



A Contemplation on Life & Death

This poem was originally written in the 1960's by a nurse in a nursing home. The stories that are currently circulating with it are in fact fictional. Fact or fiction, the message contained within its lines provides a powerful contemplation on life & death.

Cranky Old Man

What do you see nurses? What do you see?
What are you thinkingwhen you're looking at me?
A cranky old man, not very wise,
Uncertain of habit with faraway eyes?
Who dribbles his food and makes no reply.
When you say in a loud voice 'I do wish you'd try!'
Who seems not to notice the things that you do.
And forever is losing A sock or a shoe?
Who, resisting or not lets you do as you will,
With bathing and feeding The long day to fill?
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse, ..you're not looking at me.
I'll tell you who I am As I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of ten with a father and mother,
Brothers and sisters who love one another.
A young boy of sixteen with wings on his feet,
Dreaming that soon now a lover he'll meet.
A groom soon at twenty my heart gives a leap.
Remembering, the vows that I promised to keep.
At twenty-five, now I have young of my own.
Who need me to guide And a secure happy home.
A man of thirty My young now grown fast,
Bound to each other With ties that should last.
At forty, my young sons have grown and are gone,
But my woman is beside me to see I don't mourn.
At fifty, once more, Babies play 'round my knee.
Again, we know children My loved one and me.
Dark days are upon me My wife is now dead.
I look at the future I shudder with dread.
For my young are all rearing young of their own.
And I think of the years . . . And the love that I've known.
I'm now an old man and nature is cruel.
It's jest to make old age look like a fool.
The body, it crumbles grace and vigour, depart.
There is now a stone where I once had a heart.
But inside this old carcass . . . A young man still dwells,
And now and again my battered heart swells.
I remember the joys I remember the pain.
And I'm loving and living life over again.
I think of the years, all too few gone too fast.
And accept the stark fact that nothing can last.
So open your eyes, people open and see.
Not a cranky old man, Look closer . . . see Me.

Venerable Acharya Zasep Tulku Rinpoche to give initiations in April 2013

We are pleased to announce to all students that Rinpoche has kindly agreed to return in April 2013. During this visit he will confer a number of precious initiations over a four day period.



Details of the proposed program are as follows:

- Thursday April 25th (Anzac Day)
Green Tara Initiation & Teachings
- Friday Evening April 26th and Saturday April 27th
Yamantaka Initiation
- Sunday April 27th
Vajrayogini Initiation

Students wishing to take initiations should be committed to the Mahayana path and have a sincere commitment to practice.

The Green Tara initiation & subsequent teachings are suitable for all students with some experience of Buddhism.

The Yamantaka & Vajrayogini initiations are from the class of Highest Yoga Tantra and taking them is a serious step. Taking these initiations brings with them lifelong daily commitments and the promise to abide by the vows given.

In order to receive the Vajrayogini initiation, one must already have received a great initiation of Highest Yoga Tantra such as Kalachakra, Guhyasamaja, Heruka or Yamantaka.

Further details & application forms will be available in term one next year. Email contact@tibetanbuddhistsociety.com.au to register your interest.



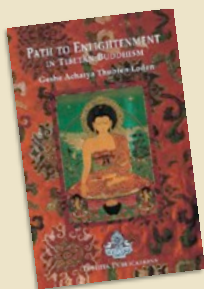
Pink Ribbon Event for Breast Cancer a great success!

Thanks to everyone who supported our Pink Ribbon afternoon tea for the National Breast Cancer Foundation. By hosting the afternoon tea & by selling a selection of home-made cakes and treats, we have now raised over \$2200.

If you were unable to attend but would still like to show your support, please follow this link to make a secure online donation. <http://prb.org.au/47e4171vmh0>

Book Reviews

The Path to Enlightenment in Tibetan Buddhism *Geshe Acharya Thubten Lodon*



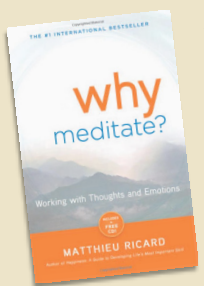
The Path to Enlightenment is a core text in Tibetan Buddhism and this book is the basis of our teaching program.

It presents the Buddha's main teachings in a clear, step-by-step format, with each stage serving as a foundation for the next. This extraordinary book may be likened to a practice manual, providing a wide range of different techniques appropriate for a variety of circumstances. These help us to cultivate greater happiness and inner peace in our daily lives, while leading towards the ultimate objective of enlightenment.

1097 pages – Hardcover - \$130

Why Meditate? (Working with Thoughts & Emotions)

Matthieu Ricard



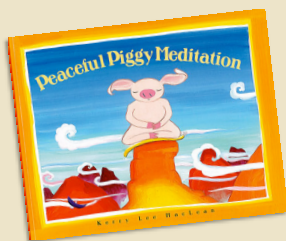
Although meditation is a lifelong process even for the wisest, *Why Meditate?* demonstrates that by practicing it on a daily basis we can change our understanding of ourselves and the world around us. In this brilliant short book Matthieu Ricard talks us through the theory, spirituality, and practical aspects of meditation. He illustrates

each stage of his teaching with examples, leading the reader deeper into their own practice.

Paperback - \$27.50

Peaceful Piggy Meditation

Kerry Lee Maclean



Kids love this Book! Sometimes life seems like it's all about hurrying - too many places for a piggy to go! And sometimes it's hard when things don't go your way - it can make a piggy angry and sad. How can young piggies find a peaceful way to relax and regroup? They can meditate!

Paperback - \$17.50

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

TEACHING PROGRAM

Term Four 2012

Concludes Sunday December 2nd, 2012

Term One 2013

Sunday February 3rd to Sunday March 24th, 2013

Term Two 2013

Sunday May 5th to Sunday June 30th, 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)

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 Lodon and will lead all meditation sessions. Cost \$450 with accommodation or \$375 without.

Applications are available for download from the "retreats" section of our web site. Registrations close Sunday December 2.

Learn to Meditate Seminar

10.00am - 3.00pm Sunday February 3rd, 2013

This one-day seminar introduces 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

Introduction to Buddhism & Meditation

5 weeks 10.00am to 12.30pm - Commencing on Sunday February 17th & concluding on Sunday March 17th, 2013

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. The cost is \$120 including morning tea and course notes.

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

Easter Retreat 2013

Three days from Friday March 29th to Sunday March 31st

The subject of this retreat will be Bodhichitta and is suitable for all students. Full details and retreat application forms will be available in term one 2013.

