



# TIBETAN BUDDHIST SOCIETY NEWSLETTER



Through the inspiration of our Spiritual Head and Leader Geshe Acharya Thubten Loden, our traditional Tibetan temple is the culmination of many years of hard work and the dedication of Les and Margaret, and the members of the Tibetan Buddhist Society Perth.

The temple is a place where students can hear and study the precious pure Mahayana Buddhist teachings and learn about Buddhist meditation and philosophy as a basis for developing kindness and compassion for others.

Through the generous sponsorship of our members, we recently received a beautiful appliqué Green Tara thangka. Made by Tibetan craftsmen at the Norbulingka Institute in Dharamsala India, the thangka is made from many hundreds of individual pieces of fabric cut and hand stitched to form the completed design.



Established in exile by His Holiness the Dalai Lama, the Norbulingka Institute strives to preserve the rich heritage of Tibetan culture for all of humankind.

Master craftsmen and their assistants work in many traditional fields such as thangka painting, appliqué, statue making and woodwork.

If undeliverable please return to:

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

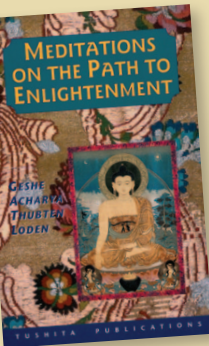
## Book Reviews

### 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.

For those students working at establishing and maintaining a meditation practice at home, *Meditations* is the handbook you need. It sets out the way to structure a meditation session and then guides you through each of the meditations of the path to enlightenment.

601 pages - Hardcover - Available from our online shop, or the temple bookshop - \$75

### A Pebble for Your Pocket

- Thich Nhat Hanh



*A Pebble for Your Pocket* presents the basic teachings of the Buddha in accessible and modern language. Through vivid metaphors and colourful stories, children learn about handling anger, living in the present moment, and the interconnectedness of all things.

Thich Nhat Hanh teaches ways to practice mindfulness in order to cultivate peace and happiness and to awaken the Buddha-nature that exists in all of us.

50 pages - Paperback - Available from our online shop, or the temple bookshop - \$18.00

## TIBETAN BUDDHIST SOCIETY

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E: [tibetanbuddhistsociety@bigpond.com](mailto:tibetanbuddhistsociety@bigpond.com)

## Geshe Loden's Fundraising Appeal

As previously reported, our Spiritual Head and Leader Geshe Acharya Thubten Loden last year instigated an appeal to raise money to help feed the homeless and disadvantaged.

With over \$23,000 raised in food and donations, the Melbourne centre now sponsors regular meals for many by assisting the work of local organisations.

In March, we held a fundraising afternoon and an ongoing second hand book stall. We are pleased to advise all members that through these activities we were able to send over \$1500 to Geshe.la as our contribution to this worthy project. Our thanks go out to everyone who donated books and supported our efforts.

### Ongoing Book Stall

Due to this success, we have decided to continue our fundraising through a general book stall with all monies raised going to the appeal.

Now is the time for clearing out your unwanted dharma books, paperbacks, coffee table books and general books that we can sell through our book stall. All books in good condition will be gratefully accepted.

Donated books can be left with Wayne in the office.

## 2010 Easter Retreat

*"Inspiring, life changing, a beautiful practice". "The retreat helped me to expand my understanding of bodhichitta, so I can reach out to others with love and compassion".* These are just some of the comments made by the 60 participants in our 2010 Easter retreat.

Over three days, Les gave teachings explaining the *"Mind Training in Seven Points"* text contained in Geshe Loden's Path to Enlightenment.

Leading all meditation sessions, Les guided the group in the practice of "tonglen", the method of visualising the "taking" of all beings' suffering and the "giving" of happiness and good conditions to them. This practice helps us to abandon self-cherishing and develop great love and compassion for all other beings.

The retreat was a great success all participants enjoying the practice very much. Many asked if we could do more of the practice and we hope hold a weekend to accommodate this later in the year.

## 2010 AGM

Our Annual General Meeting will be held on **Sunday May 23rd at 2.00pm**. We encourage all members to attend.

After the meeting, afternoon tea will be available prior to start of the 4.00pm Path to Enlightenment class.

## Cleaning Roster

We currently have vacancies on our temple cleaning roster. Work in a team of 2 or 3 to get the temple looking its best for the coming weeks teachings.

Each team is only required one or two Saturday mornings per term. If you are interested in helping out please let us know.

## Teaching Program

*Please refer to our web site for class descriptions.*

**Term 2** – May 2nd to June 27th (No Class Sunday 30th May)

**Term 3** – August 1st to September 12th

Path to Enlightenment *Sundays 4.00pm to 5.30pm*

Vajrayana Classes *Tuesdays 7.30pm – 9.00pm*

Fundamental Potential *Resuming later this year*

## White Tara Practice Day

White Tara is the female Buddha of compassion. The practice of White Tara strengthens and restores good health, and helps to create the causes for long life by gathering the various elements needed to sustain and nurture health and remove obstacles

During the day Les will give teachings on White Tara and lead all meditation sessions with emphasis on visualisation and mantra recitation.

This practice is suitable for experienced students as well as newer students that have a basic understanding of Buddhism.

Cost \$50 including refreshments and a vegetarian lunch. In order to assist with catering, prior registration is required.

Register and pay online, or download a registration form 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.

The cost is \$1150 with accommodation or \$1050 without accommodation (\$100 discount 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)

## One Day Meditation Seminar

*Sunday 8th August, 10.00am to 3.00pm*

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.

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](http://www.tibetanbuddhistsociety.com.au)

## Introduction to Buddhism & Meditation

*5 weeks 10.00am to 12.30pm*

*Commencing 15th Sunday August*

These popular courses are intended for anyone interested in understanding Buddhist approaches to a happier life, the fundamentals of Buddhist philosophy and psychology, as well as learning several meditation techniques.

Cost \$100 including morning tea and course notes.

Register and pay online, or download a registration form from our web site at [www.tibetanbuddhistsociety.com.au](http://www.tibetanbuddhistsociety.com.au)