



What is Mind? *(An introduction by our resident teacher Les Sheehy)*

The mind is the foundation of Samara and Nirvana. It is the source of all happiness and suffering. Its intrinsic nature is the primordial fundamental potential for enlightenment, an innate natural purity. This natural Buddha potential is not generally apparent to us as it is, for example, obscured by deluded view and our karma. By purifying the mind of obstructions this inner natural potential becomes more and more apparent. The mind is a continuum of clarity and awareness that is not contaminated by obstruction and defilement, as it can be separated from all obstruction and defilement such as karma and delusion. Through the perfection of virtuous minds and the realisation of the ultimate nature of mind, we can achieve the fulfilment of our Buddha potential and enjoy enduring happiness and freedom.



Meditation on, and relaxing into, the conventional nature mind of pure clarity and awareness is an extraordinary method for overcoming the turbulence of destructive emotions and the resultant suffering that arises. Training yourself in meditation to not empower the uncontrolled and unceasing activity in the mind, but to let it go and merely observe this activity as it naturally arises, abides then disappears leads to an inner peace.

In time there will be moments where there is an absence of mental activity in which the clarity awareness nature of mind becomes apparent and to focus on that absence with single pointed concentration leads to stillness and renders the mind more capable of perceiving the ultimate nature of mind. At a more immediate level the inner peace and tranquillity that is the result of practising mindfulness of mind in this way is a powerful antidote to stress and its effect on us mentally and physically in our daily lives. Such meditation and mindfulness practise leads to a greater understanding of the mind and leads to great temporal and ultimate benefits.

This subject and meditation practise is the main focus of our January Mahamudra retreat, which is a great opportunity to develop inner experience of the nature of our own minds. See over for further details & registration information

October is National Breast Cancer Awareness Month - Join in our Pink Ribbon Fund Raising Event

In support of the National Breast Cancer Foundation we will be hosting



An Elegant Afternoon Tea
(In the Temple Dining Room)
Sunday October 28th from 2pm - 3.30pm

We will also have a range of home made cookies and cakes for sale on the day. Attendance is by donation - ALL proceeds go towards the prevention and cure of breast cancer. Please invite your friends & family to support us in this cause. RSVP by Monday October 22nd to contact@tibetanbuddhistsociety.com.au

Donations can be made on the day or online at - <https://pinkribbonbreakfast.org.au/events/view/t/47e4171vmh0>

Supporter's Association Membership Renewals Now Due

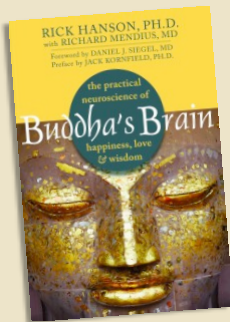
Renewals for 2012/2013 are due at the end of October. Membership of the Supporter's Association costs \$55 for a family, \$45 for a standard and \$25 for concession. Membership can be renewed by forwarding your payment to the centre, or by credit card through our secure online shopping facility at www.tibetanbuddhistsociety.com.au

As well as contributing to the running costs of the centre members receive regular newsletters, library access and an invitation to our members end of year dinner which this year will be held on December 2nd after our final class for the year.

Book Reviews

Buddha's Brain

Rick Hanson, Ph.D. with Richard Mendius, MD



Hanson, who is a neuropsychologist and meditation teacher, explains in this book how changing the way one's brain has been programmed through our conditioning and life experiences, can change your life.

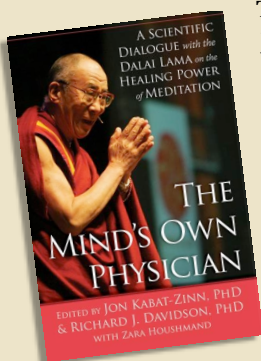
Science is now revealing how the flow of thoughts actually sculpts the brain. By combining breakthroughs in neuroscience with insights from thousands of years of Buddhist contemplative practice, it has become clear that by changing your mind by way of thinking the brain will be re-sculpted, resulting in greater happiness, love and wisdom.

Paperback \$32.95

Also available as an audio book on 6 CD's \$50

The Mind's Own Physician

A scientific dialogue with the Dalai Lama on the healing power of meditation.



The Dalai Lama's discussions with Jon Kabat-Zinn, Richard J. Davidson, and other leading meditation researchers at the thirteenth Mind & Life Institute conference are recorded and presented for the first time in this book.

As each speaker explores a different aspect of the convergence of ancient meditative practices and modern

medicine, psychology and neuroscience, a fuller understanding of the potential of the human mind unfolds. This fascinating conversation reveals the latest findings on our capacity to heal ourselves through the systematic cultivation of mindfulness and compassion.

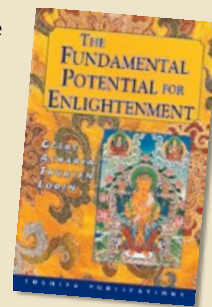
Hardcover \$35

These books and many other new titles are available from the temple bookshop or through our online store at www.tibetanbuddhistsociety.com.au



The Fundamental Potential for Enlightenment *Geshe Acharya Thubten Loden*

That all beings have the potential to be enlightened is one of the most inspiring tenets of Mahayana Buddhism. This potential is linked to the fundamental nature of the mind of every being and thus brings within grasp, the perfect benefit for both oneself and others found in enlightenment.



This book contains the inspiring message that the basic nature of beings is clear, radiant, wise and compassionate and prods us to awaken to this reality.

Paperback \$49

TEACHING PROGRAM

Term Four

Sunday October 21st to Sunday December 2nd

Term One 2013

Commences on Sunday February 3rd

Weekly Classes

Path to Enlightenment

Sunday afternoons 4.00pm - 5.30pm

Vajrayana Classes

Tuesday evenings 7.30pm - 9.00pm

(Please note each term commences with Yamantaka practice)

Learn to Meditate Seminar

10.00am - 3.00pm, Sunday November 4th, 2012.

Conducted by David Michie, this one-day seminar introduces several basic meditation techniques effective for overcoming the debilitating symptoms of stress and unhappiness, and enhancing the quality of life and relationships. Cost \$120 including morning tea & lunch.

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

Annual Mahamudra Retreat

Saturday January 5th - Saturday January 12th, 2013

Teachings and meditations on understanding and experiencing the conventional nature of mind, as well as the ultimate nature of mind, self and phenomena. Les will teach from "The Great Treasury of Mahamudra" by Geshe Loden and will lead all meditation sessions. These teachings and meditations are suitable for students of all levels, however some previous experience and a basic understanding of Buddhism is required. Cost \$450 with accommodation or \$375 without.

Application forms will be available for download from the "retreats" section of our web site on October 22nd.