

# Byoma Kusuma

## Newsletter

Volume 1, Issue 1

May 2009

*“All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.”*

*- Buddha*

### Application of Buddhism in day to day life

#### What does being a Buddhist mean?

May be a scientific mind of the 21<sup>st</sup> century wouldn't be able to imagine the repercussions of the heliocentric theory of Copernicus, subsequently popularised by Galileo in the midst of a god fearing society in middle age Europe. Myth was busted right on its face, and a culture based on empiricism raised its hood. Culture of faith was devastated and it was difficult to accept the truth, as it is.

What had happened to the god fearing society during the Copernicus period can happen to any coffee loving society in this world. You must be wondering why this analogy! Point is, whether it be Cappuccino, Nescafe, Decaf or any other brands and names of coffees, we have our 'conventional belief' after having acquired a certain taste of this beverage, if it is not matched with the finished good on the coffee table, we either yell at the server or curse our own bad luck, depending on our temperament and culture. Our past conditioning about certain facts clash with the truth in front of us, just like the difficulty of accepting the truth that the middle age society had faced, but in a different scenario!

There was a great Zen master in Japan who had an unusual habit (in a conventional sense) of drinking his morning tea. First, he would drink his tea without sugar and milk, and once he had sipped a considerable amount of tea, he'd add some sugar and after drinking half of it, he'd add milk to the remaining tea and drink it. Upon asked, the great

Zen master replied, 'I want to taste the truth as it is!' This last sentence sums up the whole culture, philosophy and the spiritual path taught by Gautam Buddha – investigate, examine and analyse, and once found grab the truth by its neck and accept it! No less, no more!

If someone had to draw a parallel between Buddhism and modern science, it would be the culture of investigation, analysis and examination of the truth, and acceptance of this result without any prejudice. In Kalama Sutta, Sakyamuni Buddha provides ten specific sources which should not be used to accept a specific teaching as true, without further verification:

- Oral history
- Tradition
- News sources
- Scriptures or other official texts
- Logical reasoning
- Philosophical reasoning
- Common sense
- One's own opinions
- Authorities or experts
- One's own teacher

More than inventing a new theory, Buddha simply established a system of investigation, examination and analysis. He taught the methodology, as mathematics or any regular science does, to see the truth as it is! It is like mixing one chemical with another in order to obtain certain metal as a result! The noble eightfold path is the methodology to investigate the truth of phenomenon, as they are in their original, un-fabricated and natural state. He didn't invent impermanence, suffering and non-

self - Emptiness. They were always there as a mode of existence. He simply observed, as a scientist observing amoeba under a microscope, and said what it is and how it is.

'Spirito- scientists' is what I would like to call 'Being Buddhist' means in view of this scientific age!

- Lila Vajra

(For feedback, please write to Bibek Sharma:  
[bibeksharma@hotmail.com](mailto:bibeksharma@hotmail.com))\*

## Therapy Column

### What is Emotional Freedom Technique (EFT)?

EFT was developed by Gary Craig with the intention to provide rapid and long lasting relief from emotional problems. It is a needle free version of acupuncture that is based on the relationship between the subtle energies in your body, mind and emotions.

EFT stands out as being simple and freely available to all. It works on the principle that *'the cause of all negative emotions is involved with the body's energy system, thereby creating physical ailments'*. Therefore, by focussing on the negative emotions and tapping on the meridian (acupressure) points, it is possible to get rid of the emotional and the physical symptom that was intensified by a distressing memory.

### Some Testimonials from Sangha members:

*'At first I was sceptical on the whole concept of EFT but as the classes progressed I realised the psychological importance of the class and started feeling its effectiveness in a couple of days. I now feel as if I am empowered by an invincible armour and supreme confidence. I know that I can tackle head on any challenges that life may throw at me. I highly recommend the EFT class and would like to thank Guru Ratnashri for giving me the opportunity to be aware of myself and bringing clarity in my life.'* - Shailesh Shrestha

*'I used to have this feeling of stiffness throughout my body but now I feel very good and light. My*

*concentration has also improved and thus my meditation sessions are getting better. EFT is very effective and I am very grateful to have had this rare opportunity to practise it with Ratnashri. My allergies with polluted air and cold water have decreased substantially.'* - Padam Ghale

*'I am more aware of my anger. Now, I don't get angry as quickly as I used to. I used to blame other people for so many things but now I also see my own faults. I view life more positively and I feel very happy.'* - Roshani Shrestha

## Some facts you should know

The Four Noble Truths taught by the Buddha are:

- Life is marked by suffering
- The origin of suffering is attachment
- The cessation of suffering is attainable
- Suffering is eliminated by following the Noble Eightfold Path

## Children's Column

### I don't mind

Shining eyes and stolen glances  
Small clues to your sacred secret  
Missed opening lead to lost chances  
Memories you haven't built yet

Every ounce of joy coupled with sadness  
Each of your smiles stunted and caged  
Your deep love disguised with emptiness  
To hide scars from this war you've waged

I sit back and marvel at what I can observe  
Proud of your determination, your strength  
I hope and pray from this course you'll not swerve,  
Continue running this race through its full length.

-Ashra Dahal

## Nepal

### **Hridayanjali, Live Music Concert, Academy Hall, 1<sup>st</sup> Aug (17<sup>th</sup> Shrawan), 05.00pm**

To celebrate the auspicious occasion of Mahayogi Sridhar Rana Rinpoche's 61<sup>st</sup> Birthday and to mark his 14<sup>th</sup> year in retreat, Byoma Kusuma Buddhadharma Sangha proudly presents *Hridayanjali*, a Live Concert with *Sahayak Samathacharya Anupama Dahal* and the *Kutumba Band* at the Academy Hall on Saturday 1<sup>st</sup> August (17<sup>th</sup> Shrawan).

S.S Anupama's songs are a collection of her spontaneous spiritual supplications that emanated from Rinpoche's profound blessings.

## UK

### **The Asics British 5K London Run, Sunday 12<sup>th</sup> July**

*Sahayak Samathacharya Mahesh Kumar Dahal* will be taking part in the Asics British 5K London Run on Sunday 12<sup>th</sup> July with the aim to raise funds to support Byoma Kusuma's projects.

### **The Asics British 10K London Run, Sunday 12<sup>th</sup> July**

*Sophie Pun*, a young and charming 23 year old girl from London has volunteered to take part in the Asics British 10K London Run with the aim to raise funds to support Byoma Kusuma's cause.

## Some useful Buddhist Words

### A

Abhidharma: Higher Dharma

Anatma: Non-self, Non- Ego

Anitya: Impermanence

Arahat: The perfected disciple whose mind is free from defilements

([www.buddhanet.com](http://www.buddhanet.com))

## Recommended books to Read

### Beginners

Words of My Perfect Teacher- *Patrul Rinpoche*

### Intermediate & Advanced

The Quntum and the Lotus- *Matthiew Ricard & Trinh Xuan Thau*

## Contact

We hope you enjoyed reading our Newsletter. Should you be interested to contribute your articles, please contact our editorial team at: [byomakusuma.uk@gmail.com](mailto:byomakusuma.uk@gmail.com).

---

### Note:

- Please note that we reserve the rights to edit your article based on the length, content and words used.
- Your article should be no longer than 500 words.

\*If you wish to share your views/comments about the articles, please contact the **author** directly. The email address is located at the end of the article.