



TIBETAN BUDDHIST SOCIETY NEWSLETTER



2010 – The Year in Review

It only seems like yesterday that we were excited to be moving into the finished temple. Now with over two years having gone by since then, the Tibetan Buddhist Society Perth continues to grow and flourish through the ongoing inspiration of our spiritual head and leader Geshe Acharya Thubten Loden and the work of our resident teacher Les Sheehy.

This year our teaching program has continued to reach out to people looking for happiness, peace and tranquillity in their lives, and we have had over 300 people attend our “Learn to Meditate” seminars and our five week “Introduction to Buddhism” courses.

Our weekly classes are well attended and the number of participants in our annual retreats continues to grow with around 60 participants attending the Mahamudra retreat in January and the same number attending this year’s Easter retreat on Bodhichitta. This year we have also held a number of one-off teachings including a White Tara practice day which was attended by over 50 people.

We look forward to the continued growth of our teaching program in 2011 and the opportunity to contribute to the local community in as many ways as possible.

If undeliverable please return to:
Tibetan Buddhist Society
274 Campersic Road, Herne Hill
Western Australia 6056

Book Reviews

The Fundamental Potential for Enlightenment

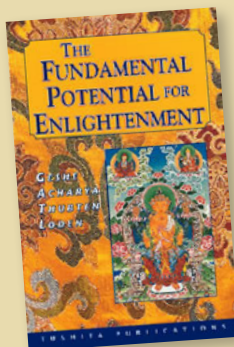
- Geshe Acharya Thubten Loden

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.

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

310 pages – Paperback – \$49

Available only from the temple bookshop



Enlightenment to Go - David Michie

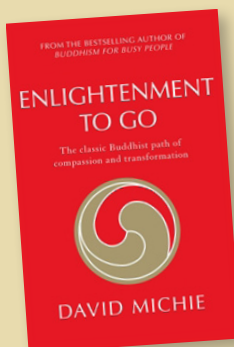
Selected as a book to read in preparation for the 2011 tour of the Dalai Lama.

In this new book David provides a lively, accessible introduction to the “best of Shantideva”. He shows how modern psychology confirms the insights of Shantideva’s *Guide to the Bodhisattva’s Way of Life*, and he unpacks its powerful antidotes to contemporary problems, including stress, anxiety and depression.

He also offers a structured meditation program to help readers integrate transformational insights at deeper levels of consciousness where genuine change becomes possible.

327 pages – Paperback – \$26.95

Available from the temple bookshop or our online store



TIBETAN BUDDHIST SOCIETY

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E: tibetanbuddhistsociety@bigpond.com

Highest Yoga Tantra Initiations

Over the weekend of September 18 and 19, our spiritual head and leader Geshe Acharya Thubten Loden gave Highest Yoga Tantra initiations into the practices of Yamantaka and Vajrayogini.



Geshe.la is one of the most highly qualified Vajrayana masters living in the west and over 150 people from all over Australia and as far away as the United States made the trip to Melbourne to take advantage of this unique and precious opportunity.

More than 30 students from the Perth centre made the trip to Melbourne with many attending initiations for the first time. All participants enjoyed the experience and their stay at the Melbourne centre and new students look forward to joining our Tuesday night Vajrayana classes.

Mahamudra Retreat – January 2011

Our annual New Year retreat will be held over 8 days from Saturday the 8th to Saturday the 15th of January. Once again the subject of the retreat will be Mahamudra.

The retreat will comprise 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 Acharya Thubten Loden and will lead all meditation sessions.

The cost of the retreat including accommodation and all meals is \$450 with a 10% discount for registrations received prior to December 5th.

Registration forms are available at the centre or can be downloaded from the “*retreats*” section of our web site at www.tibetanbuddhistsociety.com.au

As this retreat is always popular and accommodation is limited, early registration is advised.

Temple Bookshop & Online Store

With the gift giving season approaching, we invite everyone to support the centre by shopping in our bookshop or visiting the secure online store at our web site www.tibetanbuddhistsociety.com.au

We stock a wide range of dharma books, children’s books, stationery, mala beads, jewellery and much more including a range of home-made produce.

We have recently received a shipment of goods from Nepal and now offer a range of beautiful silver jewellery, meditation blankets, offering bowls, incense and incense holders, singing bowls and fabric items.

Membership Reminder

Membership for the coming year became due at the end of October and 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

Memberships cost \$55 for a family, \$45 for a standard and \$25 for a concession membership. 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 5th after our final class for the year.

Zasep Tulku Rinpoche to visit

We are pleased to announce that Zasep Tulku Rinpoche has kindly agreed to visit our centre once again, as part of his visit to Australia next year.

We are happy to advise that Rinpoche will give the following teachings during his visit:

Friday evening February 18th
The Practice of Mindfulness

Saturday 19th & Sunday 20th February
Heart Sutra Teachings

Further information and registration details will be emailed to all members soon.

HH the Dalai Lama to Visit Australia in 2011

Once again the people of Australia are to be blessed with a visit by His Holiness the 14th Dalai Lama. The tour will take place in June 2011 and will include a public talk in Perth.

The highlight of the tour will be in Melbourne, where His Holiness will give a three day teaching on Shantideva’s *Guide to the Bodhisattva’s Way of Life* from June 11–13.

Pre-sale tickets are available from the Dalai Lama in Australia at www.dalailamainaustralia.org

A number of books have been suggested as recommended reading for those attending the teachings. These books, including David Michie’s – *Enlightenment to Go*, are available in our temple bookshop or our online store.

Teaching Program

Term One – Sunday February 13th to Sunday April 17th
(No Class on Sunday February 20th)

Term Two – Sunday May 15th to Sunday July 3rd

WEEKLY CLASSES

Path to Enlightenment	Sundays 4.00pm–5.30pm
Vajrayana Classes	Tuesdays 7.30pm–9.00pm
Fundamental Potential	Resuming in 2011

RETREATS

New Year Mahamudra Retreat

Saturday 8th January– Saturday 15th January

Easter Retreat

Friday 22nd April – Monday 25th April
(Subject to be advised)

Yamantaka Vajrayana Retreat

Saturday 9th July – Saturday 23rd July
(Relevant initiations required)

Please refer to our web site for further information.

