



# පරීක්ෂී ශ්‍රී ලංකා විවෘත විභාගය



## සදහම් හඬ

දෙසැම්බර් කලාපය  
2015

### ධම්මෝ හවේ

### රක්ඛති ධම්මචාරී

උක්ඛට්ඨාසී නම් බමුණා බුදුරජාණන් වහන්සේ වෙත පැමිණ මෙබඳු ප්‍රශ්නයක් ඇසීය යන ස්වාමීණී බුදුරජාණන් වහන්සේ මේ ලෝකය පවතින්නේ කුමක් මතද? "ධම්මෙ ලොකො පතිට්ඨිතො" දහම මත ලොව පැවැත්ම සිදුවේ. බුදුරජාණන් වහන්සේගේ පිළිතුර විය. විවිධ ශාස්තෘවරුන් හමුවී තිසී පිළිතුරක් නොලද බමුණා බුදුරජාණන් වහන්සේගේ මේ පිළිතුරින් සතුටින් පත්විය. සවාමීණී ඔබ වහන්සේගේ පිළිතුරින් සතුටට පත් වුවමි. ධම්ම යන්න මඳක් පැහැදිලි කර දෙන්නෙහි මැනවැයි නැවති ඉල්ලීමක් කළේය. "සුක්ඛිරොසාමුභමණ ධම්මෝ" දහම් යනු යුතුකම් හා වගකීම් බුදුරජාණන් වහන්සේගේ පිළිතුර විය. අතිශය සතුටට පත් බමුණා

බුදුරජාණන් වහන්සේ වෙත වැඳ නමස්කාර කොට තික්ම ගියේය. දහමෙහි හැසිරෙන දහමින් ආරක්ෂා කරගී යන්න මුල් පාඨයේ අදහසයි. බුදුරජාණන් වහන්සේ අතර සිදුවූ මෙම සංවාදයෙන් මතුපිට පෙනීමට වඩා ගැඹුරු අදහසක් පවතින බව පෙනේ. ධම්ම යන්න බුදුරජාණන් වහන්සේ සුක්ඛිරොසා යන වචනයෙන් යුතුකම් වගකීම් පිළිබඳව අපව දැනුවත් කරයි. තම අධ්‍යාත්මය පිරිසිදු වීම පිණිස ක්‍රියා කිරීම තමන්ගේම වගකීමකි. පස්පව් - දස අකුසල් වලින් බැහැර වී, දස කුසල් - පුණ්‍යක්‍රියාවල යෙදීම, තුන්දොර සංවරය, ලෝභය දේවේශය මෝහය දුර්ව්‍ය අලෝභය අදේවේශය අමෝහය උපදවා ගැනීම මෙයට අදාළ වේ. දෙමාපියන්ට - දුරුවන්ට - බිරිඳට - සවාමිභාවට - ගුරුවරුන්ට - වැඩිහිටියන්ට - පිදිගුත්තන්ට කළයුතු යුතුකම් වගකීම්

ඉටුකිරීම සමාජයේ ජීවත්වන හැම කෙනෙකුගේම යුතුකමකි. එමෙන්ම වගකීමකි. පොදුවේ සමාජයට - රටට - ලෝකයට යහපතක්ම සිදුවන සිතුවිලි ඇතිකර ගැනීම එවා ක්‍රියාවට නැංවීම ධර්මයෙහි හැසිරෙන නායකයන් උසස් ගුණයකි. එබඳු උතුම් පුද්ගලයන් සත්පුරුෂ නාමයෙන් හඳුන්වති. දහමට අකමැති යුතුකම් වගකීම් නොසලකන පුද්ගලයා පිරිහෙන බව "ධම්ම දෙස්සී පරාහවෝ" යනුවෙන් පරාහව යනුයේ සඳහන් වේ. දහමට කැමති - ගරු කරන - පිළිපදින - යුතුකම් වගකීම් ඉටුකිරීමට උනන්දුවන සමාජයක් ප්‍රාර්ථනා කරමු. එ වෙනුවෙන් අපට කළහැකි යුතුකම් වගකීම් ඉටු කරමු.  
**ඛේරුවල සිරි සෝභිත හිමි**  
16/12/2015



# පරීක්ෂිත ශ්‍රී ලංකා බෞද්ධ විහාරය

## *A Guide to the Practice of Metta*

Metta in the Pali language or maitri in Sanskrit means lovingkindness or compassionate love. It is the wish for all sentient beings to be well and happy. It is also referred to as boundless, or universal love – a love that transcends all barriers such as caste, colour or creed.

Metta is compared to the love of a mother towards her only child. The 7th verse of the Metta Sutta (the Discourse on LovingKindness) reads as follows:

*Mātā yathā niyam puttam  
Āyusā eka putta manu rakkhe  
Evampi sabba bhūtesu  
Mānasam bhāvaye aparimānam  
Just as a mother would protect her only child  
at the risk of her own life  
Even so let one cultivate  
a boundless heart towards all beings*



The practice of *metta*, or loving-kindness, helps to reduce the tendencies of anger, hatred and grudges. *Metta* is a great healing force. It promotes the development of virtues such as compassion, altruistic joy, and equanimity. It also promotes patience, AWAKENING WITH METTA 9 tolerance, gratitude and above all, a forgiving heart. Forgiveness is an important factor which helps in releasing emotional blockages due to grudges or remorse. When we make *metta* our object of meditation, we should first direct it towards ourselves, until we begin to experience a sense of wellbeing and calmness within us. As we arouse the thoughts, ‘Be well and happy, free from anger and enmity’, and so on, we should try to feel it from our hearts, synchronising our thoughts with our feelings. You may like to try it now: Just think, ‘Be well and happy’ and keep a smile in your heart. Pause for a few moments and try to feel a sense of wellbeing. Suffuse your whole being with this feeling of calm and peace.

When you are able to do this, then you should learn to radiate loving-kindness in all directions – above, below and all around – until your aura of calm fills the whole room. Then continue to radiate out to the whole building, to all the surrounding areas, all the neighbourhood, covering the whole suburb or village, and to the whole city or township. Then to the whole country, the neighbouring countries and islands, covering the whole world. And eventually to all the realms of existence, whether known or unknown to us.

Alternatively we can direct our minds and send *metta* to the ten directions: north, south, east and west, north-east, south-east, south-west, north-west, above and below.

*(Extract from ‘Awakening with Metta’ written by Venerable Mahinda)  
(To be continued in the next issue...)*



# පරීන් ශ්‍රී ලංකා බෞද්ධ විහාරය



## **Membership updates, invitation to pay your membership, encourage your working children to become members**

Each new membership and paying membership fees on time is valued greatly.

The SLSBS used to have several fundraisers such food fairs, film shows each year, but with the increasing number of Sri Lankan Associations, each having its own fundraising and other functions we find it difficult even to find a date to have anything of our own. Unlike all other SL Associations, we think SLSBS is the only Sri Lankan Association / Society in WA with mortgages and utility bills to pay. We see that the only way forward in maintaining the temple is by establishing a strong membership making regular payments.

At present we need approximately \$5000.00 per month to service two mortgages and pay utilities, rates and other bills. We have more than 300 members listed, but the latest payment update shows approximately 150 members making regular payments.

Your membership contributions help to pay the water, electricity, gas, Shire rates and miscellaneous bills, and most importantly meet the monthly mortgage payments.

So, we invite all Sri Lankans Buddhists to become members of SLSBS including the youth who are gainfully employed.

Kindly write to us today and please get the membership form from the link given below, fill the form online and email it to [slsbssecretary@gmail.com](mailto:slsbssecretary@gmail.com).  
[http://sriivihara.org.au/wp-content/uploads/2015/05/Membership\\_form\\_lat\\_est.pdf](http://sriivihara.org.au/wp-content/uploads/2015/05/Membership_form_lat_est.pdf)

## **මාසික වැඩසටහන**

දෙසැම්බර් 25 දිනට යෙදී ඇති උදව්ප් පුර පසලොස්වක පොහොස නිමිකත්තෙන් පරින් ශ්‍රී ලංකා බෞද්ධ විහාරස්ථානයේ පවත්වන සීලමය වැඩ සටහන දෙසැම්බර් 26 වන සෙනසුරාදාදා උදේ 8.00 සිට සවස 5.00 දක්වා පැවැත්වේ.

දහම් පාසල ආරම්භ වන දිනය - 2016 වන වසර සඳහා දහම් පාසල පෙබරවාරි 07 වන දින පැවැත්වේ. සෑම මසක ම පළමුවන බදාදා - පුජ්‍ය ඩේරාවල සිරි සෝභිත නාහිමියන් විසින් පවත්වනු ලබන සුභ දේශනා වැඩ සටහන

දෙවන, තුන්වන හා හතරවන බදාදා - උපදෙස් රහිත භාවනා වැඩ සටහන (ප්‍රගුණු ඇඟ සඳහා - Experienced Meditators)





# පිරිත් ශ්‍රී ලංකා බෞද්ධ විහාරය

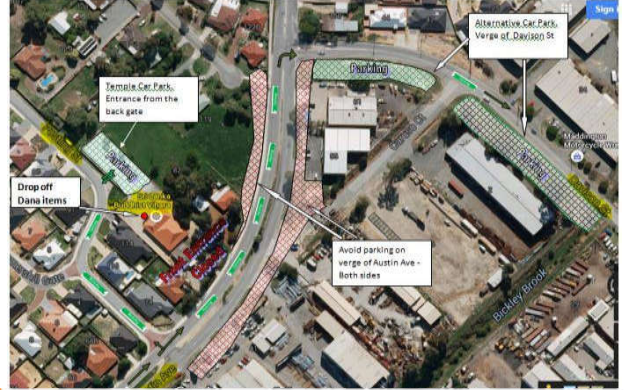


## පිරිත් පිංකම

New Year Pirith Chanting Ceremony to invoke blessings and success for you all in the coming New Year 2016 begins on 26th December at 6.30pm and ends on 1st January 2016. You are all kindly invited to participate at this annual event welcoming prosperous and successful New Year 2016. Please kindly observe following etiquette during this important event:

- \* Please come on time and join the Buddha Mal and Gilanpasa Pooja which will be offered before Pirith Deshana.
- \* Please be seated as much as you can inside the hall to invoke blessing with Pirith Thread.
- \* At the end of Pirith chanting please be seated until Monks leave the hall.
- \* On 1st January 2016 Atavisi Buddha Pooja will start at 5.30pm (5.30pm to 6.15pm). Pirith chanting will start at 6.30pm and will continue till 8.30pm
- \* If you wish to sponsor an Atavisi Buddha Pooja, please follow the details given below. Kindly note that this year you can offer ATAPIRIKARA.

We remember the twenty eight Buddhas who preceded Gautama Buddha and recite stanzas recalling their virtues. Two offerings are made to each Buddha. One is a Atapirikara, and the other a tray of offerings (Gilanpasa) consisting of flowers, a candle, gilanpasa and chatumadura. Much merit is gained when we make these offerings. Dayakathwaya for each of the two offerings as follows.



- Donation of \$50.00 for Gilanpasa offerings tray
- Donation of \$100.00 for ATAPIRIKARA

Please contact Palitha Jagoda (0409968851) or enter your name in the list on the notice board or visit SLSBS counter if you wish to sponsor an Atavisi Buddha Pooja. There are still some slots available. All the proceedings will go to the Development and Maintenance of the Temple as one of our regular fundraisers.

There will be a SLSBS counter to pay membership, donations and inquiries from current and prospective members.

Please use rear car park entrance during all these seven days. Any parking overflows, please be mindful to park legally complying with council parking terms.

We will inform you the details regarding parking and the other arrangements for 1 January 2016 within next few days.

We also welcome your generous kind helping hand in cleaning and other related work for the preparation of Vihara for this upcoming "Pirith Ceremony". Volunteers are kindly invited to Temple on 25th December at 06:00pm to start cleaning and final preparation for the Pirith Ceremony.



# පරීක්ෂිත ශ්‍රී ලංකා බෞද්ධ විහාරය

## DID YOU KNOW?



You can pay your membership by direct debit. The temple relies on your regular membership payment for its upkeep.

Here are our banking details so that you may make your membership payments. You can check with Treasurer [slbs.treasurer@gmail.com](mailto:slbs.treasurer@gmail.com) with cc to [AjithKankanange@gmail.com](mailto:AjithKankanange@gmail.com) and [slbspresident@gmail.com](mailto:slbspresident@gmail.com) if you want an update of your membership payments.

When a deposit of cash or cheque is made, please remember to enter a reference number on the deposit slip. There is a field to enter under the heading 'Agent Deposit Reference'. It should be completed by entering only numbers. Please enter your phone number. In this way contact can be made if necessary. When you pay online via internet banking please enter your membership number.

You must indicate if the payment is for membership, building fund, atavisi puja etc.

You could also pay by cash or cheque in person at the temple. Ven. Sobhitha will issue a temporary receipt and tax receipts will be issued at the end of the financial year.

## **ACCOUNT DETAILS**

ACCOUNT NAME: Sri Lankan Sinhalese Buddhist Society

BANK : ANZ

BSB : 016 002

ACCOUNT NO: 498 831 089



## Appreciation for Your Sincere Contribution to SLSBS Mega Food Fair

On behalf of the Sri Lankan Sinhalese Buddhist Society (SLSBS), we wish to thank you all for attending the Mega Food Fair on 15 November 2015 at Centenary Park, Wilson. It was not an easy task to hold such an event away from the Temple due to logistics issues. But volunteers, the other associations and SLSBS committee members had done a great job and with the support of Sri Lankan food lovers it became a very successful fundraiser. Thank you to all generous community organizations and individuals who ran stalls, members and non-members of SLSBS who helped by purchasing the food and plants to raise much needed funds for the building project. Not to mention the hard work done by the SLSBS team with planning and transportation, and all volunteers who helped with food and cash donations, sounds, general arrangements and finally with the clean-up.

This our first Food Fair held away from the Temple to avoid disturbances to neighbors, address to Traffic and Parking issues raised by City of Gosnell and other concerns. We will continue to hold similar Food Fairs away from temple in future.

We have gained approximately \$17,000 profit after the expenses, and these funds will be used for the development of the Temple.

Again, Thank you for all the associations and individuals who organized and managed food stalls and contributed towards this worthy cause.

Thank you indeed for your support and expect similar support for our next Food Fair event which will be held in early April with Aluth Avurudu Kevum, Kokis etc.

**SLSBS**



December 25, 2015



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## BO MALUWA AT KENWICK TEMPLE



## FOOD FAIR HELD IN NOVEMBER, 2015

Kindly note that special Dhamma Desana will be scheduled on Saturdays from 9th January to 27 February at 6:00pm. Please refer to the list on notice board to sponsor the Saturday Dhamma Desana. This program is scheduled in addition to weekly Dhamma Desana on Sundays.

Please send your feedback regarding News Letter to [editor@srilankanvihara.org.au](mailto:editor@srilankanvihara.org.au) as your suggestions are always welcome. For all the inquiries, please write to [slsbspresident@gmail.com](mailto:slsbspresident@gmail.com) or [slsbssecretary@gmail.com](mailto:slsbssecretary@gmail.com)  
Thank you,  
With Metta

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December 25, 2015