



A Very Busy Six Months

It's been a while since our last newsletter and it seems like only a short time ago we were planning our teaching program up to the end of 2016. Yet, here we are at the beginning of term two for 2017 looking back at what has been a very busy six months.

In that time, as students of the Tibetan Buddhist Society, we have been fortunate to have the opportunity to receive so many wonderful teachings and participate in a number of retreats.



The Path to Enlightenment is the core of our teaching program and success in all our practice depends on studying and meditating on the Three Principal Paths. Our weekly classes continue to grow & with many new students, we regularly see 50-60 people at our Sunday classes.

In term two, Les will be continuing teachings on Bodhichitta from Geshe Loden's "Path to Enlightenment" text as well as "A Guide to the Bodhisattva's Way of Life" by Shantideva.



Retreats & Initiations

Attending retreats is a wonderful way to give your practice a boost and help create the merit we need to be successful and receiving initiations into various deities gives us the chance to practice more advanced aspects of the the path. Over the last six months our students have had many wonderful opportunities to attend retreats and receive initiations from both Les and Zasep Tulku Rinpoche.



White Tara Initiation & Weekend

At the request of a number of long term students, we were fortunate to have Les give the initiation into the practice of White Tara on the 2016 Queen's Birthday weekend.

Around 60 participants, including many new students attended the weekend which also comprised teachings and mantra recitation. Everyone logged the number of mantras recited, and with a few subsequent sessions the group total had reached one million. This fantastic effort by everyone concerned was dedicated to and offered for the long life of our teacher Les at an afternoon tea in November.

January - Mahamudra Retreat

A wonderful way to kick start your practice for the year, our annual Mahamudra retreat was, once again, a great success. This year we had over 70 students, including many from interstate, attend for the eight days. Over the course of the week Les gave teachings and the guided meditations on both the conventional and ultimate nature of mind. As always, everyone who attended enjoyed the experience with many hoping to return again next year.

Easter - Calm Abiding Retreat

Winding up term one, we held our Easter retreat which was attended by around 50 students. The subject this year was "Calm Abiding" with Les guiding meditations & teaching extensively from Geshe Loden's "Path to Enlightenment" over the three days. Although a challenging subject, all participants finished the retreat hoping to improve their single pointed concentration and meditation.

A week with Zasep Tulku Rinpoche



In March we were once again blessed to to have the Venerable Zasep Tulku Rinpoche visit our centre for a week of teachings and initiations.

And, what a wonderful week it was with over 70 students attending the teachings and initiations. The first event was a day retreat with Rinpoche giving teachings & guiding meditations on mind and ultimate truth.

During the week we were fortunate to receive the powerful initiations of Black Manjushri and Six Armed Mahakala. Both of these initiations are rare and not often given so it was indeed very special and most fortunate for those that attended.

At the end of the week Rinpoche gave the initiation into the Seven Medicine Buddhas and over the next two days he gave wonderful teachings and guided beautiful meditations on the practice.

Finally, we were able to spend an enjoyable informal evening with Rinpoche when he launched his autobiography "A Tulku's Journey from Tibet to Canada". Generous with his time as always, Rinpoche spent an hour or so telling stories from his extraordinary life and taking questions from the 100 strong crowd and then went on to personally sign copies of his book for those lucky enough to have secured copy.

Bring Your Friends & Family



Our occasional Saturday afternoon openings are a great opportunity for friends and family of members and students to visit our traditional Tibetan Temple and take a look around.

The afternoons are staffed by volunteers and the temple and foyer shop will be open from 1pm to 4pm.

The dates for the rest of the year are as follows:

May 27th - June 24th - August 26th
October 28th - November 28th

Donate Your Unwanted Books

It's that time of the year again!

Time to clear out your unwanted dharma books, paperbacks, coffee table books and general books that we can sell through our second hand book stall. As usual, all monies raised will go to our Community Fund.



We hope to have the stall up and running in the next few weeks and it will operate through term two or while we still have stock.

Donated books can be left with Wayne in the office.

Supporter's Association Membership

Renewals for membership of the Supporter's Association were due on 31/10/2106.

Membership costs \$55 for a family, \$45 for standard and \$25 for concession and can be renewed by using our secure online shopping facility at:
www.tibetanbuddhistsociety.com.au

If you are unsure of the status of your membership please email the office to check your paid to date.

Introduction to Buddhism & Meditation

Five weeks commencing Sunday May 21st

This course is ideal for new students and those interested in understanding Buddhist approaches to a happier life. Learn the fundamentals of Buddhist philosophy and psychology and several meditation techniques over five consecutive Sunday mornings.

Each day includes two sessions with a morning tea break.
Cost \$120

Register and pay online through our secure web site at www.tibetanbuddhistsociety.com.au



Teaching Program



Term Two 2017

Commences on Sunday May 7th

Concludes on Sunday June 25th

Term Three 2017

Commences on Sunday August 13th

Concludes on Sunday September 17th

Term Four 2017

Commences on Sunday October 22nd

Concludes on Sunday December 3rd

Weekly Classes (*\$10 by donation*)

Path to Enlightenment

Sunday afternoons 4.00pm - 5.30pm

(Temple shop open from 3pm each week)

Vajrayana (*Yamantaka/Vajrayogini on alternate weeks*)

Tuesday evenings 7.30pm - 9.00pm

(Each term commences with a Yamantaka class)

(Please note - the relevant initiation is required to attend these classes.)

Dates are currently correct - any changes will be posted on our web site.

Upcoming Retreats

Annual Vajrayana Retreat

Commencing on Saturday July 15th and concluding with a fire puja on Saturday July 29th 2014.

This year we are holding a two week Yamantaka retreat.

During this retreat Les will lead the sessions and teach from Geshe Lodan's Yamantaka commentary - "Ocean of Indivisible Method & Wisdom". Please note that some experience with the practice and the relevant initiation is a pre-requisite to attend this retreat.

Please contact the office for further information and a retreat registration form if you are interested in attending.

Medicine Buddha Retreat

Queen's Birthday Weekend - September 23rd - 25th

Following on from the initiation and teachings given by Zasep Tulku Rinpoche in March, Les will guide meditations and give further teachings on the practice of Medicine Buddha.

This retreat will be non-residential from 9am to 5pm daily. Having the Medicine Buddha initiation is a pre-requisite to attend this weekend.

Further details and registration information will be available later in the year.