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# Tibetan Buddhist Society

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NEWSLETTER  
FEBRUARY 2006

## TRADITIONAL TIBETAN TEMPLE FOR PERTH

*An opportunity to participate in the creation of a unique landmark*



*An impression of the new traditional Tibetan temple.*

*We have recently received Planning Approval from the City of Swan to build a traditional Tibetan temple on our property. The temple will be the same as the temple built by our spiritual leader, Venerable Geshe Acharya Thubten Loden at the Peaceful Land of Joy in Yuroke, Melbourne, which was formally blessed by His Holiness Dalai Lama during a visit in May 2002.*

The meditation room will be spacious (seating capacity 300) and filled with natural light, and will be a peaceful space conducive to meditation, reflection and relaxation. There will be a viewing balcony at the second storey level looking over beautiful gardens and across the local vineyards to the city. A large dining room will open onto outside verandas and there will be eight bedrooms at the rear of the building. We expect the project to be completed by the end of this year, or early 2007.

It is not just a building we are constructing, but a sacred place within which the blessings of our teachers and the Dharma will soften the heaviness of our delusions, self-cherishing, ignorance, confusion and suffering mind states.

The building will be adorned with auspicious symbols and ornaments – above the front entrance will be a Dharmachakra flanked by two deer representing compassion and peacefulness. The deer gaze up at the Dharmachakra symbolising the aspiration for the Dharma.

The Dharmachakra, or wheel of Dharma, represents the three turnings of the wheel of the

Dharma by Shakyamuni Buddha. Adorning the exterior of the building will be golden disc-like ornaments which are representations of the Eight Symbols of Good Fortune and the Five Qualities of Enjoyment.

The altar will house our thangkas and the seven foot Buddha statue, which will be filled with the script of nearly six million mantras all hand-rolled by our students and positioned in the prescribed places within the statue. The grounds will be extensively landscaped with sweeping lawns, trees and flowering plants.

In the near future, we will acquire the Tibetan canon of the Translated Word and Commentaries (Kagyur and Tengyur). The translated word is the texts of the collected sutra and tantra teachings of Shakyamuni Buddha and is considered to represent the Buddha's holy speech. The translated commentaries are the collected works of the great Indian Pandits, such as Nagarjuna, Asanga, Chandrakirti and so forth.

The temple will be a beautiful dependent arising of design, craftsmanship, symbolism, Buddha image, thangkas, the Buddha's word and the vision of our spiritual leader, Geshe Acharya Thubten Loden. It will hold the hope for enlightenment, the welfare of beings, and the opportunity of truth to all who wish to come and learn and practise the path laid out by the Buddha over 2,500 years ago in a land far from Australia.

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# TRADITIONAL TIBETAN TEMPLE FOR PERTH

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The project is estimated to cost approximately \$1.5 million. We currently have \$500,000 so are looking to raise \$1 million, either by way of tax-deductible donations, interest-free or low interest loans, plus a bank mortgage.

The opportunity to be involved in the building and establishing of a temple, which will be of benefit to many beings for hundreds of years to come, is one that rarely occurs in all ones samsaric lifetimes. The karmic imprint for future experience is incalculable. Given that this is occurring in a “non-Buddhist” land, makes it even more significant.

We therefore invite you to become part of this historic

project by making a donation which is fully tax-deductible. You may wish to sponsor a particular item or subsidise supplies or services. Alternatively, please contact us to discuss any other help you may be able to give, for example, a loan.

Those of us who have thus far been involved in this project, are seeing our own lives transformed as we help to fulfil bringing to fruition this vision of our guru.

‘It is my deep wish that this Temple will be of great benefit to many thousands of people for years and years into the future.’ Ven Geshe Acharya Thubten Loden at the time of building the temple in Melbourne.

## TEACHING PROGRAMME

*Les was approached during the year to consider starting the teachings at 7.30pm instead of the usual 8pm.*

*A vote was held, and an overwhelming 65% preferred the earlier start.*

**Therefore from first term this year, all our teachings will commence at 7.30 pm and finish at 9pm.**

*First term commences on Tuesday 14th February, concludes Tues and Wed 11th and 12th April.*

*Second term commences Tuesday 9th May, concludes Tues and Wed 20th and 21st June.*

### Path to Enlightenment

*Tuesdays 7.30pm–9.00pm (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 and Meditation

*5 week course, Sundays 10 to 12.30pm*

- 12th, 19th, 26th March, 2nd & 9th April or
- 21st, 28th May, 4th, 11th & 25th June
- 13th, 20th, 27th Aug & 3rd, 10th Sept

Facility charge \$100. Prior registration required.

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.

### Learn to Meditate Seminar

*Sunday 26th February 10am–4.00pm*

Facility charge \$100, lunch and refreshments provided. Prior registration required.

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.

### Highest Yoga Tantra

*Wednesdays 7.30pm–9.00pm (ongoing)*

*Commencing with Yamantaka on Wednesday 15th February*

Suggested facility charge \$10

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.

### Vajrayogini Retreat and Fire Puja

*Commencing Fri 30th June–Sat 22nd July*

Please indicate early your intention to attend if you require accommodation. Initiation is required.

### Easter Retreat

There will be no Easter retreat this year – due to the fact we expect earthworks for the temple to be underway, which may cause disruption and noise.

# TUSHITA PUBLICATIONS

## 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.

## Meditations on the Path to Enlightenment

*Meditations on the Path to Enlightenment* is a comprehensive meditation manual presenting the essential points of the Buddhist path together with detailed instructions on developing a meditation practice.



## Annual General Meeting

Our AGM will be held on  
Sunday 19th February 2.00pm

## MEMBERSHIP

*Membership falls due at the end of October each year, unless you joined during the year before May, in which case it will continue to the following October.*

## 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.

## DHARMA ACTIVITIES

*Our teaching programme concluded in early December with Refuge, precepts and Bodhichitta vow ceremony.*

In January Les lead us in an eight day Mahamudra retreat, teaching extensively from a text written by the first Panchen Lama, with a commentary by HH Dalai Lama. Twenty five people attended the whole retreat, including several from interstate and down south, and another 7 or 8 joined us for weekends. The first few days were spent examining the conventional nature of mind – something we found extremely interesting given that mind and its activity are ever-present, unlike more complex meditations such as visualisations etc. We then proceeded to contemplate and understand the ultimate nature of mind.

Although I doubt if any (or many) of us actually got to directly perceive the ultimate nature, we certainly learnt a lot about ourselves by looking at the conventional nature.

We have almost got Les to agree to hold a Mahamudra retreat every second year, alternating it with another practice.



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Membership Form

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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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**Tibetan Buddhist Society**  
Membership Form



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