

CEBA News

Canadian Engaged Buddhism Association



vol. 3, Spring 2012

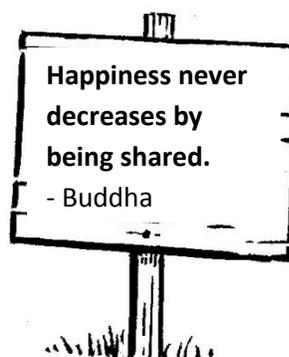


On March 11 CEBA held **Raise the Roof** fundraiser to help build the roof for the new girls college under construction in Lumbini, Nepal. Dr. Raj Sherman and his wife Sharon MacLean attended the event and the Liberal leader delivered the welcome speech. CEBA members gave presentations about the Heavenly Himalayas Holiday that they had embarked on a couple months earlier in India and Nepal. The focus was on the work CEBA is supporting at Peace Grove Nunnery and Metta Schools and the upcoming Girls College. The afternoon event also featured a silent auction, Nepali "Chia" (Masala Chai Tea) and June's famous shortbread cookies. We raised \$2093! Thanks to everyone who supported us by attending, donating an auction item, donating online, or volunteering! If you wish to contribute to the Raise the Roof campaign please contact us or go to: <http://www.cebainfo.org/DONATE.html>



What the Buddha Taught?

If you're walking around the Buddha's birthplace these days you might notice that there are some simple blue and white signs or yellow and brown signs with teachings/sayings of the Buddha. You might be surprised to know that someone might have visited and left Lumbini without ever knowing a single thing that Buddha taught. We thought this was regrettable, and were given permission to create these signs and affix them throughout the World Heritage Site. We selected several short stanzas from the Buddha, hired a sign painter and then our team of volunteers affixed these to trees and posts. Some of the signs are in English some in Nepali, and in all we have installed about 30 so far with plans to create a further 20-30 more. Examples of some of these stanzas can be found throughout this newsletter.



Meditation Classes/ Book Study

Join us for **Monday night meditations**

Location: Garneau United Church
11148-84 Ave Edmonton

Time: 7-8:30 pm every Monday
(holidays excluded)

Book Study of *Old Path White Clouds* will be on the 2nd Monday of each month at 5:45 to 6:45 pm prior to meditation class.

Nepal Night in November

Save the Date! We will be holding our major CEBA fundraiser on Friday **November 9th** – at Meridian Banquets (4820-76 Ave.) with dinner, entertainment, a silent auction and more. Stay tuned for more details and ticket sales soon.

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Message from CEBA's Spiritual Guide, Venerable Metteyya



Dear CEBA Friends,
Many greetings for the coming summer and I hope you will enjoy a wonderful time! Last year, I stayed in Edmonton during this time and remember witnessing the transformation that takes place when the summer approaches; the blossoming trees, the green grass, and

the dandelions covering the ground like yellow carpet. And of course, the symphony of people and frenzy of activities all around to enjoy the summer that people waited so patiently for, enduring a long and cold winter.

Now being back here in Lumbini I have been busy with lots of new activities. We are working on building a new Girls College that will educate hundreds of young women from the local communities. And while our CEBA Heavenly Himalaya tour group was visiting us here in Lumbini, we also submitted an application for a piece of land inside the master plan area of the birthplace of Lord Buddha in Lumbini Sacred Garden Nepal, to build an information centre and library for the visitors who come to visit here. For this we have to work with the local administration in Lumbini and the Government. While working through the frustratingly slow and inefficient administration system in Nepal, I have often been thinking about how great a role "Patience" plays in our everyday lives and especially in dealing with frustrating issues.

Patience is an excellent mental quality much praised in Buddhist scriptures. In fact, Buddha taught that development of the skill of patience is one of the fundamental qualities that help one to attain the liberation of mind from all ignorance. I think it is due to the great role that patience plays in the quality of our experience that it has been praised as one of the most valuable virtues in most spiritual traditions around the world.

It is not possible to go into detail in this small article but I think we are all familiar with how impatience causes so much pain and anxiety in our lives and harms our relationships with people around us. We all know how badly we could use some more patience! But the problem is that we believe that "patience" is a gift that we either have or do not. As a Buddhist monk I meet many people who come to tell me that they, "Just don't have capacity for patience at all!"

This is where Buddha's insight comes in very handy. Buddha taught us that "impatience" can be transformed into "patience" through sincere effort and practice. Impatience comes from not seeing things properly and reacting based on our sudden impulses. Buddha taught us that to develop patience we need to understand the truth of impermanence. When we can fully experience that everything is constantly changing: every situation, including our feelings of anger, frustration and not being understood, are all just processes that keep changing and evolving, then our attachment to a particular view or feeling becomes pointless and we are able to focus on the next stage. Then we become aware of *where it will lead* rather than *what it is*.

Some psychologists define "impatience" as a decision-making problem where we favour small short-term rewards from any given situation over more valuable long-term rewards. It's the blind focus on the impulsive experiences, and not knowing that they will change, that we forget to see beyond. Impatience churns the mind unnecessarily and breeds anxiety, fear, discouragement and failure.

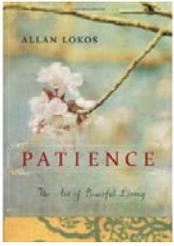
Patience, on the other hand, generates peace, stability, rational outlook, and an ability to navigate oneself through difficult times. With patience, one will not bruise oneself unnecessarily on the journey of life, but will go carefully step-by-step along the way. These qualities also make patience a very valuable tool in mental training and particularly in meditation. In order to fully gain the fruits of meditation one needs to have regular practice and patience. It is no good expecting instant enlightenment only after a short practice. It's a gradual path and has so many wonderful reservoirs of healing on the way to fill one's pot. Patience is definitely one of such healing reservoirs.

When the Buddha was teaching his young son Rahula the path of Enlightenment, he taught about patience to start with. So I think one of the gifts that parents should give to their children to have a successful life should be the art of patience.

Finally, just recently a good friend of ours from New York, Allan Lokos wrote a beautiful book called "*Patience: the art of peaceful living.*" Allan is a wonderful Dhamma teacher and I think his book would be a great read for anyone who would like to learn more about this essential quality.



Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment. - Buddha



Venerable Metteyya and Guruma Bodhi are profiled in Allan Lokos' new book *Patience: The Art of Peaceful Living*.

To survive the roller-coaster ride of life, with its ever-changing shifts from pleasure to pain, gain to loss, and

praise to blame, requires a substantial depth of patience. In this life-changing book, Allan Lokos sheds new light on this much-sought-after state of mind, and provides a road map for cultivating greater patience in one's life. According to Lokos, to develop a depth of patience we must first acknowledge the unhappiness caused by our impatience and anger in its many manifestations - from mild annoyance to rage. In this revelatory book, Lokos draws on his many years as a Buddhist practitioner and spiritual teacher, as well as interviews with a wide range of

individuals who have had their patience tested-often dramatically so - and lays out a compelling path to the heart of patience.

"This book, both practical and profound, is a wonderful demonstration of just how to bring patience and a new way of being right into our daily lives. It is filled with insight, warmth, and compassion." — Sharon Salzberg, author of *Real Happiness* and *Lovingkindness*.

Allan Lokos, founder and guiding teacher of the Community Meditation Center in New York City, is the author of Pocket Peace: Effective Practices for Enlightened Living. His writing has appeared in Tricycle magazine and he has taught at New York Insight Meditation Center, Open Center, Marymount College, One Spirit Learning Alliance, and The New Seminary. Earlier in this life Allan was a professional singer appearing in the original Broadway productions of Oliver! and Pickwick. He lives in New York City.

The Nuns to Get 2 More Years Education!

We held a meeting with the parents of the nuns to discuss their future. We were closing in on the initial 2 years that had been agreed upon for us to educate their daughters and postpone their entrance into the life of wife and mother. The nuns were getting apprehensive, and their grades had even been dropping, when we realized just how concerned they were that the 2 years were almost up, and if they passed their grade 10 exams they would qualify for SLC (School Leaving Certificate) which qualifies them for certain jobs. They worried that after this they would indeed be bound to fulfill their familial responsibilities. So we invited the families for Dharma talks, served them lunch and then discussed the future of women in Nepal and their daughter's opportunities. Most of our nuns are in

grade 10 and still need a full 2 more years to complete their high school diploma which will qualify them for government jobs and to be accepted for higher education should they choose to go on. The answer from all the families was a resounding 'Yes!' to allowing us to educate their girls 2 more years, and most said we could keep them and educate them as long as the girls wanted!! What a relief and cause for celebration!! Luckily, this day too, was the 2nd anniversary of Guruma Bodhi's ordination and a celebration was planned. The evening was spent at Maya Devi temple offering 300 candles to Buddha around the reflection pool, listening to Ven. Metteyya teach Dharma, meditating and watching the turtles surface to watch us.



Message from CEBA's Vice President, Lisa Kapyt, who visited Lumbini in Dec 2011- Jan 2012

I was sitting in the travel clinic when I asked myself 'how the heck did I get here?' I've never travelled and now I'm going to Asia. I was preparing for a journey to India and Nepal to visit 2 schools and a nunnery that CEBA supports. On reflection I can say it was a series of small "yes's" that led me to this point.

A couple years ago I was invited to a meditation class my friend leads. I said 'YES'. After class my friend, Bodhi, was talking to some people about starting a charitable organization to help impoverished kids have a chance at an education in Nepal and would I serve on the board? "Yes". Could I help with fund raising? "Yes." And many Yes's and two years later I was asked if I would like to travel to Nepal and meet some of the kids at the Metta Schools and Nunnery and see for myself what our efforts translate into on the ground. I said "YES!"

We flew into Delhi arriving about 2 a.m. and were met at the airport with love and blessings by Venerable Metteyya and Bodhi. We began our road trip and pilgrimage across Northern India to Lumbini Nepal, the birthplace of The Buddha and the site of the "Peace Grove Nunnery" and "Metta Schools". We visited many beautiful and historic places on our way to the Peace Grove such as meditating at the very spot the Buddha was enlightened and boating on the Ganges river at sunset while making offerings to our departed loved ones. India has a depth of history that is hard for the western mind to begin to grasp and I'm grateful to have had a chance to at least scratch the surface of it. For me my goal was approaching as we drove down one long dusty highway after another.

We arrived in Lumbini an hour before sunset. We had been traveling with a young nun named Mudita. Sweet, quiet and shy, for Mudita this was coming home. As we pulled to the side of the road I noticed the road stops right at the nunnery gates and goes no more. Interesting. The young nuns lined up in two rows to greet us with 'Namaste' and blessing scarves. It only took a moment for the girls to finish their official duties and then pile up on Bodhi and Mudita in heartfelt welcome.

All around us was construction. The lilac pillars lining the walk way leading to the main building I'd become so familiar with from photos were being torn down, a new Dharma hall dominates the foreground and classrooms for our girls were half finished to the left of it. Past a screen of vegetation on the north side of the property, the girls' college had just started arising brick by brick from its foundations. The way this place looked was really reflective of my own inner landscape. The stuff I'd hung on to was now being demo'd to make room, for what? I'm not sure, but it's new and different and hopefully a lot more functional in the expanded universe I now shared. The young nuns were shy but curious about us. They knew who

I was from photos but it took me most of our time there to get them all figured out. They range in age from 13 to 18 yrs are from diverse ethnic backgrounds and all top out at about 4'10 and



70lbs. One of the first things I remember the kids saying to me as they got over their shyness was "Auntie, you are giant! How big are your children?" Laughter! Laughter floats on the air here like bubbles on a warm breeze. The kids laugh and giggle in response to everything. They are so happy at the Peace Grove, it just did my heart such good, after seeing the tragic lives of the street children under the sway of the beggars mafia. These kids live in a changing world. Not only do we see where the old agricultural ways of doing things has collided with modernization, urbanization and pollution but the UN has mandated (as part of the peace agreement with the Maoist party) that 1/3 of all government and bureaucratic jobs go to women. And with literacy among girls and women being so low our girls will be able to find jobs and also become future leaders of the society. And there we were, my friends Melanie, Kim, Catherine, Chris and Cornelia standing a stone's throw away from the birthplace of The Buddha in the home of Buddha's daughters in what I have come to think of as the real "happiest place on earth." These kids get to read and study and learn and they are grateful. They know this will give them a better future. But they are still just kids laughing at any little play on words, loving and helping each other unselfishly in this beautiful nurturing environment. Any one of our girls could be a future leader in Nepal, steering it into a more balanced and stable prosperous time.

One day we went on a village walk and got see a bit more of life in Lumbini. It is rural but so strangely crowded. People, cows, chickens, oxen, and goats all living cheek by jowl. Folks there seem to get along very well; there is a lot of cooperation. Even in the worst traffic jams we saw in the main centres nobody gets mad or frustrated. They just wait and eventually some men mill about and make some suggestions about moving this way and that and 'hey don't I know your uncle' and 'do you want to come for tea' and 'ya let that motorcycle through there...' It all gets worked out without any upset at all. Here in the small villages that sentiment is amplified. Help each other and it'll all get done applies to the harvest and construction. Our walk also took us to the Metta Schools which were also being visited by the expansion fairies. More classrooms equal more kids able to study and learn and grow. We met the administration staff and learned that our head nuns, Anula

and Angeli, are vice both teachers and principal and treasurer respectively, at Metta schools in addition to their duties at the nunnery. The Metta schools are 80% self sustaining and I'm sure will continue to be fertile ground for the growth of more community leaders.

While we westerners visited the Peace Grove, the whole community, including and especially the mothers of our



girls, were invited to see the new Dharma hall and about 300 hundred people came. All were fed a beautiful meal, cooked and served by our young ladies.

If a man speaks or acts with an evil thought, suffering follows him as the cart follows the ox. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him. – Buddha

Heavenly Himalayas Holiday

CEBA hosted the first Heavenly Himalayan Holiday for 3 weeks in December and January. We started in Delhi then carried on to the major Buddhist pilgrimage sites of India for the first week. First off to Sarnath, where Buddha gave his first teaching after enlightenment. The Holy day of Christmas was spent at Buddhism's "holiest of holies": Bodh Gaya (Where Buddha became enlightened) and where we were greeted by eager Indians asking "Are you Christian?" so that they could wish us a Merry Christmas! Beautiful! Kushinagar (Where the Buddha passed away into Parinirvana) as well as stops at other places of significance along the way: holy city of Varanasi; ancient Nalanda University; Rajgir capitol of King Bimbisara's kingdom; Venuvana (Bamboo Grove) Buddha's first monastery, to name a few. The second week was spent in Buddha's birthplace, Lumbini Nepal. Here, some of our group volunteered at Peace Grove nunnery to install networking in the classrooms and to clean and set up the newly completed Meditation Hall. While spending the week in the vicinity we had several trips to the Buddha's birthplace proper: Maya Devi temple in the World Heritage site which is only about 1 km from the nunnery. We spent time meditating at the pilgrimage sites and Venerable Metteyya regaled us with Dharma talks and stories from the Buddha's life. It was quite extraordinary to be at these special places with such an incredibly knowledgeable spiritual guide as he. We also visited the following sites in the vicinity of Lumbini: the birthplaces of Buddhas Kanakmuni and Krakuchanda, Buddha's mother's (Queen Maya Devi) and father's (King Sudhodana) burial mounds (stupas), the remains of the palace at Kapilvastu where Buddha grew up as Prince Siddhartha, lived married to Yasodhara and where his son Rahula was born; Nigrodharama, the monastery donated to Buddha and the monks by His father; Ramagrama stupa, believed to contain a full 1/8th of Buddha's bodily relics; and Devdaha,

Massive amounts of food just kept appearing and I commented to our head nun Anula (22 yrs. old) about her calm demeanor and she said 'Auntie it's all the Dhamma'. Yes I learned a lot from Anula, our little nuns and the brave mothers who are bucking the societal norms by educating their daughters. And I plan on keeping on saying 'yes' when the opportunity to do a little bit of good comes my way. You just never know where that will take you.

(abridged version- full article at:

http://www.lumbininuns.org/Sakyadhita_Nunnery/A_Friends_Visit_to_Our_Nunnery.html)

the maternal homeland of Queen Maya Devi. The final week we went to Royal Chitwan National Park where we spied one-horned rhinoceroses and other wildlife on elephant-back safari, spotted several birds early morning on a canoe safari, visited an elephant sanctuary with a 20-day old baby and 5 year-old twins, and danced to cultural dances. We then continued on to Pokhara, the Banff of Nepal, where we slowed right down, and enjoyed the views of the Himalayas, and did a very early morning tour to watch the sunrise and shine on majestic Machupuchre (Fishtail) and Annapurna South mountains. First they glowed bluish as dawn broke, then pinkish as a few rays of sun reached them, then brilliant copper, before becoming bedazzling white snow-capped peaks. Our final few days were spent in Kathmandu, (Yes! Kathmandu!) where we did a lot of shopping and a some sightseeing. What trip would be complete without a visit to Nepal's largest and oldest stupa, Bouddha, containing the relics of both Buddha Shakyamuni and Kassapa! 'Heavenly' is just one of many apt adjectives we could choose for this amazing trip.

View photos at:

<https://www.facebook.com/media/set/?set=a.10150524598866809.367362.590036808&type=3&l=4a76fa2249>



Evidence Builds that Meditation Strengthens the Brain (UCLA Research)

Earlier evidence out of UCLA suggested that meditating for years thickens the brain (in a good way) and strengthens the connections between brain cells. Now a further report by UCLA researchers suggests yet another benefit.

Eileen Luders, an assistant professor at the UCLA Laboratory of Neuro Imaging, and colleagues, have found that long-term meditators have larger amounts of gyrification (“folding” of the cortex, which may allow the brain to process information faster) than people who do not meditate. Further, a direct correlation was found between the amount of gyrification and the number of meditation years, possibly providing further proof of the brain’s neuroplasticity, or ability to adapt to environmental changes.

The article appears in the online edition of the journal *Frontiers in Human Neuroscience*.

The cerebral cortex is the outermost layer of neural tissue. Among other functions, it plays a key role in memory, attention, thought and consciousness. Gyrification or cortical folding is the process by which the surface of the brain undergoes changes to create narrow furrows and folds called sulci and gyri. Their formation may promote and enhance neural processing. Presumably then, the more folding that occurs, the better the brain is at processing information, making decisions, forming memories and so forth.

“Rather than just comparing meditators and non-meditators, we wanted to see if there is a link between the amount of meditation practice and the extent of brain alteration,” said Luders. “That is, correlating the number of years of meditation with the degree of folding.”

The researchers took MRI scans of 50 meditators, 28 men and 22 women, and compared them to 50 control subjects matched for age, handedness and sex. The scans for the controls were obtained from an existing MRI database, while the meditators were recruited from various

meditation venues. The meditators had practiced their craft on average for 20 years using a variety of meditation types — Samatha, Vipassana, Zen and more. The researchers applied a well-established and automated

whole-brain approach to measure cortical gyrification at thousands of points across the surface of the brain.

They found pronounced group differences (heightened levels of gyrification in active meditation practitioners) across a wide swatch of the cortex, including the left precentral gyrus, the left and right anterior dorsal insula, the right fusiform gyrus and the right cuneus.

Perhaps most interesting, though, was the positive correlation between the number of meditation years and the amount of insular gyrification.

“The insula has been suggested to function as a hub for autonomic, affective and cognitive

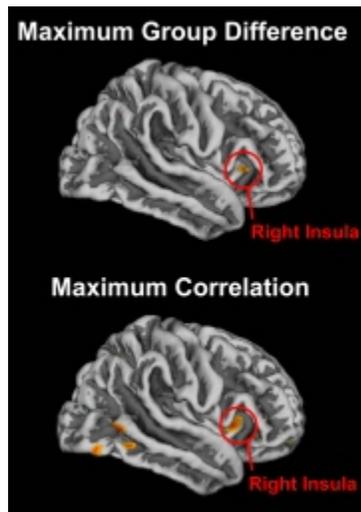
integration,” said Luders. “Meditators are known to be masters in introspection and awareness as well as emotional control and self-regulation, so the findings make sense that the longer someone has meditated, the higher the degree of folding in the insula.”

While Luders cautions that genetic and other environmental factors could have contributed to the effects the researchers observed, still, “The positive correlation between gyrification and the number of practice years supports the idea that meditation enhances regional gyrification.”

Other authors of the study included Florian Kurth, Emeran A. Mayer, Arthur W. Toga, and Katherine L. Narr, all of UCLA, and Christian Gaser, University of Jena, Germany. Funding was provided by several organizations, including the National Institutes of Health. The authors report no conflict of interest.

- article By Mark Wheeler March 14, 2012 ; printed from

<http://newsroom.ucla.edu/portal/ucla/evidence-builds-that-meditation-230237.aspx>

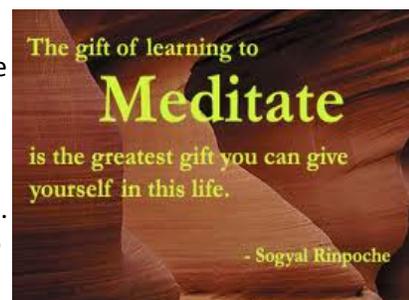


8 Reasons You Should Meditate

1. Greater peace of mind

Every day we’re bombarded by messages and information from media, electronics, work, family and our living environments that clutter our minds. So much so that it’s impossible for us to handle the information overload. And when that happens, our minds aren’t a pleasant place to be. We become agitated, stressed, impatient and tired. But unlike our homes, we can’t walk out the door and ignore the clutter.

Meditation gives us the opportunity to de-clutter and do some housekeeping of the mind. It’s not a time to organize thoughts, but rather to let your thoughts be. To put them aside and be present with yourself. As a result you’ll find a greater ease in living your daily life and finding peace of mind.



2. Greater self-awareness

Have you ever driven to a destination and not remember the trip? Have you ever devoured your lunch in a rush without really noticing how it tasted? These are just two examples of how the fast pace and demands of modern society have caused us to live life on autopilot.

Meditation helps us to reconnect with the present and experience our lives with self-awareness. We are then able to turn off the autopilot and respond to life as we truly want to – on our own terms and not based on the expectations of others or learned reactions and patterns.



3. Improved relationships

Think of the last time you had an argument with someone. Did you truly listen to them or were you simply waiting for an opportunity to make your point? We often get so wrapped up in ourselves that we don't take the opportunity to connect with others, whether we're arguing a point or simply having a pleasant conversation.

The self-awareness that meditation cultivates also helps us to see others more clearly, and with that clarity comes the opportunity to connect more deeply with others and build stronger relationships.

4. Respond to challenges with grace

Have you ever become stressed and agitated due to tight deadlines at work? Maybe you've become angry and snapped at your partner when faced with a stressful family problem. Life is filled with stressful challenges that are often made worse by the way we react to them.

Meditation helps us to relieve stress and see the present moment more clearly. As a result, we can better respond to challenges in a productive manner rather than react on autopilot and do or say things that we later regret

5. Increased energy

The fast pace and responsibilities of life can cause stress and mental fatigue that also affect us physically. Consider how much energy you have after a fun day at the beach with your family. Chances are you have more energy than you would have had after a stressful day at the office. A stressed and cluttered mind drains our energy.

Meditation helps to calm your mind, but in doing so it also rejuvenates the body. Your mind and body are connected and will energize or drain the other depending on how you treat them.

6. Improved sleep

At some point most of us have lay awake at night, unable to sleep with thoughts racing through our heads. It's no wonder given the incredible amount of information our minds try to deal with on a daily basis.

Meditation at any time of the day will help to calm your busy mind and improve your sleep. However, meditation in the evening has the added benefit of giving your body a break before bed. The rejuvenated, restful feeling you feel in your body after meditation, combined with a calm mind, is one of the keys to achieving your most restful sleep ever.

7. Improved focus

Do you find yourself easily distracted and unable to focus? The inability to focus is quite common for adults and is becoming alarmingly prevalent among children who are subsequently prescribed a long list of medications to deal with their attention deficits. Is it any surprise when we see the fast pace and amount of media, advertising, games and information that is thrown at children today?

Meditation is an ideal solution. De-cluttering your mind, reducing stress and helping you to become self-aware are all ways in which meditation helps you to live in the moment and regain greater focus.

8. Improved physical health

Meditation can improve your physical health in many ways, but none as profound as reducing stress. Stress is considered a primary contributing factor to a long list of health problems, including heart disease, cancer, depression and premature aging.

Using meditation, we can better deal with and reduce the amount of stress in our lives. And, as a result, we can improve our health. The health benefits of meditation are difficult to quantify, but the personal experience of those who meditate regularly shows that there is a direct connection between meditation and improved health. Skeptical? Take a 30 day meditation challenge and see for yourself. from <http://stopandbreathe.com>

Environmental Buddhism

Gyalwang Karmapa, who writes for the *Conservation Biology*, the most influential scientific journal in its field, has invited His Holiness the 17th Gyalwang Karmapa to contribute an article outlining his vision of "Environmental Buddhism." Entitled "Walking the Path of Environmental Buddhism through Compassion and Emptiness" the article explores His Holiness' personal reasons for becoming an environmentalist, offers a masterful explanation of the overlap between Buddhist philosophy and environmental ideology, and ends with a call to action to protect the environment.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1523-1739.2011.01765.x/full>

Lumbini Dharma Centre

CEBA met with success in our application for a piece of land in the World Heritage Site of Buddha's Birthplace in Lumbini, Nepal, to build an Information Centre, Library and Meditation Centre. We submitted architectural and engineering plans for the proposed project and need to submit 15% of the full project cost as a deposit with the Lumbini Development Trust once the Minister of Culture signs off on the decision. We are excited to be about to embark on such an important project. When Lumbini was developed as a World



Heritage Site approximately 30 years ago, 7 villages were displaced (voluntarily) to accommodate the Master Plan. The villagers gave up their land for minimal compensation, as they were happy to support spiritual initiatives and were also told that the tourism this would bring would also bring a measure of prosperity to the region in the form of more schools, more medical facilities and jobs. This pretty much has not materialized and the villages surrounding the World Heritage Site are still experiencing great poverty.

Thank You ...

to Lisa for organizing our very successful Raise the Roof silent auction fundraiser, to Hira, Melanie and Bodhi for all their work, to our generous silent auction donors, special guests Dr. Raj Sherman and Sharon MacLean, all our volunteers and all who supported us by coming out and/or donating.

Can You Help?

Our organization needs volunteers and Board Members. We are also looking for new or used **laptops** for the Metta Schools and the Girls College.

CEBA's Mission Statements Include:

- Advancing the practices of the Buddhist faith while promoting intra-Buddhist and inter-spiritual learning and dialogue in Canada and internationally
- Improving animal welfare and living standards of people in Nepal through education of both children and adults, provision of medical clinics, construction of wells and sewage maintenance systems, reforestation projects and literacy programs
- Providing, administering and maintaining a Dharma Centre for the community, pilgrims and other travellers in Lumbini, Nepal (the birthplace of the Buddha and a World Heritage Site)

CEBA Contact Information

CEBA is a Non-Profit Organization registered with Corporations Canada, but is not yet a registered Charity with Canada Revenue Agency and cannot issue tax receipts.

Mail: 4403 - 12 Avenue NW Edmonton, AB Canada T6L 6M4

Telephone: 1 780. 493.1677 email: [cebabodhi @ gmail.com](mailto:cebabodhi@gmail.com)

Website: www.cebainfo.org

CEBA envisions that our centre will serve several purposes: it will be a place where local communities can learn about and practice the teachings of one of their ancestors, the Buddha; it will provide pilgrims and travelers to Lumbini

information about the area, other sites of significance to visit in the area, and be a place to study and practice; it will be a place where we will invite great teachers from all traditions to come and offer teachings and retreats; it will be a non-sectarian Buddhist centre providing information, guidance and an open, inclusive environment for any spiritual or philosophical seeker. We

urgently need to raise the remaining \$6,500 of the 15% (\$21,500) deposit to secure this land and if this is a project you would like to know more about and help with, please contact us or donate online. Thanks so much!

<http://www.cebainfo.org/DONATE.html>

It is foolish to guard against misfortunes from the external world and leave the inner mind uncontrolled. – Buddha

