



### A Busy Start To The Year



Once again, our teaching program for the year started with our annual Mahamudra retreat in January. The retreat was attended by over 60 participants and once again we had many interstate and country students join us for the 8 days.

Frequently quoting from Geshe Loden's "Great Treasury of Mahamudra", Les led all sessions and gave teachings explaining the practice of the meditation and how to gain an understanding of

both the conventional and ultimate nature of mind.

Our weekly teaching program began in February with Sunday afternoon Path to Enlightenment classes and Tuesday evening Vajrayana classes. Many new students, having completed our 5 week Introduction to Buddhism course and our Learn to Meditate seminars, are joining our Path to Enlightenment classes and we now regularly have 50 - 60 people attending each week.

In late March our Easter retreat was attended by around 50 students including a number from interstate. The subject this year was "Training the Mind in Bodhichitta" and Les guided meditations and taught extensively from Geshe Loden's "Path to Enlightenment" over the three days.

This year we had a number of first time retreat participants join us and we received some great feedback like this:

*"The Easter retreat was a very special event for me, although it was mentally and physically a challenge to focus on one concept for the weekend. Les and his engaging teaching style kept me focused throughout and all the other members were very kind and helpful in showing me the ropes. I was amazed that spending an entire weekend meditating on the suffering (and love) of others could cause me to feel so happy and relaxed, but now I have a much improved attitude toward myself and others. I look forward to being able to attend another retreat in the near future. Many thanks!"*

The Anzac day weekend in April brought another visit from the Venerable Acharya Zasep Tulku Rinpoche.

Rinpoche, along with our spiritual head Geshe Acharya Thubten Loden, were the first two Tibetan lamas who resided in Australia in the mid seventies. He has visited us many times here in Perth and this time blessed us by giving rare & precious initiations into Green Tara, Yamantaka and Vajrayogini over a four day period.

This event was attended by over 100 students from all over Australia with more than 30 coming from interstate and country areas. It was wonderful to see over twenty students from our centre taking the opportunity to receive initiations for the first time and many of these students have already begun attending our Tuesday night Vajrayana classes.

We will continue to hold regular Introduction to Buddhism courses and Learn to Meditate seminars each term which often have 80 -100 people attend. Now that we are half way through term two, we look forward to our Yamantaka retreat in July and the second half of the year.

### - ADVANCE NOTICE - GREEN TARA PRACTICE WEEKEND



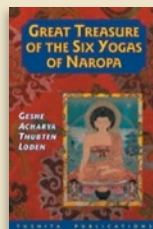
Following Zasep Tulku Rinpoche's visit in April, we will be holding a three day Green Tara practice session over the Queen's Birthday long weekend in September for those students that took the initiation.

Les will guide meditation sessions and give some teachings on the practice of Green Tara and a brief commentary on the Praises to the 21 Taras as taught to him by Geshe Loden in 1978.

This daytime only retreat will run from September 28th - 30th. Sessions will begin in the morning and finish late afternoon, lunch & refreshments will be provided. Further details and application forms will be available at the start of term three.

### An Extraordinary Book by Geshe Acharya Thubten Loden

Within the secret treasure house of highest yoga tantra instruction, the six yogas of Naropa have long been held most dear to the heart of great yogis. The six yogas are presented as the yoga of inner fire, illusory body yoga, bardo yoga, clear light yoga, the yoga of consciousness transference and the yoga of forcible projection. The legacy of the great Pandit Naropa, they are presented here as taught by Jetsün Tsong Khapa.



600 pages - Hardcover - \$150  
Available to students with highest yoga tantra initiation only, limited copies are available from the temple bookshop.



*Following the last newsletter, Les has selected the this "Advice From Atisha's Heart - Given at the request of Jangchub Ö", for everyone to enjoy and incorporate into their daily lives and practice.*

How wonderful!

Friends, since you already have great knowledge and clear understanding, whereas I am of no importance and have little wisdom, it is not suitable for you to request advice from me. However, because you dear friends, whom I cherish from my heart, have requested me, I shall give you this essential advice from my inferior and childish mind. Friends, until you attain Enlightenment, the Spiritual Teacher is indispensable, therefore rely upon the holy Spiritual Guide.

Until you realise ultimate truth, listening is indispensable, therefore listen to the instructions of the Spiritual Guide.

Since you cannot become a Buddha merely by understanding Dharma, practise earnestly with understanding.

Avoid places that disturb your mind, and always remain where your virtues increase.

Until you attain stable realisations, worldly amusements are harmful, therefore abide in a place where there are no such distractions.

Avoid friends who cause you to increase delusions, and rely upon those who increase your virtue. This you should take to heart.

Since there is never a time when worldly activities come to an end, limit your activities.

Dedicate your virtues throughout the day and the night, and always watch your mind.

Because you have received advice, whenever you are not meditating always practise in accordance with what your Spiritual Guide says.

If you practise with great devotion, results will arise immediately, without your having to wait for a long time.

If, from your heart, you practise in accordance with Dharma, both food and resources will come naturally to hand.

Friends, the things you desire give no more satisfaction than drinking sea water, therefore practise contentment.

Avoid all haughty, conceited, proud, and arrogant minds, and remain peaceful and subdued.

Avoid activities that are said to be meritorious, but which in fact are obstacles to Dharma.

Profit and respect are nooses of the maras, so brush them aside like stones on the path.

Words of praise and fame serve only to beguile us, therefore blow them away as you would blow your nose.

Since the happiness, pleasure, and friends you gather in this life last only for a moment, put them all behind you.

Since future lives last for a very long time, gather up riches to provide for the future.

You will have to depart leaving everything behind, so do not be attached to anything.

Generate compassion for lowly beings, and especially avoid despising or humiliating them.

Have no hatred for enemies, and no attachment for friends.

Do not be jealous of others' good qualities, but out of admiration adopt them yourself.

Do not look for faults in others, but look for faults in yourself, and purge them like bad blood.

Do not contemplate your own good qualities, but contemplate the good qualities of others, and respect everyone as a servant would.

See all living beings as your father or mother, and love them as if you were their child.

Always keep a smiling face and a loving mind, and speak truthfully without malice.

If you talk too much with little meaning you will make mistakes, therefore speak in moderation, only when necessary.

If you engage in many meaningless activities your virtuous activities will degenerate, therefore stop activities that are not spiritual.

It is completely meaningless to put effort into activities that have no essence.

If the things you desire do not come it is due to karma created long ago, therefore keep a happy and relaxed mind.

Beware, offending a holy being is worse than dying, therefore be honest and straightforward.

Since all the happiness and suffering of this life arise from previous actions, do not blame others.

All happiness comes from the blessings of your Spiritual Guide, therefore always repay his kindness.

Since you cannot tame the minds of others until you have tamed your own, begin by taming your own mind.

Since you will definitely have to depart without the wealth you have accumulated, do not accumulate negativity for the sake of wealth.

Distracting enjoyments have no essence, therefore sincerely practise giving.

Always keep pure moral discipline for it leads to beauty in this life and happiness hereafter.

Since hatred is rife in these impure times, don the armour of patience, free from anger.

You remain in samsara through the power of laziness, therefore ignite the fire of the effort of application.

Since this human life is wasted by indulging in distractions, now is the time to practise concentration.

Being under the influence of wrong views you do not realise the ultimate nature of things, therefore investigate correct meanings.

Friends, there is no happiness in this swamp of samsara, so move to the firm ground of liberation.

Meditate according to the advice of your Spiritual Guide and dry up the river of samsaric suffering.

You should consider this well because it is not just words from the mouth, but sincere advice from the heart.

If you practise like this you will delight me, and you will bring happiness to yourself and others.

I who am ignorant request you to take this advice to heart.

## Afternoon Tea

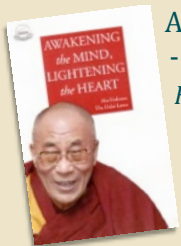


We are pleased to advise that we are holding an afternoon tea for students between 2.30pm and 3.30pm on Sunday August 23rd, prior to the Path to Enlightenment class at 4.00pm.

Everyone is welcome to attend as it will be a great opportunity to meet and get to know other students.

If the afternoon is well attended, we hope to hold these events on a regular basis.

## BOOK & CD REVIEWS



### Awakening the Mind - Lightening the Heart *His Holiness the Dalai Lama*

This book is His Holiness the Dalai Lama's gentle and profoundly eloquent instruction for developing the basis of the spiritual path - a compassionate motive.

This illuminating and highly accessible guide offers techniques for deepening and heightening compassion in our lives and in the world around us.

*Paperback - \$17.50*



### Mantras from Tibet *OM TARA*

Deep spirituality and compassion are at the heart of Buddhism with music and chant an integral part of the tradition.

This compilation features three variations of OM TARE TUTTARE, the mantra of Tara, the female Buddha of Compassion set to contemplative music.

*Audio CD - \$15 - Approximately 75 minutes*

*These items and many other titles are available from the temple bookshop or through our online store at [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au)*



***Without holding the paddles,  
The boat cannot cross to the other shore.  
Even if all the other conditions are present,  
Without a teacher's presence,  
the end is not reached.***

## TEACHING PROGRAM

### Term Two 2013

Sunday May 5th to Sunday June 30th, 2013

*(Please note that there will be no classes on Sunday June 16th or Tuesday the 18th due to the tour of His Holiness)*

### Term Three 2013

Sunday August 4th to Sunday September 22nd, 2013

### 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 and the relevant initiation is required to attend this class).*

### Introduction to Buddhism & Meditation

*Five weeks, 10.00am to 12.30pm each day. Commencing Sunday August 4th and concluding Sunday September 1st.*

This course provides an excellent opportunity for students without any prior experience to gain a foundation understanding of the practices and philosophy of Buddhism and meditation and its application to everyday life.

*Course cost \$120 register & pay online through our web site at [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au)*

### Green Tara Practice Weekend

*Commencing on Saturday September 28th and concluding on Monday September 30th - (Daytime only).*

Les will guide meditation sessions and give some teachings on the practice of Green Tara and a brief commentary on the Praises to the 21 Taras as taught to him by Geshe Loden in 1978.

*Please note that this is not a live-in retreat. Full details & applications will be available at the start of term three.*

### Annual Vajrayana Retreat

*Commencing at 9.30am on Saturday July 6th and concluding with a fire puja on Saturday July 20th.*

This year's Vajrayana retreat is a two week Yamantaka mantra retreat. Les will lead sessions, guide meditations and teach from Geshe Loden's Yamantaka commentary "Ocean of Indivisible Method & Wisdom. Relevant initiations and some experience with the practice and/or regular class attendance are required to attend this retreat.

*Retreat application forms are available now. Applications to attend close on Sunday June 23rd.*