



HAYAGRIVA BUDDHIST CENTRE Newsletter

Hayagriva Buddhist Centre, 64 Banksia Terrace, Kensington WA 6151 Ph: 9367 4817 www.hayagriva.org.au



ARYA TARA COMMENTARY WITH
GESHE SONAM, Sunday 2:30 to 4:30pm
continuing until mid April.

WITH GESHE SONAM



WHAT IS KARMA?

The great Shantideva says that once karma has been accumulated the fruits of that karma will not be exhausted for hundreds of aeons until that karma is ripened, in other words it remains there. This means that the law of karma is infallible in the sense that from positive actions come happiness, and from negative actions come dissatisfaction and sufferings.

As for the two types of karma, when the time has come we will definitely experience the results unless, for example in terms of virtue, they are destroyed by anger, and in terms of non-virtue we purify with the four opponent powers. Besides from those two contradictory conditions we will experience the results, positive and negative karma.

What is important for us to know is that we should protect positive virtue from being destroyed by anger and negativities. Negativities that we have previously accumulated should be antidoted or destroyed by applying the four opponent powers.

Learn more: 7:30 9:00pm Wednesday April 10, 17 and 24, May 1,8 and 15.

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AND MORE!	



His Holiness the 14th Dalai Lama visits Australia in June 2013. More details at www.dalailamainaustralia.org



Animal Liberation Day

It is hoped we can buy six sheep destined for slaughter and release them at the farm. Please give generously to this project as each sheep will cost more than \$100 and we need funds for the ongoing maintenance of the flock. Donations can be given to welcome staff at the Centre, be deposited online (ensure the subject line clearly states it is for animal liberation), be placed in the animal liberation donation box (the small wooden one on the desk) or given to Bobbie on the day.

Geshe Sonam will bless the sheep prior to their release. Bring a vegetarian/vegan lunch to share, arriving at 9.30am for a 10.00am start. Details and a map of how to get there are available at the Centre.

Monday April 1, 9.30 am at Penny and Kim Hack's Olive Farm at York (see centre for address)

BEGINNER'S COURSE: EXPLANATION OF RITUALS AND PRAYERS

WITH OWEN COLE

Rituals and prayers help transform your mind to a more conducive state to meditate, listen to teachings or undertake spiritual practice.

They are even more effective if you understand the psychology behind the practices and what they are trying to achieve.

This evening can cover practices such as prostrations, mandala offerings, altar and water bowls, prayers, visualizations, meditation postures, food dedication or anything you want to ask about.

Thursday 11 April 7.30 - 9:00 pm

MIND & ITS POTENTIAL

WITH GESHE SONAM

We create various actions by way of body, speech and mind. Some of these actions are positive - in that they result in happiness, and some of these actions are negative - in that they result in suffering. Primary amongst the three actions of body, speech and mind, the actions which are the motivations or intentions come from the mind. So we can see from this that it is the mind that creates happiness or dissatisfaction concordantly. Understanding that, that the mind is the creator of happiness and suffering, therefore we have to understand the workings of the mind and how to guard it.

Over and above how the mind works, understanding the potential of the mind. For example if the mind has a positive intent, how powerful the result, if the mind has a negative intent, how powerful the mind is.

Wednesday 7:30 - 9:00pm May 22, 29, June 5, 12, 19, 26

TEACHING ON INSIGHT (LHATONG)

WITH GESHE SONAM

To study emptiness is very important as included in this insight class. We need to understand emptiness by means of the dependent designation, as alluded to by Lama Tsongkhapa in the 'Three Principles of the Path:

"Even if you develop renunciation and bodhicitta,

If you don't have wisdom realizing the way things are,

You won't be able to cut the root of samsara,

So use every means to realize interdependence."

This means that it comes down to understanding emptiness but emptiness as dependent arising and dependent designation is very important so therefore we need to study.

Je Rinpoche says put effort into realising dependent origination. This is the understanding of the subtle workings of it, that things are dependently designated, which is the subtlest understanding.' Geshe Sonam

Tuesdays 7:30 to 9:30pm continuing until the end of June

“When you learn Dharma at the centre, from qualified teachers, the geshe who have studied their whole life in the monastery, their whole life studying Buddha's teachings and the commentaries by the great pundits, so you are studying from them, which they have done their whole life. So then you have great, great, great, great, great opportunity to learn the teachings of Buddha without mistakes. The more you learn Dharma, the more sun shines in your life, in your heart.”

- Lama Zopa Rinpoche

THE 37 PRACTICES OF A BODHISATTVA

WITH GESHE SONAM

We can understand this teaching from the title, ‘The 37 Practices of a Bodhisattva’. The ‘practice’ aspect explains how to practise and to engage in the Bodhisattva activities. The author of this text is Gyaltzen Thongme Sangpo. Gyaltzen means the son of the Buddhas. Primarily the text is addressing the way of engaging in the path of the bodhisattvas, how to practise as an inspiring Bodhisattva.

For example in the text it addresses how to understand the faults of the self cherishing attitude and not only understand but try and refrain from that. And what are the benefits of the opposite, the mind of benefitting intention, the attitude to cherish others.

Sundays 2:30 to 4:30pm beginning mid April

Holy Day: Sakadawa May 25

“Among the 12 deeds of the nirmanakaya buddha, Shakyamuni Buddha - the wheel turning Buddha, three are celebrated on Sakadawa. These three deeds, amongst the 12, are Buddha’s enlightenment, birth and parinirvana and fall within this month. Therefore because of that reason, from the Tibetan point of view, we call it the month of 100 million,

meaning that every virtue we do increases exponentially, or 100 million fold and conversely every negativity we do is increased 100 million fold. The importance of virtue is stressed and refraining from negativity is emphasized at this time.” Geshe Sonam



On Buddha Multiplying Days, karmic results are multiplied by one hundred million, as cited by Lama Zopa Rinpoche in the Vinaya text Treasure of

Quotations and Logic. Practices specifically recommended by Rinpoche for Buddha Multiplying Days include:

- Taking the Eight Mahayana Precepts
- Doing Nyung Näs
- Performing the Guru Shakyamuni Buddha puja

Any other meritorious activities often advised by Lama Zopa Rinpoche are also good to do on these days, such as recitation of the Sanghata Sutra, Golden Light Sutra, etc. with extensive dedications.

Saturday May 25, schedule:

- Precepts will be given at 6am
- Set up of extensive offerings from 2pm
- Shakyamuni Buddha puja 7pm

Offerings of food or flowers welcome.

MEDITATIONS AT HBC

MONDAY 7:15 8:00pm

Four week Meditation course begins 22 April 13 May

Accessible meditations that don't require acceptance of a Buddhist world view. Learn meditations to soothe the body, relax the mind, gain some clarity, wisdom and open the heart.

Next course begins 10 June 1 July. Outside of these dates meditations will continue as normal Check the calendar for dates.

TUESDAY 10-11am

Led by Venerable Drolma, the focus of the meditation is the breath with the aim to calm and clear the mind, eventually leading to a sense of equanimity. The session includes walking meditation.

SUNDAY 10-11am

Suitable to both experienced and newcomers to Buddhism. Two guided meditation sessions drawing from the rich contemplative tradition of Tibetan Buddhism.

All meditations by donation (suggested \$15)

ABOUT GESHE-LA:



Geshe Ngawang Sonam was born in 1963 in Tibet. At the young age of 10 he was ordained as a monk and was awarded the title 'Geshe' in 1995 after 22 years of study. We are extremely fortunate to have the Geshe-la as our resident teacher.

LIVING AND DYING: HOW TO PREPARE YOURSELF TO CARE FOR THE DYING

WHEEL OF LIFE PALLIATIVE CARE SUPPORT GROUP

A comprehensive course of ten sessions spread over 10 months that will give you the tools and the skills to enable you to visit and care for a dying person.

Sat 20 April: Creating a genuine connection, 1- 4 pm

- Reflective listening and "real" communication
- Honesty in relationships at the end of life
- Healing relationships through empathy & altruism
- How to complete unfinished business
- Forgiveness

Sat 18 May: Giving Love and Letting Go, 2-5 pm

- Our motivation in helping
- Dealing with fear, denial, and anger in the dying person and/or the carers
- Importance of caregiver having a peaceful mind
- Attachment vs love
- Letting go of this life
- Trust
- Supporting the family
- Death process (physical aspects)

Sat June 22: Spiritual Preparation for Death Part 1, 2-5 pm

- The importance of preparing for death early in life
- Hope & faith
- Christian & Jewish beliefs
- Helping others & receiving help
- Unconditional love
- Helping non-believers

TAI CHI CLASSES

WITH THOMAS TO

Give your body and mind a workout with this martial arts based on classical Chinese philosophy. Even try some self-defence techniques. Suitable for all ages. No experience necessary. Registration or enquiry at thomas.pc.to@gmail.com or 0430 962 388. Free though donations to HBC welcomed. Please wear sports clothing and bring a pen and notepad.

Sunday: 8:00 - 9:30am

17 and 31 March, 7, 21 and 28 April, 12, 19 and 26 May, 9 and 16 June

YOGA CLASSES

There are a variety of times and class types to suit your needs. To register your interest please contact: Lewanna - 0407 448 335, vitalyoga@gmail.com or; Jude - 0406 260 857, info@pemayoga.com.au, www.pemayoga.com.au

There are no Monday morning class on public holidays.

Yoga workshop on 18 May 10:30 am to 12:30. Contact Jude to register your interest.

Mon	Tues	Wed	Thurs	Sat
9-10am Gentle Hatha Jude			9-10am Hatha Vinyasa Jude	8-9am Hatha Vinyasa Jude 9:15 6wk beginner Start 23 Mar - 4 May - Jude
6-7pm Beg General Lewanna	6-7pm Hatha Vinyasa Jude	6-7pm Yin Yoga & Meditation Jude	6-7pm General/ experience Lewanna	

VEGETARIAN COOKING CLASSES

Friday 26 April and 28 June 6:30 to 8:30pm. Register your interest welcome@hayagriva.org.au

Visiting Teachers

While Geshe Sonam takes his holiday we have the great fortune of receiving Venerable Antonio and Venerable Robina over July and August.

Venerable Robina will be in Perth from July 12 to 29 with schedule as follows:

Fri July 12: Teaching 7.30 pm @ BSWA (Nullumara)

Sat July 13: "Ancient Wisdom in the Modern World" 10am-12pm, 2-4pm @ HBC

Sun July 14: "Applying Dharma to everyday life" 10am-12pm, 2-4pm @ HBC

Mon July 15: Teaching @ HMT (Bunbury)

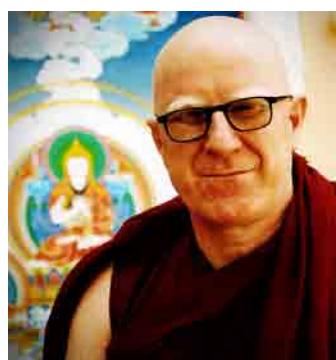
Tue July 16: "Guru Yoga" 7.30-9.30pm @ HBC

Wed July 17: "Compassion and Karma", 7.30-9.30pm @ HBC

Fri July 20 - Wed July 24: "Wisdom and Compassion" retreat @ Jhana Grove.

Fri July 26: Teaching 7.30pm @ BSWA (Nullumara)

Sat & Sun July 27 & 28: Teaching @ HMT (Bunbury)



Venerable Antonio will be in Perth from 3 August to 12 August and will run a series of teachings and non residential retreats. Schedule is as follows:

Shamatha: Friday Aug 2 (intro talk), Sat & Sun (Aug 3 & 4), non residential retreat @ HBC

Vippashyana: Friday Aug 9 (intro talk), Sat & Sun (Aug 10 & 11) non residential retreat @ HBC

More details will be made available online, at the centre and in the next newsletter.

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ Animal Liberation 9:30am farm <hr/> Meditation for all 7.15-8.00 pm	² Meditation 10-11 Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30	³ Refuge in the Three Jewels 6 Geshe Sonam 7.30-9.00pm	⁴	⁵ Gura Puja 7.30- 9.30 pm	⁶ Medicine Buddha Puja 2-3.30 pm Len <hr/> WHEEL OF LIFE Prayers for the Deceased 3.45-5 pm
⁷ Sunday Meditation 10-11 am <hr/> Tara Commentary Geshe Sonam 2.30- 4:30pm	⁸ Meditation for all 7.15-8.00 pm	⁹ Meditation 10-11 Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30	¹⁰ What is Karma Geshe Sonam 7.30-9.00pm	¹¹ Explanation of Rituals and Prayers Owen Cole 7.30 – 9:00 pm	¹²	¹³
¹⁴ Sunday Meditation 10-11 am <hr/> Tara Commentary Geshe Sonam 2.30- 4:30pm	¹⁵ Meditation for all 7.15-8.00 pm	¹⁶ Meditation 10-11 Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30	¹⁷ What is Karma Geshe Sonam 7.30-9.00pm	¹⁸	¹⁹	²⁰ WHEEL OF LIFE Connection 1-4 pm Gura Puja 4.30-6.30 pm
²¹ Sunday Meditation 10- 11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	²² Four week Meditation course 7.15-8.00 pm	²³ Meditation 10-11 Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30	²⁴ What is Karma Geshe Sonam 7.30-9.00pm	²⁵	²⁶ Vegetarian food cooking class 6:30 – 8:30pm	²⁷ Tara Puja 4.30-6 pm
²⁸ Sunday Meditation 10- 11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	²⁹ Four week Meditation course 7.15-8.00 pm	³⁰ Meditation 10-11 Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30				

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 What is Karma Geshe Sonam 7.30-9.00pm	2	3	4 Medicine Buddha Puja 1-4 pm Gura Puja 4.30-6.30 pm
5 Sunday Meditation 10-11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	6 Four week Meditation course 7.15-8.00 pm	7 Meditation 10-11am Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30pm	8 What is Karma Geshe Sonam 7.30-9.00pm	9	10	11
12 Sunday Meditation 10-11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	13 Four week Meditation course 7.15-8.00 pm	14 Meditation 10-11am Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30pm	15 What is Karma Geshe Sonam 7.30-9.00pm	16	17 Tara Puja 7.30 – 9:00 pm	18 WHEEL OF LIFE Giving Love and Letting Go 2-5 pm
19 Sunday Meditation 10-11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	20 Gura Puja 7.30- 9.30 pm	21 Meditation 10-11am Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30pm	22 Mind and Its Potential Geshe Sonam 7.30-9.00pm	23	24	25 SAKADAWA Precepts 6 am Set up Extensive Offerings 2 pm Shakyamuni Buddha Puja 7 pm
26 Sunday Meditation 10-11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	27 Meditation for all 7.15-8.00 pm	28 Meditation 10-11am Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30pm	29 Mind and Its Potential Geshe Sonam 7.30-9.00pm	30	31	

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Medicine Buddha Puja 2-3.30 pm WHEEL OF LIFE Prayers for the Deceased 3.45-5 pm
2 Sunday Meditation 10-11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	3 Public Holiday Gura Puja 7.30- 9.30 pm	4 Meditation 10-11 am Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30 pm	5 Mind and Its Potential Geshe Sonam 7.30-9.00pm	6	7	8
9 Sunday Meditation 10-11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	10 Four week Meditation course 7.15-8.00 pm	11 Meditation 10-11 am Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30 pm	12 Mind and Its Potential Geshe Sonam 7.30-9.00pm	13	14	15
16 Sunday Meditation 10-11 am	17 Four week Meditation course 7.15-8.00 pm	18 Gura Puja 7.30- 9.30 pm	19 Mind and Its Potential Geshe Sonam 7.30-9.00pm	20	21	22 WHEEL OF LIFE Spiritual preparation for death 2-5 pm
23 Sunday Meditation 10-11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm	24 Four week Meditation course 7.15-8.00 pm	25 Meditation 10-11 am Ven Drolma <hr/> Insight Geshe Sonam 7.30- 9.30 pm	26 Mind and Its Potential Geshe Sonam 7.30-9.00pm	27	28 Vegetarian food cooking class 6:30 – 8:30pm	29 Tara Puja 4.30- 6:00 pm
30 Sunday Meditation 10-11 am <hr/> 37 Practices of a Bodhisattva Geshe Sonam 2.30-4:30pm						