as a pilgrim doesn't really matter, it all depends on the mind of the individual; if one finds them inspirational then the experience can support one's motivation to practice.

Anne Walmsley

**Cham Tse Ling Buddhist Group** meets on Thursday evenings at: Room 308, Harrington Building, University of Central Lancashire, Preston. 7.15 for 7.30p.m.  
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If you have articles for the newsletter, please send to: [ae.walmsley@gmail.com](mailto:ae.walmsley@gmail.com).