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Introduction to Meditation workshop – March 2010

## Mark Your Calendar!!

### Upcoming workshop

Introduction to Visualization Meditation

8 weeks beginner's workshop

Start date: March 6, 2010

Register at [www.vbatoronto.org](http://www.vbatoronto.org)

# NEEDED

- Volunteers for September Introduction to Visualization Meditation Sessions.
- Volunteers for the social committee.
- Suggestions for social events.
- Article submissions for Vajrayana Quarterly.

If you are interested, please contact Jenny at [jenny.tang@vbatoronto.org](mailto:jenny.tang@vbatoronto.org)

## EDITOR'S LETTER

This time of year, I like to take time and reflect on what I've learnt over the past twelve months. Between the Breathing and Mantra Meditations, the Dream Yoga, and The Four Interdependent Conditions, there was lots to think about and discuss at the centre during 2009. I'm sure those discussions will continue in 2010 which is already shaping up to be a busy year at Vajrayana Buddhist Association. In March the Introduction to Visualization Meditation eight week workshop starts, the date and time is posted in the newsletter. The newly formed Introduction to Meditation Committee has been meeting to plan the workshop. If you would like to join the committee, they meet on Saturday afternoons at 1:30pm at the centre. In this issue, Jenny tells us about Master Tam's Calendars and I have to say that I was one of the lucky ones who was able to get one of these beautifully painted calendars. Also in this issue, Shinder writes about her experience at the Empowerment Ceremony on August 15, 2009.

Best wishes to everyone in the New Year and for 2010.

Sheila Teixeira

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# Vajrayana Quarterly

VAJRAYANA BUDDHISM ASSOCIATION OF TORONTO

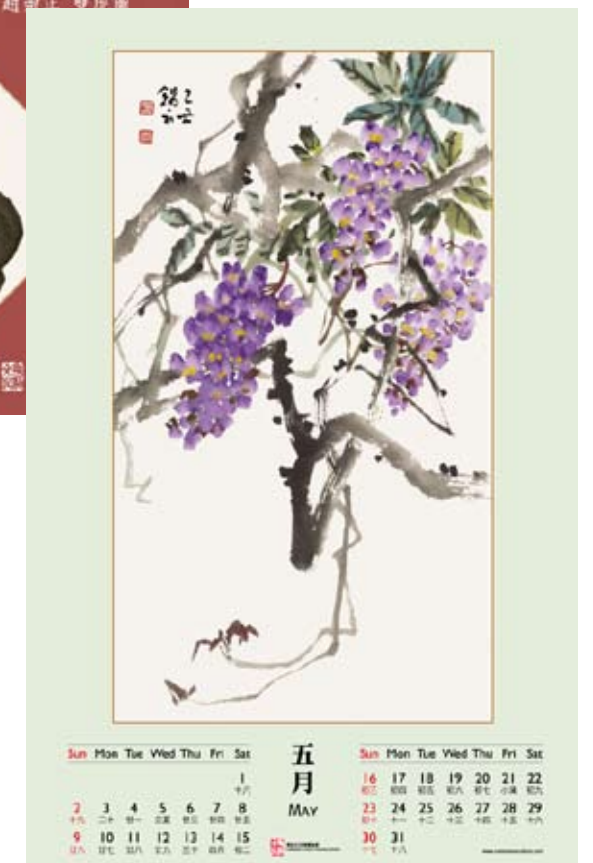
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## MASTER TAM'S CALENDARS

Master Tam, a child prodigy, learned Chinese painting from great teachers at a very young age. Not only does he excel in Chinese paintings, he also excels in Chinese calligraphy. Every day Master Tam takes a break from his busy workload and paints as a form of relaxation. Over the years, he has produced many paintings, some are framed and hang in his house, others have been given to his disciples, and friends who are lucky as Master Tam's paintings are priceless. His classic painting collection of landscapes, mountains and waterfalls, and Chinese peonies are on display at exhibitions in Toronto, China and Hong Kong. For the first time Master Tam has released a limited number of 2010 calendars of his favourite paintings which were snapped up by his friends and disciples. Those who missed it will have to wait another year.

Jenny Tang



## EMPOWERMENT CEREMONY – AUGUST 15, 2009

Earlier this year, in the Toronto star, I saw an advertisement for an Introduction to Visualization Meditation course at the Vajrayana Buddhist Association in Scarborough. The ad was small and not something that I would normally pay attention to except that I remembered seeing a similar ad the previous year in either the Toronto Star or the Scarborough Mirror newspaper. I've always wanted to learn meditation and Buddhism, so I signed up for the course.

I was captivated in the first session and enthusiastically attended the Saturday morning sessions. After the eight week session was finished I attended the general meditation classes. My

friends and relatives always told me that in order to be 'realised' one has to be initiated by a Guru and become a disciple. It was the same message I received last year when I spent six months in India pursuing spiritual teachings. Then I remembered my aunt telling me that I would find my Guru when the time was right. I felt it was the right time so I signed up for the initiation ceremony as soon as it was announced.

Though the leaders prepared us well in advance for the empowerment ceremony, it was overwhelming. The altar looked surreal and absolutely amazing with colourful bouquets of fresh flowers and sweet smelling burning incenses. Ed, Henry, and Peter, the Acaryas, dressed in maroon

robes held the sceptre and the bell, and a musical group played traditional Tibetan instruments. We, the initiators sat on the floor in our meditation posture. I felt surrounded by energy and peace due to the chanting, music and blessings. When I think back my perception at that time was that Master Tam would transmit his realised wisdom to me and I would be instantly enlightened. Well, it didn't work that way. The initiation ceremony was only an entrance to higher learning.

Well, I'm on a journey and I'm looking forward to learning more about meditation and Buddhism at the Vajrayana Buddhist Association. My mandate is to one day fully realise the Buddha Nature.

Shinder Bance

### *Social Events*

#### **Christmas Potluck.by Emily Lui**

All I want for Christmas is my two front teeth. And yes, you definitely needed all your teeth to bite into all the delicious food at our annual Christmas potluck laid out on beautifully set tables. Thanks to Eva and her helpers, for taking the time to make the room festive with garlands and decorations. Christmas music filled the room and after a year of intense learning, and discussion, it was a time to mingle. One thing I've

noticed over the years, the men are always huddled together on one side of the room eating while the women are on the other side of the room sharing their latest family news. At the end of the day,



everyone went home with bellies round enough to pass as Mr. and Mrs. Claus. I think next year line dancing should be on the 'to do' list for the potluck. Best wishes for the holiday and the New Year.

## ASSOCIATION NEWS

### INTRODUCTION TO MEDITATION WORKSHOP

Have you thought about meditation as one of your resolutions for the New Year but not sure where to go? Starting March 2010, Vajrayana Buddhist Association will be offering our popular eight-week introductory workshop to the public, now in its sixth year. You will learn fundamental breathing exercises, sitting posture, meditation practices, basic yoga exercises, and philosophical Buddhist teachings, and how to apply these practices in your everyday living to deal with stress.

Date: Saturday March 6th –  
Saturday May 1st 2010

Time: 10:30 a.m. to 12 noon

Fees: No Charge

Bring a friend along!

On-line registration is now open at  
[www.vbatoronto.org](http://www.vbatoronto.org)



#### **Christmas Eve at Master Tam's Home by Janet**

A pleasant evening was enjoyed by all on Christmas Eve at the home of Master Tam.

His gracious hospitality allowed for those of various backgrounds to attend and enjoy conversation and a variety of delicious foods. It was a warm and stimulating environment of art and learning and I feel grateful to have been included.