

BRAMMA

VIHARA

Rainbow

joy for others
good-will
congratulate

MUDITA
unselfishness

loving kindness

caring

METTA
affection

forgiveness

calmness

UPEKKHA
moderate

equanimity

friendship

chivalry

humanity

compassion

charity

KARUNA

empathy

give comfort

1999





RAINBOWS

is an annual
magazine
made by Buddhist children and their parents
during a residential weekend at Amaravati Monastery



This edition of RAINBOWS has resulted from various discussions around the theme of

THE FOUR BRAHMA VIHARAS

The Brahma Viharas are often translated as Divine Abidings or, Heavenly Abodes. They are qualities, or 'places' of the heart that we can all experience in everyday life and this magazine makes some suggestions how this might be done.

Metta: Loving-Kindness; a sense of gentle care for ourselves and each other. This Brahma Vihara is good for helping us to keep the first Precept [not harming other beings]. When we are being kind and loving there is no space in our minds for ill-will or anger.

Karuna: Compassion; a feeling of distress and concern for others' suffering. This Brahma Vihara can arise around just one person - if they are upset or hurt themselves - or toward a whole family that is having difficulty or towards a whole country. It is a bit of a sad feeling but not an unpleasant one; usually we want to do something to help.

Mudita: (sympathetic) Joy, delight in the goodness and success of others. There is no exact English word for 'mudita' and this Brahma Vihara can be best understood by its opposite - jealousy (a mean, unpleasant feeling). We know how nice it is when we win the prize and we can practice sharing that same joy when others are successful.

Upekkha: Equanimity, a clear and balanced response to life's situations. This Brahma Vihara is difficult. How to be actively involved with life but not get overwhelmed by the energies and emotions that come as part of that? The trick is, do it - but don't take it personally; play the game to win but know that you might not win (then you can have mudita for the ones that do).



RAINBOW TEAMSTERS



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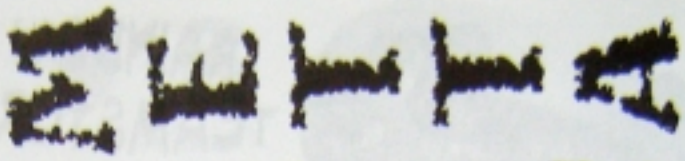


Charlie, Bethan, Jeff, C

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the first brahma vihara is:



Metta, or loving kindness
 is a skillful **M**EANS that we can use to
 approach **T**HINGS that we find annoying
 unpleasant **T** in ourselves or our
 surroundings. **M**ett**A** does not necessarily mean liking
 anything at all **L** It means an attitude
 of **N**OT dwelling on the
 unpleasantness or **V** faults of any situation
 inside or outside oneself. With Metta,
 one isn't bli**N**ding oneself with an ideal.
 Instead, one is witnessi**G** the unpleasantness in a situation
 thing, person **K** or in oneself without
 creat**I**ng anything around it.
 You simply stop the mi**N**D from thinking "I hate
 it, I **D**on't want it."

**LOVING KIND
 NESS
 IS
 SKILLFUL**

the Buddha is hidden in many places around and about . . . can you join the dots . . . on the bank of a tree . . . on the speckles on the window . . . on this page.

and the Buddha said

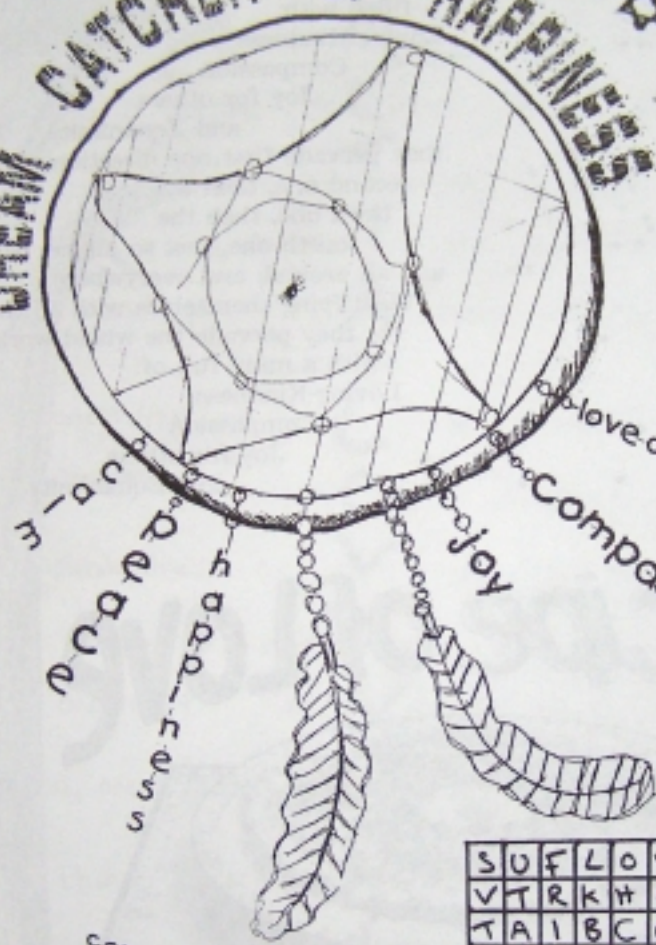
"The ardent meditator, their mind filled with:
 Loving-Kindness
 Compassion
 Joy for others
 and Equanimity
 they pervade first one direction, then a second one, then a third one, then the fourth one, just so above, below and all around; and everywhere identifying themselves with all there is, they pervade the whold world with a mind full of:
 Loving-Kindness
 Compassion
 Joy for others
 and Equanimity."

A recipe of Love



a cupful of hugs, a bucket of happiness, a walk through the countryside, a sunny smile, currents of compassion, a pinch of stardust, sparkles of sunshine, a blossom leaf, a bursting heart, a wisp of baby hair, a thimbleful of thoughtfulness, some fruits of passion, a drop of blood, a cinnamon of compassion, a sunny smile, iced with peace, a rising of self esteem, two cracked eggs, a tablespoon of spilt milk, a pair of safe hands, a pause for prayer, a RAINBOW.
 Take a bucket of happiness and add just a thimbleful of thoughtfulness. Leave to rise for an hour with self esteem and then carefully add the bursting heart. Break the eggs and beat vigorously together with the drop of blood and spilt milk. Swiftly incorporate with the mixture, pause for prayer, then let go, use the sunny smile, and move on. Sprinkle with the currents and cinnamon of compassion and then season with the blossom leaf. The fruits of passion need to be followed by the wisp of baby hair. Measure in at least one cupful of hugs adding just a pinch of stardust. Finally pour in a RAINBOW. Finish with an icing of peace smoothed on with hands that hold. Cook for as long as possible in a pleasure cooker.

DREAM CATCHER OF HAPPINESS



HAPPINESS

love and kindness

Compassion

joy

W
O
R
D
S
E
A
R
C
H

compassion
truth
goodness
freedom
joy
happiness
enlightenment
peace
nun
monk

Buddha
friendship
love
metta
upekkha
mudita
karuna
loving kindness
equanimity

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

WHAT YOU NEED

to make a loving-kindness card

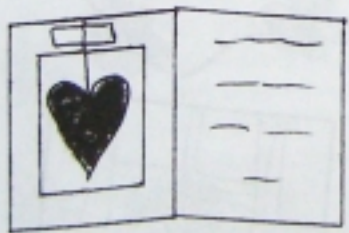


- an A4 size sheet of card.
- thread
- Sellotape
- coloured pencils.



First, fold your sheet of card in half and then cut out a square from the front, approximately 3cm in from the edges. From the cut-out, draw and cut out a heart shape. Colour the heart red and decorate the rest of the card. Pierce a small hole at the top of the heart and feed the thread through. Open up the card and cello tape the thread to the card as shown.

You can now use you card to send a message of loving kindness to someone.





THE FIVE HOUSES

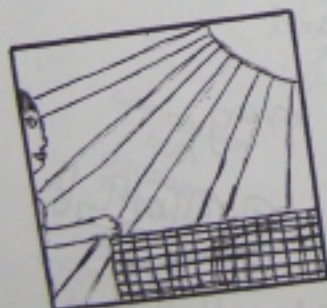


The mist cleared and I found myself sitting on a grassy bank in the sunshine. In front of me stood a large house with open doors and windows, and I could hear people inside laughing and singing. I glimpsed flashes of colour as they moved and danced through the rooms, and I suddenly smelt the most delicious smells of food cooking. I felt hungry and lonely, and I got up quickly to run to the house. But as I ran the ground tumbled deep below, and the grass moved backwards under my feet like a conveyor belt, leaving me in exactly the same place. I stopped in surprise, and the ground stopped at the same time. I tried running faster towards the house, but however fast I ran the ground matched my speed in the opposite direction, and I stayed exactly the same distance from the house as before. For hours I tried to reach the house, my frustration growing to rage and then despair. I tried suddenly leaping towards the house. I tried hopping. I tried crawling. I even tried walking away from the house as I got angrier, thinking I did not really want to reach it at all, but the ground brought me back to the same spot whatever I did.

I sat down and wept. After a while, feeling calmer, I looked around me a bit more and noticed for the first time a path leading away up the side of the hill from where I sat. Somehow it did not surprise me that when I got up and set off along the path, the ground let me walk unhindered. I could still hear the party going on in the house, and turning round I saw people leaning out of the windows calling and beckoning to me, but I calmly walked on. I passed several different sorts of fruit trees and ate as I walked along in the sunshine, with my mood improving and my hunger abated. After a while the path began to climb more steeply up the hill, and coming round a bend I saw four more houses perched right at the top of the hill.



continued next page



A Baby Cries, A heart dies,

The world is full of death and lies;
I feel their grief
I feel their pain
Why, oh why, is the world insane?
But wait
What is that I can see?



Compassion, Compassion it seems to be
Is something that can set hearts free



The Five Houses . . . continued

They were quieter and smaller than the house I had left at the bottom, but they looked more homely and inviting to me now. I knocked at the door of the first house I came to, and the door swung open immediately. A brilliant light seemed to shine out from inside, and as I walked into the light I felt my heart lifted. I wandered around the rooms for a while, and looking out from an upstairs window I realised I could see the house at the bottom of the hill quite clearly from here. There were the people, sitting and eating and dancing outside the house now, and my anger and frustration from earlier on seemed like a distant memory as I watched. These people had been part of my journey, and hadn't they shown me great kindness in trying to invite me to their party? I began to feel such a warmth towards them as though they were all my oldest dearest friends.

Time seemed to slow down, and it was as though I lived in that house for a long while, smiling out at the partying people, but eventually I moved on to explore the second house. Here again, there was a glow from inside, but more subdued and somehow sadder. And this time, the view from the window showed the same party scene at the bottom of the hill but in a very different way the people seemed more like tragic puppets trapped in an endless round of desperate pleasure-seeking. They were really as frustrated as I had been earlier on. My heart went out to them, and I cried for them as I had cried for myself. And after another timeless time, I moved on to the third house where the light sparkled and shone, and this time the people at the bottom of the hill seemed innocent and light, and were simply having fun. I shared in their pleasure from a distance.

At the fourth house I could no longer see the bottom of the hill, and the light and mood was subtle and calm. Instead of looking out of the window, I sat down and looked inside myself. I had been through so many strong emotions and I needed to chill out. It felt as though I lived there in meditation forever, but eventually I got up and walked back out into the sunshine. There was the Buddha sitting on the grass somehow I must have missed him before. He smiled at me. I paid my respects and sat down at his feet.



The Buddha is sitting under the Bodhi tree meditating. The snake of negativity is trying to upset him but the Buddha is not disturbed. Around the Buddha there are many other symbols – can you find them?

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





How compassionate are you



1. You see a dying animal on the road.

What do you do?

- a) Pick it up and take it to the vet, then care for it until it is better.
- b) Leave it to die, it might carry a disease.
- c) Knock on someone's door and give it to them to look after.

2. Your worst enemy has broken her arm and has no friends.

What do you do?

- a) Tease her about it, after all she was horrible to you!
- b) Offer to be her friend and help her with her school work - put the past behind you.
- c) Say your sorry she broke her arm but then

3. The girl next door's gran has died. Your mum and her mum are good friends but you don't

know her very well. What do you do?

- a) Forget about it.
- b) When you see her mum you tell her to say to the girl that you are very sorry about what has happened but then you forget about it.
- c) You go to her house to comfort her, it is a great chance to make friends.

METTA

Loving Kindness is Divineness

It's the nicest way to be

If you give real Love from your heart
Your conscience will be free.

A gentle word to someone sad

Can help them on their way

It's plain to see how Loving Kindness
can make somebody's day.

SEASONS

AUTUMN

Leaves are falling to the ground
spinning swivelling round and round
birds singing in the trees
things that make me calm are these

SUMMER

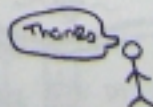
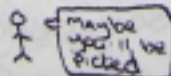
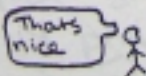
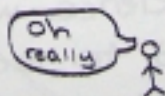
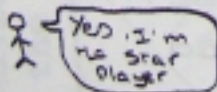
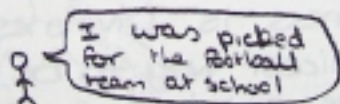
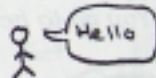
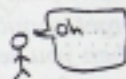
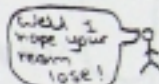
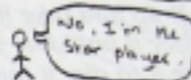
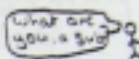
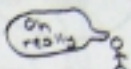
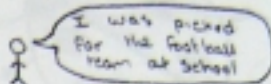
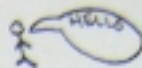
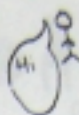
Flowers show their little faces
peeping out in grassy places
it fills my heart with waves of love
as clouds come floating from above

SPRING

A butterfly raises from a flower
flies to shelter from an April shower
a snail is happy in the rain
and it makes me feel happy for it again

WINTER

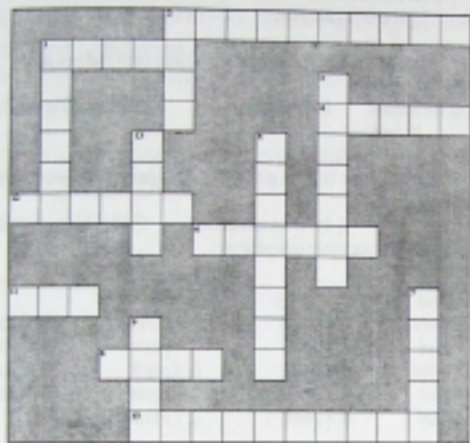
Snow falls softly to the ground
I can hear a shuffling sound
poor old badgers face a storm
which makes me feel sorry for him



WINTER

BUDDHA

always has a kind word for everyone but here is a crossword made by some of his friends



ACROSS

1. Pali word for loving-kindness
2. Concern for others
4. _____ man! *Hippies Galore!*
6. The Perfectly Enlightened One
8. Definitely not hot.
10. Upekkha
11. Jump for _____
12. Pali word for compassion

DOWN

1. Pali word for 'Joy for others'
2. The _____ after the storm
3. Sounds (a bit) like 'woodpecker'
5. Generous act
7. Anagram - *yhpap*
9. That four letter word
13. Pali word for generosity

has
MUDITA

Mudita



MEASURE YOUR MUDITA

- 1) When someone gets the last piece of cake and you didn't get any, what do you do?
A) Nothing. B) Throw a temper tantrum C) Be happy for them.
D) Scratch it off them.
- 2) If the ball is coming towards you and your friend gets it instead of you, what do you do?
A) Kick him. B) Not speak to him. C) Say it was a lucky shot.
D) Cheer for him.
- 3) If your friend is pretty and the boys all go after her, what do you do?
A) Have a makeover. B) Spread nasty rumours about her.
C) Stop being her friend. D) Say how pretty she is.
- 4) Your friend gets picked for the netball team and you don't, what do you do?
A) Steal her trainers. B) Be happy for her. C) Show off yourself.
D) Sulk.
- 5) If your brother or sister gets a Christmas present that you wanted, what do you do?
A) Break it. B) Say it's a nice present. C) Pretend you don't like it.
D) Play with your own present.

Now add up your score.

- | | | | |
|----------------|-------------|--------------|-------------|
| 1) A. 3 points | B. 2 points | C. 4 points. | D. 1 point. |
| 2) A. 1 point | B. 2 points | C. 3 points | D. 4 points |
| 3) A. 2 points | B. 1 point | C. 3 points | D. 4 points |
| 4) A. 1 point | B. 4 points | C. 2 points | D. 5 points |
| 5) A. 1 point | B. 4 points | C. 2 points | D. 3 points |

Total-

- 1-5 points: Your mudita score is very low and you need to work on how to be happy for others.
- 6-10 points: Your mudita score is quite low, but there's still hope for you if you try a bit harder.
- 11-15 points: You have quite a good mudita score- sometimes you still get jealous but on the whole you're doing fine.
- 16-20 points: Well done! When it comes to mudita, you're a professional!

Across sand I am glad
it is land I can feel it
in my hand I love sand
Across the land

I want a
slice of
cake



HELPFUL HINTS

THINGS to SAY to HELP develop your Mudita

Number 1 in a series of several million:

The Story:

Someone has spent the last thirty minutes raving on about all the great things that have happened to them. You can feel jealousy welling up inside but you remember the practice and all you need are a few easy phrases to convey your developing sense of Mudita.

Try writing a few of your own phrases here;
just for practice.

"Wow, that's fantastic"
"You must be so pleased"
"You lucky thing"
"I'm so glad that's happened to you"
"What a wonderful experience"
"You did well"
"It's all fallen into place for you"
"I'm so jealous (only joking)"

- 1
- 2
- 3
- 4
- 5

need more space. . ?

close your eyes

open your mind

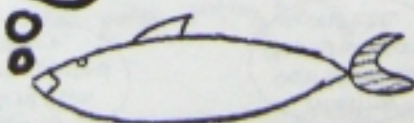
breathe



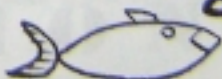
THE SEA



IS SO



CALM



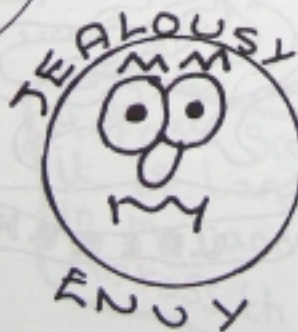


when
did



you
last
feel

M U D I T A



- I tried really hard in a test but my friend got a much better score.
- I tried to get into the football team and my friend got in instead.
- When my friend wrote a good book and my book wasn't selling very well.
- When Mum passed her driving test.
- When I saw my nephew playing and having lots of fun.
- When my friend got the best chips that were on the table.
- When my brother got a Nintendo and I didn't.
- When my best friend was playing with some one else.
- When my student from Botswana posted his degree.
- When my son drew a beautiful picture of a swan.

Things that make me ^{calm} and ^{happy}

A gentle flower and things that are snappy

These things make me calm and happy.

Presents all wrapped up and your soft fat palm.

These things make me happy and calm.



Music of the Spice Girls

Little girls with pearls

My mum and dad

Nothing makes me sad.

The Cool blue breeze

Goes gently through
the trees

Dancing with friends to
music that's tappy

These things make me joyful
and happy.

pekkha for balance in life,

peaceful vibes,

presence in everyday events,

keeping calm,

kindness in relationships,

patience does not balance the scales,

awareness of others' joy.

COMPASSION



How many words of five or more letters can you make from the word
COMPASSION?

a few answers on the next page

NO LPEKKHA

HMM...
I WISH I
HADN'T DONE
THAT.

WHAT IF ?

OOPS!
I SHOULDN'T
HAVE SAID THAT.

WHAT
WILL THEY
THINK OF ME?



REMEMBER
WHEN...

HERE TODAY !

Auntie DUKKHA

All your problems solved by the mistress of dukkha. She knows how to get it right - wisdom and a great fashion sense have seen our dear Auntie keep her cool over the years. Write to her anytime of the year and be sure she will know the answer,

Dear Auntie Dukkha,

My friend is really mean. She's usually ok but recently every time I bring crisps to school and offer her one, because my mum says that things taste better if you share them she always takes the whole bag. This is really starting to annoy me because crisps are the best part of my lunch. What shall I do?!

Dear X,

I understand that it must be horrible for you to have your crisps taken every day, especially if they are your favourite part of lunch, but this is where you both have to practice Mudita. This is joy for others. Your crisps are obviously giving joy to your friend but it is also making you upset, so if snt persists in doing this maybe you should teach her some Mudita and metta (loving kindness).

From Auntie D



Dear Auntie D,
When I was at Amaravati on a family weekend recently, a little lord kept fidgeting and laughing and running around, annoying people. I worked the monk to tell him off but monks aren't allowed to shout. If this happens again, I think I'll go mad!!!
What should I do?!

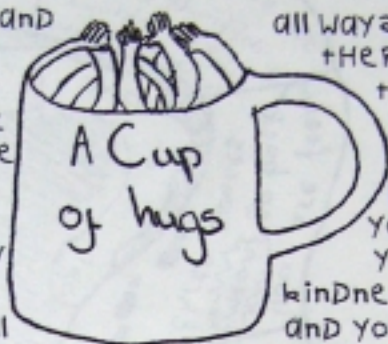
Dear whoever,

This problem requires you to use Metta, Mudita + Karuna. This boy, though destructive, is only little and using your compassion + joy for others. You have to understand that Raju might seem very loving to him. At least he is happy being destructive + this should make you happy too if you allow this. Then you won't feel so frustrated + could happily let keep your sanity! From AD

- emiss
- aspic
- capon
- comas
- compo
- mistic
- mason
- mrose
- panic
- planim
- plano
- pleas
- poron
- scamp
- scion
- scoop
- snoop
- sonic
- spain
- spasm
- spoon
- casino
- ceomas
- Monaco
- Monice
- mosaic
- poron
- scamp
- caison
- casino
- compass
- masonic
- passion
- Pricasso
- Simpson
- Simpson
- compassion

YOU CAN

Look in to your HEART and find the love you HAVE FOUND. all the people around need your LOVE and CARE. Be kind and BE HAPPY FOR OTHERS. SHOW YOUR LOVE to OTHERS and MAYABE they will SHOW their LOVE to you. you know there will



all ways BE someone +HERE FOR you. TRY to MAKE people HAPPY and tell THEM to BE kind to OTHERS. you HAVE LOVE in YOURSELF and kindness in YOUR SELF and your allways WILL.

FIND THE BALANCE

GREED obsession
 SACRIFICING GRASPING
 PAIN obsession
 INDULGENCE
 THRILLS



denial
 AUSTERITY
 Potty
 SQUANDERING
 SLOTH
 CRUELTY



From the scales above, can you find the word on the left and its matching opposite on the right?



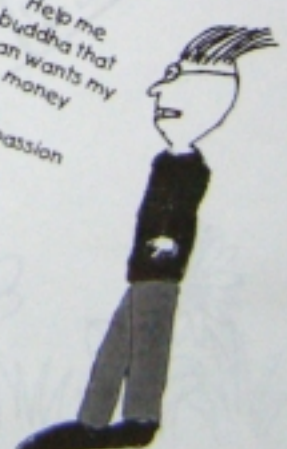
Let me at the creep



practice loving kindness

remember compassion

Help me buddha that man wants my money



it's all quite fun isn't it?

