



正信佛友會刊物

VOICE OF ZHENGXIN

The official newsletter of Zhengxin Buddhist Association

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正訊

二〇〇七年
第二期

衛塞節快樂
Happy Wesak Day

知足之人，雖臥地上，猶為安樂。
不知足者，雖處天堂，亦不稱意。

【佛遺教經】

*Those who are contented are happy even
though they have to sleep on the ground.*

*Those who are not contented would not be
so though they lived in celestial mansions.*

(THE DISCOURSE OF THE TEACHING
BEQUEATHED BY THE BUDDHA)



ZX/25/APR 2007

Correspondance Address: 10-3, Jalan Persiaran Puteri, Bandar Puteri Puchong, 47100 Puchong, Selangor Darul Ehsan

From the editors

How was your CNY? Making money or losing money? I meant the difference between your total outlay and total receipt of angpow. Of course, remember that this is a family business, the angpow your darling kids received included. Ha! Just kidding! CNY, afterall, is about family love and sharing, not about making profit. (Frankly speaking, I make a loss every year. In order to turn it around, having kids did cross my mind. Then again, it does not make ringgit sense to invest a huge amount for a tiny profit that can be made once a year. So the idea of having kids was thrown into the dark room once again. Ha!) By the way, how was the Hakka Pounding Grandma Tea? Sorry, wa ada hal.

Vesak Day is around the corner. This 3 in 1 celebration is the most important day in the Buddhist calendar. On that day, it is a norm that many Buddhists in this country will visit temples, monasteries or viharas to pay homage to the Buddha and Sangha, make offering, etc. I believe most of us will be doing exactly the same, but while we are at it, do spare some times to ponder over this question, "Why am I doing this?" You see we are fortunate enough to listen to the Buddha's teachings and to associate with benevolent and knowledgeable Dharma teachers, if we do not understand the significance of Vesak Day, forgive me for being blunt, we are not better than the majority so-called Buddhists. Besides, it is the time of reflection: Have I made any progress spiritually? What is not good enough yet? What is lacking?

Tell you what! If you missed the Anapanasati meditation class conducted

by Venerable Kai Zhao, you had missed a golden opportunity! To me, as a beginner, his instructions were so detailed and precise. He has built a steady foundation for all the participants to rely on in their training of meditation or to learn other modes of meditation. The only regret we have is: ZX Center is not big enough to cater for more participants.

Would there be future classes? Judging from the present situation, YES. BUT they would not be Anapanasati. Please check ZX website to find out new development. *The latest good news is Ven. Kai Zhao will organize a one day meditation retreat during one of the public holiday.*

ZXers went for a visit to Rumah Shalom, an orphanage in Bandar Puchong Jaya on 14.4.07.

In this issue, Wai Khon shared with us his knowledge in rocket science.

Talk to you again (hopefully it wouldn't be me again) in the next (and last under our tenure) issue. Till then, Happy Vesak Day!

Theme for next issue

Well, you decide what you want to write. After all it is the last issue under our tenure. Let's have a bit of freedom of thought. Hopefully, we will be able to produce the thickest newsletter among 2005-2007 issues. (Deadline:15.7.07)

Announcements

1. Vesak Gathering

Date: 01.05.07

Time: 1000

Venue: ZX Center

Meal Provided

Programs: Chanting, Prostration and games

2. Prostration Session

First Sunday of the Month at 0915

3. Anapanasati Meditation Class

Date: 8.5.07

Venue: ZX Center

Time: 2000

(This is the last session of the class)

Coming Soon Events

1. One Day Meditation Retreat

2. AGM

Happy Vesak!! C u on 01.05.07

Rocket Science???

WK

Grocery Street Directory provides the Sydney residents great help to reach a place they are not familiar with; but a road map is not equal to the real place.

During high school, we always liked to discuss this topic: how does a rocket manage to fly against the pull of gravity? (Editors: 'we' here refer to WK's classmates only) We memorized and understood well both the theory and explanations behind this phenomenon. In fact, we scored high mark on this particular topic during examination. If we were asked to send a rocket to the sky then, despite our high score in examination, we could not do it. To be able to do that we would have to run many tests and experiments before we can make a rocket fly up into the sky.

To practise Buddhism, we need a road map and at the same time a correct theory. Ven. Yin Shun had always emphasized the importance of Right Understanding. Having Right Understanding is the most important first step. However if we stop to progress further at this juncture, the understanding that we have is merely a kind of knowledge. We need to put them into practice; to learn *silā*, *samādhi* and *prajñā* or the Noble Eightfold Path.

The purification of our speech, actions and mind seems like putting the theory to test and experiment to try to send the rocket into the space. To stop at understanding is like taking the finger as the moon when the fact is it is merely pointing to the direction of the moon. We need the theory to realize the truth (but the truth is not the theory?).

It is not an easy task to purify the mind, body and speech. However, we do not have to wait until their complete purification only to share the Dharma with others. I recalled the person who first introduced Buddhism to me was not very good in explaining; so were those who invited me to visit Buddhist temples, which planted the seed of me staying in Hwa Tsang Monastery for a few years, at a later time. I truly appreciate these acts of bodhisattvas although most of them were not good in explaining.

When our understanding is not firm, we need to listen more to exposition of Buddha Dharma. Gradually we strive to strengthen our faith, *silā* and *Samādhi*. If there is improvement in our practice, we will have lesser affliction and suffering. We can put it to test in term of greed, hatred and ignorance: are they in the mode of reducing?

(Editors: How does satellite reach its designated orbit? It is through many minor adjustments. Likewise, so is practising Buddha Dharma. The understanding we gained from listening to expositions, reading books, sutras and *sastras*, does not amount to anything, other than knowledge, unless we put it into trial. It is through experiencing the theory and principle that our understanding becomes part of us and thus set free the name-tag of self-comforting tools we encoded on them)

Every living faith must have within itself the power of rejuvenation if it is to live. – Mahatma Gandhi

The Ullambana Service Ceremony
(Excerpt from Selected Translations of
Miao Yun Part 4)

The Buddha said that we owe great gratitude to our parents. As children, we should show filial piety and respect to our parents in appreciation of their help to us. Our parent's love, kindness, and support has been so great, that even if we tried to show our filial piety to the fullest, it would still be impossible for us to repay them for their efforts.

As children, we should listen to the advice of our parents. Once grown up, we should learn to be independent and work hard. We should show our respect and filial piety to our parents so that they may feel comforted and gratified for all their sacrifices. After the death of our parents, we should remember their kindness, and hope that they are relieved from their sufferings and are happy.

In the past, there was a great disciple of the Buddha, the noble Maudgalyayana. After his enlightenment, he knew that due to his mother's disbelief in the Triple Gems, and her habit of killing living creatures, she was reborn in the realm of hungry ghosts and suffered tremendously.

Although Maudgalyayana was sincere in helping her, he was unsuccessful. He went to the Buddha for advice. The Buddha said, "The fifteenth day of the seventh month is the Happy Day for Buddhas". We can practise dana sincerely on this day, and make offerings to the Buddha and the Sangha. With the merits of our offerings, we may gain the sympathy and assistance of the Buddhas and be relieved from the sufferings in the realms of the hungry ghosts".

This is the origin of the Ullambana Service. The word "Ullambana" means "to redeem the upside down" (i.e. to save from the suffering of hanging upside down. In other word, to help save those who have had bad rebirth due to their past bad karma). On the fifteenth day of the seventh month, the Buddhist community performs the Ullambana service ceremony. This coincides with the Chinese "Ghost Festival". Every year during the "Ghost Festival", communities organize Ullambana services. This is the filial piety day in Buddhism.

In Buddhism, remembrance and efforts for the ancestors are very sincere and thorough. In Confucianism, there is less emphasis of these aspects in the funeral rites for parents, and the worship of ancestors. Theists show neither remembrance nor effort of salvaging for their ancestors.

(Editor: Hopefully, all of us would have a better understanding of Ullambana service. Is it just another name of Ghost Festival? What is the purpose of holding this service?)

(Editor: The Selected Translations of Miao Yun Part 4 consists of Junior Buddhist Studies and Senior Buddhist Studies written by Ven. Yin Shun for Mee Toh School in Singapore. Please surprise yourself to find in them some of the answers to your doubt or questions).

You see, in life, lots of people know what to do, but few people actually do what they know. Knowing is not enough! You must take action –
Anthony Robbins

The Water Cure Recipe

WATER Therapy has shown amazing results and the advocates of Ayur-Veda, the traditional medical science of India believe it can help those who are suffering from diseases.

The name given to Water Therapy is "USHA PAANA CHIKITSA". In Sanskrit USHA means dawn or early morning while PANNA means drink or water and CHIKITSA means treatment. Amazing ! But True !! Six glasses of water (1.5 litres) - Astonishing performance.

You do not have to spend money on medicine, tablets, injections, diagnosis, doctor's fees etc. Just by drinking pure water, diseases are known to have been cured. To believe this statement, you must practice this therapy. People suffering from the diseases given below have benefited and also known to have been cured.

- Headache
- Asthma
- Blood Pressure/Hyper Tension
- Bronchitis
- Anemia
- Pulmonary Tuberculosis (TB)
- Rheumatism
- Meningitis
- General Paralysis
- Kidney stones
- Obesity
- Urogenital
- Arthritis
- Hyper acidity
- Sinusitis
- Gastro-enteritis
- Tachycardia
- Dysentery
- Giddiness
- Rectal Piodapse
- Cough
- Constipation
- Hostorthobics
- Diabetes
- Constipation
- Eye diseases
- Ophthalmic Hemorrhage
- Ophthalmia (reddish eye)
- Irregular Menstruation
- Leukemia
- Uterine Cancer
- Breast Cancer
- Laryngitis



How does pure water act?

Consuming ordinary drinking water by the right method purifies the human body. It cleans and renders the colon a more effective way to form fresh blood. Once the colon is cleansed then the nutrients of food taken several times a day will be absorbed and fresh blood will be produced.

How to practice Water Therapy?

On awakening in the morning from your sleep (before brushing your teeth) drink 1.5 litres of boiled,

distilled or filtered water. To get maximum benefit you should not consume solid food or other liquids within one hour of starting the therapy.

Initially it would be difficult to drink five to six glasses of water at one time, but one will get used to it gradually. When starting this therapy drink as much of 1.5 litres of water and after a break of two minutes complete drinking the remainder.

It is important to note that no alcoholic drinks be taken the previous night. It will be normal for you to urinate 2-3 times within an hour but the frequency will normalise after some hours.

How long will it take to benefit from ailments?

Through experience and research done by the therapist in India the time taken to benefit those suffering from health problem as follows:

Constipation	1 day
Acidity	2 days
Diabetes	7 days
Blood Pressure & Hypertension	4 weeks
Cancer	4 weeks
Pulmonary TB	3 weeks

The advocator of Water Therapy recommends to those suffering from Arthritis or Rheumatism should practice this therapy three times a day, i.e morning, midday and at night. One hour before meals for a week and twice a day subsequently till the disease is cured.

Conclusion

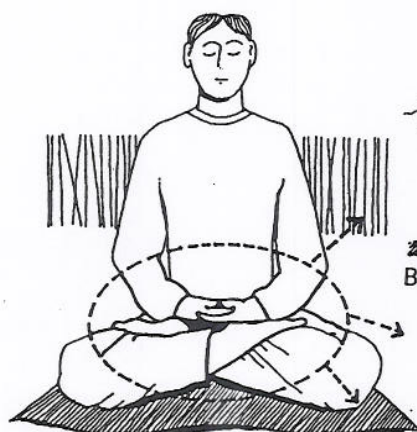
Batmanghelidj, when serving time as political prisoner in Iran discovered the healing powers of water. He successfully treated 3,000 fellow prisoners with the only medication he possessed - water. This is when he understood for the first time in medical history that the body indicates its water shortages by producing pain.

Water Therapy is a therapy with no known side effects, and it is cheap and easy to practice. To get the benefits give it a try.

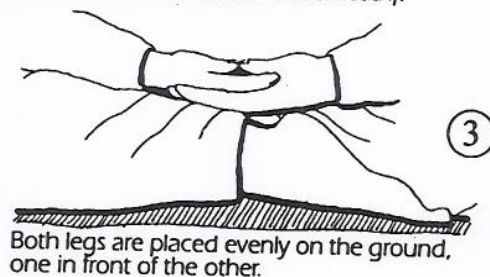
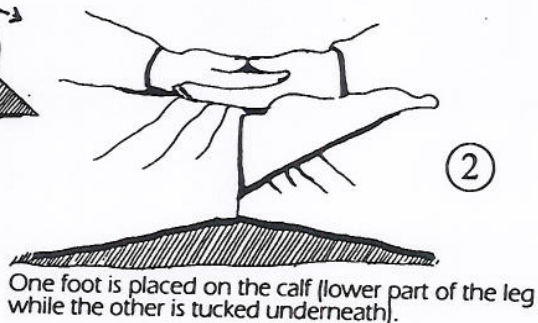
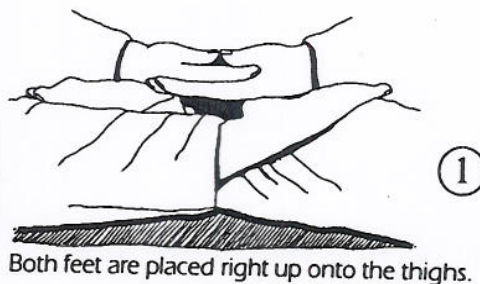
In conjunction with Anapanasati meditation class, we thought it would be appropriate to attach some illustrations of sitting and walking meditation. We hope they are useful.

VARIOUS SITTING POSTURES

A CROSS-LEGGED SITTING



Front View



B SIDE-LEGGED SITTING



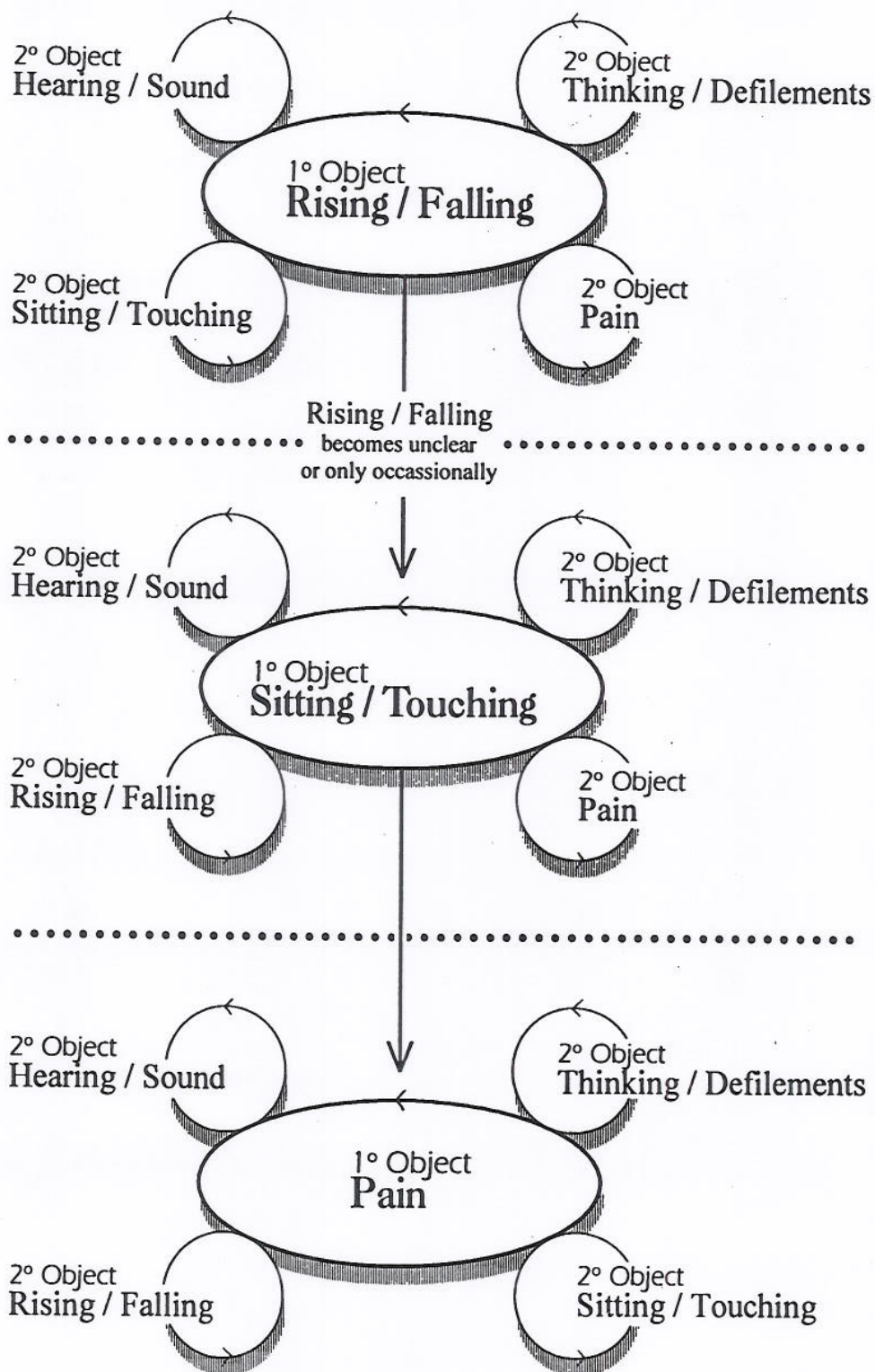
Front View



Side View

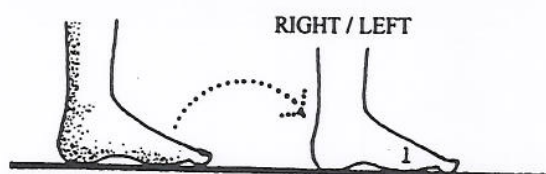
FLOW CHART ON PRIORITY OF OBJECT

Shift of Primary and Secondary Objects in Systematic Noting (Sitting Meditation)

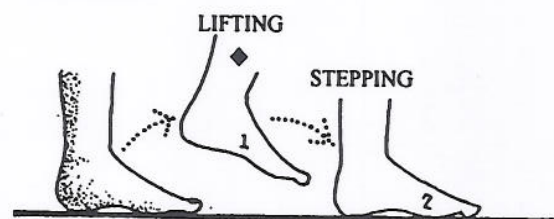


1° & 2° refers to primary and secondary objects respectively.

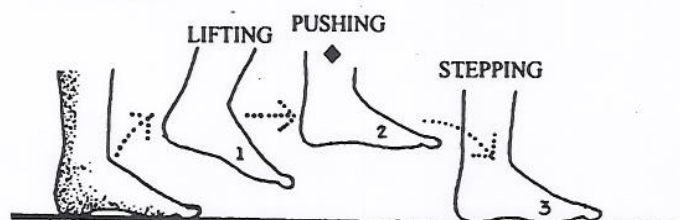
PHASES OF STEPS IN WALKING MEDITATION



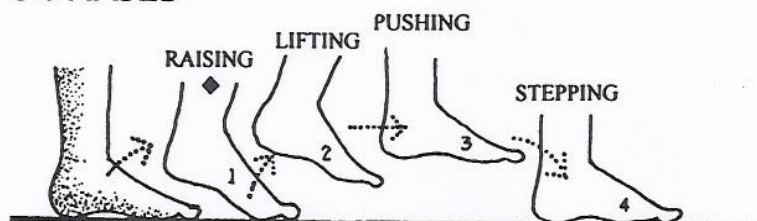
1 PHASE



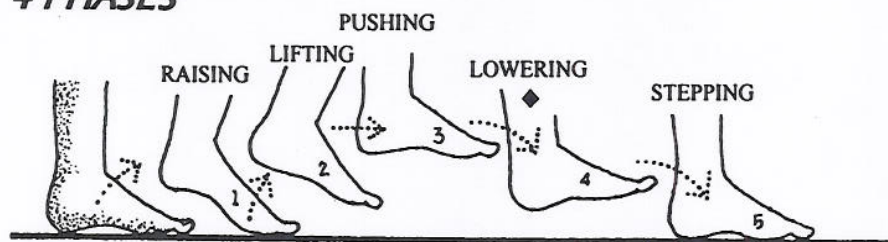
2 PHASES



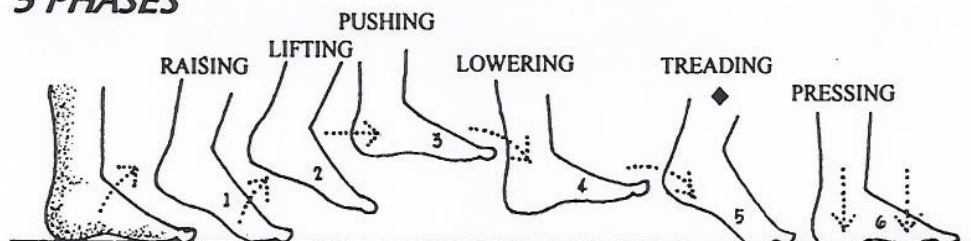
3 PHASES



4 PHASES



5 PHASES



6 PHASES

◆ Indicates new phases to note.