



Dear friends,

I've just spent a very enjoyable weekend with the DBC Sangha studying the Dharma with Sagaramati, a long-time Order Member with a particular penchant for Dharma study. In fact, I reckon he is one of the most well informed and sharpest minds we have. I know I wasn't the only one who very much appreciated listening to him digging deep into some of the earliest records of the Buddha's teachings and drawing out their significance.

Dharma Study

Dharma study is an essential aspect of the Buddhist life. It clears away our unhelpful views and assumptions. One of the things that I've noticed over the years is that it is very often mistaken assumptions – not lack of enthusiasm, or challenging conditions – that hold us back in our practice. As well as clearing away our unhelpful views and assumptions, sustained Dharma study brings a truer perspective that helps untangle the more complex spiritual and existential issues that we face.

Some people find the expression 'Dharma study' off-putting, suggesting as it does school books, tedious lectures and exam anxiety. However, if we can put that to one side and see what it really means to study the Dharma – to engage deeply with the point of view of an Awakened human being – we can experience its liberating effect. This liberation is the true purpose of the Buddha's teaching.

Dharma Study in Triratna

Dharma study has been an integral aspect of our Buddhist community since its earliest days. Sangharakshita, our founder and teacher, has a very great love for Buddhist literature and it is largely his reading and reflection on Buddhist texts that has informed the particular way that we practice. He led many seminars on foundational Buddhist texts in the 1970's and 80's in which he communicated his unique perspective on their contents. Those seminars also instilled in those present a curiosity and desire to investigate the Dharma more deeply in study and reflection, as well as in life and practice.

Study Groups

This tradition of Dharma enquiry has continued in Triratna through group Dharma study. Happily, with a growing Order in Dublin, there are now seven study groups meeting regularly and engaging primarily with the *Dharma Training Course for Mitras*. This course is a collation of texts and recorded talks by Sangharakshita and experienced Order Members that offers a way of navigating the often bewildering array of Buddhist teachings available – not just to understand them, as valuable and inspiring as that is, but to apply them to the conditions of contemporary life.

Even if we are not able to attend a regular study group, we can all engage with the Dharma in many ways. For instance, there are thousands of Dharma talks on *Free Buddhist Audio* for free download. Also are books produced by our publishing house *Windhorse Publications* as well as numerous sutras, commentaries and other works by the sages of old available in translation.

Sangharakshita's Complete Works

Windhorse Publications is currently undertaking a major project which will bring together all of Sangharakshita's writings produced over 70 years! When complete it will fill 27 large volumes. This will be a significant resource for anyone who wants to find out more about Sangharakshita's teaching now and into the future. If you are interested in this project, you can find out more on the *Windhorse Publications* website.

Welcome Atulyamitra – Farewell Eamonn

In many of his lectures and writings, Sangharakshita endeavours to communicate his vision for the Triratna Buddhist Community and Order. This Order grew in size again this summer when *Atulyamitra* (ex-Eileen McCarney), together with scores of men and women from around the world, was ordained. Atulyamitra's name was given to her by Prajnagita, her private preceptor and means *incomparable or unequalled friend*. Welcome to the Order Atulyamitra! Sadhu!

In ordaining Atulyamitra, Prajnagita became our first 'home-grown' Irish private preceptor. Our own Vajrashura will become another when – in September at Guhyaloka in Spain – he privately ordains Eamonn Lawlor. Eamonn is a man well loved around the DBC Sangha for his many fine qualities, which were amply highlighted during his recent rejoicing and send off. Good luck Eamonn – may all blessings be yours!

As always, there is a wide-ranging programme of events lined up for you from now until the end of the year. You are invited to come along to as many as you can!

Much metta,
Jnanadhara



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Triratna Buddhist Community

Dublin Buddhist Centre
Newsletter

Sangha Nights Every Tuesday night, 7.30pm - 9.45pm. On a drop-in, donation basis.

Tuesday night in the DBC is Sangha Night – ‘Sangha’ being the Buddhist spiritual community. In the small shrine room is an opportunity to meditate with others, especially if you’ve just completed an introductory meditation course and are wondering what to do next. In it we’ll be exploring ways of engaging with meditation and the issues that arise in our lives with help from the Buddhist tradition. All are welcome, whatever your level of practice. In the large shrine room is a chance to come along and do a solid night’s practice with other Sangha folk. The evening consists of a long meditation and then a Puja, with a small amount of input. This is for people who have a regular meditation practice and a desire to practice Puja together with others.

Drop-in Meditations Weekday mornings, 7.30am - 8.25am. Weekday lunchtimes, 1.15pm - 1.45pm.

Mornings: This is for those of you who’d like to have a communal meditation before you start your day. Please arrive around 7.20am to set yourself up beforehand. And after the Thursday morning sit, there’s a coffee morning in a local cafe! **Lunchtimes:** Come along for a lunchtime sit in the centre.

Meditation Practice Mornings Every month – see calendar for dates. 10am - 1pm. Led by Maitrikaya.

These meditation practice mornings are an opportunity to come together regularly for intensive collective meditation practice. The morning consists of three consecutive sits, each around 45 minutes long, with short leg stretches and a tea break in between. No teaching, just a simple morning of practice.

Sub-35s Group Every month – see calendar for dates. Fridays, 7.30pm - 10pm. Led by Sadayasihi, Kevin and Kasey.

This evening is a space where people can meet, share their experiences, practice together, and develop meaningful connections and friendships based on the Dharma. It will be a welcoming place for people interested in exploring meditation and Buddhism with the support and friendship of their peers, and is open to anyone who is 35 years or younger and for all levels of experience. It meets monthly, and begins with meditation, followed by a discussion of Buddhist principles relevant to young people. In particular, it will explore how practicing as a Buddhist can help transform the world in which we live.

Sangha Weekend Retreats

Retreats give you a chance to put aside the concerns and demands of your everyday routine. They’re an opportunity to begin to relax and open up to your experience. Those who go on retreat regularly find qualities of metta and mindfulness pervading the rest of their lives, and find their spiritual practice naturally deepening. Retreats also help us to positively impact on the world when we return! Suitable if you’ve done an introductory meditation course.

The World on Fire: Awakening the Senses

September, Friday 14th - Sunday 18th 2018. Led by Prajnagita, Jnanadhara & Atulyamitra.

Venue: Mucklagh, Co. Wicklow. Cost: €220 waged / €180 low-waged / €130 unwaged.

In his *Fire Sermon*, the Buddha speaks of the senses as ablaze with greed, hatred and delusion, and how, without awareness, they can lead us into states of confusion and pain. On this retreat we’ll be exploring the nature of our sense experience, how it arises moment by moment and how, through soaking this process with awareness, we can quench the fires and transform our senses into doorways to spiritual awakening!

Satipatthana: The Direct Path to Freedom

October, Friday 26th - Monday 29th 2018. Led by Vajrashura, Pavara & Maitrikaya.

Venue: Sandville House, Cavan. Cost: €185 waged / €165 low-waged / €125 unwaged.

Mindfulness practice is a profound and liberating practice. By being aware of the four satipatthanas - body, feeling-tone, mind and *dhammas* - we can truly come into awareness of the depths of our experience, free ourselves from reactivity and open up freedom of heart and mind. On this retreat, we will explore these satipatthanas through mindfulness meditation, and also through talks, discussion and devotion to the Buddha.

Not About Being Good Buddhism Course Thursday 6th September 2018 for six weeks. Led by Vajrashura & Prajnagita.

Buddhist ethics are not about conforming to a set of conventions, nor are they about ‘being good’ in order to gain rewards. Instead, living ethically springs from the awareness that other people are no different from yourself, and we can actively develop this awareness through cultivating love, clarity and contentment. In this six-week Buddhism course we’ll be exploring all this and how to live ethically in this world. We’ll also be drawing on Subhadramati’s book *Not about Being Good*, a copy of which will be included with the course. Cost: €120 waged / €105 low-waged / €75 unwaged.

Yoga & Meditation Days Sunday 9th September and Sunday 11th November 2018, 10am - 5pm. Led by Pavara.

These Yoga and Meditation Days are suitable for all levels of yoga, as well as for those interested in meditation. They are an opportunity to reconnect with your meditation or yoga practice if it has slipped, as well as a great way to try them out if you haven’t done them before. Cost: €75 waged / €35 unwaged.

Life with Full Attention Mindfulness Course Wednesday 12th September 2018 for eight weeks. Led by Maitrikaya.

During this eight week practical course we will be exploring the full breadth of mindfulness practice and how we can apply it more effectively in our lives. Mindfulness is about living fully and vividly, without rumination or distraction, which ultimately means learning how to pay closer and closer attention to our actual experience. And so on the course we will be cultivating a deeper awareness of the true nature of our experience, of other people, of the world around us, and even of reality itself. The course will be a systematic approach to mindfulness and authentic happiness, and have a strong practical emphasis on how to live this out in daily life. It will be based on Maitreyabandhu’s highly regarded book *Life with Full Attention*, which is included as part of the course. Suitable for anyone who knows the Mindfulness of Breathing and the Metta Bhavana. Cost: €195 waged / €165 low-waged / €125 unwaged.

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Padmasambhava Day Sunday 16th September 2018, 10am - 5pm.

On this festival day we will be celebrating the great teacher, Padmasambhava, who brought Buddhism to Tibet, and who is a strong source of inspiration for Sangharakshita and the Triratna Buddhist Community. The day will consist of meditation and readings and Puja. We will also be listening to the famous off-the-cuff talk by Sangharakshita on Padmasambhava, given in 1979. There will also be a shared lunch from 1pm - 2.15pm. All welcome.

Culture Night Friday 21st September 2018, 4pm - 11pm.

Once again the DBC will be participating in Culture Night. We are in a fascinating phase of Buddhist history where, for the first time, there is a meeting of this tradition with modern western culture. On Culture Night, we will be exploring aspects of this cultural interchange as well as providing an opportunity to learn meditation and yoga. There will also be drop-in meditation and yoga sessions, and talks by Maitrakaya on *Evolution of a Pacifist - Sean O'Casey and Buddhism* and Jnanadhara on *The Pure Wordless Essence*. The evening will finish with a mantra chanting session. All are welcome. See culturenight.ie and dublinbuddhistcentre.org/culture-night for more details of the events.

Introduction to Meditation Days Sat 29th September & Sat 1st December 2018, 10am - 4.30pm. Led by Jnanadhara.

On these days, both the Mindfulness of Breathing and the Development of Loving Kindness meditations will be taught. They are ideal as an introduction to meditation, or as a refreshing day retreat if you'd like a boost to your practice. Cost: €75 waged / €35 unwaged.

Dharma Talks by Subhadramati, Ratnaguna and Dharmapriya

Subhadramati - *A New Life in an Ancient Tradition*. Friday 12th October 2018. Starts 7pm with meditation.

Subhadramati is a Public and Private Preceptor, the Women's Mitra Convenor in the London Buddhist Centre, and President of the DBC. She has just returned from leading a three month ordination course in Spain, during which she ordained nine women as their Public Preceptor. In this interview with Jnanadhara, she'll be reflecting on the significance of ordination in the Buddhist tradition and her own experience of conducting ordinations into the Triratna Order.

Ratnaguna. Friday 9th November 2018. Starts 7pm with meditation.

Ordained in 1976, Ratnaguna has long been involved in promoting effective study in Triratna. He was one of the founding members of *Breathworks*, and currently works for the *Sikkha Project*, promoting excellence in Dharma teaching. The theme for his talk will be announced closer to the time.

Dharmapriya - *Dynamic Buddhism and Subtle Buddhism*. Friday 7th December 2018. Starts 7pm with meditation.

Dharmapriya is part of the Berlin Sangha and is a well-known yoga teacher, teaching Iyengar yoga all over the world. He also has ordained a number of men and is a giver of stimulating Dharma talks. He will be exploring the *Five Spiritual Faculties* as a progressive path and as an unfolding mandala.

Going Deeper in Meditation Course Thursday 18th October 2018 for five weeks. Led by Vajrashura.

This follow-on meditation course is designed to take your meditation practices of mindfulness and metta deeper. Many facets of meditation will be explored, including the receptive dimension of meditation, the potential for liberating insight in meditation, and the possibility of being in the world in a new way. There will be opportunities to discuss how your meditation is going, the obstacles you experience and how to overcome them, and how to allow the deeper fruits of meditation to unfold. Cost: €120 waged / €100 low-waged / €65 unwaged.

An Unlimited Heart Metta Course Wednesday 21st November 2018 for five weeks. Led by Jnanadhara.

In this course, we'll explore how to creatively and effectively transform hatred into love through the *Metta Bhavana*, a profoundly potent but frequently misunderstood meditation. If you struggle with the Metta Bhavana, or if you love the practice and want to deepen your understanding and practice of it, this course will offer new insights and approaches. We'll start with the fundamentals of what metta is as a lived human experience in the here and now, and then move towards the 'unlimited heart of friendliness' of which the Buddha speaks. Cost: €100 waged / €85 low-waged / €55 unwaged.

What the World Needs Now Course Thursday 22nd November 2018 for five weeks. Led by Vajrashura & Sadayasihi.

There are so many overwhelming problems facing today's world. On this course we will explore what unique perspectives Buddhism has to meet them with creativity and confidence, and how we can do this without being overwhelmed. We will look at issues such as the environment, capitalism and our relationship with money, and how we can respond to these and the needs of the world as the Buddha would do today. Cost: €105 / €90 / €65.

Yoga & Meditation Retreat Friday 23rd - Sunday 25th November 2018. Led by Pavara & Jnanadhara.

A tonic for the body and the mind, this is a weekend yoga and meditation retreat, all in the beautiful setting of Mucklagh House, in the wilds of Co. Wicklow. The yoga will be lead by Pavara, our main yoga teacher, and the meditation will be lead by Jnanadhara, an experienced meditation teacher. Open to all levels of yoga and meditation. Early booking advised. Cost: €215 waged / €175 low-waged / €145 unwaged.

Sangha Day Sunday 25th November 2018, 10am - 5pm.

Sangha Day is the festival day where we celebrate the Buddhist Spiritual Community. More details to be announced closer to the time. There will also be a shared lunch from 1pm - 2.15pm. All are welcome, no need to book.

Living a Truly Human Life - Newcomers' Retreat Friday 30th Nov - Sunday 2nd Dec 2018. Led by Vajrashura.

What does it mean to live a truly human life from a Buddhist perspective? It starts with a sense of feeling that our energies are flowing together in the same direction, then continues with the development of positive emotion - loving kindness for ourselves and for others. We can develop both of these through Buddhist meditation. This weekend retreat is for people who wish to learn how to meditate, or to learn more about meditation, in the positive context and supportive conditions that retreats can provide. It will take place in Mucklagh, Co. Wicklow. Cost: €220 waged / €180 low-waged / €130 unwaged.

Buddhism, Meditation and Yoga Day Sunday 9th December 2018, 10am - 5pm. Led by Dharmapriya.

Dharmapriya is a well-known yoga teacher, teaching Iyengar yoga all over the world. He is a stimulating Buddhism and meditation teacher, and has ordained a number of men into the Triratna Buddhist Order. He will be leading an introductory day workshop exploring how to use meditation and yoga to support a Buddhist life. Cost: €75 waged / €35 unwaged.

Winter Retreat Thursday 27th Dec 2017 - Thursday 3rd Jan 2018. Led by Vajrashura, Prajnagita, Jnanadhara & Pavara.

Retreats gives you a chance to put aside the concerns and demands of your everyday routine, and instead dedicate a chunk of time to your meditation and Buddhist practice. Our Winter Retreat is a special chance to be in the beautiful Cavan countryside to see out the old year and in the new year. Open to anyone who has done a weekend retreat with the DBC or in another Triratna Centre before. Cost: €360 waged / €315 low-unwaged / €250 unwaged.

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- Thu 6th *Not About Being Good* Buddhism Course. Led by Vajrashura & Prajnagita. 7.30pm - 10pm for six weeks.
- Sat 8th Meditation Practice Morning. 10am - 1pm.
- Sun 9th Yoga & Meditation Day. Led by Pavara. 10am - 5pm.
- Mon 10th New cycle of Meditation & Yoga courses begins.**
- Mon 10th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
- Wed 12th Mindfulness & Loving Kindness Meditation Course begins. 10.30am - 12.45pm.
- Wed 12th Buddhism & Meditation Course begins. Led by Jnanadhara. 7.30pm - 10pm for five weeks.
- Wed 12th *Life with Full Attention* Mindfulness Course. Led by Maitrikaya. 7.30pm - 10pm for eight weeks.
- Fri 14th - Sun 16th *The World on Fire: Awakening the Senses*. Weekend Retreat in Mucklagh. Led by Prajnagita, Jnanadhara & Atulyamitra.
- Fri 14th Sub-35s Group. An evening of Dharma for those 35 years and younger. 7.30pm - 10pm.
- Sun 16th Padmasambhava Day Festival. A celebration of the Precious Guru. 10am - 5pm.
- Fri 21st Culture Night, including talks and classes, in the DBC. 4pm - 11pm.
- Sat 29th Introduction to Meditation Day. Led by Jnanadhara. 10am - 4.30pm.

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- Fri 5th - Sun 7th *The Vajra Wall of Determination* - Retreat for Men Training for Ordination, in Cavan. Led by Vajrashura, Pavara, Jnanadhara, Maitrikaya & Rijumuni.
- Tue 9th Welcome back for ex-Eamonn Lawlor, who will have been ordained in September in Guhyaloka. As part of Sangha Night, 7.30pm - 9.45pm.
- Fri 12th *A New Life in an Ancient Tradition* - Dharma Talk by Subhadramati. Starts 7pm with meditation.
- Sun 14th Morning for Women Training for Ordination, with Subhadramati. 10am - 1pm.
- Mon 15th New cycle of Meditation & Yoga courses begins.**
- Mon 15th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
- Wed 17th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
- Thu 18th *Going Deeper in Meditation* Course. Led by Vajrashura. 7.30pm - 10pm for five weeks.
- Fri 19th Sub-35s Group. An evening of Dharma for those 35 years and younger. 7.30pm - 10pm.
- Sun 21st Meditation Practice Morning. 10am - 1pm.
- Fri 26th - Mon 29th *Satipatthana: The Direct Path to Freedom*. Long Weekend Retreat in Cavan. Led by Vajrashura, Pavara & Maitrikaya.

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- Fri 9th Dharma Talk by Ratnaguna. Starts 7pm with meditation.
- Sun 11th Yoga & Meditation Day. Led by Pavara. 10am - 5pm.
- Sun 18th Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.
- Mon 19th New cycle of Buddhism, Meditation & Yoga courses begins.**
- Mon 19th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
- Wed 21st Mindfulness & Loving Kindness Meditation Course begins. 10.30am - 12.45pm.
- Wed 21st Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
- Wed 21st *An Unlimited Heart* Meditation Course. Led by Jnanadhara. 7.30pm - 10pm for five weeks.
- Thu 22nd *What the World Needs Now* Course. Led by Vajrashura & Sadayasihi. 7.30pm - 10pm for five weeks.
- Fri 23rd Sub-35s Group. An evening of Dharma for those 35 years and younger. 7.30pm - 10pm.
- Fri 23rd - Sun 25th Yoga & Meditation Retreat in Mucklagh, Co. Wicklow. Led by Pavara & Jnanadhara.
- Sun 25th Sangha Day Festival. Celebrating the Spiritual Community. 10am - 5pm.
- Fri 30th Nov - Sun 2nd Dec *Living a Truly Human Life*. Newcomers' Meditation Retreat, in Mucklagh, Wicklow. Led by Vajrashura.

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- Sat 1st Introduction to Meditation Day. Led by Jnanadhara. 10am - 4.30pm.
- Fri 7th *Dynamic Buddhism and Subtle Buddhism* - Dharma Talk by Dharmapriya. Starts 7pm with meditation.
- Sat 8th *Communication* - Study Day for Men training for Ordination. Led by Dharmapriya. 10am - 5pm.
- Sun 9th Buddhism, Meditation and Yoga Day. Led by Dharmapriya. 10am - 5pm.
- Fri 14th Sub-35s Group. An evening of Dharma for those 35 years and younger. 7.30pm - 10pm.
- Sun 16th Meditation Practice Morning, led by Maitrikaya. 10am - 1pm.
- Fri 21st End of Year Celebration. Starts 7pm.
- Thu 27th Dec 2018 - Thu 3rd Jan 2019 Winter Retreat in Cavan. Led by Vajrashura, Prajnagita, Jnanadhara & Pavara.

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