



# TIBETAN BUDDHIST SOCIETY NEWSLETTER



## Temple open day and ceremony

2009 was an important year for the Tibetan Buddhist Society (WA), with a formal blessing ceremony marking the official opening of our new temple on Saturday June 6th.

Our Spiritual Head and Leader, Geshe Acharya Thubten Loden, along with a group of monks, nuns and students from the Melbourne and Sydney Tibetan Buddhist Society centres, travelled to Perth to celebrate the opening of the temple.

Around 2000 visitors attended the event which was held in glorious sunshine on our twelve and a half acre property at Herne Hill in the Swan Valley.

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

## Tushita Publications

### Path to Enlightenment in Tibetan Buddhism

This step-by-step guide to the Buddhist path is primarily drawn from Jetsun Tsong Khapa's *Great Exposition*, presenting the beginning stages through to advanced meditations with clarity and detail. *Price: \$130*

### Meditations on the Path to Enlightenment

This unique meditation handbook presents the essential points of the Buddhist path with detailed meditations in each chapter.

*Price: \$75*

### Essence of the Path to Enlightenment

This introductory book presents the main stages of the Buddhist path with guidance and meditations suitable for newer students.

*Price: \$50*

### The Fundamental Potential for Enlightenment

This book analyses the potential for sentient beings to achieve enlightenment and draws extensively on two classic texts by Maitreya Buddha. *Price: \$49*

*The following five books are only available to those with a highest yoga tantra initiation.*

### Prayers for the Path of Indivisible Great Bliss and Emptiness

This book offers the major prayers and sadhanas translated into English including those of Shakyamuni Buddha, Maitreya Buddha, Manjushri, Medicine Buddha, White Tara, Vajrasattva, Yamantaka and Vajrayogini. *Price: \$100*

### Ocean of Indivisible Method and Wisdom

A comprehensive explanation of the tantric paths, grounds and the generation and completion stages of the father tantra Solitary Hero Yamantaka. *Price: \$120*

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

This book sets out the mother tantra system of Vajrayogini, detailing the eleven generation stages and completion stage techniques. *Price: \$140*

### Great Treasure of the Six Yogas of Naropa

The extraordinary meditation techniques of the six yogas are the legacy of the great Pandit Naropa, and presented in this book as they were taught by Jetsun Tsong Khapa. *Price: \$150*

### Great Treasury of Mahamudra

Geshe Loden's latest book presents the essence of meditating on emptiness from various perspectives within the sutra and tantra systems. *Price: \$150*

## TIBETAN BUDDHIST SOCIETY

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We were delighted to welcome a large number of sangha from various Buddhist traditions, as well as State and Federal members of parliament and City of Swan dignitaries.

Geshe-la delivered the opening ceremony address and spoke of the great joy he feels that there are now two traditional Tibetan temples in Australia – places to preserve the precious pure Mahayana Buddhist teachings, a place for students to learn about Buddhist meditation and philosophy as a basis for developing the special human qualities of kindness, compassion and care for others.

Geshe-la also spoke highly of the continuous effort and Les and Margaret who began the Perth centre at his request almost 30 years ago, and their dedicated students who have worked so energetically to establish the temple and gardens.

Many thanks to all students and supporters who helped make the day a huge success.

## Tibetan Buddhist Society Web Site

For the latest information regarding our centre, please visit our web site at: [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au).

Current information about our 2010 teaching program is available, as well as details of forthcoming courses and retreats. Our web site also offers secure online shopping facilities where customers can purchase books by Geshe Loden as well as a number of other items.

## Geshe Loden's Activities

As the inspiration for everyone associated with the Tibetan Buddhist Society, our Spiritual Head and Leader, Geshe Acharya Thubten Loden continues to develop projects to benefit others.

Geshe-la has recently instigated a new project to provide food for homeless and disadvantaged people. This project was funded with a \$2000 personal donation from Geshe-la, plus a further \$1500 donated by Melbourne students. A charitable fund has now been established to raise money so that food can be provided to those in need on a regular basis. The fund has so far raised \$8000.

### Perth Fundraiser Movie and Afternoon Tea

So that Perth students can contribute to the project, we will be screening a DVD film of an *Annual Long Life Prayer Offering to Geshe-la*. This offering puja was conducted by the full assembly of monks from Denma Khangsten at Sera Jey Monastery in India, on 25th April, 2009.

The screening will be followed by an afternoon tea and will be held at **2pm on Sunday March 21th** (*the second last class for this term*). All donations collected on the day will be sent to Geshe-la as a contribution to this worthy project.

## January Mahamudra Retreat

**Our teaching program for 2010 began with an 8 day Mahamudra retreat. The popularity of our January retreats continues to grow with over 40 people attending full time and another 20 part time part time. This year we welcomed 13 visitors from country WA and interstate.**

During the sessions Les gave extensive teachings explaining the mechanics of meditation and describing how to gain an understanding of both the conventional as well as the ultimate nature of mind. Les taught, and provided extensive commentary and teachings from Geshe Acharya Thubten Loden's extraordinary new book, *Great Treasury of Mahamudra*.

As well as the formal teachings, it was Les's own life experience, anecdotes, and humour that motivated students to apply maximum concentration to their meditation sessions and to get the most from this precious week's retreat before beginning another busy year. Many students reported their meditation practice had improved greatly, or that they had overcome obstacles.

## Teaching programme

*Please refer to our website for class descriptions.*

Term 1 – February 7 to March 28

Term 2 – May 2 to June 27

**Path to Enlightenment** *Sundays 4.00pm – 5.30pm*

**Vajrayana Classes** *Tuesdays 7.30pm – 9.00pm*

**Fundamental Potential** *Resuming second term.*

## Easter Retreat 2010

*Commencing 9am Friday 2nd April and concluding 3.30pm Sunday 4th April.*

The subject of this years Easter retreat will be **“Bodhichitta Thought Transformation”**.

Bodhichitta is the attitude that is based on the great compassion wishing to remove the suffering of all beings, and the recognition that, to be of greatest benefit to both oneself and others, it is ideal to attain enlightenment. The teachings and meditations during the retreat will be based on Geshe Loden's *Path to Enlightenment*.

This retreat is suitable for both newer and more experienced students.

Cost \$200 with accommodation, or \$170 without accommodation. Vegetarian meals will be provided.

Registration forms can be downloaded from our web site at: [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au)

## Annual Vajrayana Retreat

*Commencing 9am Saturday 3rd July and concluding with a fire puja on Saturday 24th July.*

This years' Vajrayana retreat is a 3 week Vajrayogini retreat. Please note that relevant initiation and some experience with the practice is required in order to attend this retreat.

Cost \$1150 with accommodation (\$1050 for registrations received prior to 3rd June), or \$1050 without accommodation (\$950 for registrations received prior to 3rd June).

Registration forms can be downloaded from our web site at: [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au)