



## **VIEN GIAC BUDDHIST ASSOCIATION INCORPORATED**

Incorporation No: Inc 9893874 - ABN 34 326782614

## **VIEN GIAC TEMPLE**

Address: 23 Broad Street, Cabramatta NSW 2166 , Australia

Tel/Fax: (02)8764 8570 \* Mobile: 0404 045 678 \* Email: chuaviengiac@hotmail.com

*Vesak celebrations -Buddhist Calendar 2566- Year of 2022  
Sunday 22/05/2022 ( 22/04 Lunar Calendar)  
at 10:30 AM-2:30PM-Year of Tiger*

*“In all of Heaven and Earth,  
The only the Enlightened One worthy of honour”*



*“Seven lotus flowers opened up under the Enlightenment One's steps  
Three thousand worldly welcoming the Enlightenment One”  
Nam Mô Sakyamuni Buddha*

### ***Message for Vesak Celebrations in the Year of Tiger-2022***

Vesak Day is the day when all Buddhist followers across the globe express their utmost respect and honor to commemorate the birth of **Sakyamuni Buddha**. Vesak celebration is the most sacred and significant activity of Buddhism for the most noble human who attained enlightenment, a Great One of Compassion and Wisdom who appeared in this world to save all sentient beings.

Throughout his life, **Sakyamuni Buddha** maintained his lifestyle in “**Compassion and Awareness**”. His Dharma teachings has been a proof of life experience in “**Compassion and Awareness**” as such he used to teach everybody to lead their noble lives, conduct their loving kindness towards all sentient beings and being mindful in “**Compassion and Awareness**”.

In addition to the uncertainty caused by pandemic and recent events occurring such as: wars, natural disasters, flooding and poverty in many countries around the world, we should be mindful and jointly practice "**Compassion and Awareness**" to our daily lives to nourish kind thoughts and generate our Bodhicitta (loving kindness) towards those who are suffering and be grateful to our own existence and the existences of all our loved ones surrounding us.

Life cultivation in "**Awareness**" means we can alter hatred, ignorance, anger, criticism as such we then can be free from hindrances as a hindered mind is also a form of suffering.

**Sakyamuni Buddha** has said: "**I only teach one thing: the sufferings and how to end sufferings**"- (**Agamas**). Buddha indicated that sources of suffering or happiness are created by our own mind as *thoughts, speeches or actions can lead to happiness or sufferings*.

**Mind** is the key leading to speech and actions. To end sufferings, we can learn and practice from the **Four Immeasurables Dhamar**: Loving Kindness, Compassion, Joyfulness and Equanimity; these are the roots of happiness can lead to the inner intellectual growth, enable us to recognise the cause of sufferings and it is also a guide leading to the cessation of all suffering.

During this year's Vesak celebration, let us be mindful to improve our inner-beings, to contemplate mindfulness all the time, to nourish great loves towards all sentient beings, and/to lead our lives in "**Compassion and Awareness**", that's how we could express our deep gratitude to Sakyamuni Buddha-The Enlightenment One.

May Buddhas in the Ten Directions bless you and your families and may you always be blessed under the radiance of **Sakyamuni Buddha**.

**Nam Mô Sakyamuni Buddha**  
**Metta**



**Abbess: Thích Nữ An Thiện**