

# TIBETAN BUDDHIST SOCIETY NEWSLETTER



## BLESSING AND OFFICIAL OPENING OF NEW TEMPLE

We are delighted and honoured that our kind teacher and spiritual head, Geshe Acharya Thubten Loden, has agreed to visit us from Melbourne to perform a blessing of the temple, as well as to give teachings over a two week period in June this year.

**O**ur benefactors, members, and a number of dignitaries will be invited to attend the blessing ceremony to be held on Saturday June 6th. The ceremony will mark the official opening of the temple which is the second traditional Tibetan Buddhist temple in Australia – the first being at the TBS property in Melbourne.

In the two weeks following the temple opening, Geshe-la has kindly offered to provide initiations and teachings for students. At 86 years of age, Geshe-la is one of the few remaining lamas of his generation, and also among a very small number of 'old school' lamas to have studied at the most advanced levels in pre-invasion Tibet. For those of us living in Perth, his visit provides an extremely rare opportunity to hear the Dharma presented by a teacher with impeccable credentials and pure lineage. It is also a very special opportunity to spend time in the presence of one of the greatest living masters of our tradition.

The details of Geshe-las's teaching program are being finalised and another newsletter will be issued once this schedule is confirmed.

If undeliverable please return to:

Tibetan Buddhist Society  
274 Campersic Road, Herne Hill  
Western Australia 6056

### WORKING BEE OR OPPORTUNITY FOR MERIT

With a lot of work required to keep the temple and property well maintained, we will hold regular Saturday morning working bees, from 10am till 1pm, (come 9.30am for tea and coffee first) on alternate weeks, commencing Saturday 7th February.

Jobs are varied, suiting most fitness levels. Please come prepared with a water bottle and sunscreen. It would help us if you could email us of your intention to attend.

### BOOK SHOP

Our book shop stocks a range of books on Buddhism and meditation, including Tushita books by Geshe Acharya Thubten Loden, CDs and books by His Holiness the Dalai Lama, David Michie's *Buddhism for Busy People* and *Hurry up and Meditate*, books on stress management, mindfulness and depression, parenting and several children's books.

We also stock a range of gifts and products, as well as home made produce such as the ever popular muesli, panforte, cordials and jams and chutneys, many using products from our own orchard.

Please take the time to browse before class – we have significant, newly arrived consignment of stock from Nepal including malas, shawls and jewellery.

### TEMPLE AND SHOP OPENING HOURS

Wayne Dobinson, who recently gave up full time work to help look after the temple and the activities at the centre, will hold regular opening hours, as well as conduct temple tours (by appointment).

From Monday 9th March, the office and shop will be open on Mondays and Wednesdays from 10am till 2pm each week during term, and from 3.30pm til 4pm on Sundays.

### TIBETAN BUDDHIST SOCIETY

274 Campersic Road, Herne Hill 6056  
Tel: (08) 9296 0086 Fax: (08) 9296 6135  
Email: [tibetanbuddhistsociety@bigpond.com](mailto:tibetanbuddhistsociety@bigpond.com)  
Web: [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au)

## MAHAMUDRA RETREAT

We started the new year with an 8 day mahamudra retreat which was attended by 25 people fulltime, with 10 attending part time. Many people took the opportunity to live in and enjoyed the wonderful facilities of our new temple. Despite the extremely hot weather, we were very comfortable in our new, air-conditioned building.

Les gave extensive teachings explaining the mechanics of meditation – taking us through the nine stages of calm abiding and describing how to gain an understanding of both the conventional as well as the ultimate nature of mind. Les taught from the text by first Panchen Lama, with a commentary by HH Dalai Lama and also provided teachings from Geshe Acharya Thubten Loden's extensive *Path to Enlightenment*, and the *Fundamental Potential for Enlightenment*.

As well as the formal texts, it was Les's own experience, anecdotes, pep-talks 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 another busy year began. Many students reported their meditation practice had improved greatly, or they had overcome obstacles with their meditation. What a wonderful way to begin a new year!

## TEMPLE TOURS

During the next few months, group tours of the temple will be conducted, by prior booking. The cost will be \$10 per person, including tea/coffee, for a minimum of five people.

It is our intention to extend invitations for temple tours to other Buddhist groups in Perth, students at schools taking comparative religious studies, and other interested organisations. If you know of any group that may be interested, please let Marg or Wayne know.

## AGM

Our Annual General Meeting will be held on Sunday 8th March at 2pm. All members are welcome to attend.

## TEACHING SCHEDULE

### PATH TO ENLIGHTENMENT TEACHINGS

*New course starting Sunday 8th February 4pm*

Members and friends are invited to join us for afternoon tea and cake before the start of our first Path to Enlightenment class on 8th Feb. Tea will be served from 3pm, with the class beginning at 4pm.

This is a special start to the new year because Les will begin teaching from Geshe-la's extensive path to Enlightenment from Chapter One. It can take up to four years for Les to complete teaching the book, from start to finish, so this represents an excellent opportunity for newer students to begin at the beginning.

The *Path to Enlightenment*, or *lam rim* in Tibetan, is one of the core texts in our tradition, covering every aspect of the path from the essential elements of how to create a daily practice, to the most subtle aspects of understanding conventional and ultimate reality.

Registration in this course is not required, and students attend on a week by week basis.

There is no charge for the teachings, although we do ask people attending each class to make a \$10 donation towards the cost of our magnificent new facilities.



### FUNDAMENTAL POTENTIAL FOR ENLIGHTENMENT TEACHINGS

*Commencing Wednesday 25th February 7.30pm*

This text is based on Buddha Maitreya's explanation of the nature and potential of the mind, and why it is possible to transform this potential into a state of enlightenment.

The text for this course is the book by Geshe Loden, *Fundamental Potential for Enlightenment*. This course is suitable for both experienced students, and newer students who have completed an introduction course.

Registration in this course is not required, and students attend on a week by week basis. Again, a \$10 donation towards facilities for each class is encouraged.

### VAJRAYANA TEACHINGS

*Commencing Tuesday 10th February 7.30pm*

Initiation is required to attend this class.

## TEACHING SCHEDULE (CONT.)

### ONE DAY LEARN TO MEDITATE SEMINAR

*15th February and 5th April*

Meditation techniques and attitudinal antidotes that can be used to overcome stress, anxiety, depression and a variety of negative emotions will be presented in a practical down-to-earth manner.

### INTRODUCTION TO MEDITATION & BUDDHISM

*Commencing 1st March and 3rd May*

This popular, five week course introducing a variety of meditation techniques and an overview of Buddhist philosophy and psychology is ideally suited to newcomers. If you have any friends or family who're curious to learn more about Buddhism, please let them know about these courses.

### ANNUAL EASTER RETREAT

*Commencing Friday 10th April 9am concluding Sunday 12th April 3.30pm*

The subject of this year's Easter retreat will be the development of calm abiding meditation.

Many people approach their meditation practice with a "cruise-control" attitude, as if it will take care of itself once they have the basic instructions. However, no progress will be made unless one becomes more like a "technician", carefully applying the techniques and methods.

The teachings during the retreat will be based on chapter 29 of Geshe Loden's *Path to Enlightenment*.

As accommodation is limited and allocated in order of registration, early registration is recommended. Cost is \$200 with a \$20 early bird discount for registrations received by 22nd March.

### YAMANTAKA RETREAT

*Commencing Saturday 4th July concluding with Fire Puja on Saturday 18th July*

Open only to those with initiation.

Limited accommodation is allocated in order of registration. Cost is \$770 with a \$70 discount for early bird registration before 14th June.



# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Term 1	3	4	5	6	7 9.30AM-1PM WORKING BEE
8 3PM AFTERNOON TEA 4PM PATH TO ENLIGHTENMENT	9	10 7.30PM VAJRAYANA TEACHINGS	11	12	13	14
15 10AM LEARN TO MEDITATE 4PM PATH TO ENLIGHTENMENT	16	17 7.30PM VAJRAYANA TEACHINGS	18	19	20	21 9.30AM-1PM WORKING BEE
22 4PM PATH TO ENLIGHTENMENT TEACHINGS	23	24 7.30PM VAJRAYANA TEACHINGS	25 7.30PM FUNDAMENTAL POTENTIAL TEACHINGS	26	27	28

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10AM INTRODUCTION 4PM PATH TO ENLIGHTENMENT	2 <i>Labour Day</i>	3 7.30PM VAJRAYANA TEACHINGS	4 7.30PM FUNDAMENTAL POTENTIAL TEACHINGS	5	6	7 9.30AM-1PM WORKING BEE
8 10AM INTRODUCTION 2PM AGM 4PM PTE	9	10 7.30PM VAJRAYANA TEACHINGS	11 7.30PM FUNDAMENTAL POTENTIAL TEACHINGS	12	13	14
15 10AM INTRODUCTION 4PM PATH TO ENLIGHTENMENT	16	17 7.30PM VAJRAYANA TEACHINGS	18 7.30PM FUNDAMENTAL POTENTIAL TEACHINGS	19	20	21 9.30AM-1PM WORKING BEE
22 10AM INTRODUCTION 4PM PATH TO ENLIGHTENMENT	23	24 7.30PM VAJRAYANA TEACHINGS	25 7.30PM FUNDAMENTAL POTENTIAL TEACHINGS	26	27	28
29 10AM INTRODUCTION 4PM PATH TO ENLIGHTENMENT	30	31 7.30PM VAJRAYANA TEACHINGS	7.30PM FUNDAMENTAL POTENTIAL TEACHINGS			

# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 9.30AM-1PM WORKING BEE
5 10AM LEARN TO MEDITATE 4PM PATH TO ENLIGHTENMENT	6	7 7.30PM VAJRAYANA TEACHINGS	8 7.30PM FUNDAMENTAL POTENTIAL TEACHINGS	9 Term 1 ends	10 <i>Good Friday</i> 9AM CALM ABIDING RETREAT	11 CALM ABIDING RETREAT
12 CALM ABIDING RETREAT	13 <i>Easter Monday</i>	14	15	16	17	18 9.30AM-1PM WORKING BEE
19	20	21	22	23	24	25
26	27	28	29 Term 2 FUNDAMENTAL POTENTIAL TEACHINGS	30		

# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 9.30AM-1PM WORKING BEE
3 10AM INTRODUCTION 4PM PATH TO ENLIGHTENMENT	4	5 7.30PM VAJRAYANA TEACHINGS	6 7.30PM FUNDAMENTAL POTENTIAL TEACHINGS	7	8	9

## SUPPORT THROUGH MEMBERSHIP

*A number of benefits are gained through membership. In addition to assisting the Society to fulfil its main goal to develop and preserve the pure Mahayana Buddhist teachings, members are entitled to membership of our extensive library of Mahayana teachings and art books, receive our newsletter and are invited to our complimentary members' dinner each year.*

*Membership falls due for renewal at the end of October. If you have joined after May, your membership will remain current until October of the following year.*

# Tibetan Buddhist Society Membership Form

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

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

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

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

(w): \_\_\_\_\_

**Membership:**  \$45 standard  \$55 family  \$25 concession  \$10 newsletter only

**Tax deductible donation to building fund:**  \_\_\_\_\_ Amount: \$ \_\_\_\_\_

**Credit card:**  Visa  MC Name on card: \_\_\_\_\_

Card No:

Signature: \_\_\_\_\_ Expiry: / \_\_\_\_\_ Amount: \$ \_\_\_\_\_

**Direct deposit:** TBS BSB: 083 091 A/c: 04838 2415 Ref: *your surnameMember\** Deposit date: \_\_\_\_\_

\*Please use reference 'your surnameMember' (i.e. smithMember) so that we can trace your request to pay membership fees.

**Cheque enclosed**

Would you like to receive the newsletter via email as an Acrobat PDF? If so, please state email address:  
(please print clearly): \_\_\_\_\_



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274 Campersic Road, Herne Hill WA 6056. Tel: (08) 9296 0086

Email: tibetanbuddhistsociety@bigpond.com Web: www.tibetanbuddhistsociety.com.au