

impermanence
anicca

Rainbows

19~

98

Claire, Joe, Pat, Ray, Sam G, Oliver G, Charlie, Anu, Ragz, Jeff, Holly P, Jane W
 Abby, Jack, Grahame, Anna M, Henry, Tom, Anne R, Alison, Sarah, Alice,

A N I C C A

Anicca is Pali for 'Impermanence'. It is the first of the three characteristics of existence (along with dukkha and anatta). It is a basic feature of all conditioned things - whether they are physical or mental, internal or external. The importance of contemplating impermanence is shown by the fact that this was the final teaching the Buddha gave before he died.

"All things are impermanent - strive earnestly for freedom."

Rainbows changes along with everything else and to share the load of editorial responsibility this issue was produced almost entirely during the weekend by the participating families. Well done!



The rainbow comes and goes and so too the Rainbows magazine reflects the ever-changing nature of reality, of impermanence.

Each edition addresses those truths which are timeless and unchanging but each edition is a unique amalgam of offerings.


The community of children, young people and adults changes in itself over time and this is reflected in a kaleidoscopic, ever-shifting variety of expressions in the magazine.

It is this unique, spontaneous arising together of creative endeavours which makes these Rainbows weekends so moving.

a long standing Rainbows Weekend

Martin, Susan, Usha, Raj, Rory, Jessie, Ben,
 Oliver S, Beth, Hanna, India, Tim, Justine

Venerable Kusalo, An. Alain, An. Julie, Dan, Bethan, Lisa, Catherine, Nick, Kathy,
 Tony, Sam H, Isabel, Jane G, Mike, Holly G, Laurel, Rosa, Francis, Rowan
 E R E W E E 8 6 6 1 N I



Impermanance

All my life I felt insecure
Nothing felt solid, nothing felt sure
And deep inside my tummy cried
I've got to rely on something outside

Maybe because when I was two
My mummy left me in the loo
Everyone since has let me down
And left my face fixed in a frown

And so I've searched for something true
That will not change and leave me blue
I found a girlfriend who said she'd stay
And then walked out the following day

I built a house to hide inside
But lightning struck and the house was fried.
I found a job I thought would last
Then got the sack - now it's in the past

I wanted to stay young and cool
Ten facelifts later I looked a fool,
I could not hang on to my youth
But could not face this certain truth

I had a baby, a little boy,
I called him Ray, my pride and joy
"I'll live through you" I said to Ray
He punched my head and ran away

I joined a group that talked of Dhamma
And for a while it made me calmer
But the monks disrobed and the temple collapsed
And, disillusioned, my practice lapsed

I woke one morning feeling ill
And looked around for a magic pill
The side-effects just made me worse
I thought my body was a curse

I started getting old and grey
And death was nearer every day
"Try cryogenics" a salesman said
"And you'll live on as a frozen head"

But as I died I came to see
That all things change, including me
Impermanence is for evermore
And seeing this left me secure

P U Z Z L E

by Bethan, Holly
and Hannah

P A G E

Spot the differences

We have been thinking about permanent and impermanent things. Here are some of the ideas we came up with.

PERMANENT THINGS

Love
Truth
Energy
Space
Peace
Dharma
Goodness
Freedom

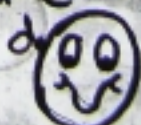
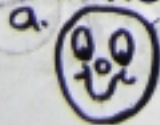
IMPERMANENT THINGS

Trees
candles
People
Animals
Flowers
Incense
nature
Planets

See if you can find these words in the word search. They will be up, down, backwards, forwards, diagonal.

Z	X	A	M	T	S	D	O	L	P	T	E	O	P	A	E
L	O	V	E	U	V	F	Q	E	N	Y	M	O	Y	Z	A
Y	E	N	A	N	A	T	U	R	E	S	T	P	R	Y	I
S	V	P	Q	O	E	D	S	P	C	A	N	D	L	E	S
R	S	V	P	M	N	R	R	S	D	O	G	F	G	H	I
E	Z	S	Q	V	M	N	G	O	O	D	N	E	S	S	J
X	F	L	O	W	E	R	S	Y	S	H	K	L	K	L	M
Y	R	T	N	E	E	N	E	P	N	A	N	S	M	Q	I
Z	E	T	P	E	O	P	L	E	M	M	O	E	P	Q	I
W	E	S	T	U	V	W	X	Y	Z	M	M	L	K	L	I
X	P	Q	R	S	L	A	M	I	N	A	H	D	D	H	U
C	O	O	P	P	L	A	N	E	T	S	G	N	S	T	Y
D	M	J	L	A	E	X	Y	U	R	D	F	A	C	F	T
F	G	K	N	C	U	A	Y	D	U	D	E	C	M	N	J
H	E	I	M	E	X	U	C	U	T	R	E	E	S	M	M
I	N	C	E	N	S	E	U	E	H	J	K	L	J	K	L

a. Which two are the same



QUOTES ABOUT CHANGE

"The magic tractor was driving down the road, when suddenly it turned into a field!"

AGZ: 17 (and a bit)

"Abstract things can be said to last forever (such as truth and death) but nothing physical can ever be permanent."

HELMUT HINKELINGEL BURGER.

"In that case the possibilities for suing the makers of permanent marker pens are endless."

A. LAWYER.

"Nothing is permanent - except impermanance."



S. ALLICK.

"Everything changes but you"

GARY BARLOW, MARK OWEN, ROBBIE WILLIAMS.

JASON ORANGE AND HOWARD - (that's

enough quotes about change. - Ed)

By Tom & Rysz

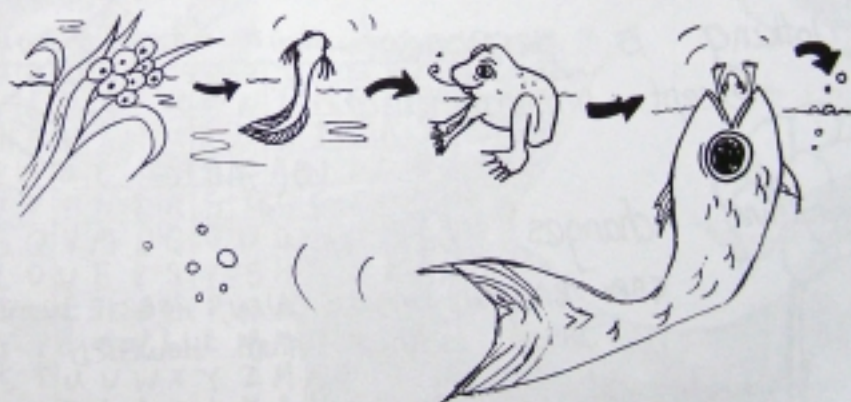


PLANTS



ANIMALS

⚙️ CYCLES OF CHANGE ⚙️



PEOPLE



IMPERMANENCE

I is for Impermanent.

M is for mind

P is for passion

E is for everlasting

R is for rage

M is for mankind

A is for anguish

N is for nothingness

E is for emptiness

N is for never ending

C is for changes

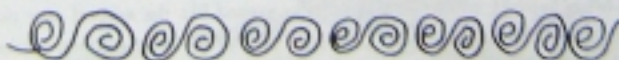
E is for enlightenment.

By Catherine Hall

Sabbe sankhara annica ti
Yada pannaya passati
Atha nibbandati dukkhe
Esa maggo visuddhiya

Everything changes
Nothing stays the same
When one has seen this clearly
One is freed from suffering
This is the way of purification

DHAMMAPADA



Why do we live if we are just going to die?

MAURICE WALSHÉ
1912 — 1998

A FEW THOUGHTS FROM THOSE ON THE RAINBOWS WEEKEND

As I approached the Temple, I felt quite anxious, unsure of what I would find. I had never seen a two-week old corpse before.

I paused outside the door, keeping my distance, bracing myself against the unknown.

My first glimpse, through the glass, brought the shock of the skin colour, so pale, so grey, so waxy, so un-human; the lips so black, the teeth so protruding, the flesh so sunken, the eyes so finally closed.

I took a deep breath and went in.

I was struck by how silent and peaceful it was, how immediately my mental state stilled and just witnessed the simple truth:

All conditioned things are impermanent.
Whatever comes into being passes away.

I stayed awhile, looked at the photo of the living man who had been, and at the shell of the being who had passed on. To what?

I was struck by the great gift made by this man whom I had not known.

The gift of his corpse, laid so quietly to rest in this beautiful temple - for others to contemplate as the object of their dharma practice.

May he be well and happy!

Cold cheek, cold, floppy fingers, drawn cheeks and jutting teeth - fascinating - and somehow the struggle to relate the body to the man. **Rory.** They put too much makeup on him. **Sam.** I knew Maurice from a long conversation I'd had with him at his home after a death and dying retreat. To see his body was very strange now. I just felt it wasn't him - all the life was gone. Obvious but true! **Tim.** It was like an empty shell, nothing of Maurice was there any more. **Pat.** It didn't really look real - almost like a statue of a person - so still and without movement. What was the person was so obviously not there. Much easier to see the body as something that is laid aside rather like a suit of clothes. **Cathy.** When I entered the room I was not aware that the body was someone I had known for nearly twenty years and last seen just a few months ago. So it was a bit of a shock to see Maurice. It just seemed like the natural next thing for a man who was very old. He wasn't going to live for ever. A dead body changes - ears go up - eyes opening - being around all these living people - then this one dead person, makes you cringe, really. **Holly.** When I first got in, I was a bit scared and nervous, but kept saying to myself "It's only the shell! It's only the shell!" I felt his finger and it felt ice cold but I was already quite cold from being outside. His fingernails and lips were a horrible spooky black and the body gave me the creeps! **Hannah.**





changes

First you're born
Oh, isn't it great!

Mouldy apples
and cheese too.

Pets are dying
what a bore.

I think a change
should pop up now.

Yipee! It's summer.
The temperature's up.

Chewing gum lasts forever
but gobstoppers, well nearly.

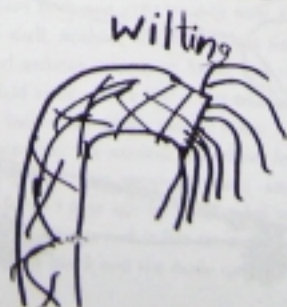
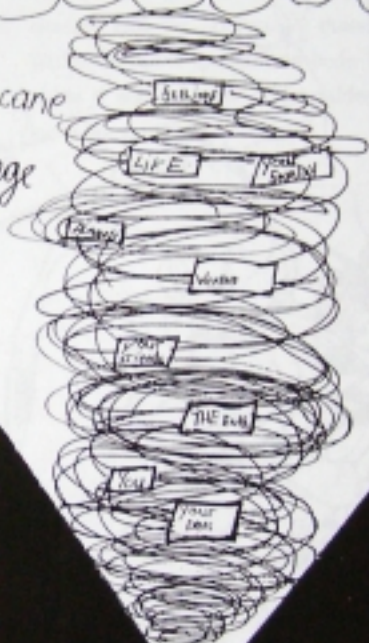
Hurricanes whirling,
Trees rooted up.

Global warming.
Oh, help I'm going to die.

Favourite toys
been chewed by babies.

by Catherine Hall.

Hurricane
of change

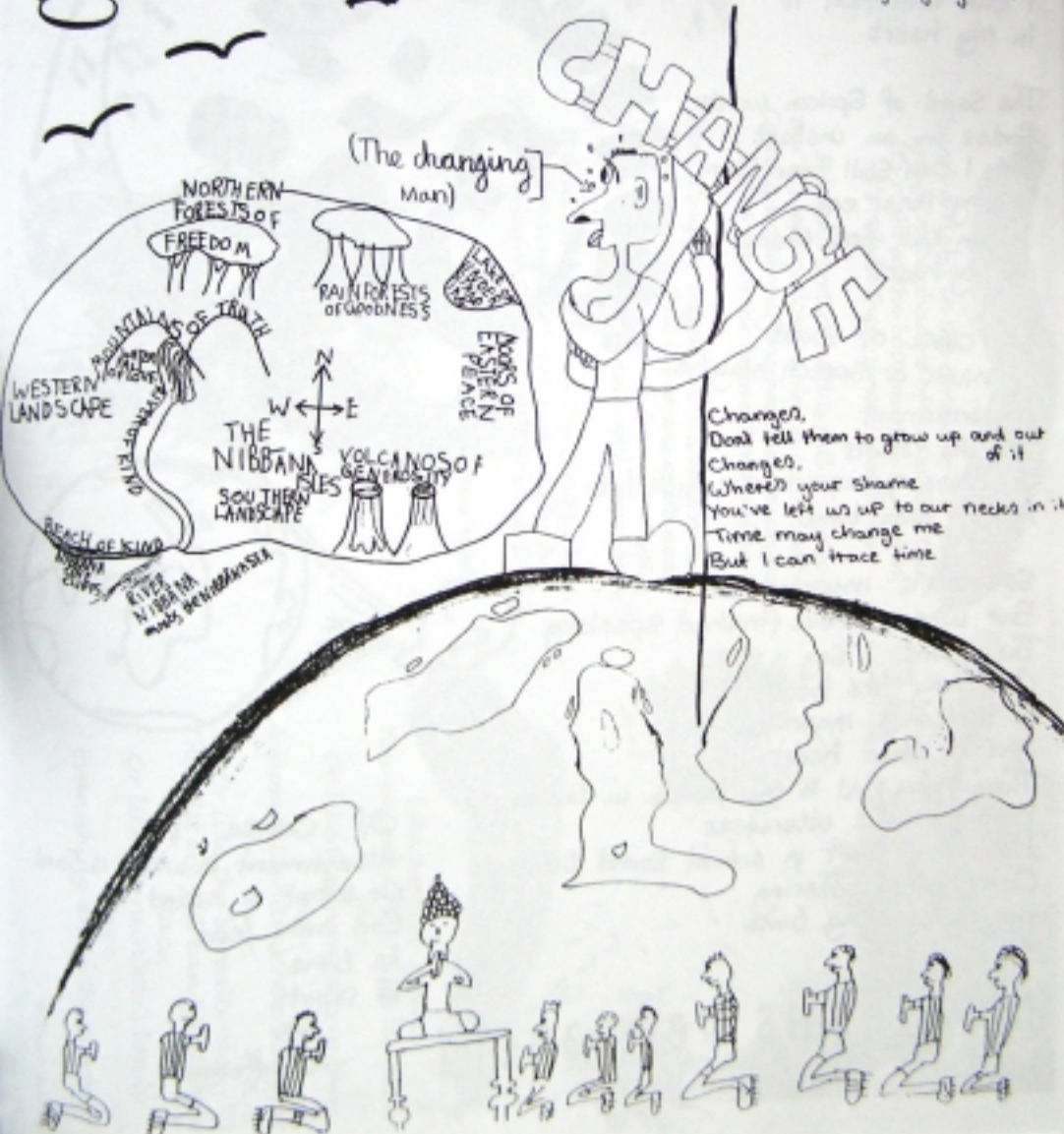


dead
tree

CHANGE AROUND THE WORLD

David Bowie - Gigs

I watch the riplets change their size
 But never leave the streams
 Of warm impotence
 And so the days flow thru my eyes
 But the day still seems the same
 And these children that you spit on
 As they try to change their worlds
 Are immune to your consolations
 They're quite aware of what they're going thru



Changes,
 Don't tell them to grow up and out
 Changes,
 of it
 Where's your shame
 You've left us up to our necks in it
 Time may change me
 But I can trace time

sound is impermanent

In its physical manifestation
But it can continue to be heard
By our inner ear

Beautiful music comes to an end,
But I can still hear it
In my head.
I can still feel it
In my heart

The Sound of Spoken words
fades in an instant,
But I can still hear them
In my inner ear
I can still feel them
In my heart

The cause of sound
of music or speech may be
Impermanent
But the results
can have repercussions which last
A very long time

Speech is impermanent
But when I have finished speaking
The words I say
Can ring like beautiful music
In someone's inner ear
And in their heart
They may add to the peace in the world
But careless utterances
However short in actual sound time
Can cause suffering
for a very long time

nibbana is permanent



Impermanent Sounds



Of course
Attachment to what is said
Or what is heard
Can only lead
In time
To rebirth
into
Suffering



First a seed
Then a bud
Then the blossom
in all its Glory -
Beauty, fragrance, ecstasy.

Then a memory
Footsteps in the sand
Washed by the tide of Time.

Life is an experience
Just an experience.
No questions, no answers
To live through,
To breath through.

To unite with the breath
is to know
The path beyond the seed.

Anu

There's a rigbit in the corner of our wig,
Lying in the shadow of our willow tree,
It's right at the bottom of our garden,
It's rithen there since I was three.

It hasn't cretice and is full of thrice
But it's sestery flowers bloom in December;
Casting wondrous prushes over passing cise
Since way back before I remember.

Now it's upper ingels are filltrand rotting,
They suggest that it's end is quite near.
"Do not weep for me my friend" -it said,
"Please don't wet my scats with your tears."

It died on the third as the turlippy bird
Sang a song that was mournfully shry,
And the lesson I learnt from it's death and
the bird
Was that all living rigbit's must die.



Tom

Like poppies spread.
You seize the flow'r, its bloom is
shed;
Or like the snow falls in the
river,
A moment white - then melts for
ever,
Or like the borealis race,
That flit ere you can point their
place;
Or like the rainbow's lovely
form,
Evanishing amid the storm.

Robert Burns

Our Changing World



Our world is always changing,
From sunny days,
To skys, gloomy, grizzly and grey.
From refreshing air and greenery,
To the fresh, sweet smells of scenery,
From the sunlights golden beam,
To the moonlights silver beam,



From each tiny, wet, drop, when the rainfall might come,
To each rushing river, lovely lonely lake,
Softer stream, bubbling brook and pondering pond,
Our world is always changing,
The seasons make a nice, good example,
From the awesome Autumn weather,
To the wet weary Winter weeks full of frost, ice and
crispness,
And from that to the tiny, sticky buds on the Spring
coming trees,
and lastly from that to the long, hot Summer days,
When I play on my swing.

All are impermanent.



The glorious chariot of kings wear out,
And the body wears out and grows old;
But the virtue of the good never grows old,
And thus they can teach the good
To those who are good

dhammapada



WHAT CHANGES HAVE YOU SEEN IN YOUR LIFE OVER THE LAST YEAR?

I've finally decided not to 'split two homes'. I've given up one of my jobs and it's made me more focused, more centered.

I've done a creative writing class, it's changed my response to things, that's more spontaneous.

I had my hair cut. I thought it would be easier but now I have to blow-dry it and it takes ages.

Financial security has given me the space and time for personal growth.

Becoming an accountant and doing an income tax month winner means has increased my understanding, about letting go.

Most of the time it's just pooping around the country lanes. I'm not in the hot box.

I've just started secondary school. For a lot more stressed, it makes you steady with your parents.

Becoming, outdoor made me think more about community and what I really need.

I did a retreat in Switzerland, standing back changes the perspective, you can see what's going on.

I've never had a rise like in low change. New job, new house, finished a course. It felt very exciting - simply because it was change. Even though I know what to do as a 'good Buddha', it didn't make it any easier.

Well, I'm officially an adult now, it hasn't made much difference though.

Like a tree, partnership growing in it's seasons.

I had my fourth birthday.

Change can be scary, any change. It's interesting to look at what change does, simply because it's different. Not to expect it simply because it's different.

Being pregnant. It took ages to happen. Everything was stopped, waiting. When I stopped waiting I got pregnant. It's changed how I feel about planning everything out. It doesn't always happen the way you want it to.



When fruits become ripe, they may fall in the early morning. In just the same way a being, once born, may die at any moment.



Anicca
Footprints in the sands
of time.

Just as the clay pots made by the potter tend to end up being shattered, so is it with life of mortals.



Both the young and the old, whether they are foolish or wise, are going to be caught by death. All beings move towards death.

Herbs grow, Shake, Sleep! Leaves grow, Hey! A new being!



A being, once born, is going to die, and there is no way out of this. When old age arrives, or some other cause, then there is death. This is the way it is with living beings.

FOREVER

Three friends, pencil, eraser and sharpener were sharing a beautiful sunset view from out of their office window. As the sky darkened they sat quietly discussing their friendship. Pencil was very complimentary of the way eraser always came to help him out when he made a mistake. They all had such lovely things to say of each other. After some time of this sharpener suggested enthusiastically that perhaps they could write it all down.

'Great idea' said pencil. 'I'll start by writing down our names.' Which he did.

'Oh bother, I meant to put in a big 'I.'

'No problem', said eraser and leapt onto the page rubbing out the error.

Pencil continued writing, telling of how the group of friends always helped each other, how they kept an eye out for each other and gave good advice when it was needed. After a couple of paragraphs pencil's point became quite blunt but his friend sharpener was there at the ready.

'Thankyou my dear friend.'

'My pleasure pencil.' And he swept the shavings gently to one side.

They all found so many nice things to say about each other that they worked long into the night. After each paragraph pencil needed sharpening, getting just a little bit shorter each time. As it was also quite tiring work pencil tended to make more mistakes. Eraser never complained about this but with each mistake his sharp corners became more and more rounded, his little

body smaller and smaller. The joy

and delight they found in each praising the other seemed boundless and neither pencil nor eraser noticed how small they were getting.

The first rays of morning sun tipped in through the window with the rooster's song.

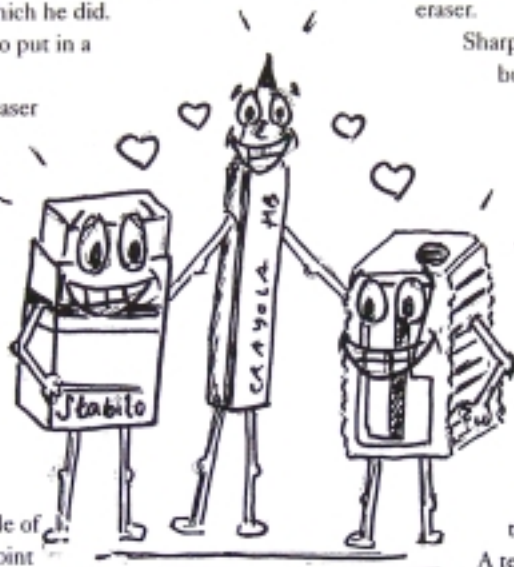
'I do feel extremely tired,' said pencil to eraser with a loving smile. 'I think I might just lay down for a bit.'

'I don't seem to have any energy left at all,' said eraser.

Sharpener still felt quite sharp but so engrossed had he been in the work that it was only now it had stopped that he stood back and saw that both his friends were so small that they were almost invisible. Pencil was no more than a scatter of shavings and eraser a pile of curled rubber. His heart sank as he realised that both of them had died.

A tear slowly rolled down his shiny face.

'What shall I do now that my friends are no longer with me? I can't imagine how I can ever be happy again.' He stood there for such an age that rust streaks began to form where the tears still ran. As the sun gradually filled the room sharpener shifted his gaze from what remained of his dear friends to the work they had done together. He read what pencil had written about their friendship and his heart lifted. He realised that although his friends had gone the beauty and goodness of the life they had shared together would last forever.



Van Kusalo

Aunt Anicca's Problem Page

Dear Aunt Anicca...

Everything is going past too fast for me.

Life in the fast lane can be very frightening. We create our own problems by trying to keep up with the pack. Try to take a few moments out to get some perspective on this. Most people that are rushing around are trying to achieve things and gain experiences that are intrinsically impermanent. And because they are impermanent, when these achievements and experiences change or start to fade, these people just chase after something else. Once you see this, the race starts to become less attractive and you can start to find your own pace in life. There is much more I could say on this, but I have dozens of problems to respond to and the deadline for publishing is tomorrow morning.

make sure that when someone does something you don't like, say something like "Do you mind if I go" or just leave them.

Dear Aunt Anicca...

I have a problem with change. Nothing seems to stay the same. My friends move house, they keep changing the schedule at school, the weather is so unpredictable. All this change is very unsettling. What can I do?



Change with them. Just go with the flow and you have to Think Forward and be ready. Be happy. With Metta.

Dear Aunt Anicca...

I am in a fix. I booked a holiday in a tent but instead of driving we are going to fly. I have just found out that the tent won't have any bedding in it and cannot

imagine how we are going to get five lots of bedding onto a plane with other luggage.

Worried, Berkhamsted

Many of us carry a lot of baggage with us. When we look through it we realize that we could travel a good deal lighter if only we could let go of the things that we think we cannot live without. Make a deliberate effort to take less.

Dear Aunt Anicca...

What's the point of living when we are just going to die?

You are asking about death that comes at the end of life. But birth and death are in every moment. There is the birth of hunger which dies when we eat something. There is the birth of satisfaction which dies when we get hungry again. Do you really want everything to stay the same way for ever?

Dear Aunt Anicca...

I am 45 this year. My wrinkles are growing. I have grey hair. Help? What shall I do?

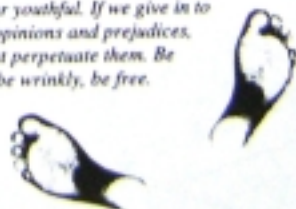
These changes in your appearance are very natural. In many countries old people are proud of their age, that they have survived the rigours of the world and have developed wisdom through experience. In this country, we do not respect old age in this way, to everyone tries to hide their age and to appear youthful. If we give in to such opinions and prejudices, we just perpetuate them. Be grey, be wrinkly, be free.

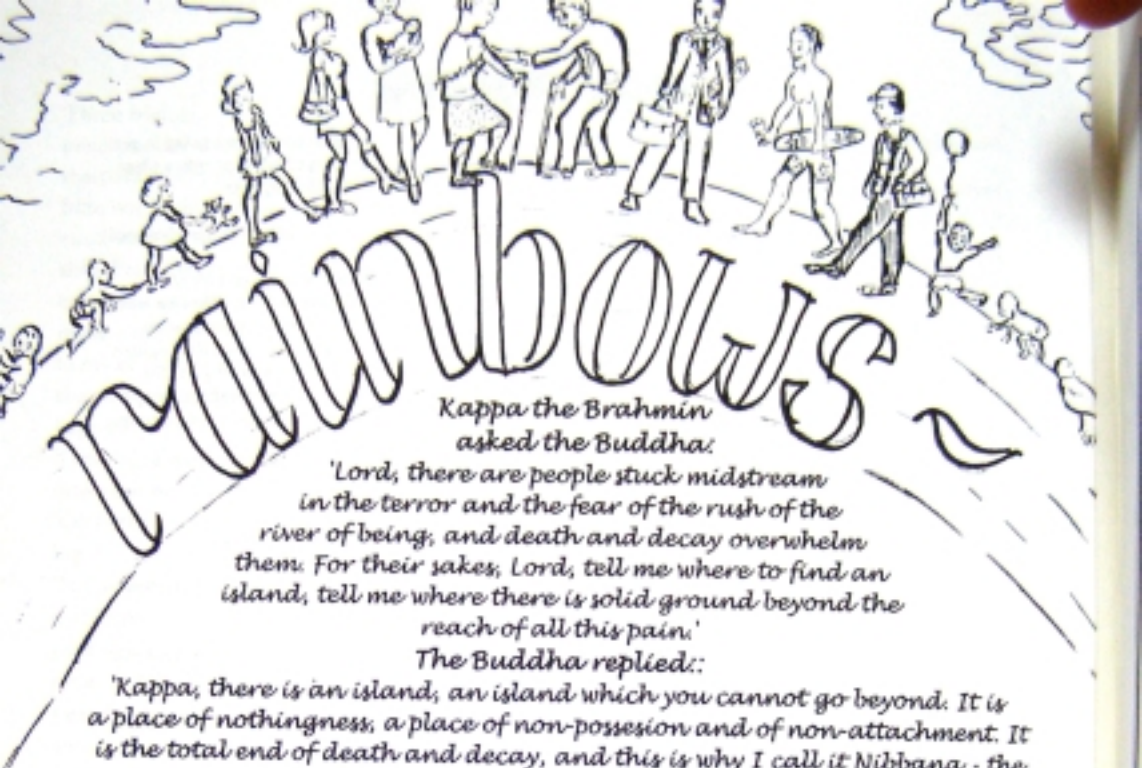
Dear Aunt Anicca...

Recently I have been very happy. I've been spending my time doing everything I love and with everyone I love. I've been organising my summer holidays with friends so I've also got lots to look forward to. But I know my happiness won't stay all the time and sometimes I'm scared because I know that little things of everyday life like having to do something you don't enjoy will reduce my happiness so easily. I'm probably being greedy for wanting to be happy all the time but do you think it's possible or is nothing ever permanent?

Anne Onimouse

You have to relax and take it easy. When you feel something going to happen think about CHANGES. Just think "I'll put up with it for a bit" but really





rainbows

Kappa the Brahmin
asked the Buddha:

'Lord, there are people stuck midstream
in the terror and the fear of the rush of the
river of being, and death and decay overwhelm
them. For their sakes, Lord, tell me where to find an
island, tell me where there is solid ground beyond the
reach of all this pain.'

The Buddha replied:

'Kappa, there is an island, an island which you cannot go beyond. It is
a place of nothingness, a place of non-possession and of non-attachment. It
is the total end of death and decay, and this is why I call it Nibbana - the
extinguished, the cool.'

