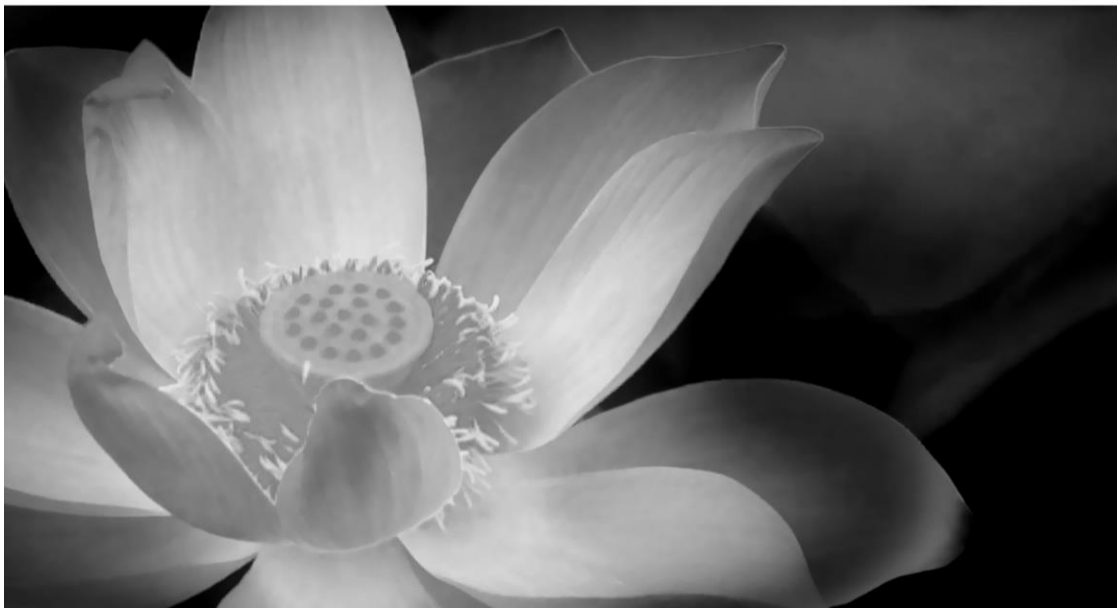




UNIBUDS

THE UNSW BUDDHIST SOCIETY



HANDBOOK

The guide to UNIBUDS and Buddhism

...where a bud can bloom in full.

2016



*Avoid all evil,
Embrace all goodness,
Purify one's mind.*

~ Heart of a Buddha

CONTENTS

Welcome to UNIBUDS	page	3
What is UNIBUDS?	page	4
Activities and Events	page	6
Who should we contact?	page	7
FAQ on Buddhism	page	8
FAQ on Meditation	page	10
Where are we on campus?	page	13

Welcome to UNIBUDS!

Congratulations! By joining UNIBUDS, you have just opened the door to a new world of spiritual awakening, self-discovery, friendliness and FUN!

So, what's in store for UNIBUDS this year? Besides our regular Dhamma talks, meditation workshops, sports sessions, and social activities, we will organise a one-day meditation retreat, two monastic retreats, a Vesak Day Celebration and Amazing Race, as well as UNIBUDS spectacular: Bodhi Nite! A very fortunate time to be in UNIBUDS! To get the ball running, we will have an Orientation Picnic on the 5th of March to greet our new members and to welcome back returning members! This is also a GREAT opportunity for you to know more people! ^_^

Come along and join the learning and spreading of the Buddha's teachings! University life will never be the same without UNIBUDS! ^_^

What is UNIBUDS?

The University of New South Wales Buddhist Society (UNIBUDS) was established in 1981, making it the first Buddhist organisation on campus in Australia. Since its founding years until now, it has been blessed by the support of many Buddhist communities and guided by its patrons, Venerable Tsang Hui from Hwa Tsang Monastery and Chao Khun Thepsilaporn (Chao Khun Samai) from Wat Pa Buddharangsee. It currently has its alumni in Malaysia called Zheng Xin Buddhist Association.

UNIBUDS is a non-sectarian Buddhist society and therefore supports all traditions, Theravada, Mahayana and Tibetan Buddhism. Over the years, UNIBUDS has organised numerous activities and events for its members and the Australian public. With the help of its members, it has grown and flourished to be the largest student Buddhist society on campus in Australia. The activities and events held during the year period include regular English and Chinese Dhamma Talks by the Sangha and Buddhist teachers from various backgrounds, meditation workshops, weekly sports sessions, retreats, exhibitions, fundraising activities, social functions and lots more. UNIBUDS always maintains a harmonious relationship among members within the society and with other Buddhist societies in NSW.

Objectives of UNIBUDS

To encourage, foster, promote, develop and extend Buddhism within the university, the Australian public and abroad.

To bridge and develop a better understanding of the Dhamma teachings from various schools of Buddhism. To promote meditation practices.

To foster goodwill, mutual understanding and friendship among Buddhists, other religious groups and the Australian public.

To cater to the welfare of the newly arrived enrolling students of the university and the Australian community.

When was UNIBUDS formed?

UNIBUDS was formed in 1981 and was the first student Buddhist organisation on campus in Australia. Since then, UNIBUDS has grown and flourished, now being the largest student Buddhist organisation on campus in Australia.

What does UNIBUDS stand for?

UNIBUDS stands for "The University of New South Wales Buddhist Society". It also highlights UNIBUDS as being a place "where a bud can bloom in full."

What does UNIBUDS do?

In the 35 years since its establishment, UNIBUDS has been actively involved in organising Dhamma talks, meditation workshops, retreats, social functions, exhibitions and other religious and fun activities for members, staff and students of UNSW, as well as the public.

Where do the membership fees go to?

The funds raised from membership fees are used to finance the costs incurred for the activities such as retreats, Dhamma talks, and other expenses such as printing, offerings (dana), publicity, maintenance of UNIBUDS Library, etc.

How do we learn about Buddhism through UNIBUDS?

1. UNIBUDS organises weekly Chinese and English Dhamma talks and meditation sessions during session times.
2. Our retreats are great for members who would like to know more about the Dhamma, meditation, the monastic life, and observing the Five or Eight precepts throughout the retreat. Types of retreats include the Winter Retreat (after Semester 1) and Summer Retreat (after Semester 2).
3. The UNIBUDS library has a wide variety of books on Buddhism, both in English and Chinese, as well as a small portion in other languages. It also archives recent Dhamma talks, great for those who missed our weekly Dhamma Talks. All these library books are free for borrowing for members. The UNIBUDS library is open Monday-Friday from 12-2pm during the University semester.
4. Learning through discussion: UNIBUDS attracts many people interested in Buddhism together, allowing free discussion and sharing of experiences. It is a place where we can practice Buddhism together, where friendship grows, and where the bud can bloom in full.

Activities and Events

Here are some activities and events schedule for the year. Stay tuned! We have more activities planned for you!

Weekly Activities

- * Chinese Dhamma Talk (Thursday 6-8pm)
- * English Dhamma Talk (Friday 7-9pm)
- * Afternoon Meditation (Tuesday 1.15pm - 2pm)

Meditation Workshop (10am - 1pm) on:

- * 16 April
- * 28 May
- * 24 September
- * 29 October

Special events to look out for*:

5 March	O-Picnic
30 March	One-Day Meditation Retreat
Mid-Sem Break	Amazing Race
7 May	Vesak Day Celebration
8 - 10 July	Winter Retreat
20 August	Bodhi Nite
1 October	Annual General Meeting
22 October	Cook Of The Year
25 - 27 November	Summer Retreat

* Dates are subject to change



36th Executive Committee of 2015/2016

President Jinsin LIM
j12_20@hotmail.com

External Vice President Zi Zai LIM
harrylim94@gmail.com

Honorary Secretary Fu Xiu HENG
hengfuxiu@gmail.com

Honorary Treasurer Zhi Sin LEE
zslee28@gmail.com

General Secretary Edlin PRAJNAJAYA
edlin.prajnajaya@yahoo.com

Activities Director Jinq Yuen GOH
jinqgoh95@gmail.com

English Dhamma Talk Coordinator Pei En CHONG
peien.chong02@gmail.com

Chinese Dhamma Talk Coordinator Nee Shuang HENG
shuang.hns@gmail.com

Meditation Coordinator Den Neil OOI
ooi.den.neil@gmail.com

Sacca Editor May Myat Aung
maymyataung1@gmail.com

Annual Magazine Editor Tommy LEOW
tommy-leow@hotmail.com

FAQ on Buddhism

What is Buddhism?

Buddhism is a religion based on the teachings of the Buddha, Siddhattha Gotama, who lived approximately 2500 years ago.

Who was the Buddha?

Siddhattha Gotama was born into a royal family in Kapilavatthu, now located in Nepal, in 563 BC. At 29, he realised that wealth and luxury did not guarantee happiness, so he explored the different teachings, religions and philosophies of the day to find the key to human happiness. After six years of study and meditation, he finally found 'the Middle Path' and was enlightened. After enlightenment, the Buddha spent the rest of his life teaching the principles of Buddhism — called the Dhamma, or Truth — until his death at the age of 80.

Is Buddhism a Religion?

To many, Buddhism goes beyond religion and is more of a philosophy or 'way of life'. It is a philosophy because philosophy means 'love of wisdom' and the Buddhist path can be summed up as:

- (1) to lead a moral life,
 - (2) to be mindful and aware of thoughts and actions, and (3)
- to develop wisdom and understanding.

Is Buddhism scientific?

Science is knowledge which can be made into a system, which depends upon seeing and testing facts and stating general natural laws. The core of Buddhism fits into this definition, because the Four Noble Truths can be tested and proven by anyone. In fact, the Buddha himself asked his followers to test the teaching rather than accept his word as true. Buddhism depends more on understanding than faith.

How can Buddhism help me?

Buddhism explains a purpose to life; it explains apparent injustice and inequality around the world; and it provides a code of practice or way of life that leads to true happiness.

What are the 5 Precepts?

The moral code within Buddhism is the Precepts, of which the main five are: not to take the life of anything living, not to take anything not freely given, to abstain from sexual misconduct and sensual overindulgence, to refrain from false speech, and to avoid intoxication, that is, losing mindfulness.

The Precepts are often compared with the ten commandments of Christianity. However, the precepts are different in two respects. First, they are to be taken as recommendations, not commandments. This means the individual is encouraged to use his/her own wisdom, to apply these rules in the best possible way. Second, it is the spirit of the precepts -not the text- that counts. Hence, the guidelines for ethical conduct must be seen in the larger context of the Noble Eightfold Path.

What is the Goal in Buddhism?

Most people have heard of Nirvana or Nibbana. It has become equated with a sort of eastern version of heaven. Actually, Nibbana simply means cessation. It is the cessation of passion, aggression and ignorance; the cessation of the struggle to prove our existence to the world, to survive. We don't have to struggle to survive after all. We have already survived. We survive now; the struggle was just an extra complication that we added to our lives because we had lost our confidence in the way things are. We no longer need to manipulate things as they are into things as we would like them to be.

How do I Become a Buddhist?

Buddhist teachings can be understood and tested by anyone. Buddhism teaches that the solutions to our problems are within us not outside. The Buddha asked all his followers not to take his word as true, but rather to test the teachings for them. In this way, each person decides for themselves and takes responsibility for their own actions and understanding. This makes Buddhism less of a fixed package of beliefs which is to be accepted in its entirety, and more of a teaching which each person learns and uses in their own way.

*Adapted from Venerable Mahinda: A 5 minute Introduction to Buddhism

FAQ on Meditation

What is meditation?

In Buddhism, "meditation" is best rendered as cultivation or mind training. It is to increase our awareness on our thoughts to gain self-understanding and wisdom about reality.

Is meditation only for holy people?

No. Meditation is a practice of calming the mind to achieve focused-thinking and self-awareness that is available and effective to everyone.

I have heard that meditation can be dangerous. Is this true?

To function in the modern world you need a car but if you don't follow the traffic rules or if you drive while you are drunk, a car would become a dangerous machine. Meditation is similar to this. It is essential for our mental health and well-being, but if it is practiced in the wrong way, it could cause more problems. Some people with problems like depression or irrational fear might think meditation is an instant cure for their problem. So, they begin meditating and sometimes their problem gets worse. If you have such a problem, you should seek professional help and after you feel better, then take up meditation. However, most problems in meditation are caused by 'kangaroo meditation'. Some people would go to one teacher and do his meditation technique for a while. Then they read something in a book and decide to try that technique. A week later a famous meditation teacher visits their town and so they decide to incorporate some of his ideas into their practice and before long they are hopelessly confused. Jumping like a kangaroo from one teacher to another or from one meditation technique to another is a mistake. But if you don't have any severe mental problems and you take up meditation and practice sensibly it is one of the best things you can do for yourself.

How many types of meditation are there?

The Buddha taught many different types of meditation, each designed to overcome a particular problem or to develop a particular psychological state. But the two most common and useful types of meditation are Mindfulness of Breathing (Anapana sati) and Loving Kindness Meditation (Metta bhavana).

What are the benefits of meditation?

One of the benefits of meditation is to help reduce tension and find peace within the mind. It also helps you gain self confidence and develop your will power to overcome your weaknesses.

Through meditation, your mind, indeed your whole life, goes through spiritual growth - your mind becomes clear so that better self-understanding can arise. You become more wholesomely aware of yourself, of others, of your environment and ultimately of true reality itself.

Does meditation require you to think of nothing?

No. Meditation is about relaxing the mind, but it does not require you to turn off your mind. Meditation requires you to be aware of your thoughts and reactions. As you became aware of it, you will begin to let go of all the 'noises' in your mind, finding peace within yourself and developing a clear mind.

What are the five hindrances in meditation?

The Buddha mentioned that there are five hindrances that will disrupt our meditation practice. The five hindrances are craving, aversion, tiredness, restlessness and doubt. As one continues in their meditation, one will come to be aware of these five hindrances that come into our mind and observe them in our daily lives.

How long should I meditate for?

It is good to do meditation for 15 minutes every day for a week, then extend the time by 5 minutes each week until you are meditating for 45 minutes. More importantly, consistent effort is needed in your meditation practice in order to improve yourself.

*Adapted from Bhante Dhammika: Good Question Good Answer and T Y Lee: How to go to Heaven



If you would like to know more about **Buddhism** or meditation, you are welcome to...

Drop into **UNIBUDS Library** at Squarehouse E4 (map on opposite)

Or...



Visit one of our patrons' **monasteries**:

Hwa Tsang Monastery

29 Mackenzie St, Homebush West, NSW 2140

Ph (02) 9746 6334



Wat Pa Buddharangsee

39 Junction Rd, Leumeah, NSW 2560

Ph (02) 4625 7930

Or...

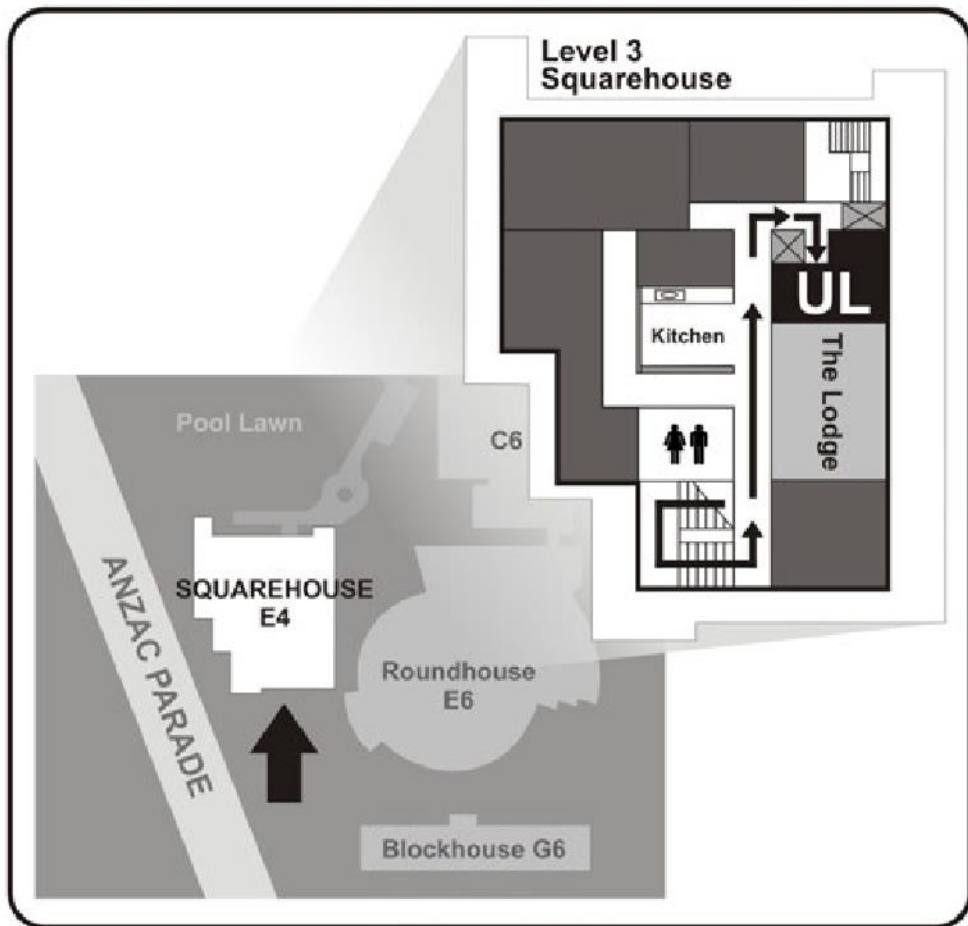
Go to this website, <http://www.unibuds.unsw.edu.au/links.htm> , for more information on Buddhist traditions, other Buddhist societies or temples.

Or...

Drop by at any of our events (page 6). Everyone is welcome to join in this journey of fun and discovery! ^_^



Location of UNIBUDS Library (UL)



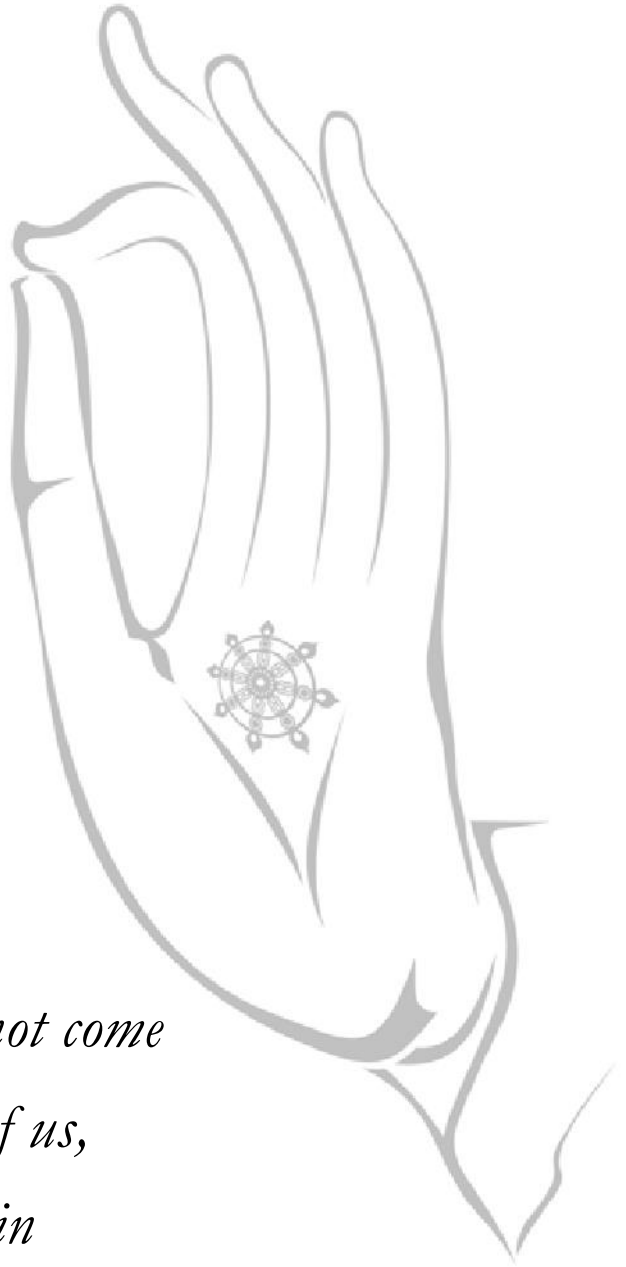
Opening Hours : Monday - Friday (12pm - 2pm)

Address : Room 311,
Level 3 Squarehouse,
UNSW, NSW 2052
Australia

Phone : (02) 9385 6082

E-mail : unibuds@gmail.com

Website : www.unibuds.unsw.edu.au



*Problems do not come
from outside of us,
but from within*

~ Path To Peace

... where a bud
can bloom
in full



UNIBUDS
THE UNSW BUDDHIST SOCIETY