

# Tibetan Buddhist Society

NEWSLETTER  
MAY 2005

## RETREATS: PRECIOUS OPPORTUNITIES FOR STUDENTS

*In January this year we did a nine-day retreat on the practice of Tsong Khapa Guru yoga, or Ganden Lha Gyema. This beautiful practice was first taught to us by Geshe Loden in 1978 in Queensland, when he described the numerous different meditations and visualisations.*

Les taught extensively throughout the retreat, and lead all meditation sessions, describing about 30 of the meditations of the practice. About 14 students attended the whole retreat and about another 10 did weekends.

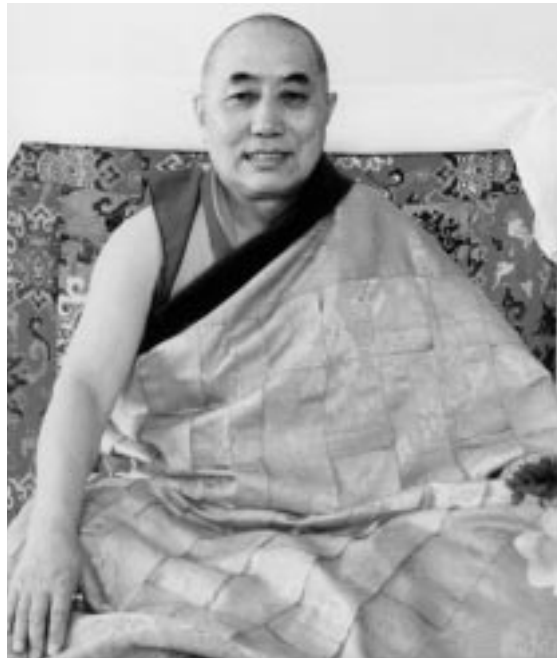
We were joined by Joe from Melbourne, who I think enjoyed the holiday atmosphere of retreating in Perth in summer, complete with swimming pool.

### EASTER RETREAT

Over Easter 25 people completed a three-day retreat on the Mahamudra practice. Les taught from the root text of the first Panchen Lama which gradually leads the practitioner through the stages of developing mindfulness of body, then feelings, and mind to finally being able to penetrate the ultimate nature of mind.

Les has a particular affinity with this practice, having naturally adopted it himself (without prior instruction) in his teenage years, to deal with his own unsubdued mind.

Many of the students were surprised to discover how unaware they are of even the (relatively) coarse phenomena of their feelings as they arise, and then learnt the value of identifying a feeling long before an affliction becomes a fully expressed delusion.



*Spiritual Head of the Tibetan Buddhist Society  
Geshe Acharya Thubten Loden*

Although three days wasn't long enough to penetrate the ultimate nature of mind, simply becoming more familiar with the conventional nature has given us all a wealth of useful methods to deal with the normally uncontrolled mind and the afflictive emotions which daily cause us so much grief.

### YAMANTAKA RETREAT

Our next retreat is a two-week Yamantaka retreat complete with fire puja, to commence on Friday 1st July. Please indicate early if you intend to come – accommodation is always at a premium, and I have already had several inquiries from interstate.



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## DENMARK TEACHINGS

*Last year a dharma friend from many years ago, Lozang Chodzin, invited Les to visit her small dharma group in Denmark to give some teachings.*

Over the Anzac weekend we were able to accept the invitation to visit. Les gave a public talk on Buddhism and Finding Happiness, explaining how it is the virtuous minds that actually bring us happiness, the non-virtuous or negative mind states that brings us suffering and how we can identify this for ourselves. He then taught a weekend on mind and its potential, teaching from Geshe Lodens Fundamental Potential for Enlightenment and the Mahamudra root text by the first Panchen Lama.. The students were very enthusiastic, and judging by their questions had very good experience. It was so nice to catch up with our old friend, now a venerable nun (or Mother Superior as Les called her) and Pam Minchin who had been a student from our Mt Lawley days. After paying all the costs for venue, advertising etc, they presented us with a donation of \$630 towards the temple.

Thanks to Lozang Chodzin and students for a wonderful weekend, and we look forward to accepting your invitation to visit again in the future.

## MANTRA ROLLING

*This is progressing slowly, with a few dedicated people coming on Sunday mornings, and a few of the residents working away continually during the week.*

We estimate we are 20% complete – so still a long way to go. We seem to have perfected the technique so that a roll now takes about 20 minutes, and the quality is excellent. If you have some time available, give us a ring to make sure we are here and someone is available to train you.

Something worth contemplating – of all the numberless rebirths as a human being we have had, how many have afforded the opportunity to actually be part of a project such as this – preparing the mantras to be inserted in a holy statue which will be of significant positive influence for many decades (centuries) to come. Those of us who are involved are overwhelmed with rejoicing at the incredibly rare opportunity we are experiencing.

Something else worth contemplating – given that our death is most certain and its actual arrival is uncertain – what is it that will be worthwhile to us at that time?

## TEACHING PROGRAMME

### Path to Enlightenment

*Tuesdays 8.00pm–9.30pm (ongoing)*

Suggested facility charge \$10

Based on Geshe Acharya Thubten Loden's book *Path to Enlightenment*, these classes introduce the fundamentals of Buddhist meditation and thought. Buddhist psychology recognises that the source of all unhappiness is negative mental states, including agitation, worry, stress and anger. The Buddhist method as applied through the practice of meditation, provides the antidotes to all negative mental states. Through meditation one develops a clear, still and focussed mind that can be directed to the development of the various positive minds including calm abiding, love, compassion, patience, joy and wisdom.

This is an ongoing class and students may join at any time. Suitable for newer students who have completed an introduction course, as well as experienced students.

### Introduction to Buddhism

*Sundays 7, 14, 21, 28 August and 4 September*

Facility charge \$85

These five week courses will be held every term and are an excellent opportunity for students 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. Morning tea provided.

### Meditation Seminar

*Sunday 31 July 10am–4.00pm*

Facility charge \$85, lunch and refreshments provided

Many of the benefits of meditation on health, both mental and

physical, are now being measured by scientists at increasingly more subtle levels.

Our classic Buddhist texts have taught us these benefits of love and compassion, and meditation, but it is interesting to see that it is now becoming measurable by the scientific community. (and even receiving US federal grants to do so).

Les has been teaching meditation seminars for over fifteen years, explaining the meditation techniques and attitudinal antidotes that can be used by people of any walk of life to overcome problems of daily life such as depression, anxiety, stress etc.

The one day seminars are well attended, and the refresher mornings 5 to 6 weeks later are also popular, giving those who have lapsed to get a boost, and others to clarify any questions they may have. These courses are continuing to provide a great benefit for the broader community passing on the ancient skills of mindfulness and meditation that provide powerful tools for living with the stress of modern living.

### Followup Meditation Refresher

*Sunday 19 June 10.00am–12.00noon*

### Highest Yoga Tantra

*Wednesdays 8.00pm–9.30pm (ongoing)*

Les gives a detailed explanation of the Generation and Completion stage practices, based on Geshe Loden's two books, *Path to the Union of Clear Light and Illusory Body*, and *Ocean of Indivisible Method and Wisdom*. Initiation is required to attend.

### Yamantaka Retreat and Fire Puja

*Friday evening 1st to Saturday 16th July*

Concluding with fire puja. Initiation is required to participate.



# TUSHITA PUBLICATIONS

## AVAILABLE NOW

### Great Treasure of the Six Yogas of Naropa

Geshe Acharya Thubten Loden has completed his commentary on the six yogas of Naropa. The extraordinary meditational techniques of highest yoga tantra lead a practitioner most rapidly to enlightenment, where such realisation is seen as a union of ultimate meaning clear light and conventional pure illusory body.

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. They are the legacy of the great Pandit Naropa, and presented here as taught by the glorious second Conqueror, Jetsün Tsong Khapa.

This book is only made available to those with highest yoga tantra empowerments.

### Path to Enlightenment in Tibetan Buddhism

*Path to Enlightenment in Tibetan Buddhism* provides an extensive explanation and presents detailed explanations of the Tibetan lam.rim, from elementary topics through to the most subtle teachings. This is the text taught by Les in the weekly Tuesday class.

*Meditations on the Path to Enlightenment* has a special emphasis on the theory and practice of meditation. It presents the full range of path to enlightenment subjects with detailed instructions in each chapter for meditation on the stages of the path. This is an essential manual for those wishing to build a regular meditation practice.

### Essence of the Path to Enlightenment

*Essence of the Path to Enlightenment* provides a clear and concise introduction to the path to enlightenment teachings. It explains in a series of practical steps the methods that can be used by anyone, whatever their situation, to follow the path to enlightenment. This is an excellent introductory book.

### The Fundamental Potential for Enlightenment

The Buddhist teaching that all beings have the potential for enlightenment is a central and inspiring tenet of

Mahayana Buddhism. This title presents this topic drawing from the great Indian classic texts by Maitreya, the *Sublime Continuum of the Mahayana*, the *Ornament for the Mahayana Sutras* and the *Ornament for Clear Realisation*. *Fundamental Potential* contains the inspiring message that the basic nature of beings is clear, radiant, wise and compassionate and shows us how to awaken to this reality.

### Ocean of Indivisible Method and Wisdom

*Ocean of Indivisible Method and Wisdom* provides a comprehensive explanation of Yamantaka generation and completion stages. Part One contains a general overview of tantra and highest yoga tantra in particular. Part Two takes the practitioner through the sadhana and explains in detail the visualisations and methods of generation stage. Part Three is a comprehensive guide to the Yamantaka completion stage practices and these are explained in relation to the various Guhyasamaja systems of completion stage yogas.

This book is only made available to those with highest yoga tantra empowerments and is available directly from the Melbourne Centre.

### Path to the Union of Clear Light and Illusory Body

*Path to the Union of Clear Light and Illusory Body* explains in great clarity the eleven generation stages and special completion stage techniques of Vajrayogini as an aid to practice. These practices are explained in the context of a comprehensive overview of various tantric methods.

This book is only made available to those with highest yoga tantra empowerments and is available directly from the Melbourne Centre.

## WEBSITE

*Our website at [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au) is currently under construction. Hopefully in the near future it will be completed, and upcoming courses and events will be posted.*

## NEW LINE OF GOURMET

In addition to the very popular Maha Muesli, we now have a line of dukkah – the Egyptian dipping spice mix used with olive oil and bread. Ask for a taste if you are interested in buying. It is \$5 for 100 gms.

And I have begun making chai – spiced Indian tea. Perhaps come to mantra rolling for a taste!

## NEW MEMBERSHIP

*We now offer an Associate Membership of \$10 for those who do not want full membership and library use, but still want to keep in touch.*

## TEMPLE

*We are now having discussions with a builder who recently accompanied Les to Melbourne to view the temple there.*

Details and techniques, materials etc are still being worked out but progress is taking place. I have made progress to the point of working out a good water filter, wall urn and soap dispenser! We hope to seek building approval in the near future.



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



Membership Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone (h): \_\_\_\_\_ (w): \_\_\_\_\_

**Membership:** –  \$45 standard  \$55 family  \$25 concession  \$10 Associate membership

Tax deductible donation to building fund \_\_\_\_\_  Cheque enclosed. Amount \$ \_\_\_\_\_

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If so, please state email address *(please print clearly)*: \_\_\_\_\_

**Tibetan Buddhist Society**  
Membership Form



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