

**Daily Life as
Spiritual Practice**



with
Ven. Tenzin Palmo,
subject of
Cave in the Snow
September 13-15

**Third Annual
Kopan West Retreat**

Fantastic time to work with your mind. Special focus on Calm Abiding meditation. Modeled after the famous November course at Kopan Monastery in Nepal. Beginning and experienced students welcome. Tentative retreat leaders: Ven. Choden Rinpoche and Ven. René Feusi.

November 8-17

**Vajrapani
INSTITUTE**

*Beautiful solitary retreat cabins.
Delicious vegetarian meal delivery.
Group Rentals. Blessed setting.*

Tel: (831) 338-6654 • Fax: (831) 338-3666
Email: vajrapani@vajrapani.org
P.O.Box 2130, Boulder Creek, CA 95006

Please visit our website for a complete listing of our retreats and programs at:

www.vajrapani.org

INNER CITY HAVEN

by Alison Murdoch



The garden at Jamyang Buddhist Centre in London has been transformed from a high-security yard and parking lot of a former courthouse to an inviting green space used by Buddhists and non-Buddhists alike.

When His Holiness the Dalai Lama blessed the first tree on his visit to the center in 1999, it was a gloomy square of grey concrete bearing the wounds of razor wire and other symbols of conflict and distress. The following year the Sacred Land Trust chose Jamyang as one of four spiritual sites in the UK to receive funding for arts projects to mark the Millennium. Cathedral sculptor, Nick Durnan, was commissioned to create a life-size Parinirvana statue of the Buddha in Bath limestone.

Two years later, the concrete floor-scape has been stripped back by volunteers to reveal the Victorian cobbles

below, a popular vegetarian café opens its doors onto a wooden deck, and the Buddha presides over a spread of colourful plants, tables, chairs and sun umbrellas. A second tree was been donated from the Amnesty International Peace Garden and hops, willow, jasmine and clematis, chosen for their astrological and healing properties as well as their beauty, are draping the courtyard walls with a curtain of green.

The long-term vision for this inner city oasis includes Lama Zopa Rinpoche's suggestion of playing mantras on loudspeakers at key moments during the day, a fountain to make continual water offerings in front of the statue, and a remembrance wall where people can place stupas in memory of departed friends and family. Volunteers envisage public events about organic and "compassionate" gardening, more play facilities for children, and raising money to install a yurt for the winter. ☸



Photo Alison Murdoch