



# T'ai Shen Pure Land Buddhist Centre: China & Australia

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## 泰神道

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## Peace Butterfly Project - Malcolm Hunt

I first heard the story of the Peace Butterfly from a poor Chinese farming family near Tian Mu Shan in Zhejiang Province. The grandmother had heard it from a traditional Chinese Story Teller. It is not known if it is "true" but there is great "truth" in it. Wu said it was sad that the story was discontinued being passed on. He said it had great power. "You will find this if you look carefully".

It is a story of Peace. It is a story of transformation.

I am not going to write the story here. It can be found on our web site at:

<http://www.taishendo.com/Peace-Butterfly-Project.html>

I encourage you to take some time to read it. The danger is that you will, as I did, come away from reading or hearing it thinking "what a lovely story". I say a danger because it is more than just a "lovely", "cute", or "charming" story. We need to look deeper to find the deeper meaning otherwise we will miss the point.

As I began to search for a deeper message the meaning began to unfold before my eyes like the "invisible" ink we used to make from lemon juice as

children and warm the message over a fire and the words would become clear.

One message that was quite clear from me in this story was San Qi's faith in his talent as a flute player to bring about change.

It saddens me that there are so many people who miss the opportunity to find that deep within them is a talent that is able to motivate change in our world for the better. It is often in a small and seemingly insignificant kind deed.

I was touched by the way Wu told me the story. I was equally moved by the fact that this poor farmer had faith that the story could survive. Little did he realise he was planting a different kind of seed that day.

There are many farmers in this region managing to survive. I was saddened by the fact that many children will not have any education beyond primary school. Many more will not have an education at all. I decided that we could make paper butterflies to raise money to bring teachers to the region to help some families. We cannot reach all but we can do our bit and put feet on Compassion.

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## Living Simply: Ven. Wu Ling

We all know people who regularly have to take tranquillizers to be able to sleep. Why? They feel their lives are out of control. They wish to control other people and possess more things. Fifty years ago, people had more time to appreciate nature, time to study the works of wise people. Today we have no time for nature: no time for contemplation. Our lives are much more comfortable than were those of our

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*Continued from Page 1 Living Simply*

Predecessors but we have virtually no spiritual life. So, we search for excitement or take pills to paralyse our feelings, to cover our inability to cope with life.

How can we fix this? Reduce our time at work, at play. With purity of mind, we need less. Our lives are wasted in our attempts to attain things. What we need is a simple manner of living. The Buddha lived a simple life. He lived the middle way and lived a happy and contented life.

By following his example and living a simple life-style we can reduce our attachments and likewise lead contented lives. A simple manner of living brings us happiness and serenity. If we do not attach to giving or receiving, we will enter the awakened being's state of quiet joy, tranquillity, serenity and gentleness.

*Ven. Wu Ling is an American Pure Land Buddhist nun.*

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### Kindness Cards

Kindness Cards are delicately hand made with a Peace Butterfly and some encouraging words. You may receive them individually or in packs of 10. You may even want to sell them at your work, school, neighbourhood.



In this way we can spread the story of San Qi and the Peace Butterflies as well as bring some Kindness to each other.

Meng is being helped by the Project to complete his primary school education.



*“Kindness is a healthy infection. Spread it widely”*  
Peace Butterfly

### How to Order:

Email us at [admin@taishendo.com](mailto:admin@taishendo.com) and tell us how many you would like to pass on.

## Mindfulness On-The-Go

I don't think any of us are immune from the stresses of day-to-day living. We can often find our minds full of frustrating, painful or depressing thoughts with our minds doing their best to pull us into their story. It is not always easy or practical to do a mindfulness meditation right where we are. I recall waiting in a long queue in Shanghai for a bus ticket to Lin'an. I decided it would be good to go into a Mindfulness Meditation while standing in line. I did. The problem was some minutes later a kindly person awoke me to indicate I had been standing in the same spot for 10 minutes and they thought I may have been blind! Well it certainly eliminated the stress and got a swift movement to the front of the line!! However it is not always practical, especially when driving a car for example.

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Most often when we are being pulled into a 'mind story' we are anywhere except in the Present. One way of placing ourselves back into the present immediately is to do the **5 Noticing Exercise**:



Take a few moments to notice:

- 5 Colours and shapes about you
- 5 Sounds you can hear
- 5 Sensations or feelings (ie the feeling of the temperature, your cloths against your skin, your feet on the floor etc.)
- 5 Smells

This little exercise will move you quickly back into the Present Moment.

## Upcoming Workshops

### China

**International Mindfulness Retreat** 20th - 22nd September 2010

Guang Jue Centre Zaoxi.

Total Cost: \$420.00

### Sydney

**Peace Butterfly Workshop & Meditation** : 31st July 9:30am - 12:30pm 13/3 St Clair Street Belmore 2192.

Come and learn and share from the Peace Butterfly Story and dedicate a quiet meditation. Learn how to make Peace Butterflies!

Cost: By Donation

Registration: email: [admin@taishendo.com](mailto:admin@taishendo.com)

## One Minute Zen - Inside Out

A monk came to speak Dharma to a potter. He waited for the potter to finish turning the clay and watched patiently as the old potter created beautiful form out of a cold, wet blob of clay. He watched the potter's hands at work as the clay span about on the potter's wheel, one hand creating the shape while another guided and supported the shape. "You see a pot is made from the inside. The hand on the outer rim only supports what is taking shape" commented the old potter. "So what did you want to tell me about Dharma?" The monk replied: "I have nothing to tell. You have taught me all there is to know."

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