



Monthly Guide



International Buddhist Meditation Center

December 2010

928 S. New Hampshire L.A. CA. 90006

213.384.0850

With Metta & Mudita!

As the year comes to an end, and as is our custom, we are enclosing a donation envelope with this Guide.

If you have not already, please let us know if you wish to remain on our Land Mailing list.

The Monthly Guide will begin its new Quarterly format Beginning January 2011. Our Monthly events can be found on our web site. The guide will be available for delivery to your eMail if you choose to sign up. We can also be found on Face Book for real time updates for our community!

All donations made to IBMC are tax deductible. Your donations help us with our printing and mailing costs.

If you wish to receive a tax receipt please let us know, and in January we will send a receipt for you to use in your tax preparation.

Please consider this year becoming a member. Our Monthly Membership dues are \$20 a month, \$55 per Quarter or \$200 a year. Membership will give you a discount on items from the Sunday Shop, as well as discounts on retreats, seminars and classes taught by IBMC monks.

This year we installed an altar around the Bo Tree and have installed a statue of our founder. Venerable Dr. Thich Thien -An. We have made many repairs to our houses and have begun major renovations to our gardens.

We particularly ask that you make an extra donation at this time to help support the nuns at our fledgling Nunnery, Palmoling; instituted at IBMC in December of 2009. We have 2 new Bhikshunis living with us teaching the Dharma and living in the community and spirit of the of the Vinaya. Supporting a Bhikshuni is a world of merit for you, IBMC and the future generations of Buddhist and the International Buddhist Meditation Center of Los Angeles.

Never underestimate the power of small gifts! Devote a day to help us with our painting or gardening. All help is gratefully received. We hope you view the Center as yours and we welcome all suggestions you have to make on any aspect of our programs.

Bodhi Day Retreat

Our Bodhi Weekend Retreat will be a one day retreat this year, Saturday, December 18th. If you would like attend please call the Center office no later than November 30. The fee will be only \$40 and will include a delicious vegetarian lunch. The retreat will begin at 9.30 am with Kundalini yoga and end with the last session at 7 pm.

Meditation, Tea & Sweets

End the old year and bring in the new...

Having a Samadhi mind as we face the new year is the best way to ring it in. It is a pleasure to end the year and begin the new one with a mind that is clear and peaceful, rather than frenetic. Meditation begins at 9 pm, and you are welcome to join at any time. (Please enter the Zendo quietly so that you do not disturb others who are already meditating.) We will intermittently sit and walk in meditation until midnight. At that time we will go in to the garden and take turns ringing the garden bell 108 times. Finally, we will enjoy tea, cookies, sweets and each other's company. Please join us and bring a sweet or snack to share.

IBMC's Sunday Shop

The IBMC Sunday shop has gifts to provide you with your Bodhi Day, Christmas & Hanukah gifts for all your needs. Check out our Sunday shop for any items you may wish to purchase for yourself, your relatives and your friends. This year we have tee shirts and sweat shirts: design: a beautiful pink and white lotus with Tibetan writing saying Om Mani Padme Hum; we also have a few Bodhidharma and Kwan Yin shirts. We have coffee cups with the Buddha's footprints, and the statement Following the Path. And, of course, we carry books and everything you will need for a Buddhist altar at home, including new wrist malas (prayer beads), Buddhist flags, hand carved Buddha statues, wooden fish, bells, prints, & books! Many items collected by Ven. Karuna on her many travels around the world!

The Season of Giving Without Attachment

By: Ven. Kelsang Chitta Karuna

'Tis The Season!

This time of year finds us thinking about Giving, or charity. Every religion emphasizes giving or charity. In Buddhism we call this aspect Dana. Dana is the first and most important of the 6 perfections. Which are: Giving, Moral Discipline, Patience, Effort, Mental Stabilization, and Wisdom. In order to practice giving purely we first need to know what giving is, How to give, to who giving is most benefit, Why we should give, and what we should give. First, what is giving? Simply put giving is a virtuous mental decision to give, and a bodily or verbal action of giving, that is motivated by a virtuous state of mind. Which then brings us to; how to give, giving must be practiced with Bodhichitta motivation, that is a mind wishing to benefit others. It is very important when we give, to have this virtuous state of mind, because it is very possible to give with a mind that is not virtuous. Secondly, we need to think about, to whom giving is of most benefit. The recipient to whom we make the gift it is a very important factor in our perfection of giving As Buddhist the most merit is accumulated when we give to the Maha Sangha, the Maha Sangha is the community of Bhikshunis and Bhikshus, [Nuns and Monks] The first and most important reason for this is because, if we have refuge vows our vows are to go for refuge to the 3 jewels 3 times a day to treat any one who wears the robes of a fully ordained Bhikshuni or Bhikshu as a true Dharma Jewel. So the monks and nuns are one of our objects of refuge. The second reason is that The Maha Sangha have chosen to practice the path that the Buddha, set in motion, of renunciation of the householders' life and the Maha Sangha have chosen to dedicate every aspect of their life to the work temple. The third reason is because we live in degenerate times so most of us don't have enough good merit or pure view to be able to perceive the Buddhas and Bodhisattva directly, and although we may think it should be more meritorious to give to the Buddhas and Bodhisattvas the Maha Sangha are here as representatives the Buddhas and Bodhisattvas, so when we make offerings to the Maha Sangha it is like making offerings to the Buddhas and Bodhisattvas directly. Other especially powerful objects of giving are our parents. Spiritual Guides, and other human in need. Next we come to why we should give. The main purpose for engaging in the practice of Dana or the perfection of giving is to help to destroy our craving [Pali. Tanha] Our major obstacles to liberation, enlightenment or Nirvana is our mind of craving, self grasping and Desirous attachment. In order to attain liberation we must completely destroy our craving. Another reason why we should practicing the perfection of giving is for the accumulation of merit. When we go on vacation we always make sure we have enough money to see us through the entire holiday. In this same way it is very important that we travel to future lives with enough virtuous merit to provide us with all the recourses we will need. Our practice of giving is the best insurance against future poverty. Next is what we should give. There are 3 types of giving mentioned in Buddhism. In pail they are: Amisa Dana- Giving material things. Abhaya Dana

Giving life, and Dharma Dana- Giving Dharma. First I will start by discussing the giving of Dharma- Dharma Dana, is the gift of truth or the gift of Dharma, it is the highest of all Danas. The gift of truth or the gift Dharma means to teach and explain the Dharma to people in order to deviate them from the wrong paths and to lead them on the right path. Next is giving of material things, or Amisa Dharma. The gift of material things is practiced by people of all religions and is very common. Giving food, clothing and shelter to people of little means, and giving to refugees through various religious and social organizations are very easy concepts to grasp. This type of dana is highly recommended in Buddhism. If we give large or expensive gifts this does not mean that our merit is greater than if we give small ones, because the strength of our motivation is another important factor in determining the merit of our action of giving. If we give just one crumb of food to a bird or animal with pure compassion, this is more meritorious than giving a diamond to someone while taking pride and attachment in the great rarity of our gift. Our actions of giving are less powerful if they are attached to feelings of loss or if we later regret our implied generosity. And lastly, we come to Abaya Dana or giving life. Abhaya Dana is giving life to those who are in danger of losing their life by fire, water, enemies or other dangers. For example if we rescue someone from a fire or from some other natural disaster, if we protect others from physical violence, or if we save animals and insects who have fallen into water or who are trapped, we are practicing Abhaya Dana. Sometimes we hear of people who are about to die due to lack of blood. To donate blood and save another human life is a great way to practice the perfection of giving. Donation of eyes and kidneys after death is also highly appreciated and they come under the heading of Abhaya Dana. In the Tibetan tradition we translate the word Abhaya as Fearlessness. To give fearlessness is to protect other living beings from fear and in this way increase their quality of life. If we are not able to rescue those in danger we can still give fearlessness by making prayers and offerings so that they may be released from danger. We can also practice giving fearlessness by praying for others to become free from their delusions, especially the delusion of self-grasping, which is the ultimate source if all fear. So we should all look to see how sincerely we practice the perfection of giving in our daily life. I will leave you with a story I heard the other day about a boy who was asked to give blood for his little sister who was sick in the hospital. His parents asked him if he would be willing to give his blood for his little sister, so after he thought about it for a while he then decided that he would. So the doctors set him up in the bed and put the needle in his arm. And as the boy watched the blood flow through the needle and out of his arm the doctors asked him if he was ok, if he was comfortable. And he said yes, he was ok. But he only had one question... He wanted to know how long it would be before he began to die.

Donation Support Form

Please use the form in the next Colum to denote your choice in our membership and donation program.

Thank you all for all your support during the 40 years of IBMC's service to the Los Angeles Community.

May we have many more years of friendship in the Dharma



Joyous wishes for the Holiday Season

IBMC wishes to extend to all a Very Happy and Prosperous New Year and Holiday Season.

May you be blessed the Dharma Realizations of Samadhi Metta and Mudita.



Donation / Membership Form

IBMC would like to invite all of our friends, well wishers, and members the opportunity to participate in supporting our temple by offering a donation.

If you would like to become a member of IBMC please also include your contact information below

Name _____

Address _____

Phone _____ eMail _____

Method of Payment

Check

Visa

MasterCard

Credit Card # _____ Exp. date _____

Signature _____

Donation _____

Yearly Membership Dues \$200.00

Monthly Membership Dues \$20.00

Total: _____

December Events

10 AM - 108 Bows

10:30 AM - Meditation

11 AM - Sunday Dharma Talks

12/5 - Ven. Kusala Bhikshu

12/12 - Ven. Havanpola Shanti

12/19 - Ven. Kusala Bhikshu

12/26 - Ven. Havanpola Shanti

Meditation Times

Friday: 7:30 PM Zendo - led by Ven. Kusala

Sunday: 10:30 AM & 7:30 PM Zendo - led by Ven. Kusala

IBMC Classes

Mon. - Fri. -7 PM -Tibetan Buddhism - Palmo Chöling Nunnery - Bhikshuni Chitta Karuna

Wed. 7:30 PM - Everyday Buddhism - Zendo Ven. Kusala Bhikshu

Sat. 9:30 AM - Kundalini Yoga - Ananda Hall -Led by - Dharamjeet Kaur

IBMC eMail addresses

Ven. Karuna's eMail: karunadh@ca.rr.com

Ven. Shanti's eMail: hshanti1@yahoo.com

Rental office eMail: dougibmc@yahoo.com

IBMC temple eMail: ibmc09@yahoo.com

IBMC Web Pages:

www.ibmc.info

www.karunadharma.info

www.urbandharma.org

<http://palmoling.tripod.com>



Prison Dharma, a column devoted IBMC's Prison Outreach Ministry

LAST NOTICE [Info Updated please read]

The new guide format will begin in January of 2011.

We have received only a few letters stating that some of you can not receive the Guide through the Chaplin. We would like to clarify our intent.

The New Guides will come to the **Prison** Via the Library or Chaplin. **Not** to an individual prisoner, this is why we asked each of you to write out the name of the prison fully as we will send several copies to the prisons, just as your institution receives any other publication to the library. You will have to go to the library and check the Guide out like you would other library book or magazine.

The transition may take time to run smoothly so please don't panic if you do not find the guides in the library right away, or if there is some other problem with the Chaplin or library, tweaking is always an available option. Write to us, Attn to: 'The Guide' and let us know if your institution has not received the guide by January 15th.

Thank you for all the submissions so far! The premier issue is coming along nicely, we hope you will be pleased.

Please continue send your writings. More art is needed!

If you have not, Please inform the library and /or Chaplin of the upcoming change and inform IBMC of any means we need to make sure your institution receive the guides.

Thank you for your help in keeping the Prison Dharma Outreach Program a viable part of IBMC's Dharma work

To All Students if you haven't - please send IBMC your correct Name, ID Number, and please include the Institution Name written out fully and chaplains' name if necessary Only the corrected names, numbers and facility names that we have received will be continued on the mail list.

See You Along The Path...

International Buddhist
Meditation Center

928 S. New Hampshire

Los Angeles, CA 90006

Nonprofit

U.S. Postage

PAID

Los Angeles, CA

Permit # 28784