

DO GOOD DEEDS 做好事,
 SPEAK GOOD WORDS 說好話,
 THINK GOOD THOUGHTS 存好心



Nan Tien Temple (IBAA)
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11-12 MAY 2013
 (Sat & Sun)



佛
 誕
 節
 慶祝大會

2013 19th Buddha's Birthday Festival

at Darling Harbour

Organised by:



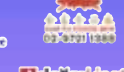
佛光山南天寺
 Fo Guang Shan Nan Tien Temple



國際佛光會雪梨協會
 BLIA Sydney



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The Founder of Fo Guang Shan Cirant Master Hsing Yun

Master Hsing Yun was born in 1927, in Jiangdu, Jiangsu Province, China. At the age of twelve, he became ordained under the eminent Master Zhi Kai in Nanjing and had undertaken studies at various monasteries and encountered numerous grand masters.

In 1967, he founded the Fo Guang Shan Monastery located in Kaoshiung, Taiwan and established Buddha's Light International Association for lay Buddhists in 1991. Under his direction and dedication to spreading the Dharma, Fo Guang Shan now consists of over 200 branch temples in five continents, 16 Buddhist colleges, Fo Guang University, Nanhua University in Taiwan, University of the West in Los Angeles and Nantien Institute in Wollongong.

In addition, nine art galleries, twenty-six libraries, more than three publishing houses, twelve bookstores, the Cloud and Water Mobile Clinic, over fifty Chinese language schools, sixteen Buddhist colleges, three Secondary Schools and four Universities have been established. A Children's Home, Fo Guang Nursing Home and Fo Guang Shan

Charity Trust were also established in 1970, 1975 and 1987 respectively to nurture the young. The Buddha's Light Television network was established in 1997, and the first Buddhist daily newspaper 'Merit Times' was launched in 2000.

For more than a half century, Master Hsing Yun has devoted his efforts to transform the world through the practice of Humanistic Buddhism and to realise his vision,

“Let Buddha's light illuminate three thousand realms and Dharma water flow across the five continents.”

Self-understanding and discipline are the main paths to conducting oneself in society.

Tolerating and helping others is the balm in establishing good relationships.

Learning Buddhism is to learn mainly about yourself; so you must search for, and inquire into the original mind.

Learning Ch'an is to apply your own mind; so you must investigate and study the real self.

In the pursuit of learning, have a joyful attitude. In the face of advice, keep an open mind.

In taking on responsibility, have courage. In dealing with others, remain respectful.

**Dharma words by
Venerable Master Hsing Yun**



One-stroke Calligraphy

“Everyone is a Buddha!” said Venerable Master Hsing Yun. Putting aside the question of “who is actually a Buddha?” it can at least be said that Venerable Master Hsing Yun is a bodhisattva who never tires. Turning 87 years old this year, he has faced 40 years of diabetes that led to a serious eye condition, along with retinal detachment. With unclear visions in both eyes, he can barely see.

Despite having to write calligraphy with shaking hands, he still is able to let his heart guide his hands in completing the extremely rare “one-stroke calligraphy”

“One-stroke Calligraphy” means that every piece of calligraphy written by Venerable Master is done in one stroke. No discontinuation is allowed from beginning to end, as discontinuation will make it difficult to continue to the next character because his vision does not allow him to distinguish the distance between each character.





Fo Guang Shan Nan Tien Temple (ALSO KNOWN AS IBAA)

Fo Guang Shan Buddhist Order was founded by Venerable Master Hsing Yun in 1967. With over 200 branches worldwide, its primary aim is to promote Humanistic Buddhism.

Nan Tien Temple is situated at Berkeley – an outskirts suburb of Wollongong in the state of New South Wales. It is one of the branch temples of Fo Guang Shan Buddhist Order. “Nan Tien” in Chinese, literally means “Paradise of the South.” It is the biggest Buddhist temple in the southern hemisphere.

Since the grand opening in 1995, Nan Tien Temple has enthusiastically been providing religious, educational, community, charitable and cultural services to both

Buddhist and non-Buddhist alike. The temple’s activities are very diverse. Besides Dharma services, there are also regular classes such as tai-chi, vegetarian cooking and meditation to suit people from all walks of life.

On 11th September 2001, the City Council of Wollongong donated a parcel of land just opposite Nan Tien Temple on which the Nan Tien Tertiary Cultural and Educational Facility will be built. This project will be organised in an exquisite setting and combines the best features of Western and Asian cultures. It will enhance the educational environment of Wollongong and complement the cultural diversity of the city. Nan Tien Temple will continue its endeavour in bridging the gap between cultures and religions, as well as creating a pureland on earth under the following objectives: to propagate Buddhist teachings through cultural activities; to foster talents through education; to benefit society through charitable programs; and to purify human hearts and minds through Buddhist practices.

What is Humanistic Buddhism?

Buddhism is a philosophy, a moral code and a religious faith which provides teachings and guidance to liberate mankind from suffering, integrating spirituality into people’s daily lives so that it is a ‘practical’ way of living, not just a practice for reclusive hermits.

Humanistic Buddhism encourages one to cultivate and integrate the Buddha’s teachings of tolerance, loving-kindness, compassion, joy and equanimity into our daily life for the benefit of all beings. It is to build a harmonious society through helping those in need, radiating those virtues from within ourselves to our family, society, nation and the world at large.

When we give faith, hope, joy, and service, we are helping all beings as well as ourselves. When we actualize altruism, joyfulness, and universality, we are practicing the fundamental concepts of Humanistic Buddhism.

With an emphasis on “not needing to go some place else to find enlightenment”, we can realize our true nature here and now, within this precious human birth and this world. That is the true practice of Humanistic Buddhism.

The Four Principles of the Buddha’s Light International Association

- To propagate Buddhism through culture
- To foster talent through education
- To benefit society through charity
- To purify body and mind through spiritual cultivation



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www.nantien.org.au

What Is BLIA?

BLIA is an organisation consisting of lay Buddhists who observe the practice of Humanistic Buddhism in daily life. Its primary objective is to serve all beings, to spread a joyous spirit amongst people and to nurture the virtue of compassion. It places emphasis on education, culture, cultivation and service.

Over 100 BLIA chapters have been established around the world to date, in the United States of America, Canada, Australia, New Zealand, France, Germany, Sweden, Norway, Russia, Malaysia, Singapore, the Philippines, Japan, Hong Kong, Macau, Thailand, India, Brazil, Argentina, Africa and other regions. There are currently more than one million members worldwide.

In 2003, two major agencies of the United Nations, the Economic and Social Council of the United Nations (ECOSOC) and UN's Department of Public Information (UNDPI), granted special consultative status to BLIA.

About BLIA Sydney

The BLIA Sydney was formed in June 1991 by a group of devotees dedicated to the propagation of the Dharma, cultural exchange, education and charity work.

The Association engages in activities that are beneficial to society at large. In Australia and New Zealand, the Association participates in activities such as Clean Up Australia Day, National Tree Planting Day and the Buddha's Birthday Multicultural Festival. It also participates in many local community activities frequently, e.g. visiting nursing home, blood donation, fundraising for natural disasters etc.



Our Goals

- To promote Humanistic Buddhism
- To establish a purified society
- To cultivate purity in our hearts and minds
- To realise peace on earth

BLIA Sydney

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Donation to Charity

Love & Care Group, the charity arm of the BLIA Sydney, has its principal objective to benefit society through charity work and donations to the poor and needy. It hopes to demonstrate the loving kindness and compassion of Buddha to people who are less fortunate than ourselves and help sow the seeds of Humanistic Buddhism.

Every year at the Buddha's Birthday Festival, the Love & Care Group selects 2 charity organisations to make donations to and the recipients this year are The Royal Institute for Deaf and Blind Children (RIDBC) and The Children Hospital's at Westmead.

Through the fundraising efforts of its members, the Love & Care Group has been able to practice one of the four principles of BLIA Sydney "To benefit society through charity."



"A life of giving is rich"





NAN TIEN INSTITUTE

南天大學

The Road to an Enlightened Education



Nan Tien Institute

Many years of planning have finally seen the sprouting of the Nan Tien institute in Wollongong New South Wales. Nan Tien Institute is Australia's first institute of higher learning grounded in humanistic Buddhist wisdom and values. With a vision to provide the local region a place for the exchange of western and oriental arts and culture, the Institute's aim is to broaden students' knowledge and religious perspectives with arts, philosophy and humanities subjects. Through innovative and distinctive tutorial systems, which support our students academically, these subjects have the potential to enrich and enhance one's life. Fo Guang Shan Buddhist Order also established the University of the West in Los Angeles, California, Nanhua University and Fo Guang University in Taiwan. We are part of a dynamic international learning community that fosters the importance of learning as a life-long quest for knowledge, skills and wisdoms. Ground consolidation works have commenced on site. The first building will be a multipurpose building incorporating teaching and academic areas, museum and art gallery, library, theatre, shops, cafe and student facilities. The first building is projected to be completed in 2014. In the mean time Nan Tien Institute is offering courses in the Nan Tien Temple premises. For more information about our courses, please visit

www.nantieninstitute.org.au.





About Buddha's Birthday

It's origin

The festival celebrates the birthday of Prince Siddhartha Gautama, who was to become Sakyamuni Buddha, the founder of Buddhism. Prince Siddhartha was born on the 8th day of the fourth lunar month or on the day of the full moon in May over 2,550 years ago in Lumbini, Kapilavatsu in Northern India near the present border of Nepal.

The Legend

According to the legend of Prince Siddhartha's birth, his mother Queen Maya was travelling home to see her parents and had stopped to rest in the lush Gardens of Lumbini where she went into labour. It is said that auspicious signs herald his birth, the sky was clear with brilliant sunshine, flowers bloomed and birds sang. Soon after his birth nine heavenly dragons appeared and emitted two steams, one cool and one warm, of the purest fragrant rain from their mouths that gently cascaded to bathe the newly born Prince. The baby Prince immediately took seven steps and seven lotus flowers sprang from beneath his feet. Flowers drifted down from the heavens. The young Prince purified in body and mind from the rain, pointed one hand towards the heavens and one towards the earth and he said,

"Heaven above and earth beneath, I am the Honoured One, the One who liberates all who suffer in the Three Realms"

Prince Siddhartha's journey to become Buddha

After the birth of the Prince, he was examined by holy men who announced that he would become a great religious leader.

His father King Suddhdhana wanted him to follow in his footsteps and thus set about providing a life of luxury, sheltered the child prince from the world's miseries.

When Siddhartha was a young man, he was at last allowed to venture from the

palace. In the town, he saw four sights: a decrepit old man, a person racked with disease, a corpse and a holy man. Thus he learnt of life's inevitable sufferings of old age, sickness and death, and the transient nature of all worldly pleasures. Siddhartha also recognised that the holy man had found peace in spite of life's misery.

Determined to find a way to be free from earthly troubles, not just for himself but for all sentient beings, Prince Siddhartha renounced his crown and left his young wife and son to embark on a journey to seek the ultimate truth.

It was only after years of cultivation that he attained supreme enlightenment and was henceforth known as Sakyamuni Buddha.

With endless compassion, Sakyamuni Buddha shared his teachings with his followers so that they too could discover the Middle Path to end all suffering and become a Buddha one day.

Hence, a Buddha is not a god, but one who, through complete wisdom and compassion, has attained full enlightenment and is thus beyond the cycle of birth, death and rebirth.



The Value of the “Three Acts of Goodness”

Fo Guang Shan advocates the “The Three Acts of Goodness,” which are: say good words, do good deeds and think good thoughts. Buddhism teaches that the source of unwholesome karma comes from our body, speech and mind. Therefore, in our cultivation, we should start from these three areas.

To do good deeds is to generate good physical karma by not killing, not stealing, not engaging in sexual misconduct as well as not committing any illicit acts. Instead, one should practice doing good by benefiting others with kind and beneficial deeds. To say good words is to cultivate good speech karma, which means one should not lie, nor engage in duplicitous, harsh or trivial speech. When one speaks, one’s words should be kind, rational, wise and truthful. Bearing good thoughts refers to cultivation of the mind. A mind should be free of doubt, jealousy, greed, anger and hatred, and instead have compassion, kindness, benevolence, motivation and vows. Cultivating these qualities is the practice of bearing good thoughts.

The three karmas of body, speech, and mind, as explained by Buddhism, can be practiced both positively and negatively. When we use these three karmas to do good, then we can be reborn in heaven; if we use them to commit wrongdoings, we may find ourselves in hell.

Therefore, following the three acts of goodness affects our future immensely. It even affects the whole community and nation, for the positive and negative morale of a society depends on the three karmas of body, speech, and mind of its citizens. If we all say good words, then what we always hear will be music to our ears. If we all do good deeds, then through helping one another valuable friendships can be

established. If we all bear good thoughts, then we will find respect, peace and harmony anywhere we go. The movement to pursue the “Three Acts of Goodness” is one that will purify and improve the morale of society. Therefore, if one person cultivates the three acts of goodness, then one person will find peace and freedom, and when a country follows the three acts of goodness, then the whole country will attain liberation.

In Humble Table, Wise Fare there is the following verse:

*Say good words of compassion and kindness, for they are like the sun in winter –
Encouragements and praises profuse like the scent of a hundred flowers everywhere.*

*Do good deeds, for simple acts of kindness beget wondrous merits –
Service and contribution shine like the full moon high above.*

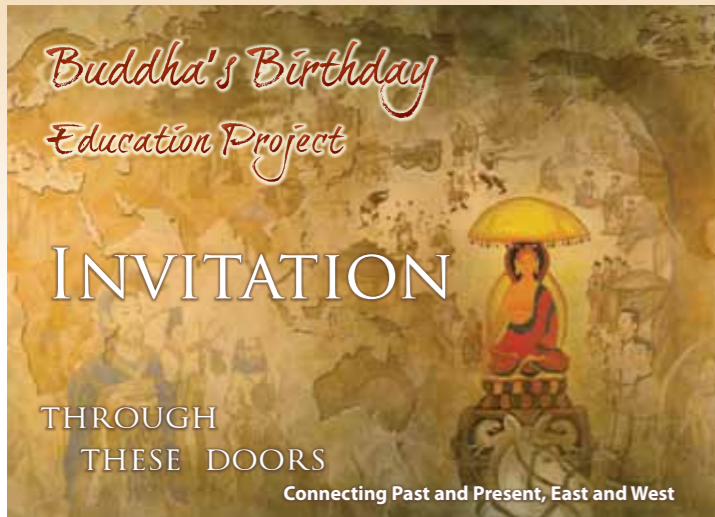
*Think good thoughts, for honesty and benevolence bring good fortune –
With sages and saints in the mind, it is like reaping a good harvest.*

*Let us all come together to pursue the “Three Acts of Goodness,”
always striving to say good words, do good deeds, and think good thoughts.*



~Excerpt from: Between Ignorance and Enlightenment V –Let
Go, Move On by Venerable Master Hsing Yun





culture. The central theme is the transmission of Buddhism from the Indian sub-continent to China as seen through the development of the most important Buddhist festival, the Buddha's birthday. The original US exhibition has been evolved for Australian audiences with the inclusion of inspiring and thought-provoking artworks created by local Australian artists working in diverse areas throughout the Illawarra region and stretching to the Hawkesbury's Dangar Island. These artists have brought a diverse range of expressions and thought provoking insights to the concepts of this extensive research. The imagery takes on many forms from multi-media symbols and abstract images that flow in a variety of sequences and interact with the audience, to mixed media, abstract photography, acrylic and oil paintings, indigenous wood carvings as well as the historical research and written words. The exhibition is being held until May 5 at Nan Tien Temple, Wollongong and on May 11 and 12 in Darling Harbour, Sydney.

Noel Butler

Noel Butler is an indigenous elder and custodian of traditional Indigenous customs and culture of the Budawang people of the Yuin Nation, South coast NSW. Noel is an educator on Indigenous Cultural Awareness, Cultural Enrichment and Cross Cultural Education and has been teaching and working with aboriginal and non-aboriginal people for over 25 years. His work, *The Carved Tree*, the most ancient art form of Indigenous Australia, signifies a special place that tells the story of the renewal of life. From this artwork, it shows how the indigenous west and east share four concepts of living: connection to country, connection to family, spirituality and belief system.



Bathing of The Buddha Ritual

Buddhists all over the world continue to celebrate the Buddha's birthday by the tradition of bathing the little Buddha with fragrant water. As a symbol of inner purification, the tradition is said to assist with the purgation of sins. A universal message that:

It's simple to wash away physical dirt but it is much more difficult to cleanse one's inner dirt of greed, anger and ignorance.

For the bathing ceremony the altar is arranged as a flower garden, representing the Garden of Lumbini. In following with tradition, monks and nuns use a special ladle to pour fragrant water

steeped with special herbs over the statue of the infant Buddha, afterwards the image is rinsed with purified water.

The ritual performed with reverence and a purified mind is said to improve harmony and inner balance, leading to a flourishing, fulfilling, wholesome, blissful and enlightened life.

Steps to Bathing the Buddha

Whilst kneeling before the altar, carefully fill the ladle and pour water over the image of the young Buddha.

At each pour chant the following –

- 1st wash: *May I eliminate all evil thoughts*
- 2nd wash: *May I cultivate good deeds*
- 3rd wash: *May I help save all living beings*





Baby Blessing Ceremony

A newborn is a gift of hope and a promise to ourselves and to the world at large; a continuation of the power of life expressed in the new little face you hold before you.

Fo Guang Shan Nan Tien Temple is pleased to present the Buddha's Day Baby Blessing Ceremony, where children under the age of five will be blessed by the Venerables of Fo Guang Shan Nan Tien Temple, so that they may live a happy and fulfilled life under the protection and guidance of the Buddha and Bodhisattvas.



Buddha's blessings for all mothers

However much we love our Mum, it can be hard to find the words to tell her just how much she means to us. Mother's Day is a celebration honoring mothers and motherhood.

During this Buddha's Birthday celebration, Fo Guang Shan Nan Tien Temple will conduct a blessing service for all mother. Through this special Dharma service, we express our heartfelt love, appreciation and gratitude to all mothers for everything they have done for us over the years. May all mothers and their loving families receive Buddha's blessing & protection, and may enjoy a healthy and happy life.





Prince Siddhartha Costume Competition

To celebrate the birth of the Buddha, we encourage all children to dress up like a little Prince and Princess, and participate in our 'Little Prince Talent Show'. The Talent Show aims at celebrating the birth of the Buddha, blessing families and educating children on the three acts of Goodness. We believe everyone can become a Buddha through self-cultivation. We hope children can grow up practising positive Buddhist philosophies and values.

Chan Meditation

Want to find inner peace and joy in life? Why not stop and experience this very moment? Take time out, grant a holiday to your mind and you will find peace and joy by just concentrating on this very moment. Learn how to abandon the hindrances of the day – the things that have bothered you, and cultivate the good. Transform yourself in this very simple exercise of letting go.



Tea Chan

The Tea Chan is a meditative Buddhist practice, a practice of mindfulness, paying attention to the now. More than a ceremony involving tea, it is this moment, fully experienced through meticulous attention to each detail during the preparation and drinking of tea; participants enter into a shared, intimate experience of having tea, and the offering of these to the Buddha.

2013 Buddha's Birthday Multicultural Festival Program

佛誕節慶典大會活動表

Saturday 11 May 2013 五月十一日(星期六)			
10:00am-10:30am	Lion Dance	祥獅獻瑞	Chinese Garden Forecourt
10:30am-11:30	Purification Ceremony	灑淨祈福典禮	Chinese Garden Forecourt
10:00 ~ 4:00pm	Buddha's Birthday Education Project	佛誕教育特展	Chinese Garden Forecourt
	Multicultural Vegetarian Food Fair	多元文化素食	Tumbalong Park
10:00am-5:00 pm	Sakyamuni Buddha's Life Story	佛陀的一生	Tumbalong Park
10:00am-5:00 pm	Lumbini Gardens	藍毗尼園	Tumbalong Park
10:00am-5:00 pm	Master Hsing Yun's One Stroke Calligraphy	星雲大師一筆字	Chinese Garden Forecourt
	NanTien Institute	南天大學	Chinese Garden Forecourt
10:00am-5:00 pm	Cultural Walkway	文化走廊	Chinese Garden Forecourt
11:00am-12:00pm	Multicultural Performances	多元文化表演	Tumbalong Park
1:30pm-4:40pm			
11:30 am-1:30 pm	Puppet Theater Workshop	布袋戲教學	Chinese Garden Forecourt
12:00pm-1:00 pm	Lion Dance	祥獅獻瑞	Chinese Garden
	Alms Round	行腳托鉢	Tumbalong Park
2:00pm-3:00 pm	Baby Blessing Ceremony	毓麟祈福	Chinese Garden Forecourt
2:30pm-3:30pm	Dharma Lecture	佛學座談	Chinese Garden
3:30pm-4:30pm	Meditation	禪坐	Chinese Garden
4:00pm-5:00 pm	Mother's Day	母親節	Chinese Garden Forecourt
	Blessing Ceremony	祈福法會	

Cultural Walkway 文化走廊

Puppet Theater Workshop 布袋戲教學
Fo Guang Publishing 佛光文化
Tea Chan 茶禪 Drawing 漫畫彩繪
Face Painting 畫臉

Multicultural Vegetarian Food Fair 多元文化素食

Malaysia 馬來西亞 Singapore 新加坡 Hong Kong 香港
Indonesia 印尼 Taiwan 台灣 Japan 日本
India 印度 China 中國 Thailand 泰國
Vietnam 越南

Multicultural Performances 多元文化表演

South American (Latin) China
Ireland (Irish) Japan Taiwan
SpainTaiwan Balkan Peninsula
Diabolo 扯鈴表演 - Tumbalong Park

Sunday 12 May 2013 五月十二日(星期日)			
9:40am-10:00am	24 Seasons Drum	24節令鼓	Chinese Garden Forecourt
	Lion Dance	祥獅獻瑞	
10:00am-12:00am	Buddha's Birthday Festival Official Ceremony	佛誕節慶典大會	Chinese Garden Forecourt
10:00 ~ 4:00pm	Buddha's Birthday Education Project	佛誕教育特展	Chinese Garden Forecourt
	Multicultural Vegetarian Food Fair	多元文化素食	
10:00am-5:00 pm	Sakyamuni Buddha's Life Story	佛陀的一生	Tumbalong Park
10:00am-5:00 pm	Lumbini Gardens	藍毗尼園	Tumbalong Park
10:00am-5:00 pm	Master Hsing Yun's One Stroke Calligraphy	星雲大師一筆字	Chinese Garden Forecourt
	NanTien Institute	南天大學	
10:00am-5:00 pm	Cultural Walkway	文化走廊	Chinese Garden Forecourt
10:00am-5:00 pm	Nan Tien NanTien Institute	南天大學	Chinese Garden Forecourt
12:00pm-1:00pm	Multicultural Performances	多元文化	Tumbalong Park
3:40pm-4:30pm			
12:00pm-2:00pm	"Buddha Within" Painting	繪畫佛像	Chinese Garden Forecourt
1:00pm-2:00 pm	Lion Dance	祥獅獻瑞	Chinese Garden
3:30pm	Alms Round	行腳托鉢	Tumbalong Park
2:00pm-3:00 pm	Dharma Lecture	佛學座談	Chinese Garden
2:30pm-3:30pm	24 Seasons Drum	24 節令鼓	Tumbalong Park
2:45pm-3:45pm	Prince Siddhartha	悉達多太子	Tumbalong Park
	Costume Competition	創意裝扮比賽	
3:30 pm	Meditation	禪坐	Chinese Garden



Symbolism and other traditions

Buddha: A title for one who has realized the cause of life's suffering and the way to overcome them.

Four Noble Truths: The most basic expression of the Buddha's teachings; the truth of suffering; the truth of the origin of suffering; the truth of the cessation of suffering and the truth of the way that leads to the cessation of suffering.

Karma: Sanskrit word meaning 'action'. The Law of Cause and Effect in which all actions

and thoughts have future consequences.

Nirvana: Liberation from suffering and Samsara, in which all desires are extinguished.

Noble Eightfold Path: A detailed description of the Four Noble Truth. It is the basis of all Buddhist practices, which consists of: right view, right thought, right speech, right action,



right livelihood, right effort, right mindfulness and right concentration.

The Buddha Stage: The main altar displays the sutras, ceremonial instruments and offerings of respect to the Buddha. Offerings range from candles, fruits, flowers and incense. It is here that the Bathing of the Buddha takes place. The young Prince is surrounded by flowers, representing the Garden of Lumbini, where he was born.

Chanting ceremony: Sutras are used during chanting ceremonies, it is also a form of meditation and a method to cultivate wisdom or pay respect to the Buddha.

The tradition of offerings: Most Buddhist altars display some sort of offering. Making offerings allows one to practice giving, express gratitude and respect and reflect upon the life sustaining Law of Interdependence. A Buddhist offering is not a sacrifice; it never involves killing and it is an act of veneration for the Triple Gem. As such, making an offering develops wholesomeness and positive karma. While tangible objects may be given in abundance, the most perfect gift is an honest and sincere heart. Examples of offerings are as follow:

Flower offering: Flowers are beautiful and fragrant, yet their splendour will not

last forever, as such they illustrate the impermanence of all things.

Fruit offering: Fruit is nutritious, as well as pleasing to the tastes. It represents the result of our spiritual cultivation and helps us to be mindful of the Law of Cause and Effect.

Grain: Grain is a basic dietary staple necessary to sustain the foundations of life.

Incense: Aromatic incense purifies the air as well as the mind. Just as the fragrance of the incense travels afar, so do the good deeds that extend to the benefit of all. The burning of incense also embodies the transience and dissolution of phenomena.

Light offering: Light offering are used to shine the "light of peace". Prayers (mantras) made whilst offering a candle represent the light extinguishing darkness in the same way that wisdom dispels ignorance.

Water offering: Water signifies the force of life and washes away impurities.

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