



# DHAMMAWHEEL

The Buddha's Message: "To refrain from all evil, to cultivate all that's good and to cleanse ones own mind is the sum-total of the Teachings of the Buddhas!"

West End Buddhist Cultural Centre, 1569 Cormack Crescent, Mississauga, ON L5E 2P8 CANADA  
Web site: [www.westendbuddhist.com](http://www.westendbuddhist.com) E-mail: [info@westendbuddhist.com](mailto:info@westendbuddhist.com) Phone/Fax: 905 891 8421



## INSIDE THIS ISSUE

New Year Greetings from the Temple	1
Poya Calendar 2010	2
Temple News	3
Nibbana & the Paradox of Happiness - Ajahn Jagaro	4
Nibbana & the Paradox of Happiness (Conclusion)	5
The Golden Brick Wall Program	6
Poor Me, Lucky them - Ajahn Brahm	7
From the Dhammapada	8

සුභ අමත  
අමරසූචක වේවා

*The Viharadhipathi and the resident monks of the Westend Buddhist Cultural Centre along with its Trustee Board, Dayaka Sabha, Fund Raising Committee and the New Temple Building Project Committee would like to extend all its devotees, supporters and well-wishers, the Blessings of the Noble Triple Gem for a peaceful and harmonious Year 2010!*



Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us

- Hal Borland -



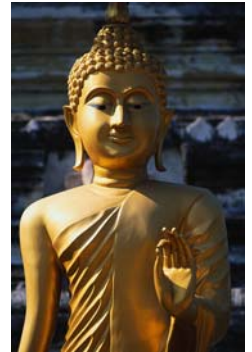
## Poya Observance Schedule 2010

January	31 Sunday	Durutu Poya
February	28 Sunday	Navam Poya
March	28 Sunday	Medin Poya
April	25 Sunday	Bak Poya
May	22 Saturday	Wesak Poya <i>Children's Sil Retreat</i>
	23 Sunday	<i>Adult's Sil Observance</i>
June	27 Sunday	Poson Poya
July	25 Sunday	Esala Poya <i>Vassarahana</i>
August	22 Sunday	Nikini Poya
September	26 Sunday	Binara Poya
October	24 Sunday	Vap Poya
October	30 Saturday	<i>"Kathina Pinkama"</i> <i>Day of Giving Gifts to the Monks</i>
November	21 Sunday	Il Poya
December	19 Sunday	Unduvap Poya

*If you require further information or have questions please call the temple on  
905 – 891 - 8412*



Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue



*- The Buddha -*

There is no need to prove the truth. If you try to, you only reveal your own stubbornness. Truth will always reveal itself at the right moment and the right place. You need be concerned only with staying true to yourself.

*- A Pocket Book of Wisdom -*

When discipline comes from commitment to a spiritual goal, it brings unbroken safety. It allows you to go on walking through the actions which will ultimately bring back your joy

*- A Pocket Book of Wisdom -*



He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye

*- The Buddha -*

## The Experience of Insight

*Joseph Goldstein*



There is a kind of a monkey trap used in Asia. A coconut is hollowed out and attached by a rope to a tree or stake in the ground. At the bottom of the coconut a small slit is

made and some sweet food is placed inside. The hole on the bottom of the coconut is just big enough for the monkey to slide in his open hand, but does not allow for a closed fist to pass out. The monkey smells the sweets, reaches in with his hand to grasp the food and is then unable to withdraw it.

The clenched fist will not pass through the opening. When the hunters come, the monkey becomes frantic but cannot get away. There is not one keeping that monkey captive, except the force of its own attachment. All that it has to do is to open the hand. But so strong is the force of freed in the mind that it is a rare monkey which can let go.

It is the desires and clinging in our minds which keep us trapped. All we need to do is to open our hands, let go of ourselves, our attachment, and be

SILENCE enables us to be attentive to what is going on, to all the ups and downs. It is in silence and work that TRANSFORMATION is brought to completion  
- A Meditator's  
Inspirational Guide -

## Temple News

### Rasanjali Cultural Show

Rasanjali Cultural Show which was organized to raise funds for the New Temple Building Project was able to raise \$10,000 after expenses.



A big "Thank You" goes out to the Rasanjali Organizing Committee, Volunteers, Devotees, the Performers and many others who contributed to making this event a success.



Following amounts were raised at the potlucks held in September and October of last year. September potluck raised a total of \$3,165 and the October potluck a total of \$3,800. Total amount raised after expenses was \$6,965.

A big "Thank You" goes out to all volunteers, donors, devotees and other who contributed to making these events a success.

### Visiting Monks

*Venerable Kotapola Amarakitti Thera*  
From Sri Lanka

*Venerable Ananda Thera*  
From Nepal

*Venerable Mahaoya Anuruddha Thera*  
From Sri Lanka



If we are looking for outer conditions to bring us contentment, we are looking in vain. We have to find inner conditions conducive to contentment. One of them is independence - not financial independence, which may bring other hazards, but emotional independence from the approval of others

*Ayya Khema*

## Nibbana and the Paradox of Happiness

AJAHN JAGARO

(FROM A TALK GIVEN BY AJAHN JAGARO  
PUBLISHED IN THE BSWA NEWSLETTER, JULY-SEPT 1995, CONTINUED  
FROM OCTOBER ISSUE)

Is the attainment of peace really possible for a human being, or is it just a fantasy that will remain forever unrealised?

Well, why not try it and see what happens? How much peace can you bring into your life? Whatever extra peace one can bring in must be worthwhile. You can see the peacefulness of the mind right now, when you stop chasing and fighting. You are not dead – just peaceful. And if you can do it for this moment, you can do it for every moment.

We have to develop this practice of remembering to be peaceful in the moment by remembering that being peaceful simply means not chasing, not fighting; being *aware* in this moment, so that our natural wisdom can operate. Then our natural wisdom, our natural love, our natural compassion, can all arise spontaneously. It is greed for self that makes us go around chasing and fighting; that makes us into Hungry Ghosts and Titans; that makes us unpeaceful.

Try to remember, do it now and do it every moment. This is the goal, the purpose of the spiritual life – to be peaceful. It's enough that conditions can make you uncomfortable, why allow them to make you miserable? Why should you allow so many things to have power over your heart?

How many things cause the mind to race out and become this craving and wanting Hungry Ghost? What trivial, useless things? And why should some other trivial thing cause you to become a Titan, this aggressive person caught in a battle to prove that you are right and you are better? And when you win, what do you win? The enmity of the other. And what do you feel when you win? Quite often you

*Being peaceful  
means not chasing  
or fighting but  
being aware in this  
moment so that  
our natural  
wisdom can arise*

feel sorry that you were so harsh, so cruel, that you beat somebody.

It is not a very joyful or happy feeling, especially if you beat somebody you care for – and they are so often the people with whom we have most of our arguments. The person who has been defeated feels hurt and resentful. Is all that worthwhile? Why do we allow that to happen when we could live so much more peacefully?

It is because we *forget* to be *peaceful*. It is because we *forget* to be *aware*. It is because the mind clings; the mind gets lost chasing and fighting because of its insecurity.

We need to understand this whole process by observing ourselves. It's not just a matter of *wanting* to be happy or *wanting* to be peaceful. We have got to see *why* we are not happy, *why* we are not peaceful. The more we see it, of course, the more we can solve the problem. And solving the problem doesn't necessarily mean going anywhere or doing anything very special, other than remembering to be *peaceful*.

This is why the practice of meditation is so important. It is a training of the mind to be awake, to see clearly, and to have the wisdom that enables us to be peaceful. Every meditation is a training. You sit there, you have pain in your legs, is that peaceful? Is that suffering? Normally, if there is pain in the legs, we try to get away from it – we either move or do something, because it is annoying. But in meditation, we don't do that immediately. If one is able to remember, to abide in mindfulness, then it's just pain in the legs. We experiment with developing peace by not chasing and not fighting for a pleasant, comfortable posture. Can the mind be peaceful while the pain is still there? Experiment. Just stop and be awake, and don't chase or fight, or dwell on aversion. Then the mind remains

*Cont'd on pg. 5*

*Renunciation is not getting rid of the things of this world, but accepting that they pass away – Aitken Roshi*

Cont'd from page 4

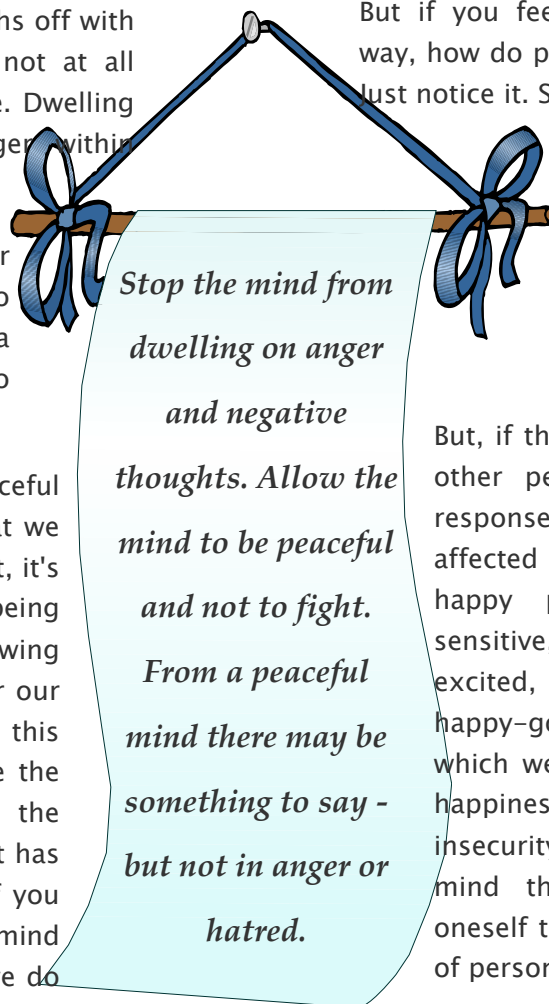
peaceful. Extend this to more and more opportunities that arise during the day. In Thailand, if they really want to insult somebody, they call him a dog. Ajahn Chah used to say "If somebody calls you a dog, you just look around and see if you have a tail. If you have got a tail, then you know they are right. If you can't see a tail, then don't worry about it. You are not a dog, so what's the problem?". Normally, if somebody insults us, we have to fight to reassert ourselves. We dwell on the aversion and spend a lot of time building anger, preparing for war. You have got to get all your ammunition ready if you are going to war. We start thinking negative, aggressive thoughts and shoot our mouths off with aggressive, hurtful words. And this is not at all peaceful – nothing is achieved, no peace. Dwelling on anger not only creates more anger within yourself, but in the other person as well.

Stop the mind from dwelling on anger and negative thoughts. Allow the mind to be peaceful and not to fight. From a peaceful mind there may be something to say – but not in anger or hatred.

There are many opportunities to be peaceful in our lives. It is only required of us that we remember to be peaceful. It's not a secret, it's just this much: remembering, and being awake enough, to be peaceful; not allowing the things around us to have power over our hearts. If the mind abides in this peacefulness, it will begin to experience the happiness resulting from being free; the happiness that has no blemish because it has no fear. I would like to encourage all of you to try to begin each day by making the mind peaceful. The meditation exercise that we do is just a skilful means for getting to know the peaceful mind.

The peaceful mind is sensitive to the moment. Get a feel for that in the morning, say, when you practice meditation. Get a feel for the mind that is quiet, that is not chasing, is not fighting, is not

anxious, is not frightened. Get a feel for the mind that is just peaceful, awake and sensitive. Try to maintain that awareness during the day. Of course, you will forget, but try to remember again, and centre yourself in this peacefulness. Don't worry that you won't be able to deal with life; that you won't be able to do the things that you have to do. You will do everything, and you will do it better. The more we do this practice, the more skilled we become; the more peaceful and happy our lives become. The happier our lives become the more peaceful and happy become the lives of everyone around us. Have you noticed how people respond to you when you feel peaceful and happy?



But if you feel happy in an unpeaceful way, how do people respond to you then? Just notice it. Sometimes, people who are

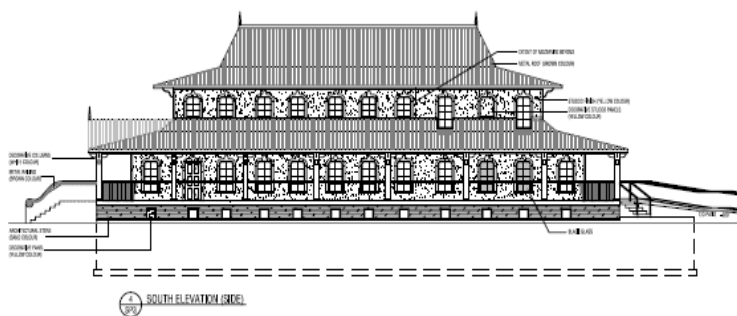
very happy but are not peaceful are very irritating. And, if they are miserable and not happy, then they are even more irritating.

But, if they are peaceful and happy, other people have quite a good response. They are positively affected because a peaceful and happy person is also a very sensitive, balanced person. The excited, exuberant, over-active, happy-go-lucky, party behaviour which we commonly associate with happiness, quite often comes from insecurity. It is a movement of the mind that attempts to reassure oneself that one is a particular type of person, and it comes from

insecurity, not peace. That is why it irritates so many people. When we are peaceful and happy we can live our lives fruitfully. When we are peaceful, we are happy, and when we are happy and peaceful, the people around us will benefit from our happiness and peacefulness.

*The End*

# Own a Golden Brick – A Golden Opportunity of a Lifetime!



“Brick by Brick” was the slogan and the operative word that attracted funds and donations for the completion of the wondrous edifices of our national heritage, Lovamahapaya, Mirisavetiya, Ruwanmali Maha Seya, Abhayagiriya, Jetavanaramaya and Thuparamaya that forever changed the skyline of the Holy City of Anuradhapura 2000 plus years ago!

Activities for the construction of the New Mississauga Temple Project have commenced. The brick by brick strategy of our ancient kings worked is borne out by ample evidence found in the Mahavamsa! Thus, we’ll be erecting a Golden Brick Wall like the Sigiriya Katapath Paura where the

names of Golden Brick donors along with other donors of cash, legacy and bequest donors will be inscribed for posterity...

Devotees may dedicate Golden bricks in remembrance of those deceased and in honor of those living as well!

**ONLY A LIMITED NUMBER OF GOLDEN BRICKS AVAILABLE! RESERVE YOURS EARLY!**

In order to qualify for the mortgage and commence



construction activities, we require raising \$ 500,000.00 by January 23, 2010. At the request of the devotees, the **Golden Brick Wall Program** was initiated to raise these funds. **Each Golden Brick is priced at \$ 500.00 to achieve the sale of 1000 bricks.** We are pleased to inform you that to date over 200 bricks have been pre-sold. To comply with our objective we therefore require the return of your pledge by January 23, 2010.

Please make your reservations at the West End Buddhist Centre by selecting any of the following methods of payment.

1. By Cash –hand over your pledge with cash at the Temple
2. By Cheque – in favour of "Halton–Peel Buddhist Cultural Society"
3. If you are unable to physically visit the Temple or post the Cheque, you can pay by Credit Card

through our Credit Card Processing Partner "Canada Helps"

<http://www.canadahelps.org/CharityProfilePage.aspx?CharityID=s70731>

(please make sure that you select immediate Payment and add a comment about the name(s) that the Brick(s) are dedicated to i.e. In Memory of ..... or Dedicated to .....).

If you are unable to visit the Temple to physically hand over your form within the reservation period, you can make the reservation by sending an email to Bhante Saranapala on [info@westendbuddhist.com](mailto:info@westendbuddhist.com), or by calling/fax on (905) 891–8412.

Halton–Peel Buddhist Cultural Society will issue Tax Receipts for all the paid reservations. The Halton–Peel Buddhist Cultural Society reserves the right to limit the number of Golden Bricks in order to give opportunity to a wider audience.

**Do not be late and regret, make use of this once in a lifetime opportunity today.**

Theruwana Saranai !

**Ven. K. Dhammawasa Nayaka Thera**  
Viharadhipathi

**Bhante (Bhikkhu) Saranapala**  
Chairperson  
Fund–raising New Initiative

**Uditha Subasinghe & Harsha Caldera**  
Co–Secretaries  
Fund Raising Committee

---



---

As long as we are caught within the barrier of our own minds and bodies, we cannot find true happiness. Instead we sit inside the prison of “Self”, waiting for someone to unlock the door. Yet we ourselves hold the key  
*Ayya Khema in the book titled Be an Island*

# Poor me, Lucky them – By Ajahn Brahm

Life as a very junior monk in Thailand seemed so unfair. The senior monks received the best food, sat on the softest cushions and never had to push wheelbarrows. Whereas my one meal of the day was disgusting; I had to sit for long hours in ceremonies on the hard concrete floor; and sometimes I had to labor very hard. Poor me, lucky them.

I spent long, unpleasant hours justifying my complaints to myself. The senior monks were probably so enlightened that delicious food would be wasted on them, therefore I should get the best food. The senior monks had been sitting cross-legged on hard floors for years and were used to it, therefore I should get the big soft cushions. Moreover, the senior monks were all fat anyway, from eating the best food, so had “natural upholstery” to their butts. The senior monks just told us junior monks to do the work, never laboring themselves, so how could they appreciate how hot and tiring pushing wheelbarrows was? The projects were all their ideas anyway, so they should do the work! Poor me, lucky them.

When I became a senior monk, then I ate the best food, sat on a soft cushion and did little physical work. However, I caught myself envying the junior monks. They didn’t have to give all the public talks, didn’t listen to people’s problems all day long, and didn’t spend hours on administration. They had no responsibilities and so much time for themselves. I heard myself saying, “Poor me, lucky them!”

I soon figured out what was going on. Junior monks have “junior-monk suffering”. Senior monks have “senior-monk suffering”. When I became a senior

monk, I was just exchanging one form of suffering for another form of suffering.

It is precisely the same for single people who envy those who are married, and for married people who envy those who are single. As we all should know by now, when we get married, we are only exchanging

‘single-person’s suffering’ for “married-person’s suffering.” Then when we get divorced, we are only exchanging “married-person’s suffering” for “single-person’s suffering”. Poor me, lucky them.

When we are poor, we envy those who are rich. However, many who are rich envy the sincere friendships and freedom from responsibilities of those who are poor. Becoming rich is only exchanging “poor-person’s suffering” for “rich-person’s suffering”. Retiring and taking a cut in your income is only exchanging “rich-person’s suffering” for “poor-person’s suffering”.

And so it goes on. Poor me, lucky them.

To think that you will be happy by becoming something else is delusion. Becoming something else just exchanges one form of suffering for another form of suffering. But when you are content with who you are now, junior or senior, married or single, rich or poor, then you are free from suffering.

Lucky me, poor them!

*This is an excerpt from the book titled “Who Ordered This Truckload of Dung” by Ajahn Brahm*



*To think that we will be happy by becoming something else is delusion. Becoming something else just exchanges one form of suffering for another form of suffering. But when you are content with who you are now, then you are free from suffering.*

**Address**

1569 Cormack Crescent

**Phone/Fax:**

(905) 891 8412

**E-Mail:**

info@westendbuddhist.com

**Web:**

www.westendbuddhist.com

**Sponsorship:**

Dhamma Wheel Newsletter is sponsored  
by Mrs. Lee Wong in memory of the late  
Mr. Peter Chin

The Dhamma Wheel, founded in 1994 under the direction of Venerable Brahmanagama Muditha Thero, is a Westend Buddhist Centre Publication issued four times per year. Views expressed in its pages are those of the contributors and do not necessarily represent any official sanction of the Westend Buddhist Centre or the Halton-Peel Buddhist Society.

Founding Editor Kingsley Rajapaksa, Editor Bhikkhu Saranapala, Co-Editor Anosha Kumara, Consultant Editors Aloy Perera and Ranil Herath.

**From The Dhammapada****Yamakavagga – The Pairs**

9. *Anikkasavo kasavam – yo vathham paridahissati  
apeto damasaccena – na so kasavam arahati.*

Whoever wears the monk's yellow robe while being depraved, devoid of self-control and truthfulness, he surely is not worthy of the yellow robe.

10. *Yo vantasav`assa – silesu susamahito  
upeto damasaccena – sa ve kasavam arahati.*

But whoever is purged of depravity, well established in virtues, and filled with self-control and truthfulness, he indeed is worthy of the yellow robe.

West End Buddhist Centre  
1569 Cormack Crescent  
Mississauga, ON L5E 2P8  
CANADA

Affix first  
class postage  
here

To: