



THREE JEWELS

Winter 2008

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Links to Buddhist Websites

[Blue Lotus Temple](#)
[Ten Directions Zen Community](#)
[Woodstock Zen Group](#)
[Dharma.org](#)
[Human Potential Foundation](#)

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Meet Our New Resident Monk

I am Sanyatha Thawalanthanne and I am 25 years old. I am the new resident monk at Blue Lotus Buddhist Temple. I would like to share some things about me with the Blue Lotus Buddhist sangha. I am from Sri Lanka. Bhante Sujatha Peradeniye and I became monks under the same teacher and in the same place called Subodharama monastery. Also Bhante Sujatha Peradeniye is one of my teachers. Earlier this year I was sponsored by Bhante Sujatha and now I have been in the states already nine months. I spent a couple of months in Michigan at Great Lakes Buddhist Vihara. This is a great opportunity for me to work with Westerners, and also I wish to share my Dhamma knowledge with you as much as possible.

When I asked for permission to become a monk, my mum didn't like it. Finally, due to my influence, she gave me permission. At the beginning I missed my family so much, but as time passed I became accustomed to it. I became a monk at the age of 11 in 1993 and I got my higher ordination in 2003. I studied colonial studies as monks are supposed to do. After I finished my monastic studies, I completed my Bachelor of Arts (BA) degree at University of Peradeniya Sri Lanka, and in 2004 I received my Master of Arts (MA) degree from the University of Buddhist and Pali Homagama Sri Lanka.

Truly it was a hard time for me, though I enjoyed the monastic life. I worked with more than 60 brother monks. We were very close to each other and took care of each other. When we become monks we don't have that much of a relationship with our parents, brothers and sisters. So my teacher assumes the parental role, and he is the greatest person I ever have met in my life. He is very kind, and took care of us as children. My elder brother monks helped me for my studies and even they washed my robes. They were so nice to me. I was lucky enough to have met such nice brothers.

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**Blue Lotus Buddhist Temple
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Meet Sanyatha Thawalanthanne, from page 1

Anyway, now I am happy to be here. I like to see things from beyond the traditional concepts. The Buddhist teachings help me with that, as I am not a person who already knows everything. I just have knowledge from education, but I don't have that much experience through my life. I think that Enlightenment is the supreme experience we can ever achieve in our lives and the hardest thing. Because it is hard, people think they can't achieve it. Hard doesn't mean can't. Dhamma is not for the next life. It is just for this moment. I believe everybody has the potential for that, but it is covered by ignorance. We can practice for that, discuss for that, and finally we may all attain peaceful (Nirvana) Enlightenment.

May all be Well, Happy and Peaceful.

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Saying Goodbye

This month we said goodbye to our friend and teacher Bhante Chan. We wish Bhante Chan success and happiness at his new home, and thank him for his contribution to our community.

Below is a photo of the cake offered to Bhante Chan before he left.



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**BLUE LOTUS
BUDDHIST TEMPLE
CALENDAR OF
EVENTS**

Saturday, January 26, 2008

Breakfast in Sri Lanka

Congregational Unitarian Church
Woodstock 8:00 – 11:00 a.m.

Sunday, January 27, 2008

Sutra Study 5:00 – 6:30 p.m.
Crystal Lake Temple

Saturday, March 29, 2008

Taste of Sri Lanka
Congregational Unitarian Church
Woodstock 6:00 p.m.

Friday – Sunday, April 4-6, 2008

Weekend Retreat
Theosophical Society
Wheaton, Illinois

Something to Think About...

To develop patience, you need someone who willfully hurts you. Such people give us real opportunities to practice tolerance. They test our inner strength in a way that even our guru cannot. Basically, patience protects us from being discouraged.

~ Dalai Lama

“Be careful how you judge others....As Scottish author J.M. Barrie said, ‘Never ascribe to an opponent motives meaner than your own....’ We tend to judge others based on their behavior, and ourselves based on our intent. In almost all situations, we would do well to recognize the possibility – even the probability – of good intent in others...Sometimes despite their observable behavior.”

~ Stephen M.R. Covey in *The Speed of Trust* (Free Press)

News & Notes

Offering Blessings and loving-kindness is something we do together during each meditation. We gather our good merits, and wish happiness and health to a friend or loved one. Knowing the positive energy just one person can generate, think about the power of the group as a whole. By coming together as a spiritual community, we can offer support to each other during difficult times. If you would like the Blue Lotus meditation group to send a blessing of loving-kindness to you or a family member or friend, please email info@bluelotustemple.org with your request. If you would like to include the person’s name, relation to you and difficulty (e.g., illness or death in the family) we will include them with our blessing in the next meditation session.

Wanted - Volunteer accountant to assist with Temple bookkeeping. Please contact Bhante Sujatha or any Board member.

If you want to make a one-on-one appointment with Bhante Sujatha, please call Blue Lotus Temple at 815-444-8915.

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Vithakka Santana Sutta

The Blue Lotus Winter Retreat at the Theosophical Society in Wheaton included a Sutta study. Participants were given a copy of the sutta after they arrived at the retreat, and later given the opportunity to explore the lesson through group discussion. Excerpts of the Vithaka Santana Sutta appear below.

Thus have I heard... The Blessed One spoke as follows:
“Five things should be reflected on from time to time, by the bhikku who is intent on the higher consciousness. What five?”

1. When evil unskillful thoughts connected with desire, hate, and delusion arise in a bhikku... he should reflect on a different object that is connected with skill. Then the unskillful thoughts are eliminated; they disappear.
2. If the evil unskillful thoughts continue to arise... he should ponder on the disadvantages of unskillful thoughts. Then... they disappear. By their elimination, the mind stands firm...
3. If evil unskillful thoughts continue to arise... he should in regard to them endeavor to be without attention and reflection. (Once such thoughts) disappear... the mind... settles down...
4. If evil unskillful thoughts continue... in spite of his endeavor... he should reflect on the removal of the source of those unskillful thoughts. (Thus the mind...) becomes unified and concentrated...
5. *If evil unskillful thoughts continue to arise in spite of his reflection... he should with clenched teeth and the tongue pressing on the palate, restrain, subdue, and beat down the evil mind by the good mind...

Through his reflection on an object connected with skill, his pondering on the disadvantages of unskillful thoughts, his endeavoring to be without attentiveness and reflection as regards those unskillful thoughts, his removal of the source of such thoughts, and his restraining, subduing, and beating down of the evil mind by the good mind*, that bhikku is called a master of the paths along which thoughts travel...”

*Editor’s note: Some discussants maintain that the fifth method described was included in the sutta as something of a Buddhist joke: (“If all else fails...”)

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Plan now to attend the next Blue Lotus weekend retreat, April 4-6.