

CEBA News



Canadian Engaged Buddhism Association

vol. 5, Spring 2013

Heavenly Himalayas Holiday 2013 to India and Nepal (June 1 - 22)

CEBA will again be leading this meaningful travel experience which is broken into three weeks (you can choose from all or just one). The first week will take us to Buddha’s birthplace in Nepal, a World Heritage Site, where we can immerse in the culture, and/or volunteer at CEBA and Anatta co-sponsored projects such as schools, clinic, temple or meditation centre. Week 2 will take us to the Himalayas and Kathmandu for some trekking, R&R and cultural sight-seeing. The 3rd week is the classical Buddhist pilgrimage in India. The prices above include: ground transport to Buddhist sites in India, in-land flights to and from Kathmandu and Lumbini, general ground transportation, entry tickets to historical sites, meals, and accommodations (based on standard twin-share). Does not include International airfare to and from Kathmandu, Nepal (where the trip begins and ends). More information email cebabodhi@gmail.com or call Bodhi 780.493.1677.

To see what a past participant wrote about the 2011_2012 trip please see our CEBA newsletter: “Volume 3: Spring 2012” at <http://www.cebainfo.org/Newsletters.html> or visit <http://www.lumbininuns.org/Sakyadhita Nunnery/A Friends Visit to Our Nunnery.html>

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Monday Night Meditation

Sai Baba Centre
9619- 82 Avenue Edmonton
Time: 7-8:30 pm every Monday
(holidays excluded)

The 2nd Monday of the month will be meditation 7-7:30 and Book Study from 7:30-8:30. In April, join us as we begin the book: “Great Disciples of the Buddha”

Monday March 25: We will be showing the 2010 PBS documentary “The Buddha” in which our very own Ven. Metteyya is one of the featured scholars in the film on. Refreshments will be served. Meditation: 6:30 to 7
Film: 7-9 pm.

Heavenly Himalayas Holidays

Excluding airfare, costs
Week 1 \$800
Week 2 \$1500
Week 3 \$1700

Message from CEBA's Spiritual Guide, Venerable Metteyya

Dear Friends,

It has been almost two months since I returned to Lumbini! It has been quite an experience to be back again to this beautiful little place. All the over-pouring emotions of love, gratitude and respect from my students, the kind mothers and all our villagers are overwhelming. I am still getting many, many visitors everyday and it is fun to see our sweet little nuns try and persuade the visitors not to seek a long meeting to give me some free time and peace. From my window I can see how they try and negotiate with the visitors before they bring them to me. It's heartwarming to see our little nuns growing into sensitive and wise managers.



I had a very peaceful stay in Edmonton for couple of months. I was very glad to be near my kind Dharma mother. I was able to guide and serve our Edmonton Sangha and to share loving kindness with everyone. And I must say that I enjoyed the stillness and serenity of the vast snow covered prairies. But yet, I was quite excited to return back to Lumbini, thanks to the kind support of a good friend of ours and the new partnerships that we developed there. Now we are able to purchase a very vital piece of land between our Nunnery and the New Girls College that we have been building. It has been our long time dream to build a very special school dedicated to the liberation of the women through educating and empowering the young women the future mothers of the society. I have deep faith in the great potential of women to bring about great change in creating a harmonious and progressive society if they are given the right tools and opportunities.

Once I arrived in Lumbini I found out that most of our old construction team's experienced masons and workers have left for work abroad to the gulf countries

while I was in Canada. So we had to put together a new team and to train them in to our ways of working. Now we have about 45 workers working daily and I myself am working as a construction supervisor, landscaping expert, architectural designer, quality controller, staff manager, adviser etc. Certainly it seems that I am enjoying a very long string of titles. 😊 But nevertheless it is fun to work with the people. And it has become quite a wonderful Dhamma work, through working with our workers I am also connecting with their sorrows, hopes and dreams. And to see that every single rupee that we pay them as wages, reaches and touches the lives of so many family members that they care and love. What an intricate web of relations!

So I am enjoying these feelings and while working on the final stages of completing the Girls College building and am reflecting that once we have the Girls College running in two months, how many Girls and future mothers will receive good education here and how it will carry the positive influence to many generations. This noble intention has been made possible with the kind support from our well wishers and friends. I have deep faith that this will give much delight and joy to everyone who is connected with it and everyone who will benefit from this project in future. In our next newsletter I am looking-forward to sharing the good news of our first classes at the Women's Institute till then may you have lots of love and kindness in your lives.

With Much Metta

Bhante Metteyya

Updates from Peace Grove Nunnery and Karuna Women's Institute

Thanks to a very generous donation from CEBA friend Trevor Ironside, we were able to secure the land that separates the nunnery and Girls College. This June when Bhante Metteyya and Guruma Bodhi will both be in Lumbini, we will have the grand opening of the Girls College! Initially we will only have the vocational training (sewing and computers) but by fall we hope to have the core curriculum operational (**DONATIONS of NEW AND USED LAPTOPS NEEDED**). We anticipate a small enrollment initially, but expect it to grow to 200 full-time students by next year. Also at this time Dr. Santschi of Anatta World Health and Education Outreach will be there and we will have the Grand opening of the Anatta-sponsored Children's Library at the girls' college site. The "Garden of Harmony" Tile Wall of children's artwork will be installed in the library by Artware Fundraising. Anatta and Neurologists from Saint Barnabas Hospital in New Jersey will also hold a neurology clinic for villagers (epilepsy seems to be rampant) at Peace Grove Nunnery.

Sell for a Well

<https://www.facebook.com/SellForAWell>

A friend from Australia visited Lumbini and our projects and was very inspired to take action and help. He has set up a FaceBook site to help raise money to build Fresh Water wells in poor rural villages in Nepal. At this site folks offer items they would like to sell, and the proceeds of the sales of these items are donated to "Sell for a Well". If you would like to help then please visit the FaceBook page (address above).



More information about the Garden of Harmony Tile Wall at

http://www.anattaoutreach.org/innepal_sakyadhita.php

<http://www.artwarefundraising.com/artware-goes-global-with-a-tile-wall-in-guatemala.html>

If you would like to purchase a set of 8 greeting cards with Metta School children's artwork (all 8 cards have different artwork) for \$15 per set, please contact CEBA:

Email cebabodhi@gmail.com or call Bodhi 780.493.1677.

"To be able to suffer with is good news because it means you can share power with, share joy with, exchange love with. Let your pain tell you that you are not alone. What we thought might have been sealing us off can become connective tissue." —Joanna Macy

Community Health Camp at Peace Grove

On March 13 Medical Mercy Canada (MMC) held a health camp at our Peace Grove Institute. Canadian doctors, Lumbini health practitioners and our nuns (organized by Elsie James of MMC and Ven. Metteyya) spent the whole day diagnosing and treating over 300 patients. It was an overwhelmingly busy day with far more than the expected number visiting and really punctuates the need for more medical facilities, especially a hospital, in this area. The majority of the cases were women, some with long-term prolapsed uteruses, infections, back problems and headaches as well as first aid cases. We are very grateful that the small team of doctors visited and that one of them was a much needed gynecologist. Since the health camp just happened as we are going to print this newsletter, we don't have a lot of details but will update further in the next newsletter.

News from Around the World

Social Emotional Learning:

Ohio Congressman Tim Ryan is pushing a curriculum called SEL - social emotional learning - that teaches kids to relax, calming them into a state where they are better able to learn. Ryan is a former high school football hero and has now also written a book on mindfulness. He himself meditates 30 minutes every morning. Ryan will be introducing a bill that will help states implement SEL standards and promote mindfulness in medical schools, teacher-training programs, and to help treat veterans. "It's happening now in the military, in the prisons," he said. "I think at some point the more we understand about how the brain works, the more this is going to catch on." According to the magazine "Psychology Today," somewhere near 10 million Americans are practicing some sort of meditation. A 10-year old student, in Youngstown Ohio where SEL has been implemented was asked if she and the other kids need to find other ways to be calm. She responded: "Yes. A lot of them do because of the anger. We've had some fights and when they get angry they go after the people they are angry at. They need to be able to sit down and think of their happy place."

http://www.cbsnews.com/8301-18563_162-57568552/ohio-congressmans-meditation-crusade/



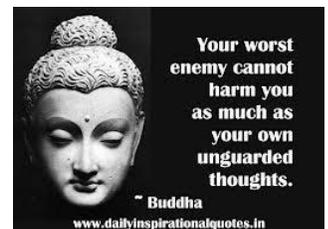
YOGA IN SCHOOLS

Encinitas Union School District is believed to be the first in the country to have full-time yoga teachers at every one of its schools. The lessons are funded by a \$533,000, three-year grant from the Jois Foundation, a nonprofit group that promotes Asthanga yoga. Since the district started the classes at its nine schools in January, teachers and parents have noticed students are calmer, using the breathing practices to release stress before tests. Yoga is now taught at public schools from the rural mountains of West Virginia to the bustling streets of Brooklyn as a way to ease stress in today's pressure-packed world where even kindergartners say they feel tense about keeping up with their busy schedules. But most classes are part of an after-school program, or are offered only at a few schools or by some teachers in a district. The Jois Foundation says it believes the program will become a national model to help schools teach students life skills

Millennials Come of Age as America's Most Stressed Generation

First came the "Baby Boomers," then came "Generation X." The branding of the subsequent generation was less definitive, ping-ponging between "Generation Y" and "The Millennials." I'd like to add a third name: "Generation Stress." According to *Stress in America*, a study commissioned by the American Psychological Association, Millennials are the most stressed demographic. And it's reasonable to assume that higher levels of stress put the Millennials at higher risk for all sorts of destructive downstream consequences, from diabetes and obesity to anxiety and depression. Not surprisingly, work is one of the biggest causes of stress. The job numbers are grim, and even those lucky Millennials that land a decent job often face a workplace rife with destructive definitions of success. So here's hoping that as they advance through the ranks of the workplace, Millennials will do themselves -- and the generation after them (Generation Z?) -- a favor by redefining success.- Arianna Huffington

http://www.huffingtonpost.com/arianna-huffington/millennials-stress_b_2718986.html?utm_hp_ref=gps-for-the-soul&ir=GPS%20for%20the%20Soul



Nepal Night 2012

We held our event amidst a horrendous snow storm yet it was still a wonderful success. Nearly 100 people came and enjoyed dinner, cultural and traditional folk dances of Nepal, silent auction of local and Asian wares, hand-henna painting, and a presentation of our education projects in Nepal. Linda Duncan and Ven. Metteyya gave heart-warming talks. We raised \$4500 to help with our education projects in Nepal! Thanks once again to everyone who participated in any way: big or small!



The Ongoing Adventures of Miguelito's Little Green Car.

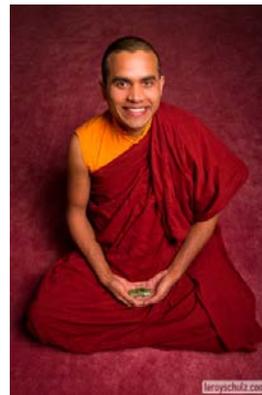
Edmonton Interfaith Centre's

Building Bridges between Faith Traditions Concert:

In February, CEBA performed the chanting of Om Mani Padme Hum. David, Bodhi, Hira's children: Samit and Samantha, along with special guests Audrey Brooks (Unitarian Minister and Raging Granny) and Jody Klassen (environmental scientist and singer.) The chant Om Mani Padme Hum is the Mantra of Buddha Avalokiteshvara (the Buddha of compassion or the embodiment of all of Buddha's compassion.) The mantra has a very elaborate definition and basically sums up the whole Buddhist path in it. But in a nutshell it can be said that when we chant it we are extending our compassion towards all beings everywhere without exception.

A little green car belonging to a boy named Miguelito is in the temporary custody of his uncle: Leroy Schultz. Leroy has been taking photos of the little green car around the world with strangers and blogging/chronicling those travels so that when Miguelito turns 18 (in 2021) Leroy will conclude the

project by presenting him with a book of photos from the project. The idea is that hundreds of people from around the world from all walks of life will be interconnected through the green car and the fact that Miguelito exists. - Leroy Schultz



<http://www.miguelitoslittlegreencar.com/blog/meditating-with-the-venerable-metteyya/>

Meditation and Mindfulness Apps - Applications for smart phones

The Internet and the rise of social media have given us amazing tools to connect, and to bring about change in the world. At the same time, our 24/7 connection to the digital world often disconnects us from the real world around us -- from our physical surroundings, from our loved ones, and especially from ourselves. We see the effects of this in every aspect of our lives. And the consequences can be really damaging, in terms of our health, our jobs, and our relationships.



GPS for the Soul: Try this App to help you reconnect with your creativity, your intuition, your peace and your wisdom. The App is based on two truths: that we all have within us a centered place of harmony and balance, and that we all veer away from that place again and again. GPS for the Soul measures your heart rate and heart rate variability, which taken together are a proxy for stress, and then connects you with the things that help you course-correct -- from music and poetry to breathing exercises and pictures of your loved ones. Using your phone's camera lens to measure your

stress level, GPS for the Soul will display your stress reading on your iPhone 4, 4S and 5. The App then invites you to launch a guide (a collection of the things that help you course-correct) from music and poetry to breathing exercises and pictures of your loved ones. GPS for the Soul lets you play one of the guides we have assembled for you, or create your own.

Omvana - Has 1000's of customizable meditations potentially allowing you to meditate to a new meditation every day for the REST of your life. It uses a vast library of customizable content available to all. You can choose from hundreds of guided meditations, inspirational speeches, binaural tracks and much, much more. Omvana offers two types of tracks – **Vocal Tracks** with inspirational speeches, poetry, hypnosis tracks, personal growth talks and guided meditations, and **Ambient Tracks** which include sounds of nature, meditation sounds, relaxation sounds and even advanced binaural beats designed to relax your brain hemispheres.

And there are many more....

“ON MEDITATION: Documenting the Inner Journey”

Venerable Metteyya along with Ohio Congressman, Tim Ryan, will be appearing in a new documentary about meditation produced by Snapdragon Films. ON MEDITATION is an evolving series of short films that explore the deeply personal practice of meditation. ON MEDITATION conveys first-hand experiences of those who have developed meaningful practices and are willing to share their experiences. From teachers to everyday people to celebrities, the subjects of ON MEDITATION offer a rare glimpse into the private insights and rituals of its subjects. The film will be screened in New York City on March 28, and the promotional videos are currently being viewed in NYC taxis. What a surprise it would be if you're in a NY taxi and to see Bhante looking back at you! To view the 3 minute promo and to learn more visit:

www.onmeditation.com

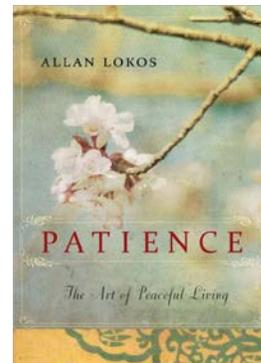


Meditation teacher and CEBA friend in a plane crash in Burma

As you may have heard, on Christmas Day our Dharma brother and sister Allan Lokos and his wife Susanna Weiss, founders and leaders of Community Meditation Center in NYC, survived a serious plane crash in Burma. Susanna suffered several broken vertebrae in her back and Allan sustained deep burns over much of his body. Due to the remote location of the crash, it took many days to get them to Singapore where Allan's very serious condition could begin to be managed. They are now back in New York (still in hospital) but improving steadily. Allan has been moved from Intensive Care to Physical Therapy at Presbyterian Hospital NYC. Through the generosity of the Dharma community, CMC continues to maintain their schedule with guest teachers during this critical time when so much metta is needed.

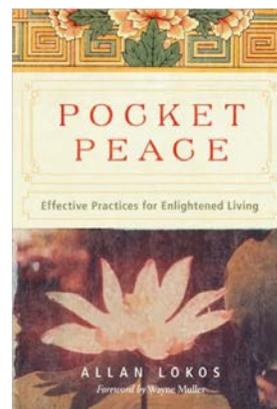
Guruma Bodhi visited our dear friends at the end of January while Allan was still in ICU. Our good friend Dr. Cornelia Santschi (CEBA's Anatta partner), Ven. Metteyya, Guruma Bodhi and Susanna are united in our strong desire to use our connections and humanitarian expertise to help the people of Burma. With respect to the medical facilities in Burma, Susanna stated "the only reason Allan is alive is because he is American. A poor Burmese would have had no chance". And indeed, sadly, their Burmese guide did perish in the crash. Anatta held a fundraiser: the Winter Wonder Walk in Central Park on January 27, 2013 to raise seed money to build a small hospital in Burma. We have already laid the groundwork for this project in Lumbini, Nepal, and will now begin the process of applying our efforts to Burma.

You may also recognize Allan Lokos name as he is also a Dharma book writer. He is author of "Pocket Peace" and "Patience" (which features interviews with CEBA's Ven. Metteyya and Guruma Bodhi).



"*Pocket Peace* is a beautifully written, practical guide to transforming our everyday experience into one of greater peace. Allan Lokos warmly takes us by the hand and leads us, as a friend, into an exploration of a genuine path to happiness."

—Sharon Salzberg, Author of *Lovingkindness*



Drawing on Buddhist teachings and his own deep wisdom, Allan Lokos reminds us of the peace and freedom that is possible when we cultivate genuine patience. This book is a compelling and beautiful invitation to pause and arrive fully in our life."

—Tara Brach, Ph.D. Author of *Radical Acceptance*

"Life always gives us exactly the teacher we need at every moment. This includes every mosquito, every misfortune, every red light, every traffic jam, every obnoxious supervisor (or employee), every illness, every loss, every moment of joy or depression, every addiction, every piece of garbage, every breath.

Every moment is the guru."

PLEASE DO NOT DISTURB MY TRANQUILITY.
~ Charlotte Joko Beck ZEN.



Meditation Benches

Beautiful handmade folding meditation benches are available for the suggested donation price of **\$30.00**. The proceeds will be used to purchase a portable projector to aid CEBA in spreading the messages of peace and hope.



Special: Spread the word around and arrange for 5 purchases and YOURS is our gift to you!

Contact Lisa 780-468-2644 for more information

Lumbini Spay and Neuter Clinic

We are trying to bring a few vets to Lumbini, and will host this clinic at Peace Grove nunnery. We could urgently use some donations for this project. The stray population in Lumbini is very high, and the animals end up in very poor health, most pups/kittens die or are eaten, those that do survive have a very hard and short life. They are abused and they suffer from mange, ticks, fleas, prolapsed uterus after delivering litters, rabies, etc. They also pose a serious safety and health hazard, sadly. Many animals are rounded up from other surrounding districts and brought to Lumbini where they won't be killed, but it adds to the urgency of the problem there. There has not been a spay/neuter clinic to date and this would be the first. Please contact us if you can help. cebabodhi@gmail.com or 780-493-1677

Compassion in Action:

The European Union has banned cosmetic testing on animals: After years of petitions and delays, animals will no longer be used to test makeup, skin care products and other products in the EU.. The [European Coalition to End Animal Experiments](#) has something to celebrate this winter; after years ([23 to be exact](#)) of effort, the group has succeeded in banning the use of animals in cosmetics testing in all member countries of the European Union. As of March 11, all personal care products, from high-end to drugstore brands, will be



subject to the rules, which means that final products cannot be testing on animals and nor can any of a given products' ingredients.

<http://www.mnn.com/earth-matters/animals/blogs/european-union-bans-cosmetic-testing-on-animals>

Guest speakers

We thank our recent guest teachers at our Monday night Meditation classes. In January CEBA welcomed Rev. Bruce Miller (retired United Church Minister) to speak on his Buddhist pilgrimage experiences as well as a committee he was a part of that explored the origins and validity of claims of sayings of Christ and Buddha being identical. In February we welcomed Charles Schweger, (retired university professor) of Edmonton's EcoBuddhism Forum, and with over 4 decades of Buddhism practitioner experience, who spoke to us about all sentient beings.

On March 18 we will welcome Rev. Rod Walker of Edmonton Buddhist Meditation Group who practices Soto Zen tradition. He will be giving us an introduction to Soto Zen Buddhism and meditation.

Thank You...

Though we may not be able to mention every generous donation/help received here, please know that we greatly appreciate every gift, big and small alike, and that we remember you all in our Metta and dedicating merits. Many thanks to: Trevor Ironside, Medical Mercy Canada, Heiko Faas, Bernadette Broeskamp, Harriet Astley and all our Nepal Night volunteers, silent auction donors, dancers, guests, Meridian Banquets caterers, Linda Duncan, and many more!

Can You Help?

Our organization needs volunteers, Board Members and financial donations to continue our work in Nepal and deliver meditation programs here and we are again looking for donations of laptops for computer education training in Nepal. It is now also possible to support the education costs of one nun for \$50 per month- contact us for details. Secure online donations via PayPal can be made on our website at www.cebainfo.org or please contact us at cebabodhi@gmail.com to discuss other ways you can help.

CEBA's Mission Statements

- 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 travelers 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.

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Website: www.cebainfo.org

