



TIBETAN BUDDHIST SOCIETY NEWSLETTER



Be Authentic (A message from Les)

As Dharma students, we have the good fortune to study the precious teachings of Lord Buddha and Holy Gurus, which are antidotes to our dissatisfaction and suffering and true causes of our happiness.

It can be a common fault to hear the words of the teachings and be able to regurgitate those words even with some clarity to others, but not experience the meaning of those precious words and therefore miss out on the transformative effect of the Holy Dharma.

For example, one of the main practices on the Mahayana path to Enlightenment is the cultivation of pure great love and kindness. The essence of this loving kindness is to really care for others' happiness and support the development of their experience of happiness both in an ultimate and temporal sense.

Caring for others' ultimate happiness is difficult at the moment. However, caring for others' temporal happiness is immediate and we can do something about this now. So today, and every day in your life, focus more and more on caring for the happiness of those around you.

To start this, focus on those in your life now, such as your mother or father, your children or partner etc. and express your loving kindness by looking after their happiness on a day to day basis.

(Continued page 2)

Book Reviews

Path to Enlightenment in Tibetan Buddhism

Geshe Acharya Thubten Lodon

The Path to Enlightenment is a core text in Tibetan Buddhism and this book is the basis of our teaching program.

It presents the Buddha's main teachings in a clear, step-by-step format, with each stage serving as a foundation for the next.

This extraordinary book may be likened to a practice manual, providing a wide range of different techniques appropriate for a variety of circumstances. These help us to cultivate greater happiness and inner peace in our daily lives, while leading towards the ultimate objective of enlightenment.

1097 pages – Hardcover – \$130

Available from the temple bookshop

The Tibetan Book of Living & Dying

Sogyal Rinpoche

A manual for life and death and a source of inspiration from the heart of the Tibetan tradition.

The Tibetan Book of Living and Dying provides a lucid and inspiring introduction to the practice of meditation, to the nature of mind, to karma and rebirth, to compassionate love and care for the dying, and to the trials and rewards of the spiritual path.

“What is it that I hope for from this book? To inspire a quiet revolution in the whole way we look at death and care for the dying, and the whole way we look at life and care for the living.” – Sogyal Rinpoche

439 Pages – Paperback – \$30

Available from the temple bookshop or through our online store at www.tibetanbuddhistsociety.com.au

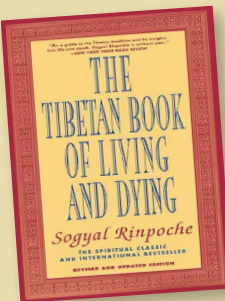
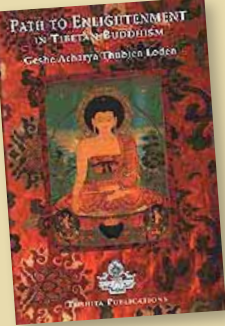
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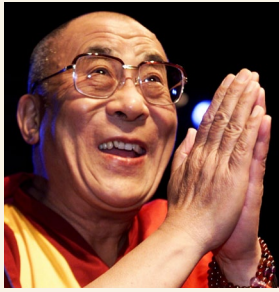
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A CONVERSATION WITH HIS HOLINESS THE DALAI LAMA

Sunday 19th June from 9.30am to 11.30am
Burswood Dome

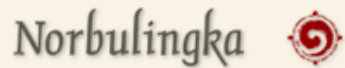
As part of his Australian tour in June, His Holiness the Dalai Lama will be participating in a public talk in Perth entitled “A Conversation with the Dalai Lama”.

This event will be held at the Burswood Dome on Sunday 19th of June and limited tickets are still available Dalai Lama in Australia at www.dalailamaaustralia.org.

At the event, there will also be an exhibition from the Norbulingka Institute. Established in exile by His Holiness, the Norbulingka Institute strives to preserve the rich heritage of Tibetan culture for all of humankind.

The exhibition will feature two large appliqué thangkas similar in size to those we are fortunate to have in our temple. There will also be a number of smaller appliqué and painted thangkas on display and for sale.

The Tibetan Buddhist Society Perth will also be there with a stall selling books and a range of practice products recently arrived from India and Nepal. If you are attending this special event, please come along to our stand and say hello.



Be Authentic (Continued from page 1)

Start in the immediate circle of your relationships and gradually extend this further and further with kind speech, kind actions and thoughts of love and goodwill. Make it a life goal to make others happy. Your happiness and wellbeing will also grow exponentially.

Train by following the living example of loving kindness, your Guru. Your Guru should show you and inspire you how to be!

See Geshe Acharya Thubten Loden's *Path to Enlightenment* page 546 for the benefits of loving kindness.

2011 AGM

This year's Annual General Meeting will be held in the dining room of the temple on Sunday June 26th at 1.30pm (Please note that the AGM is open to members only and we encourage you all to attend).

At 2.30, after the AGM, afternoon tea will be served prior to start of the Path to Enlightenment class at 4.00pm. The afternoon tea will be open to everyone and all students are welcome to join us.

2011 Easter Retreat

Held over four days this year, our annual Easter retreat continues to grow in popularity. This year we had over 60 participants, including a number from interstate and we were pleased to welcome many new students and first time retreaters.

Teaching extensively from Geshe Loden's Path to Enlightenment, Les gave clear and concise commentary on the “Mind Training in Seven Points” text.

Leading all meditation sessions, Les guided the group in the practice of “taking” the suffering of all beings and the “giving” of happiness and good conditions to them. The purpose of this practice is to abandon self-cherishing and to develop great love and compassion for others.

The meditations on taking and giving can be quite an emotional experience as a number of students discovered.

However, despite some tearful moments, all participants felt that they gained a great deal from the retreat.

We look forward to welcoming everyone again next year.

Teaching Program

Term Two – Sunday May 15th to Sunday July 3rd
(No class on 12th June – Dalai Lama teaching in Melbourne)

Term Three – Sun 31st July to Sun 11th September

WEEKLY CLASSES

Path to Enlightenment Sundays 4.00pm–5.30pm
Vajrayana Classes Tuesdays 7.30pm–9.00pm

Please refer to our web site for further information.

Annual Vajrayana Retreat

Commencing at 9am on Saturday 9th of July and concluding with a fire puja on Saturday 23rd of July.

This year's Vajrayana retreat is a 2 week Yamantaka retreat. Relevant initiation and some experience with the practice is required in order to attend this retreat.

The cost is \$850 with accommodation or \$750 without accommodation.

Registration forms can be downloaded from the “retreats” section of our web site www.tibetanbuddhistsociety.com.au

Meditation Morning

Sunday 26th June, 10.00am to 3.00pm

This morning is open to all students and anyone who has completed one of our “learn to Meditate” seminars, or “Introduction to Buddhism” courses.

David Michie, a long time student of the Tibetan Buddhist Society and author of “Buddhism for Busy People” and “Hurry up and Meditate” will lead this course. The morning will comprise two meditation sessions as well as some time for questions.

Cost \$20 including morning tea.

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

Introduction to Buddhism & Meditation

*5 weeks 10.00am to 12.30pm
Commencing on Sunday 14th August*

These five week courses are an excellent opportunity for people without any prior experience of dharma or meditation to gain some understanding of the Buddhist path. Subjects include the nature of the mind and its potential for enlightenment, the four Noble truths, karma, dissatisfaction of life and how to bring about change, compassion and ultimate truth.

This course will be led by Margaret Sheehy.

Cost \$100 including morning tea and course notes.

Register and pay online, or download a registration form from our web site at www.tibetanbuddhistsociety.com.au

