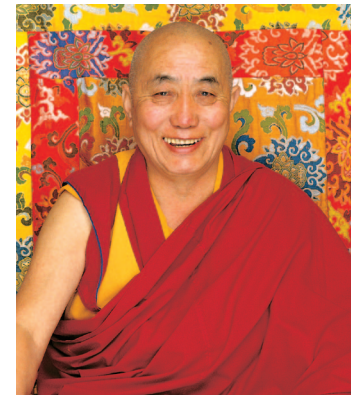




TIBETAN BUDDHIST SOCIETY NEWSLETTER

Geshe Acharya Thubten Loden 1924 – 2011

It is with the greatest sorrow that we advise that the Most Precious and Venerable Geshe Acharya Thubten Loden, the Great Treasure of the Tibetan Buddhist Society, our peerless teacher, vajra master and guide passed away in the early hours of Thursday August 25th, 2011.



Geshe-la's passing will be felt deeply by thousands of people in Australia, India, Tibet and throughout the world. For all those whose lives have been enriched by attending his peerless Dharma teachings, reading his nine precious Dharma books, his personal advice and guidance and his innumerable forms of generosity, it is difficult to express how much Geshe-la will be missed.

At the same time, reflecting on Geshe-la's life inspires us: it shows us what it really means in practical terms to practice the Dharma. To receive the precious teachings on bodhichitta, and on the perfections of generosity, ethics, patience, energetic perseverance, concentration and wisdom is one thing; to witness them being put into practice on a daily basis in Geshe-la's daily activities has been something else altogether.

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

Book Reviews

Meditations on the Path to Enlightenment

Geshe Acharya Thubten Loden

The Path to Enlightenment is a core text in Tibetan Buddhism. It presents the Buddha's main teachings in a clear, step-by-step format, with each stage serving as a foundation for the next.

For students attending our regular classes, this book by Geshe Loden is a wonderful companion to the more extensive Path to Enlightenment.

This book emphasises the meditation techniques necessary to build a personal meditation practice and to develop the realisations of the Mahayana path.

601 pages – Hardcover – Available from our bookshop – \$75

Happiness (A Guide to Developing Life's Most Important Skill)

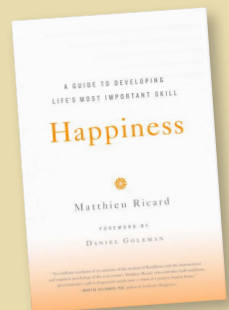
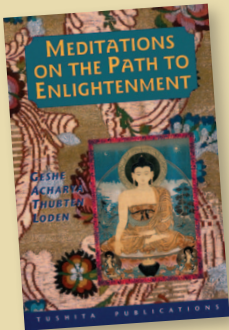
Matthieu Ricard

In this ground breaking book, Matthieu Ricard makes a positive case for happiness as a goal that deserves at least as much energy as any other in our lives.

Wealth? Fitness? Career Success? How can we possibly place these above true and lasting well-being? Drawing from works of fiction and poetry, Western philosophy, Buddhist beliefs, scientific research and personal experience, Matthieu Ricard weaves an inspirational and forward looking account of how we can begin to rethink our realities in a fast moving modern world.

281 pages – Paperback – \$35

Available from our bookshop or through our secure online store at www.tibetanbuddhistsociety.com.au



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His Holiness The Dalai Lama 2011 Tour

In June, a large number of Perth students were lucky enough to make the trip to Melbourne, to hear His Holiness the Dalai Lama give teachings on “The Bodhisattva’s Way of Life”.

Over three days, His Holiness covered in great detail and with brilliant clarity, a number of sections of the text including the chapters on The Awakening Mind, Patience, and Meditation.

On the last day, His Holiness led the audience through the taking of the Bodhisattva vows, a very special opportunity for everyone. His Holiness encouraged everyone to take them each day as part of their daily practice.

On the final leg of his tour, His Holiness spoke to a sell-out crowd of 14,500 people at the Burswood Dome in Perth.

“The world has made great material developments in 20th century and in the last decade of 21st century. What is now needed is advancement in spirituality, it should be taught as a subject from kindergarten to university” said His Holiness.

He noted that spirituality is not just based on religious faith, arguing that this definition excludes non-believers, who make a substantial population in the world. He defined spirituality as essentially being moral ethics or inner values such as compassion.

We look forward to His Holiness returning to Australia soon.

Geshe Acharya Thubten Loden

(Continued from page 1)

Geshe-la’s repeated message to his students over many years has been, above all, to help others, to avoid harm to others, to look after others more than one’s self.

He said on many occasions that if we do this, our life is worthwhile, our life is meaningful. By this, and any measure Geshe-la’s life has been supremely meaningful.

We pray that he will return to us very quickly, quickly and continue to give us teachings and inspire our Dharma practice.

Geshe-la has given precise instructions about the practices to be undertaken by Tibetan Buddhist Society students following his passing. All students who wish to are able to join us for prayers in the holy traditional Tibetan temple at the following times:

Monday to Saturday

Each evening from 7.30 pm – 8.30pm.

Sunday afternoons

5.30pm following the Path to Enlightenment class.

Students with highest yoga tantra initiations may remain if they wish for additional prayers which will take approximately half an hour. In accordance with Geshe-la’s instructions, the prayers will be recited for 49 days.

Teaching Program

Term Three – Sunday 31st July to Sunday 11th September

Term Four – Sunday 16th October to Sunday 4th December

(No class Sunday October 30th)

WEEKLY CLASSES

Path to Enlightenment Sundays 4.00pm–5.30pm

Vajrayana Classes Tuesdays 7.30pm–9.00pm

One Day Meditation Seminar

10.00am to 3.00pm on Sunday October 23rd

Suitable for everyone, this one-day seminar introduces several basic meditation techniques effective for overcoming the debilitating symptoms of stress and unhappiness, and enhancing the quality of life and relationships.

Sessions consist of guided meditation introducing special methods for relaxing the mind and body. Instructions are given in the practical application of the meditation techniques to everyday life situations.

David Michie, author of “*Buddhism for Busy People*” and “*Hurry up and Meditate*” will lead this seminar.

Cost \$100 including morning tea, lunch and course notes.

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

Medicine Buddha Practice Weekend

9am–5pm Friday October 28 & Saturday October 29

(Note: Friday 28th is now the Queen’s Birthday Holiday)

The practice of Medicine Buddha is a powerful method for healing oneself and others. It is also a powerful practice for overcoming the inner sicknesses of attachment, hatred, and ignorance.

Meditating on the Medicine Buddha and reciting his mantra, can help decrease physical and mental illness and suffering and aid in the purification of negative karma.



Over the weekend, Les will give some teachings on the practice of Medicine Buddha and will lead meditation sessions. The main focus of this weekend will be meditation, with an emphasis on visualisation and mantra recitation.

The cost for the weekend is \$120. Refreshments and a vegetarian lunch will be provided each day. To assist with catering, prior registration is essential.

Early registration is available now, or download a registration form to fax or post from our web site at: www.tibetanbuddhistsociety.com.au

Meditation Morning

10.00am to noon on Sunday November 6th

This morning is open to all students and anyone who has completed one of our “*Learn to Meditate*” seminars, or “*Introduction to Buddhism*” courses.

David Michie, a long time student of the Tibetan Buddhist Society and author of “*Buddhism for Busy People*” and “*Hurry up and Meditate*” will lead this course. The morning will comprise two meditation sessions as well as some time for questions.

Cost \$20 including morning tea.

Register and pay online through our secure web site at www.tibetanbuddhistsociety.com.au

