



Dear Friend.

Three times a year I sit down at my desk and write a few words highlighting significant events that have recently taken place. Very often, there are a number of events vying for attention. Not so on this occasion where the death of our founder and teacher has outshone everything else.

**Urgyen Sangharakshita (26<sup>th</sup> August 1925 – 30<sup>th</sup> October 2018)**

As is often the case with the death of an elderly loved one, their passing, though not unexpected, nevertheless comes as a shock. Many of us found it a shock when we heard of the death of Bhante Sangharakshita on the 30<sup>th</sup> of October this year. Not being a close, personal friend to Bhante I haven't myself experienced what I recognise as grief. My response to his passing has more been one of immense gratitude for the man, together with a feeling of huge admiration for a life well-lived. It is a life that has been of inestimable benefit not just to me and friends in Dublin, but to thousands of people around the world.

About twenty of us from Ireland attended his funeral at Adhithana in the UK, along with a gathering of more than a thousand men and women from around the Triratna world. In a simple and moving ceremony, Bhante was poignantly rejoiced in by friends and disciples before being laid to rest in a special plot in the Adhithana grounds.

Since his funeral, I have spent time reading some of his autobiographical writing and reflecting on his life and qualities. I was – and am still – trying to answer the question 'who was that man?'

One of the qualities that most stands out for most me is his generosity. Immediately after hearing of his death I was reminded of some lines from a poem of Philip Larkin (a poet whose work Bhante enjoyed) where he writes about the sun: *Single stalkless flower / You pour unrepensed ... Unclosing like a hand / You give for ever.*

For me these words aptly express a life devoted to continuous giving to others. In particular, Bhante gave the gift of the Dharma in both spoken and written form. He did this with great kindness and in a remarkably clear and skilful way, allowing people from a range of backgrounds to enter into its richness and profundity. My sense is that he did this not only as an act of homage to the beauty of the Dharma, but in order to enable people to practice it and experience for themselves its liberating power.

As impressive and voluminous as his utterances and writings on the Dharma are, I feel it is a limitation though to think of Bhante only as a teacher. He was a man of many parts who has engaged in a wide variety of activities in his long life. He was a poet; a lover of the literature and artistic traditions of the East and the West; a yogin; a scholar; and a friend to many. He enjoyed travel and taking in new sights and meeting people from a vast array of backgrounds. There are so many parts and aspects to which one can point.

**The Triratna Buddhist Order and Community**

From our point of view, one of the more significant of his activities was the founding of the Triratna Buddhist Order and Community. For fifty of his ninety-three years he gave over the lion's share of his energy and talents to the task of initiating, inspiring and fostering this new branch of the Buddhist tradition. This has involved constant foresight in encouraging and supporting others to take up responsibility for the movement so that it had the momentum to outlive him and continue as a force for good in the world for a long time into the future.

Time will tell if this is going to come to pass. However, I personally feel entirely confident that the Order he initiated, composed as it is of a great number of creative, idealistic and talented people – and despite its imperfections – will continue to offer the Buddha's unique message and the gift of friendship and community to this troubled and divided world.

And, just before closing, I'd like to rejoice in the most recent addition to the Triratna Order in Dublin – our very own Eamonn Lawlor was ordained in the September of this year. In a continuation of the lineage of ordination started by Bhante, Vajrashura privately ordained him and gave him his new name, **Dayasagara**, which means 'he who is an ocean of kindness'. Congratulations Dayasagara! Welcome and Sadhu!

Wishing you all the very best for the holiday season and the New Year ahead.

With metta,  
Jnanadhara



Part of the  
Triratna Buddhist Community

Dublin Buddhist Centre  
Newsletter January 2019

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**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.

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**Drop-in Meditation Sits** Weekday mornings, 7.30am - 8.20am. 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. Feel free to either come a little early or hang on afterwards to eat your lunch, or you can also decide to sit on a little longer at the end if you’d like a longer meditation.

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**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. Just a simple morning of practice, without teaching. No need to book, on a donation basis.

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## 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 the qualities of metta and mindfulness pervading the rest of their lives, and find their spiritual practice naturally deepening. Suitable if you’ve done an introductory meditation course.

**Weekend Retreat – Mucklagh Lodge, Co. Wicklow. Friday 22nd - Sunday 24th February 2019.**

Led by Maitrikaya & Pavara. Cost: €220 waged / €180 low-waged / €130 unwaged.

**Spring Retreat – Sandville House, Co. Cavan. Thursday 18th - Monday 22nd April 2019.**

Led by Jnanadhara, Maitrikaya & Atulyamitra. Cost: €215 waged / €195 low waged / €155 unwaged.

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**Sub-35s** 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.

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**Yoga and Meditation Days** Sunday 6th January & Sunday 10th March 2019, 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’re 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. On the day the Mindfulness of Breathing and the Metta Bhavana will be taught, as well as two sessions of yoga. Cost: €75 waged / €35 unwaged.

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**The Journey & The Guide Buddhism Course** Wednesday 9th January 2019 for eight weeks. Led by Maitrikaya.

*‘The natural mode of consciousness is to expand. In every moment we can either allow consciousness to unfold or we can make it ‘me’ and ‘mine’ and feel it shrink back to the level of egocentricity’ - From The Journey & The Guide.* How do we make the most of life? Buddhism is a non-theistic, practical path of human growth and fulfilment and seeks to address this very question. This eight-week course will be a practical course in Enlightenment and leads participants step by step along the Buddhist path from mindfulness and emotional strength to receptivity, insight and spiritual rebirth. It is about putting the spiritual life into practice here and now. Participants will receive a copy of Maitreyabandhu’s book *The Journey and the Guide* as part of the course. Cost: €195 / €165 / €125.

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**Art of Reflection Course** Thursday 10th January 2019 for five weeks. Led by Vajrashura.

When we come along to the centre, read Dharma books, or listen to Dharma talks online, we have a fantastic opportunity to take in the Dharma and become clear on the Buddha’s essential teaching. This can be an inspiring, exciting process! But this knowledge doesn’t always translate into our lived experience, as we all too often fall back on old, uninspired ways of being, in particular when times are tough. Reflection is the vital key to bringing our intellectual understandings deeper into how we emotionally relate to the world – bringing this knowledge from the head into our heart, into our bones even, so it naturally informs our sense of purpose in, and understanding of, the world. Cost: €110 waged / €90 low-waged / €65 unwaged.

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**New Year Tonic Day Workshop** Sunday 13th January 2019, 10am - 5pm. Led by Prajnamayi.

Invest in your health and well-being with a day of balancing energies and reducing stress. The workshop includes deep relaxation, yoga postures to eliminate energy blockages, stress management tips, simple acupressure points, life coaching, meditation and simple routines to positively enhance your mind, body and spirit. No experience of meditation or yoga is necessary. Cost: €75 waged / €35 unwaged.

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**What is a Mitra?** Tuesday 22nd January 2018, 6pm - 7pm. With Prajnagita & Vajrashura.

A **Mitra** is a 'friend' to the Triratna Buddhist Order, and becoming a Mitra is way of deepening one's commitment to the practice of the Dharma within the Triratna Buddhist Community. This is an informal chance to chat about, explore, and find out more about what it means to become a Mitra. Come along if you're curious! Even if you're not thinking about becoming a Mitra and would just like to know more, feel free to drop in.

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**Dharma Talks by Kalyanaprabha, Subhadramati and Sagaramati**

**Kalyanaprabha** – *Sangharakshita: how his teachings can speak to you.* Friday 1st February 2019. Starts 7pm with meditation.

Kalyanaprabha was ordained in 1989 and was a long-time friend of Bhante Sangharakshita. She is one of his literary executors, responsible in particular for the production of the *Sangharakshita Complete Works Project*. In this talk, she'll be speaking of her interactions with Bhante and her work on preserving his body of writings and teachings, and how these writings and teachings are of dramatic relevance to us in our Dharma lives.

**Subhadramati.** Friday 29th March 2019. Starts 7pm with meditation.

Subhadramati is both a Public and Private Preceptor, making her one of the people responsible for conducting ordinations into the Triratna Buddhist Order. She is also the Women's Mitra Convenor in the London Buddhist Centre, and is President of the DBC. The theme for her talk will be announced closer to the time.

**Sagaramati** – *Inspiration and Chaos.* Friday 12th April 2019. Starts 7pm with meditation.

Sagaramati is one of the foremost scholars of Buddhism in our Order. On this night he'll be interviewed by Jnanadhara about his 40+ years in the Order, in all its ups and downs, and including his many interactions with Bhante Sangharakshita.

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**Study Days for Women** Saturday 2nd February (for Mitras) & Saturday 30th March (for women) 2019, 10am - 5pm.

Kalyanaprabha will lead the day in February on the *Ratnagunasamchayagatha*, the great *Perfection of Wisdom* text. This day will be for women mitras. Subhadramati will lead a day for all women on Saturday 30th March, the theme of which will be announced soon. Cost: €30 waged / €20 unwaged.

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**Introduction to Meditation Days** Sunday 3rd February & Saturday 27th April 2019, 10am - 4.30pm. Led by Jnanadhara.

Spend a day discovering how training the mind through meditation is the key to emotional fulfilment and freedom. In a friendly and interactive context you'll learn two meditation practices that cultivate openness, clarity and courage. Cost: €75 waged / €35 unwaged.

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**Retreat for Women Mitras** Friday 8th - Sunday 10th March 2019. Led by Prajnagita, Jnanesvari & Atulyamitra.

A chance for women Mitras to go deeper together in their Dharma practice, with meditation, Dharma discussions and good friends, all in the beautiful surroundings of Mucklagh Lodge, Co. Wicklow. Cost: €220 waged / €180 low waged / €130 unwaged.

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**Parinirvana Festival Day** Sunday 17th February 2019, 10am - 5pm.

On this day we recollect and honour the physical death of the Buddha and celebrate his total victory over all limitations. It is also a day to remember and appreciate loved ones who have died over the last year, so please bring photos of deceased loved ones to place on the shrine if you wish. The day will comprise meditations, readings, talks and will finish with a Puja. All welcome.

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**Going Deeper in Meditation Course** Wednesday 27th March 2019 for five weeks. Led by Jnanadhara.

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.

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**Not About Being Good Buddhism Course** Thursday 4th April 2019 for six weeks. Led by Prajnagita & Sadayasihi.

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 will be working from Subhadramati's excellent book *Not About Being Good*, a copy of which is included with the course. Cost: €120 waged / €105 low-waged / €75 unwaged.

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**Yoga & Meditation Retreat** Friday 5th - Monday 7th April 2019. Led by Pavara, Jnanadhara & Prajnamayi.

A tonic for the body and the mind, this is a weekend yoga and meditation retreat, all in the beautiful setting of Mucklagh Lodge, 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 and Prajnamayi. All yoga gear will be supplied. Open to all levels of yoga and meditation. Early booking advised. Cost: €215 waged / €175 waged / €145 unwaged.

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**Nietzsche & Buddhism – Study Weekend for Mitras and Order Members** Led by Sagaramati.

**Saturday 13th & Sunday 14th April 2019, 10am - 5pm.** Sagaramati is well known as a great study leader and scholar of Buddhism. He's been involved in Dharmapala College and other major Triratna study projects for over thirty years, and now lives in Birmingham. On this weekend for Mitras and Order Members, he'll be leading study on the connections between the philosophy of Nietzsche and Buddhism, drawing upon his own academic work on the topic and from many traditional Buddhist texts. A study weekend not to be missed! Booking required. Cost: €60 waged / €40 unwaged.



## jan

- Thu 3rd DBC Office reopens.  
Sat 5th All yoga classes resume.  
Sun 6th Yoga & Meditation Day. Led by Pavara. 10am - 5pm.  
**Mon 7th New cycle of Meditation & Yoga courses begins.**  
Mon 7th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.  
Wed 9th *Transforming Self and World* – Buddhism & Meditation Course begins. 7.30pm - 10pm.  
Wed 9th *The Journey & the Guide* Buddhism Course begins. Led by Maitrikaya. 7.30pm - 10pm for eight weeks.  
Thu 10th *The Art of Reflection* Course begins. Led by Vajrashura. 7.30pm - 10pm for five weeks.  
Sun 13th *New Year Tonic* Day Workshop. Led by Prajnamayi. 10am - 5pm.  
Thu 17th Mindfulness & Loving Kindness Meditation Course begins. 10.30am - 12.45pm.  
Fri 18th Sub-35s Group. An evening of Dharma for those 35 years and younger. 7.30pm - 10pm.  
Sun 20th Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.  
Tue 22nd *What is a Mitra?* Informal discussion session, with Prajnamaya & Vajrashura. 6pm - 7pm.

## feb

- Fri 1st *Sangharakshita: how his teachings can speak to you.* Talk by Kalyanaprabha. Starts 7pm with meditation.  
Sat 2nd Study Day for Women Mitras on *The Perfection of Wisdom*. Led by Kalyanaprabha. 10am - 5pm  
Sun 3rd Introduction to Meditation Day. Led by Jnanadhara. 10am - 4.30pm.  
Fri 8th Sub-35s Group. An evening of Dharma for those 35 years and younger. 7.30pm - 10pm.  
Sun 10th Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.  
**Mon 11th New cycle of Meditation & Yoga courses begins.**  
Mon 11th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.  
Wed 13th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.  
Sun 17th Parinirvana Day, commemorating the Buddha's Passing. 10am - 5pm.  
Fri 22nd - Sun 24th Weekend Retreat in Mucklagh. Led by Maitrikaya & Pavara.

## mar

- Fri 1st Sub-35s Group. An evening of Dharma for those 35 years and younger. 7.30pm - 10pm.  
Sun 3rd Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.  
Fri 8th - Sun 10th Retreat for Women Mitras in Wicklow. Led by Prajnamaya, Jnanesvari & Atulyamitra.  
Sun 10th Yoga & Meditation Day. Led by Pavara. 10am - 5pm.  
**Mon 25th New cycle of Meditation & Yoga courses begins.**  
Mon 25th *Transforming Self and World* – Buddhism & Meditation Course begins. 7.30pm - 10pm.  
Wed 27th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.  
Wed 27th *Going Deeper in Meditation* Course begins. Led by Jnanadhara. 7.30pm - 10pm for five weeks.  
Fri 29th Dharma Talk by Subhadramati. Starts 7pm with meditation.  
Sat 30th Study Day for Women. Led by Subhadramati. 10am - 5pm.

## apr

- Thu 4th *Not About Being Good* Buddhism Course begins, led by Prajnamaya & Sadayasihi. 7.30pm - 10pm for six weeks.  
Fri 5th Sub-35s Group. An evening of Dharma for those 35 years and younger. 7.30pm - 10pm.  
Fri 5th - Sun 7th Yoga & Meditation Retreat in Mucklagh, Co. Wicklow. Led by Pavara, Jnanadhara & Prajnamaya.  
Sun 7th Meditation Practice Morning, led by Maitrikaya. 10am - 1pm.  
Fri 12th *Inspiration & Chaos* - Interview with Sagaramati about his life in Triratna. Starts 7pm with meditation.  
Sat 13th & Sun 14th *Nietzsche & Buddhism* – Study Weekend for Mitras. Led by Sagaramati. 10am - 5pm.  
Thu 18th - Mon 22nd Spring Retreat in Cavan, led by Jnanadhara, Maitrikaya & Atulyamitra.  
Sat 27th Introduction to Meditation Day, led by Jnanadhara. 10am - 4.30pm.  
**Mon 29th New cycle of Meditation & Yoga courses begins.**  
Mon 29th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.  
Wed 1st May Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.