

# BLIAQ Newsletter

Buddha's Light International Association of Queensland, Australia

Chung Tian Buddhist Temple  
1034 Underwood Road  
Priestdale QLD 4127, Australia  
Website: [www.chungtian.org.au](http://www.chungtian.org.au)  
Email: [ibaq@chungtian.org.au](mailto:ibaq@chungtian.org.au)  
Ph: 3841 3511 Fax: 3841 3522

## Upcoming Events

**3<sup>rd</sup> February** –  
Memorial Service for  
Ancestors and  
Deceased

**15<sup>th</sup> February** –  
Chinese New Year  
Celebrations

**25<sup>th</sup> February** –  
Cultural Day  
Celebrations

**3<sup>rd</sup> March** -  
Dharma Talk by Chief  
Abbess Ven. Manko

**24<sup>th</sup> March** -  
Nan Tien Institute  
Great Compassion  
Repentance Service

**31<sup>st</sup> March** –  
Ching Ming –  
Compassionate  
Samadhi Water  
Repentance Chanting

## Editors Piece

On the recommendation of Venerable Miao Lai and Venerable Shan I frequently chant 'Om Mani Padme Hum.' I do this while driving, while cleaning up and sometimes when I have a break in activity. I do this to purify my mind and to leave a positive imprint for the future. I often wonder about whether to pursue a practice or not, as I really like the Soto Zen practice of Shinkantaza 'Just sitting.' In my understanding this practice relies on the inherent Buddha nature and the unwavering purity of the original mind. This is to say that to be fully present, completely mindful, is enough. So to undertake a practice like chanting 'Om Mani Padme Hum' is to go further than necessary to experience the Buddha mind. Nevertheless it is so expedient that I feel it is worth it. It greatly helps bridge the gap between the past deluded mind and the present enlightened mind. The past cannot survive in consciousness of the now. So I use practices such as chanting 'Om Mani Padme Hum', forgiveness, chanting at services and partaking in offerings of light and incense as skilful means while aspiring to complete perfect enlightenment. They bring much joy as well as purifying the mind. I greatly enjoy chanting 'Om Mani Padme Hum' during tea ceremonies. I chant it specifically as the water is infusing with the tea. It is wonderful as the mantra also infuses in the water, leaving a blessing for all those who drink it. This has been investigated scientifically as well. A man named Masaru Emoto did crystal photography of water while it was being exposed to different stimuli. It was found that when water is exposed to classical music or prayer it produced beautiful crystals. When it was exposed to unwholesome words or music the water would produce blurry and unrefined crystals. So when I expose the water to 'Om Mani Padme Hum' I can also imagine that it is producing wonderful crystals. I encourage you to see the results of the crystal photography at <http://www.masaru-emoto.net/english/water-crystal.html>.

Written by Alex Seton



## Bookstall for Fundraising

Greetings, I have a request for your unwanted books for a book stall we are intending to have at the temple n Cultural Day. Moneys will go to the BLIA.

Genres include: Buddhism, Spiritual, Philosophy, Psychology, History, Children's books, Geography, Gardening, Craft, Health & Wellbeing, Vegetarian Cook Books, Languages (Chinese and English)

The drop off point is the old tea room (just down the steps from the Meditation Hall) between 10am and noon on Sunday the 4 18<sup>th</sup> of February.

With Metta,

Lynette – BLIA Member

## Chung Tian Branch Outing

On January 28<sup>th</sup> twenty-three members of the Chung Tian Branch embarked on a trip to the Chenrezig Institute at Eudlo and the Ginger factory at Yandina. The outing was organised by our president Gary and we were honoured to have our branch's spiritual advisor Venerable Miao Lai join us on our adventures! With our very patient driver Andy at the wheel of the bus, we left Chung Tian just after 9.00am.

A little way into the journey, Venerable Miao Lai lead all the members in the chanting and prayers that would normally occur in the main hall of Chung Tian Temple for the Sunday morning English chanting service. This was quite a powerful and for some a moving activity. The busy traffic bustling by, the motorway's impersonal fences, barricades and signs, and the industrial and housing estates all seemed to fade into irrelevance and insignificance as the collective voices of the group filled the bus with words and sounds of Sanskrit, Pali, Mandarin and English chanting and prayers. Everyone was filled with a common purpose, and a true sense of calm embraced the group like a comforting and unifying cloak.

Our first stop was the ginger factory. Coffee was (obviously) the first stop for most members, but there was also time to explore the lovely rainforest gardens and to sample the wares at the shops including herbal remedies and the many ginger-based products and novelties. Group photos were also the order of the day and much laughter was heard as the group lined up for a photo shoot before moving on to the next leg of the trip. Sitting in the bus one could not help but notice the wonderful sense of friendship and a sense of like minds sharing a day in which they could value each moment and each other, while seeing in action, Humanistic Buddhism in the 21<sup>st</sup> century.

The entrance to Chenrezig was winding and for those of us who had not been there before we were unsure what to expect. Gary had told us there were lots of steps and that it was quite steep, so fortunately everyone could be prepared. We visited the Gompa, the library, and the shop before moving into the dining area where lunch had been prepared. There were lots of quiet spaces where

members could sit and talk, or just reflect on the surrounds and the many examples of Tibetan Buddhism both inside and outside of the various structures.

Some members walked to the Garden of enlightenment which was accessed by a very steep climb down that (I am told) seemed even steeper coming back up! Others just absorbed the atmosphere elsewhere and shared thoughts about life the universe and everything! Realistically though, one could not help but compare, and realise how fortunate we are to have such a beautiful and comfortable place as Chung Tian for *our* temple and home where we can just be, - to practice Humanistic Buddhism.

We could not leave Chenrezig without the group photos, and our faithful member and photographer extraordinaire Bojan was duly rounded up to oblige with some excellent shots of us all. Then back into the bus. We did make a pit stop at a service station half way home, and yes some of us succumbed to the victuals of the fast food outlet. (Hot chips and a disgusting amount of salt can be *so* invigorating when one has had a long but enjoyable day that leaves you rather tired and sleepy!)

However once back in the bus, we were not sleepy for long! Our intrepid president Gary challenged us all with a "Buddhist non-trivia Quiz". (*Where does he get all that information?*) He was very kind and did not embarrass those of us who should have known more answers and of course when he read the answers some of us said - "*I knew that one, I had just forgotten it at the time!*" But the point was it was fun, and it was enlightening. Small "e" enlightening, not the *Large E* enlightening (that one comes later at the end of the Eightfold path!).

We all arrived back at Chung Tian about 5.45 and said out goodbyes, including a thank you to Venerable Miao Lai, Gary, and Andy.

Some of the comments from members about the day were:

- "I liked the statues in the various nooks and crannies, as well as the impromptu stone artworks". (Karen)
- "The rainforest walk at the ginger factory was a lovely surprise". (David),
- "Had a great time, loved the shopping and coffee and scones at The Ginger Factory and the peace and serenity at Chenrezig, not forgetting the delicious Vegan lunch. Thoroughly enjoyed the trip. Thank you everyone for making this trip possible". (Lyna)
- "My first bus trip with BLIA and my first trip to Chenrezig temple. Another experience in my life to treasure. It doesn't matter how old we get, there is always something else out there to find. Feeling comfortable amongst my friends and Ven Miao Lai. The spirituality of the mountain and forest, the overall wholesomeness of Chenrezig has left me with peacefulness. I bought an Auspicious Band for prayers and a beautiful CD to help me with my memories. I also enjoyed the food at Chenrezig and of course the scone at The Ginger Factory!" (Lynnette)
- "This trip was a wonderful day out made all the more special as it was shared with a Venerable and my Dharma friends". (Anne)
- "It was a great trip! Great friends and great places to see. Thanks venerable Maio Lai, Gary and Brian. A special thanks goes to the driver for getting us there safe and sound. Omitoufo"  
- Grant

My own thoughts at the end of the day were “How good is this? To be a member of Chung Tian Temple *and* the branch. It really doesn’t get better than this!”

Xi Zhong 惜中

31 January 2017



(Photo at the Ginger Factory)

---

Dr Goh's Talk: Transcribed by Maureen

## **STRESS: It's all in the mind... or isn't it?**

Dr. Yong Goh - Org.  $\Psi$  ,  
Senior Lecturer, Bachelor of Psychology in Business Co-ordinator, School of Psychology and  
Counselling,

University of Southern Queensland, Ipswich Campus.

On Sunday 21<sup>st</sup> January, we had the good karma that enabled us to hear a talk by Dr. Goh Yong Wah.

Venerable Miao Lai our spiritual advisor organised for Dr. Goh Yong Wah to give a talk on STRESS.

The talk covered

- Understanding the power of perception in managing stress
- Gaining insights and perspective about self and stress
- Understanding the nature of stress
- Practical tips on how to lower stress

The common denominator – Lack of Control and it can be real or perceived

Perceptual Shift

- Keeping the blues at bay  
(start the day NOT feeling bad)
- Thinking outside the box  
(be creative)
- Letting Go  
(it's not giving up)

A relaxed mind is an open mind - need to learn to relax your mind – MEDITATION

Is it really that frightening to let go?

Is it always a bad thing to let go?

Is it liberating when you let go?

Social Support

- Problem focus Coping
- Emotion focus Coping
- Social Support = Problem & Emotion focus

3 Key points – PEC (J & G Global Consulting 2014)

- Power of **P**erception. Use it.
- Power of **E**motion. Protect it.
- Power of **C**reativity. Nurture it.

Dr Goh had attendees participate in two interesting exercises

- Perceptual Shift Exercise (J&G Global Consulting, 2014).
- Mind facilitating Body – The unbendable arm (J & G Global Consulting, 2014)

## Transactional Stress Resistance – Training objectives

- Strength confidence in dealing with challenges
- Enhance coping strategies
- Improve ability to assess work and environment
- Widen support network to better cope with stress

don't forget.....Meditate.

Thank you to Dr Goh for providing his PowerPoint presentation from which this summary is written

We are grateful for Dr Goh giving his time and to assist us on the path.

[goh@usq.edu.au](mailto:goh@usq.edu.au)

<http://staffprofile.usq.edu.au/Profile/Yong-Goh>

---

## 2018 Term 1 - Meditation, Buddhist & Tai Chi Classes held at Chung Tian Temple

### Basic Buddhist & Meditation Class

**Level:** Level 1  
**Day:** Every Sunday  
**Date:** 4 February to 25 March 2018  
**Time:** 9:00am - 10:00am (Meditation)  
 10:10am -11:00am (Buddhist talk)  
**Cost:** \$20 per term - Booking is required

### Intermediate Buddhist & Meditation Class

**Level:** Level 2  
**Day:** Every Sunday  
**Date:** 4 February to 25 March 2018  
**Time:** 10:00am - 11:00am (Buddhist talk)  
 11:10am - 12:00pm (Meditation)  
**Cost:** \$20 per term - Booking is required

### Buddhist Book Study & Meditation Class

**Level:** Level 3  
**Day:** Every Sunday  
**Date:** 4 February to 25 March 2018  
**Time:** 10:00am - 11:00am (Meditation)  
 11:10am - 12:00pm (Buddhist talk)  
**Cost:** \$20 per term - Booking is required

### Advanced Buddhist Study & Meditation Class

**Level:** Level 4 (**Free for BLIAQ members**)  
**Day:** Every Sunday  
**Date:** 4 February to 25 March 2018  
**Time:** 10:00am - 11:00am (Meditation)  
 11:10am - 12:00pm (Buddhist talk)  
**Cost:** \$20 per term – booking is required

### Bodhi Class For Children

**Ages:** 3 - 12 years  
**Sunday:** 10.00am - 11.00am  
**Date:** 4 February – 25 March 2018  
**Cost:** \$20 per term  
 Every 2nd & 4th child from the same family will be free.  
 ☒ Children are taught Buddhist morals and ethics in a nurturing environment. Lessons are backed by fun activities which include: simple meditation, children's tai chi, Buddhist stories and virtues, craft activities and team-building games.

### One Day Tea Meditation Workshop

**Sunday:** 1:30pm – 3:30pm  
**Date:** 18<sup>th</sup> March, 2018  
**Cost:** \$15 (including refreshments)

### One Day Meditation Retreat

**Sunday:** 9:00am – 3:30pm  
**Date:** 8<sup>th</sup> April, 2018  
**Cost:** \$30 (Lunch & Refreshments will be provided)

☒ To book for the Buddhist classes, an application form must be completed and returned to the Chung Tian Temple's reception together with full payment at least a week prior to the course commence date.

☒ For all enquiry please contact **3841 3511** on Tuesday to Sunday, or email: [ibaq@chungtian.org.au](mailto:ibaq@chungtian.org.au) or see

## FGS Chung Tian Temple/BLIAQ 2018 Activities

DATE	DAY	TIME	DESCRIPTION
3 February 2018	Sat	9:00am-12:00pm	Memorial Service for Ancestors and Deceased
4 February – 25 March	Sun	9:00am-12:00pm	English Buddhist Class Term 1 (6 weeks)
		10:00-11:00pm	Children & Youth Buddhism Classes Term 1 (6 weeks)
10 February 2018	Sat	10:30am	Bright Light Dharma Service in Mandarin
		1:30pm	Monthly Meeting of Branch Presidents
15 February 2018	Thurs	6:00pm	Chinese New Year Eve Celebration (Vegetarian Food & Cultural Performance)
		7:00pm	Opening Ceremony of Art Exhibition
		7:30pm	Chinese New Year VIP Dinner Gathering
		8:30pm	Light Offering Blessing
		9:30pm	Lion Dance

		11:00pm	Buddhist Service (in Mandarin)
		00:00am	Ringing the Blessing Bell
16 February 2018	Fri	10:00am-12:00pm	Homage to Thousand Buddha Service
17 February 2018	Sat	10:00am-12:00pm	Homage to Thousand Buddha Service
24 February 2018	Sat	10:30am	Lantern Festival Bright Light Dharma Services in Mandarin
25 February 2018	Sun	9:30am-3:30am	Cultural Open Day
		11:00am	Multi-Faith Music Concert
		11:30am	Lion Dance
		2:00pm	Baby Shower & Blessing Ceremony
2 March 2018	Fri	11:00am	Bright Light Dharma Service in Mandarin
3 March 2018	Sat	10:30am	Dharma Talk by Chief Abbess Ven. Manko
		1:30pm	Elder Advisors Committee cum Directors Meeting
4 March 2018	Sun		Clean Up Australia Day
10 March 2018	Sat	10:30am	Buddhist Service (in Mandarin)
		1:30pm	Monthly Meeting of Branch Presidents
10 March-7 April 2018	Sat	1:30pm-3:30pm	Chinese Buddhist Class Term (5 weeks)
17 March 2018	Sat	1:30pm-3:30pm	BLIAQ Humanistic Dharma Speakers Training
24 March 2018	Sat	9:30am	Nan Tien Institute Great Compassion Repentance Service
30 March – 1 April 2018	Fri-Sun	9:00am-5:00pm	YAD Camp
31 March 2018	Sat	9:00am-5:00pm	Ching Ming – Compassionate Samadhi Water Repentance Chanting