



Inner Peace

Great Lakes Buddhist Vihara News Letter

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A Message from the Head Monk...

Significance of the Vesak

For Buddhists, the most important religious day is Vesak. According to the Theravada tradition, Lord Buddha's birth, enlightenment, and great passing away occurred on the same May full moon day, which is now Vesak. The people who live according to Buddha's path, which is directly for the freedom from all bondages, deserve the name "Buddhist". The path discovered by the Buddha is something to practice. This way, the benefits will be achieved then and there. It doesn't give any place for blind faith. However, the path also reveals a kind of faith that is completely based on rational thinking, which is "saddha". We could translate this word in to English as "devotional wisdom".

On some occasions, after listening to the Buddha, some people wanted to be converted from their old religious beliefs.

Preventing them from making such quick decisions, Buddha has advised not to be hurried, and to think again and again wisely, then to arrive at the decision.
Continued...

Join Us in Our Labor of Love

As Editor of Volume 2 of "Inner Peace", I would like to invite you to submit any ideas for improvement or articles to be included in future issues. This newsletter is to benefit each and every member of the GLBV family. Suggestions are always welcome. As a spiritual community, let us support our Temple and each other with the many different resources we all have available to us.

Please contact me with any suggestions at
Kelly_Johnston@comcast.net or **Assistant Editor,**
Mary Broadwell at **marybroadwell@yahoo.com.**

Up Coming Events

June 11, 2006 - "Poson Poya", the day Buddhism was introduced to Sri Lanka, sil and meditation program.

July 9, 2006 - "Esala Poya" (Vas Aradhana), invitation for rainy season retreat.

****One family or group can sponsor Vas Aradhana****

Continued from first page...

In that sense, Buddha did not want to organize a religion that was based on beliefs, rituals, or authoritative principles, leaving behind fear of punishment. Buddha pointed out what is right, what is wrong, what becomes wholesome, and what becomes unwholesome using a universal criteria of how to select what is good and what is bad.

In this way, becoming wise is the most important achievement. All of the problems, physical and mental, stress, suffering, and other negativities are the results of the darkness of ignorance. If someone is wise, all of the time he or she is in the light of peace and happiness.

At this significant moment of Vesak, if anyone is trying to light the wisdom within oneself, that is the person who is following the Buddha. He or she is the person who receives the benefits of the Buddha's message, which was delivered 2,550 years ago.

From The Dhammapada

"Hard to find is the thoroughbred man (the Buddha). He is not born everywhere. Where such a wise man is born, that clan thrives happily."
(Chapter 14, Buddhavagga)

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Everyday Dhamma

There are many reasons why each of us came to GLBV for the first time. The Meditation Classes bring many to the Temple hoping to heal from illness, stress, a traumatic event, or maybe even just to satisfy curiosity. For any of us that attend class regularly, we see many of the curious sort go just as quickly as they came. The first Meditation Class can be tough. We all remember the aching legs and back, the prickly sensation of sleeping feet, and that itch on the tip of the nose that seems to grow stronger as each second ticks by. Our question is, "Why do we keep coming back?"

There is definitely some value to first impressions. As soon as the door opens to one of the several faces of kindness here at the Temple, warmth and welcome embrace every person that enters. The uncertainty that surrounds new experience pales in the light of the smiling Monk or Temple member that greets new comers at the door. The energy of our strong congregation radiates the goodness that is generated from each of us at GLBV.

It is not long after the first, and possibly painful, Meditation Classes that the benefits of practice creep out in the most unexpected places. We have found that almost every aspect of daily living is positively enhanced with meditation. Our tolerance for unwelcome situations and difficult people has increased. Even as our need for sleep and fatigue during the day decreased, our minds were clearer and our focus sharper. A new perspective allowed us to step out of the fog of everyday "problems", and see things as they really are. With a new ease, we questioned ourselves less and instead became confident in our ability to do the right things. Finally, we no longer wished to be here or there, or with this or that person, because wherever we are now, *everything is okay.*

Written by Co-Editors:

Mary Broadwell & Kelly Johnston