



Hayagriva Buddhist Centre

NEWSLETTER

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January to March 2014

Venerable Chodron



Our beloved Venerable Losang Chodron passed away peacefully at 5.30am on 17 November 2013 much to the sadness of the Dharma community which she had been associated with and patiently helped build. Needless to say her family members also miss her greatly and are very grateful for the tremendous support given by the Dharma community to both Venerable Chodron and them.

The funeral was held at HBC on 21 November, attended by her family members and friends. It was both solemn yet celebratory of her dedicated life to the Centre, Dharma and family. She truly touched everyone whom she met with her gentleness and loving kindness.

On Lha Bab Duchon Day, an auspicious day by the Tibetan calendar, a Guru Puja was held, dedicated to Ven Chodron's fortunate rebirth. Family members and friends attended bringing flowers, fruits and food. It was a lovely sight to see everyone lighting and offering candle lights on her behalf.

We asked those who were visiting Chodron regularly when she was sick to share a few memories...

Ven. Pende Hawter: I remember Chodron as a very kind, gentle and giving person. She was very much loved by our dying patients and their families at Karuna Hospice Service. I also remember her caring tirelessly with a dying student at Chenrezig Institute. At a more personal level, she greatly helped me and my family on several occasions, firstly after my mother died, and again when my sister was dying of cancer. She will be fondly remembered by many.

Lorna Carroll: I had always been a person in a hurry, so much to do and so little time. For a while I worked closely with Ven Chodron, particularly on the Wheel of Life and in the beginning I was impatient, I wanted things to happen sooner rather than later. Over time and in the presence of Ven Chodron I learned to 'go slow' and what a wise and beneficial lesson that was. With Ven Chodron's

Visiting HBC in 2014

February



His Eminence Choden Rinpoche
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March



Khadro-la
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kindness and warm perseverance I learned that there is nothing more important than this thing I am doing right now, I learned to place my mind fully on that and let the big picture take care of its self. For Ven Chodron the goal was always secondary to the journey and the people were more important than the goal. Ven Chodron's attentiveness, warm inclusion and gentle guidance have influenced meaningful and healthy changes in how I live my life.

Dave Webb: Among all the pain and suffering of her time at Carrington Aged Care, I was inspired by Chodron's ability on my visits to raise a smile that seemed to spread far further than the physical features of her face.

Christine Turley: In Sydney, 2012, I was walking during a lunch break from teachings and saw Ven Chodron's radiant smile. She had helped a lady at a bus stand and Ven Chodron waited with her until the paramedics arrived. I learnt that day that it wasn't about having lunch first.



HBC students Susan Di Bona, Ian Cullen, Geoff Braid, Greg Carr offering light as part of extensive offerings.

Highlights

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Chodron's Wheel Still Turning

By Len Warren

In 2002, Ven Chodron founded a palliative care support group at Hayagriva Buddhist Centre. She was not only the founder, but our spiritual advisor, our teacher and coordinator of the group which she named "Wheel of Life" for short. This is one of the legacies that Ven Chodron left to benefit many sentient beings.

She was always surprising us with acts of kindness. She would pick up on something you were doing or going to do and present you with a beautifully handwritten card with some advice on it. I never remember mentioning it, but she knew my wife and I were planning an overseas trip in 2006. As we were about to leave she sent me a short practice I could do when travelling. It made it possible for me to transform the worldly trip into a spiritual journey - without changing any of our plans! How wonderful!

Chodron's Wheel of Life group is still going strong, helping people from inside and outside the Centre to prepare for their own death and in so doing learn how to help others who are dying.

Over the last months of 2013, Wheel of Life had four main activities:

1. Organizing and presenting the final two workshops of the Living and Dying Course
2. Analyzing feedback on Pure Land Centre Proposal
3. Assisting with Combined Medicine Buddha/Prayers for the Deceased practice each month
4. Assisting with visits to Ven Chodron and liaising with family

At the final workshop of the Living and Dying course, Certificates of Attendance and Course Completion were presented to 26 people. The course consisted of 10 three-hour

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Discovering Buddhism

With Geshe Sonam

In the 11th Century, Atisha brought Shakyamuni Buddha's profound teachings to Tibet in the form of the lam-rim – the stages on the path to enlightenment. The lam-rim tradition found its pinnacle in the teachings of the great Tibetan saint Lama Tsongkhapa in the 14th Century, and these teachings continued to pass from teacher to students up to this present day.

When Lama Thubten Yeshe and Lama Zopa Rinpoche transmitted these teachings to their disciples, they imparted a deeply experiential tradition of study and practice, leading thousands of seekers to discover the truth of what the Buddha taught. This tradition is the core of Discovering Buddhism. We are very pleased to present this unique teaching program, Discovering Buddhism at our centre.

There are 14 modules in Discovering Buddhism. The duration of each module is around 6 weeks. The program consists of teachings, meditations and practices, readings, assessment questions, and a one-day non-residential retreat at the end. The modules are presented in a sequential manner as set out in the lam rim teachings. Students can choose to sign up for the whole module or participate as an observer.

Students that sign up, will gain online access to reading, study material and teachings, and will have their assessments marked by Geshe-la. Those who complete all the components in each module will receive a completion card for that module. When all fourteen modules have been completed, students will be awarded the completion certificate. The certificate represents your commitment to spiritual awakening for having completed a very comprehensive engagement with the path to enlightenment! Rejoice deeply when you receive it!

The first two modules presented at Hayagriva Buddhist Centre are:

Mind and Its Potential

Starting Wednesday 15th January, 7:30 – 9:00 pm

Examine the mind and how it creates happiness and suffering. Learn to transform destructive thoughts and attitudes to create a positive and joyous mind!

Presenting the Path

Starting Wednesday 26th February, 7:30 – 9:00 pm

Get an overview of the entire Tibetan Buddhist path to awakening. Study the life story of the Buddha and discover a unique system for putting Buddhist philosophy into practice – the lam-rim, or "graduated path to enlightenment."

It is necessary to register in advance as it will allow you to print online materials before the class. The cost for the six-week course is \$90 for members, \$100 for non-members, and \$15 for observers. Tea, Q and A after Teaching.

Payment can be made at the Centre or online.

The cost for one-day retreat on 22 February to be confirmed.

Book online www.hayagriva.org.au or contact on welcome@hayagriva.org.au or 9367 4817.

Buddhism for Beginners

With Christine Turley

Fridays 17th, 24th, 31st January 2014 7:00 – 8:30pm

An introductory course which provides a general overview of basic Buddhist philosophy in the Tibetan Mahayana context. It is for those who wish to know about Buddhism and meditation. The course will cover:

- The life of Shakyamuni Buddha, how similar Buddha's life is to ours and how Buddha answered the "meaning of life" questions that we all have
- The Four Noble Truths – Truth, Cause, Cessation and the Path to Cessation of Suffering.
- Buddha's teaching in a gradual form for one's practice
- What does it mean to be a Buddhist?
- Different kinds and schools of Buddhism
- A small history of Buddhism

Handouts and Meditation sheets will be given out. \$30 for the 3 sessions.



Statue filling and consecration

Saturday 11 January 2014 10:30 – 2:00 pm

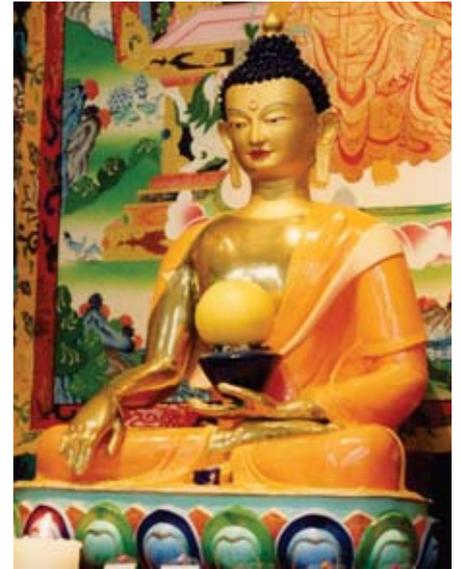
Preparation of material for statue filling and consecration

Saturday 18 January 2014 10:30-4:30pm

Statue filling and consecration with Geshe Sonam

The making of Buddha statues is an art. The deity makers take the positive form of a statue and create a metal mold as a negative impression. From the mold they begin to stamp out as many impressions as they wish. A finished metal Buddha statue has a hollow interior. Consecration is a ritual exercise where the hollow interior is filled by auspicious and holy objects such as mantra rolls, relics, incense, precious gems etc. If the Buddha statue is big enough, many larger holy objects such as prayer books, robes, bags of jewels or ritual instruments and ornaments will be used to fill up the empty space. The statue will then be sealed with a metal or wooden plate that carries the double vajra image. The ritual is complete after a lama gives blessings and prayers. The process of consecration gives life to the statue and the Buddha is invoked.

A direct quote from Andy Weber, a German artist who lives in England, "having a blessed image on your shrine is like having a direct telephone line (or email!) to the higher world." According to Andy Weber, he had experienced a Vajrayogini statue that spoke and known of many stories of blessed statues which have transmitted messages to the practitioners.



Sangra Jampa Tulku talks about the benefit of consecrating the Buddha statue. He reports that those monks who helped in filling up, vitalising and energising a number of Buddha statues in the main temple in Drepung Loseling Monastery in India had increased their learning ability as well as their level of concentration. As a result they became very good students with a very sharp mind. In addition, the wealth of the monastery had also increased significantly after six months of making the mantra rolls and filling up the statues day and night.

The preparation of the materials for filling the statue is extensive and much planning is required in order to buy specific materials from India. Students who have advised of their wish to have a statue consecrated in November will have priority should materials be in short supply. Your statue must be in the Centre by 11 January, clearly marked with your name. Geshe Sonam will show us how to fill the statues and will then perform consecration ritual and prayers to vitalise the statues on 18 January. You are welcome to attend the consecration ceremony.

The cost for consecration:

- Small size statue \$30
- Medium size statue \$45
- Large size statue - please contact 9367 4817 for quotation

Chenrezig Jenang

With Geshe Sonam

Sunday 26 January 2014

2:30 – 4:00 pm



Image courtesy of National Geographic

Chenrezig (Avalokitesvara) is a bodhisattva who embodies the compassion of all Buddhas.

A Jenang is a short, one day ceremony in which permission or blessing of the bodhisattva's body, speech and mind will be bestowed to the practitioners. Geshe Sonam explains the word Jenang in Tibetan means 'making connection'. Therefore, attending Chenrezig Jenang will allow one to make a connection with the essence of Chenrezig, that which is great compassion, and receive the blessing that is bestowed. Love and compassion is the antidote to the three disturbing emotions of ignorance, attachment and aversion. Hence, individuals who receive Jenang and practice will become more peaceful and will benefit in one's practice.

Jenang is different from Wang, or initiation (empowerment). Receiving Wang must come from a qualified Guru, it means receiving permission to enter the sacred space of the deity and permission to do self generation. Self generation refers to the practice of generating yourself into a deity. You need to receive Wangchen (great initiation) for Highest Yoga Tantra, such as Kalachakra, Chenrezig Gyalwa Gyasto, Yamantaka, etc for self generation (http://www.fpmt-ldc.org/askthegeshe_10.php).

Students who wish to enter the permission to practice Chenrezig practice should attend with Refuge as a prerequisite. They will be making a guru-disciple connection with Geshe Sonam. Students will be taking the Bodhisattva vows.

There is an emphasis on cleanliness on the day of the Chenrezig jenang, therefore 'black foods' such as meat, onion, garlic, radish and egg should not be consumed, and your body and clothes cleaned.

It is a fee of \$30 for attending the Chenrezig Jenang.

About His Eminence Chöden Rinpoche

His Eminence Chöden Rinpoche Kyabje (refuge lord) Chöden Rinpoche is a recognized incarnate lama, a Lharampa Geshe, a highly realised teacher and a great tantric master. He is also a debate partner of His Holiness the Dalai Lama. He spent 19 years in solitary retreat without sacred implements or books, never leaving his tiny, dark room in Lhasa, as the Chinese took over Tibet in 1959.

Lama Zopa Rinpoche says: “In Rinpoche’s teachings there are many special clarifications that you do not normally hear. Each word Rinpoche says is coming from his own realisation and that is why each word is very, very effective—like an atomic bomb to pacify delusion.”

During the Chinese invasion of Tibet in 1959 Chöden Rinpoche was forced to retreat to a tiny dark room in Lhasa in order to practice properly. He was without sacred implements or books and unable to leave the room. Chöden Rinpoche was totally dependent on the kindness of relatives for food. This solitary retreat was to last for nineteen years, transforming his very difficult situation into a beneficial action for all.

Chöden Rinpoche will give teachings on the eight verses of thought transformation and give the Highest Yoga Tantra Empowerment, Yamataka Initiation in February.

The Eight Verses of Thought Transformation

By His Eminence Chöden Rinpoche
Friday 14th February 7:30 – 9:30 pm

The Eight Verses of Thought Transformation is a root text of the mind training (lo-jong), composed by Kadampa Geshe Langri Tangpa (1054-1123). It explains the Paramitayana practice of method and wisdom.

His Holiness the Dalai Lama gave this teaching in Dharamsala on 7 October 1981. It was translated by Alexander Berzin, clarified by Lama Zopa Rinpoche, edited by Nicholas Ribush. It was first published in the souvenir booklet for Tushita Mahayana Meditation Centre’s Second Dharma Celebration, November 5-8 1982, New Delhi, India. This teaching was published in 2005 in the Lama Yeshe Wisdom Archive publication Teachings From Tibet.

The newly updated Eight Verses of Thought Transformation text was composed by Lama Zopa Rinpoche. The first seven verses deal with method, i.e., loving kindness and bodhicitta; and the eighth deals with wisdom.

The summary is as follow:

1. Determined to obtain the greatest possible benefit for all sentient beings, who are more precious than a wish-fulfilling jewel, I shall hold them most dear at all times.
2. When in the company of others, I shall always consider myself the lowest of all, and from the depths of my heart hold others dear and supreme.
3. Vigilant, the moment a delusion appears in my mind, endangering myself and others, I shall confront and avert it without delay.
4. Whenever I see beings that are wicked in nature and overwhelmed by violent negative actions and suffering, I shall hold such rare ones dear, as if I had found a precious treasure.
5. When, out of envy, others mistreat me with abuse, insults or the like, I shall accept defeat and offer the victory to others.
6. When somebody whom I have benefited and in whom I have great hopes gives me terrible harm, I shall regard that person as my holy guru.
7. In short, both directly and indirectly, I offer every happiness and benefit to all my mothers. I shall secretly take upon myself all their harmful actions and suffering.
8. Undeified by the stains of the superstitions of the eight worldly concerns, may I, by perceiving all phenomena as illusory, be released from the bondage of attachment.

We are very excited that His Eminence Chöden Rinpoche is coming to our Centre to give us these ancient and profound teachings on the Valentine’s Day. It is a precious opportunity to be in the present of H.E. while he disseminates Buddha Dharma to benefit all sentient beings.



Yamantaka Initiation

By His Eminence Chöden Rinpoche
Saturday and Sunday 15, 16 February
3:00 – 8:00 pm

Who is Yamantaka?

Yamantaka is the wrathful manifestation of Manjushri, the Buddha of Wisdom, the practice of which is a strong antidote to the removal of ignorance, the root cause of all delusions.

What is an initiation?

An initiation is sometimes called an empowerment but is more correctly called a Wang, a great initiation in Tibetan. The Wang is the gateway to the practice of Tantra, also known as Mantrayana or Vajrayana.

I understand that there are different classes of Tantra. What are they?

There are 4 classes of Tantra, namely Action Tantra, Performance Tantra, Yoga Tantra, and Highest Yoga Tantra. Yamantaka belongs to the class of Highest Yoga Tantra.

Why does it take 2 days for this initiation? Do I need to attend both days?

Two days have been allocated for this initiation. This is to allow for H.E. Chöden Rinpoche to give His teachings, before conferring the actual initiation. You will need to attend both days if you wish to receive the initiation.

What are my commitments after having taken this initiation?

Comes with life long commitments and practices, speak to a Welcome Volunteer if you are unsure.



The Day of Miracles

Sunday 16th March

Schedule at HBC:

5:30 am Precepts
10:00 - 11:00 am Meditation
11:00 am Lunch (offered)
12:00 pm Extensive light Offerings
2:30 - 4:30 pm Teaching: "37 Practices of a Bodhisattva" with Geshe Sonam
5:30 - 7:30 pm Light offerings & Shakyamuni Buddha Puja

On these Buddha multiplying days karmic results are multiplied by one hundred million times, as cited by Lama Zopa Rinpoche from the Vinaya text 'Treasure of Quotations and Logic'.

Advice from Lama Zopa Rinpoche on how to make the 15 Days Of Miracles Most Beneficial:

"This is the best and most exciting time, whatever practice or virtue we do, the merit is increased 100 million times. So please especially do recitations of the Arya Sanghata sutra as much as you can, when you can. (Available in various languages at: <http://www.fpmt.org/teachers/zopa/advice/sanghata sutra.asp>)"

Rinpoche requests that we dedicate our virtuous actions to His Holiness' long life and health, to the success of the many FPMT projects and to all sentient beings.

The purpose the Buddha displayed the miracles

by Geshe Sonam

'Before Lord Buddha came to this world there were many types of what are called forgers, Buddhist outsiders or non-

Buddhist, and also at that time there were many sponsors, like Kings who asked the Buddha to do various things. The sponsors had different requests.

In short, at the time of the Buddha, these non-Buddhists, would perform certain types of feats because they had developed worldly calm abiding and special insights that enabled them to do these miracles. Now Buddha's motivation was not to show that Buddhism was better, certainly not, but these non-Buddhists did not have the intent or motivation to bring all beings to Buddhahood.

On the first to the eighth of the fifteen days there was a competition between the Buddha and the non-Buddhist in terms of the miracles. The later seven days were the feats that Buddha showed that he was victorious in these states of mind manifesting as these miracles. This was to show the outsiders the correct path. It was not the motivation to show that we are better but Buddha's intention was to lead the beings to the state of Buddhahood.'

The significance of the dates in the Buddhist calendar by Geshe Sonam

'The Buddha blessed these dates, of the full moon on the 15th, the 8th and the new moon specifically. They carry Buddha's blessings because at these times the wild animals such as alligators would take more lives. They kill more sentient beings at these times, so because of that, if you abstain from negativities on those dates, the virtue is increased and is much more powerful. Conversely the negativity is much more powerful too.'

Wheel of Life workshop:

"Life in the Bardo, between Death and Rebirth"

With Geshe Sonam

Saturday 15 March 2014 2:00 – 5:00 pm

This is a workshop you don't want to miss.

Death is a mystery for many of us. We want to know what will happen to us when our physical body can no longer support our life. We've heard a lot about Bardo which is a state between death and rebirth, but how do you know it?

Geshe Sonam will be presenting this workshop and he will take questions from the audience at the end. There is an afternoon tea break from 3:30-4:00pm and the workshop finishes at 5pm.

This workshop is suitable for everyone.



Special Events



Khadro-la's Teachings

Friday 21st to 23rd March
Time and cost to be advised

Khadro-la has kindly offered teachings at our Centre that will take place on 21 -23 March 2014. Khadro-la's visit is very precious, as many FPMT centres around the world had hoped to host her on a visit. It is very fortunate and auspicious that Khadro-la is willing to squeeze into her busy schedule a visit to Perth and give us Dharma teachings.

Khadro-la was confirmed as the oracle of the protector, and was advised by H.H. Dalai Lama that she should give teachings and any kind of service to those who are in need.

Khadro-la has been requested to teach on Shamatha focussed on special insight from Lama Tsong Khapa middle length Lam Rim. However the teaching topics is not confirmed.

There is a chance that the topic may change. Khadro-la's teaching topics often depend on the needs of those who are in her presence regardless of what is advertised.

This is a rare opportunity to receive teachings from and make a connection with a powerful female teacher with deep insight into the buddhist teachings.

Bookings are essential, please contact 9367 4817.

End of Year Message from Geshe Sonam

Buddha told the bhikkhus that the peace and happiness of the Sangha community depended on the harmony between them and that any Dharmic activity will be successful if there is harmony. Bhikkhus must be peaceful in the community which depends on them being harmonious so the friendship and kinship of bhikkhus are important.

This advice given by the Buddha can be applied to the members here at Hayagriva Buddhist Centre. To ensure and foster peace, harmony needs to be the root of all our actions as community members.

For that harmony to happen and increase obstacles must be reduced. The two main obstacles to harmony at our Centre are ignorance grasping at true existence and the mind of self cherishing. These two obstacles cannot be removed by just praying.

We must develop the "wisdom mind realizing emptiness" as an antidote to ignorance and "the kind heart of bodhicitta" as an antidote to our self cherishing minds.

So to develop both these minds - the two antidotes - it is important to come to the Centre and study how to adopt them. Without study, it will be difficult to achieve this. Even having studied and understood these two minds of discriminating wisdom and bodhicitta - so that they don't degenerate but only increase, they need to be supported by a vast store of merit.

One of the ways we can accumulate this collection of merit is by working and serving at the Dharma Centre which acts to directly support one's study of the wisdom mind and bodhicitta.

There are no other causes for full enlightenment other than having a complete method of accumulating the two collections.

If one can serve the Centre to the best of one's ability in anyway, free from the stains of the eight worldly dharmas, these actions become causes that will remain until full enlightenment is reached. This is an effective way to accumulate a store of merit. Serving the Dharma Centre is extremely special, because the Centre is the basis for all the learning about Buddha Dharma, devotional activities such as Pujas, and is a field of great merit, so any action related to it has a great result.



We should make aspirations that the all the intentions and wishes of our holy gurus, Kyabje Thubten Zopa Rinpoche and His Holiness the Dalai Lama, are immediately successful and that there be peace and harmony in our world. All our dharma activities with each other and our involvement with the Centre should be dedicated to that end.

Geshela amongst the beautiful wildflowers at Kings Park, Perth.

Cultivating Emotional Balance

By Kirsti Kilbane

October 2013 saw the introduction of the Cultivating Emotional Balance (CEB) course to HBC.

This is an evidence-based course, combining Western psychology with Buddhist contemplative practices, that was developed by Prof. Paul Ekman (one of the world's leading emotion experts) and Dr Alan Wallace (prolific Buddhist teacher, author and scholar) at the request of His Holiness the Dalai Lama. The course reflects His Holiness' wish to present the Buddha's teachings in a secular manner – making the Dharma accessible and useful to people who may not be interested in traditional religious approaches.

Nineteen people attended the weekend course - an introductory version of the 42-hour course that usually runs over several weeks. Corey Jackson, an experienced CEB teacher from Sydney,

was kind enough to co-facilitate, which was great as I had just completed the 5-week CEB Teacher Training (CEBTT) in August 2013. The feedback was encouraging - despite the challenge of integrating so much new information in one weekend, most people said they would recommend the course to others, and expressed interest in attending the full course in 2014.

Compassion is highlighted in CEB, and to illustrate, I shared this 'feel-good' story from the CEBTT course in Mexico:

One morning I went for a walk and found 4 tiny baby possums on the side of the road, whose mother had been killed by a car. I cared for them with the help of much loved FPMT teacher Ven. Tenzin Chogkyi - a veteran animal rescuer and wonderful friend from our times together in Bodhgaya. After the course, they went to a loving Mexican family, who continue to care for them with advice from wildlife experts. I wrote to Lama Zopa Rinpoche to offer saving the lives of these baby sentient beings to His long life and perfect health (Khadro-la had advised that animal liberation is an important practice for Rinpoche's health). He wrote back to me an amazing, inspiring email, including the following advice:

"So that is the very essence of Buddhism, all what Buddha revealed – the Hinayana, Paramitayana, Mahayana Tantra, all these teachings are condensed into not giving harm to others

and to benefit sentient beings, they are all condensed into these two instructions.

So that is what you are doing, so thank you very, very much, thank you so much for saving those sentient beings from suffering.

Then also it is very good to recite mantras for them, this is also good for dying people, but you must recite loudly the mantras, so they can hear, so that it plants the seed of enlightenment...

Furthermore what people might think is most important – like sitting on the cushion and not talking, not eating, just sitting on the cushion and meditating, closing the eyes, they may think that this is the most important thing but actually what you did, this is the most important thing.

So you can see generating compassion to even one sentient being is the quick path to enlightenment. So you have to know that this is the way of practicing Buddhism, this becomes the real retreat, whether a retreat is a real retreat or not depends on the motivation, so this one is really the best retreat.

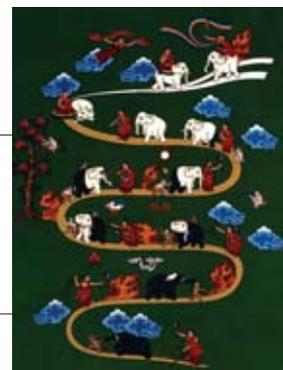
Thank you very much, billion, zillion thanks to all, so please share this news to everybody who helped. Thank you very much.

Please continue to live your life with the thought of bodhicitta.

With much love and prayers,
Lama Zopa"

Corey Jackson and Kirsti Kilbane will conduct CEB in March 8th to 9th, 29th to 30th and 12 to 13 April from 10:00 to 6:00 pm.

Please call the centre at 9367 4817 to make a booking.



Q and A with Geshe Sonam during Tuesday Insight teaching on Tushita

Q: Is Tushita a physical place or is it an abstract construct of the mind?

A: It has a physical location because Buddha Amitabha created it with his merits and not with his mind.

Q: Since Buddha Amitabha vowed that if we just call out his name, we can all be there, is this not a great short cut to Tushita?

A: Just like the Tibetans who repeat Om Mani Padme Hum, if you do so without understanding, meaning or faith, it won't do. (Back to the drawing board Fiona)

Q: Wouldn't the good merits run out when in Tushita and we'd have to go back to the lower realm just as in the God Realm?

A: No, it is not like the God Realm where good merits run out. In Tushita with the help of Buddha Amitabha our good merits only increase. (Incentive Fong!!)

Q: Is there a border line or boundary when we can be sure we have reached the Pure Land?

A: In all my studies, I've not come across such a boundary or border of such nature.

Matt: Looks like Sam has gone to Tushita and is now back. (zzzzzzzz)

2013 AGM Report

By Karl Matacz

The HBC Annual General Meeting was held on Sunday 27 October 2013 and was attended by 20 members.

Geshe Sonam led the motivation and dedication after which our Director John Waite opened the meeting and commenced the meeting formalities by notifying members of apologies and proxies received. The minutes of the 2012 AGM minutes were approved with minor amendments and matters arising out of those minutes were addressed by the committee.

In his report to the members John expressed the gratitude of the Centre to Kyabje Zopa Rinpoche and the entire lineage that have made the centre possible through their kindness in making the dharma available. He expressed his thanks to Geshe Sonam for providing the Centre with high level teachings and also to Ven Dondrub who left the Centre for Buddha House after many years of teaching at HBC.

John outlined the key highlights of the past year:

- The Relics Tour.
- The teaching visits of Venerable Robina and Venerable Antonio.
- Increased standards of governance: including improving and implementing policies and insurances.
- A Management Committee has been established as a trial to take on the day to day tasks of running the Centre.
- The Centre has developed a Strategic Plan soon to be available on the website.
- Susan di Bona and Jude Carter were thanked for their hard work, dedication and commitment as Spiritual Program Coordinators during the year.
- The Director thanked members of the Executive Committee and the Management.

The Director highlighted that 2014 will include visits to our centre by Kyabje Choden Rinpoche, Khadro-la, Venerable Robina and Venerable Antonio.

Karl Matacz presented the Assistant Director's report and spoke about the development of the first HBC Strategic Plan. The strategic areas and key activities are:

1. Developing the HBC Education Program
2. Engaging volunteers to become involved in supporting the centre and its social outreach programs
3. Good governance and financial sustainability
4. Developing a communications plan
5. Creating a multifunctional Centre

Karl advised that the details of the plan would be available on the website shortly. The Financial Report presented by the Treasurer Ling Lee outlined a surplus for 2012/13 of \$369,792. Of this amount \$341,572 was from building fund donations. Excluding the building fund donations the Centre reported a surplus of \$28,220. Of the surplus, the Executive Committee agreed to put aside \$14,000 into a Paid Position Reserve for a future paid position.

The current membership of 77 plus 4 life members was reported at the meeting. Office bearers continuing were:

- Director – John Waite as appointed by Kyabje Zopa Rinpoche
- Spiritual Program Coordinator - Jude Carter as appointed by FPMT
- Committee member – Rob Milan as appointed by FPMT

The following executive committee members were elected:

- Member (Secretary) - Joanne Thorpe
- Member (Treasurer) - Ling Lee
- Member (Assistant Director) - Karl Matacz
- Member (Office Manager) - Pat Moss
- Member (Seconded) - Nim Dissanayake

The management committee are:

- Rob Milan
- Susan di Bona
- Christine Turley
- Pat Moss

Chodron's Wheel Still Turning (continue from page 2)

workshops over 10 months. It was designed to enable people to visit and offer companionship, emotional and spiritual support to the dying. We also added the names of 14 of these graduates to our list of "Wheel of Life Visitors". These are people who we believe are ready and confident to make visits on our behalf. The WOL Management Team was expanded, now comprises:

- Len Warren (Coordinator)
- Fiona Robins (Deputy Coordinator)
- Bobbie Lees (Secretary)
- Wee Kee Ng (Treasurer)
- Arie Haneveld
- Lesley McSharry
- Tricia Devitt

Angela Doyle and Len Warren analyzed feedback from those who attended their presentations at Hayagriva and Nollamara. This is being incorporated into the Pure Land Business Plan. More information about PLBP will be revealed in the next newsletter.

Leuba McMaugh, Bobbie Lees and Len Warren shared the role of coordinating visits by Dharma friends to Ven Chodron when she was in Fremantle Hospital, then Carrington Aged Care then Murdoch Hospice, and maintained email contact between regular visitors and others interstate who were specially interested. We assisted with her funeral service.

Fiona Robins worked with Naveen Tan and occasionally others to prepare the altar for monthly Medicine Buddha/Prayers for Deceased practices. Arie Haneveld and Len Warren led these practices, which Geshe Sonam kindly attends. Average attendance is 8-10.



What's the FPMT?



By Owen Cole



The charismatic founder of the Foundation for the Preservation of the Mahayana Tradition (FPMT), Lama Thubten Yeshe, used to say to do three things – think big, practice bodhicitta and communicate.

Today we are the beneficiaries of those principles.

Hayagriva Buddhist Centre is affiliated with a dharma family that has grown over the last 40 years to 163 centres, projects and welfare projects in 37 countries which benefit thousands of people each year. The scope of the activities is mind boggling.

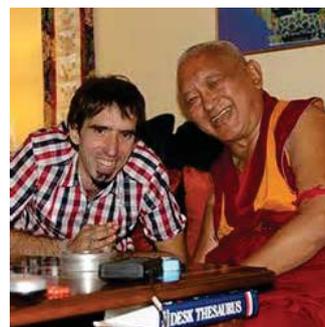
It includes dharma and retreat centres, a publishing house, monasteries, hospices, internet courses in Buddhist studies, a project dear to Lama Yeshe's heart to build a large statue of the future Buddha, Maitreya, in India; charitable work ranging from an animal sanctuary to an eye clinic in Tibet, a leprosy project in India and providing food to all the monks in Sera Je monastery in southern India, the renowned institution where Kyabje Zopa Rinpoche received most of his Buddhist training in the Gelugpa (or yellow hat) school of Tibetan Buddhism.

More than US\$3m was distributed to FPMT charitable projects last year. All this activity is under the spiritual direction of the principal disciple of Lama Yeshe, Kyabje Zopa Rinpoche, who assumed responsibility for the organisation when Lama passed away in 1984.

His reincarnation has been recognised by HH Dalai Lama as Spanish-born, a now 28-year-old, Tenzin Osel Hita.

Kyabje Zopa Rinpoche regularly consults HH Dalai Lama whom he regards as a fully enlightened Buddha.

Based on Buddhist principles, all FPMT centres and projects are required to act ethically, abide by the rules of the country in which they operate and maintain suitable corporate governance.



To assist centres achieve this, regional offices have been established around the world with the centres in each area being affiliated with their regional office. There are 24 FPMT centres and projects in Australia including dharma centres in most Australian states, a retreat centre on Kangaroo Island and hospice service in Brisbane. The directors of these projects and the regional coordinator meet annually to discuss issues affecting the FPMT in Australia.

While centres are affiliated with the FPMT, projects, including Hayagriva Buddhist Centre, own the property from which they operate and are responsible for their own finances.

There is also a FPMT International Office in the United States which helps implement Rinpoche's wishes, coordinate his activities, provide centres with practice material and guidance, arrange for Geshes and translators to teach at centres and oversight the appointment of Centre Directors and Program Coordinators.

International Office is guided by an 11 member Board of Directors consisting of Rinpoche, his attendant and FPMT CEO, Ven Roger Kunsang, Tenzin Osel Hita, the Abbott of Kopan Monastery, and long-time students.

Centres being affiliated with FPMT International basically means they agree to operate in accordance with the values and principles of the organisation.

The FPMT started in the early 1970s with hippies from western countries disillusioned with the values in their own countries, seeking an alternative lifestyle based on the wisdom of the east. The Lamas started teaching regular month-long Buddhist courses at

Kopon Monastery in Nepal in the early 1970s and they are still held every November. The courses have transformed the lives of thousands of students over the years.

As the name suggests, the FPMT was established to transmit and preserve the Mahayana Buddhist teachings and values around the world.

To see the breadth and scope of projects have a look at last year's FPMT Annual Report at FPMT International's website at <http://fpmt.org>



Hayagriva Buddhist Centre - 2014 Volunteers

Spiritual Director : Kyabje Thubten Zopa Rinpoche

Resident Teacher : Geshe Sonam

Director : John Waite

Assistant Director : Karl Matacz

Spiritual Program Coordinator : Jude Carter

Meditation & Puja Leaders : Venerable. Thubten Drolma, Greg Carr, Owen Cole, Christine Turley, Angela Doyle, Jude Carter, Rob Milan, Kirsti Kilbane, Sau Chee Ch'ng, Len Warren, Arie Haneveld

Secretary : Joanne Thorpe

Office Manager : Pat Moss

Treasurer : Ling Lee

Librarian, Public Relations : Marlene Robins

Executive Committee : John Waite, Karl Matacz, Jude Carter, Rob Milan, Ling Lee, Joanne Thorpe, Pat Moss, Nim Dissanayake

Wheel of Life Hospice Service : Len Warren

Building and Grounds Coordinator : Paul Turner

Gompa Care : Ros Charron

Teacher Care : Felicity Westcott, Sandy Willoughby

Welcome Volunteers Roster : Debbie Wardle

IT and Website : Michael Glance, Geoff Hitchmough

Membership Coordinator : Heike Behrbohm

Hayagriva Shop : Lewanna Newman

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