



TIBETAN BUDDHIST SOCIETY NEWSLETTER



Hume City Council names Geshe Loden Citizen of the Year

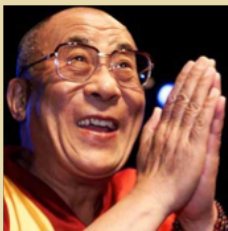
2011 began with wonderful news for the Tibetan Buddhist Society and our Spiritual Head and Leader the Venerable Geshe Acharya Thubten Loden.

In recognition of his enormous contribution to Australia and his local community, Geshe.la was named by the Hume City Council as their Citizen of the Year.

When Geshe.la arrived in Australia in 1976 he had no experience of life in the West and was unable to speak English. Since then he has benefited thousands of Australians through his teachings, personal advice, support and the establishment of Tibetan Buddhist Society meditation centres and the construction of traditional Tibetan temples.

In accepting the award Geshe.la said *"I live on Australian land, eat Australian food and drink Australian water. My shelter comes from Australia. My food comes from Australia. My helpers are Australian people. Therefore, I never forget the kindness of Australian people and the Australian Government. I continuously seek to repay that kindness."*

HH the Dalai Lama to Visit Perth in June



As part of his Australian tour in June, His Holiness the 14th Dalai Lama will be attending a number of events in Perth including a public talk entitled "A Conversation with the Dalai Lama".

The talk will be held on Sunday 19th June from 9.30am to 11.30am at the Burswood Dome and will have a focus on "Spirituality in the Modern World". During the conversation the Dalai Lama will share his personal insights and knowledge and participants will have the opportunity to ask His Holiness a question.

The highlight of the tour will be in Melbourne, where His Holiness will give a three day teaching on Shantideva's *Guide to the Bodhisattva's Way of Life* from June 11- 13.

Tickets for the Perth talk are now on sale and there are still limited tickets available for the Melbourne teachings.

All tickets can be purchased online from Dalai Lama in Australia at www.dalailamainaustralia.org

Temple Bookshop & Online Store

Have you paid a visit to our temple bookshop or online store lately? If not, you might be surprised at the range of items that we now have available.

We stock a wide range of dharma books including all titles by Geshe Loden, assorted children's books and stationery items and we have a new range of silver jewellery, as well as new designs in scarves and shawls.

We also stock many items imported from Nepal, including a large range of mala beads, meditation blankets, offering bowls, incense and incense holders, singing bowls and fabric items.

We invite everyone to help support the centre by shopping in our bookshop or visiting the secure online store at our web site www.tibetanbuddhistsociety.com.au

TIBETAN BUDDHIST SOCIETY

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A Message from the Venerable Geshe Acharya Thubten Loden



At the start of a new year it is especially beneficial to reflect on our own mind and our situation.

Each New Year seems to come around more quickly as we get older, and the Buddha has taught that this human life we currently enjoy is definitely impermanent.

We can consider how many useful, beneficial activities have we done in the last year? How many positive minds have we generated – such as love, compassion, generosity – and how many negative minds have we allowed to arise?

The more time we spend cultivating positive minds and reducing negative ones, the more really useful and meaningful our lives are. It is especially useful to think this way as we look to our year ahead.

(Taken from Geshe.la's New Year message)

Book Review

Great Treasury of Mahamudra

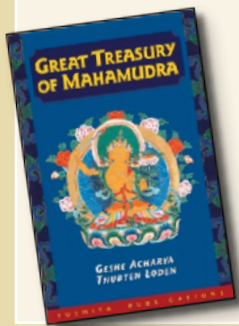
- Geshe Acharya Thubten Loden

This title from Geshe Loden presents the essence of meditating on emptiness from various perspectives within the sutra and tantra systems and is the book Les teaches from during our annual Mahamudra retreat.

The views and methods of Je Maitripa, Jetsün Tsong Khapa, Milarepa amongst others are clearly explained.

With extensive translations of source material, it shows how to develop the Mahamudra view realising emptiness of persons and phenomena, using meditation techniques from the perfection vehicle, Vajrayana vehicle and from the six yogas of Naropa.

Available from the temple bookshop to students with highest yoga tantra initiation.



A Busy Start to 2011

January Retreat

Our annual New Year retreat was held over 8 days in early January and once again the subject of the retreat was Mahamudra. This year we had over 60 participants with a large contingent coming from all states of Australia.

Each session was led by Les where he gave teachings explaining the practice of meditation and how to gain an understanding of both the conventional and ultimate nature of mind. Les also gave extensive commentary and frequently quoted from Geshe Loden's extraordinary book, *Great Treasury of Mahamudra*.

As usual, as well as the formal teachings, Les gave examples and anecdotes from his own life experience. Many students commented that this personal touch helped to motivate them to the best of their ability and to get the most from this precious retreat before beginning another busy year.

February Visit by Zasep Tulku Rinpoche

Over the years we have been fortunate to have Zasep Tulku Rinpoche visit our centre many times. This year, only weeks into term one, we were blessed to have him visit and teach over three days.

On the evening of Friday February 18th, Rinpoche gave a teaching on mindfulness to over 80 participants. Going through the stages of mindfulness of breath, body, feelings and mind, Rinpoche gave clear explanations and led a short meditation on each stage.

Hopefully all students attending have been to take the teachings into their lives and are being more mindful as they go about their day.

Over the weekend of February 19th & 20th, Rinpoche gave commentary and extensive teachings on the Heart Sutra to over 70 students. Each session was presented clearly with wonderful explanations and examples. Some sessions included a number of guided meditations on the emptiness of self and phenomena.

All students that attended felt that they gained a great deal from receiving these precious teachings



Forthcoming Easter Retreat

Friday April 22 to Monday April 25, 2011

Due to the additional public holiday, our annual Easter retreat will be held over four days. The subject this year is "Training the Mind in Bodhichitta".

Les will teach extensively from Geshe Loden's "Path to Enlightenment" and will lead all meditation sessions. The focus of the retreat will be the development of Bodhichitta using the method of "taking and giving", as well as a study of the "Mind Training in Seven Points" text.

Whilst these teachings and meditations are suitable for students of all levels, some previous experience and a basic understanding of Buddhism is required.

The cost for the full retreat (including accommodation) is \$275 - registrations close Sunday April 17th, 2011.

As this retreat is always popular and accommodation is limited, early registration is advised.

Registration forms are available at the centre or can be downloaded from the "retreats" section of our web site at www.tibetanbuddhistsociety.com.au

Teaching Program

Term One – Finishes on Sunday April 17th

Term Two – Sunday May 15th to Sunday July 3rd

WEEKLY CLASSES

Path to Enlightenment	Sundays 4.00pm-5.30pm
Vajrayana Classes	Tuesdays 7.30pm-9.00pm

RETREAT

Yamantaka Vajrayana Retreat

Saturday 9th July – Saturday 23rd July

(Relevant initiations required)

Please refer to our web site for further information.

