

## THE BUDDHA AND HIS TEACHINGS

Siddhartha Gotama was born into a royal family in Northern India in 563 BC. At the age of 29 he realised that wealth and luxury did not guarantee happiness, so he explored the different teachings of the religions and philosophies of the day to find the key to human happiness. After six years of study and meditation he finally found “the middle path” and was enlightened. After enlightenment, the Buddha spent the rest of his life teaching the principles of Buddhism—called the Dharma or Truth—until his death at the age of 80.

The Buddha taught many things, but the basic concepts in Buddhism are the Four Noble Truths and the Noble Eightfold Path.

The first Noble Truth is that of suffering. That life includes pain, getting old, disease and ultimately—death. We also endure psychological sufferings like loneliness, fear, frustration, embarrassment, disappointment and anger. Buddhism explains how to avoid suffering and how we can be truly happy.

The second Noble Truth is that suffering is caused by craving and aversion. We will suffer if we expect other people to conform to our expectations. Getting what you want does not guarantee happiness.

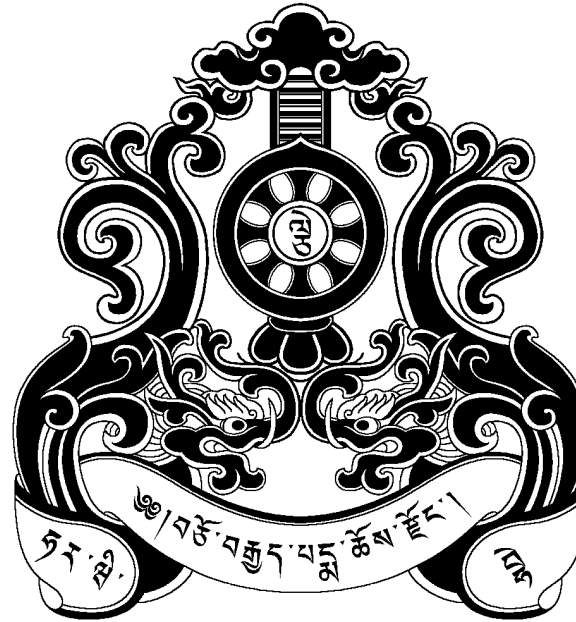
The third Noble Truth is that suffering can be overcome and happiness can be attained.

The fourth Noble Truth is that the Noble Eightfold Path is the path which leads to the end of suffering. It is being moral through what we say and do and through our livelihood, and by focussing the mind on being fully aware of our thoughts and actions and by developing compassion for others.

The moral code within Buddhism is the five precepts.

These are: Not to take the life of anything living; Not stealing; To abstain from sexual misconduct and sensual overindulgence; To refrain from untrue speech, and; To avoid intoxication, that is, losing mindfulness.

Buddhist teachings can be understood and tested by anyone. Buddhism teaches that the solution to our problems lies within ourselves and not outside. The Buddha asks all his followers not to take his word as being true, but rather to test teachings for themselves. Each person takes responsibility for their own actions and understandings. This makes Buddhism less a package of beliefs which is to be accepted in its entirety, and more of a teaching which each person uses in their own way.



Dharma House,  
Library, shop  
items, Shrine  
Room, brochures  
and notice board.  
6 Holiday Parade,  
Scarness

**CHOGYE PADMA CHOE DZONG  
(PADMA BUDDHIST CENTRE)**

**Dharma House and Shrine Room:  
6 Holiday Parade, Scarness.  
Web: [www.padma.org.au](http://www.padma.org.au)  
Email: [info@padma.org.au](mailto:info@padma.org.au)  
Ph/FAX 07 4124 4282, mob 0417 940 121  
(Harry)**

# PADMA

# BUDDHIST

# CENTRE



# HERVEY BAY

# QUEENSLAND

***A life of only a single day spent in meditation conjoined with wisdom is better than living a hundred years unbalanced and confused.***



## PADMA BUDDHIST CENTRE

We are a community based group who follow the Buddhist path.

The group meets each Thursday night for practice, meditation and teachings except during the school holidays. The meetings start at 6.30 pm and finish at 8.00 pm. They are held in the Padma Shrine Room at 6 Holiday Parade, Scarness.

The Padma Buddhist Centre also receives frequent visits from teachers from other parts of Australia

## Calm Abiding Meditation

Calm Abiding Meditation (sometimes known as Shamatha Meditation or Single Pointed Concentration) is a simple, yet profound technique for increasing clarity of mind and the stability of attention. Calm Abiding Meditation trains the meditator to rest their attention on a meditation object, such as the breath.. By cultivating an increased ability to remain in the present moment and recognizing habitual patterns of thinking that distract us from the present moment, meditators often experience increased levels of happiness, balance and well-being.

## Lama Choedak Rinpoche

Lama Choedak Rinpoche is one of the few Tibetan Meditation Masters living in Australia. With twelve years of rigorous monastic training and many years teaching in the west, he has a special interest in making traditional Buddhist teachings more accessible to Westerners. He is the founder of the Rongton Buddhist Training College and the Spiritual Director of Buddhist Centres around Australia, where he teaches regularly. Lama's excellent command of the English language makes his teachings clear and enjoyable.

## Padma Buddhist Centre Membership Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Postcode \_\_\_\_\_  
Email \_\_\_\_\_@\_\_\_\_\_  
Phone \_\_\_\_\_

Annual Membership  
Full \$35  
Associate \$10

I would like to be a \_\_\_\_\_  
Member of Padma Buddhist Centre.  
Signature \_\_\_\_\_

Please send me information on  
 Calm Abiding Meditation courses  
 Weekly practice  
Please add me to mail  email  list.  
I enclose payment by:  
 Cheque  
 Money order



**CHOGYE PADMA  
CHOE DZONG  
(PADMA BUDDHIST  
CENTRE)**

6 Holiday Parade, Scarness (Hervey Bay)  
Queensland, 4655  
Phone: (07) 4124 4282, mob 0417940121  
Web: [www.padma.org.au](http://www.padma.org.au)  
E-mail: [info@padma.org.au](mailto:info@padma.org.au)