



Kyabje Zopa Rinpoche returns to Bendigo in 2014

Kyabje Lama Zopa Rinpoche is returning to Australia in September 2014 to lead a one-month residential retreat.

He will continue the cycle of teachings started in 2011 on Shantideva's Bodhicaryavatara (A Guide to the Bodhisattva's Way of Life) and give initiations from the Rinjung Gyatsa collection of empowerments from all four classes of tantra.

The retreat in Bendigo, Victoria, will be from 25 September to 23 October and follows a meeting of the Council for the Preservation of the Mahayana Tradition (CPMT) from 13 – 19 September. The CPMT is a meeting of the international FPMT family held every two years.

A program of activities and events will be offered in the period between the events (20 – 24 September).

In the past, CPMT meetings have only been open to FPMT directors, Spiritual Program Coordinators, teachers, FPMT Board Members and Regional Coordinators.

However, because CPMT 2014 is looking at the future of FPMT – how we can preserve the Dharma now and into the future – the invitation has been extended to everyone who has an interest in serving the FPMT and helping to manifest its vision.

The events are being hosted by Lama Zopa Australia Inc., together with Atisha Centre, The Great Stupa of Universal Compassion and Thubten Shedrup Ling Monastery.

For further information and registration go to the website (lamazopaaustralia.org.au) and their Facebook page.

*"Once you realize the true evolution of your mental problems, you'll never blame any other living being for how you feel."
– Kyabje Zopa Rinpoche*

Highlights

Spiritual Program, Meditations, Pujas	2,3
CEB, Choden Rinpoche	4
Special Events, WOL, Yoga, Tai Chi, Busy Bee... ..	5, 6
Importance of Retreat by Lama Yeshe	6
Khadrola's Teachings.....	7
Bodhi Tree, About Hayagriva	8

Venerable Robina Tour July 2014



It's hard to imagine a more down-to-earth nun than Ven Robina. When a woman asked if it was true Ven Robina couldn't meditate for her first seven years as a Buddhist she replied: "Sweetie Pie, are you assuming that because a person's a Buddhist, they didn't struggle? It's like saying you now can play basketball like Michael Jordan. Of course there was a time when you couldn't play basketball, when you struggled. That goes without saying."

Ven Robina has been ordained for 35 years, edited Mandala Magazine and many dharma books, ran the Liberation Prison Project, featured in two movies, and tours the world inspiring others with her teachings from the heart, and that's just the beginning.

Residential Retreat Waking the Mind to Its Full Potential

8 July – 12 July at Jhana Grove

This is an opportunity to integrate the Buddhist teachings on the mind, its potential and how we might achieve full awakening. It's also a great opportunity for those newer to Buddhism to gain an experiential overview of the entire path.
Cost: \$325 (Members \$305)

Workshop - When the Chocolate Runs Out: Attitude Training for When the Chips Are Down

11am – 4pm Sunday 13 July at Hayagriva Buddhist Centre

How [we can](http://www.hayagriva.org.au) be happy even after the "chocolate" has run out? By cutting the cords of attachment, we discover the indestructible happiness that has always been and always will be available to us, even during our most difficult moments.
Cost: \$45 (Members \$35)

Teaching

The Three Principles of the Path

7.30pm Monday 14, Tuesday 15 and Wednesday 16 July at Hayagriva Buddhist Centre

The entire teachings of the Buddha can be summarized into three aspects, renunciation, bodhicitta and the correct view. Using a commentary given by Lama Yeshe, join Venerable Robina over three evenings to explore these concepts and bring them alive in your daily life for greater fulfillment and wellbeing.

Cost: \$25 (Members \$20) or \$55 for all three sessions (Members \$45)

Virtue and Reality: Buddha's Teachings on Karma and Emptiness

Friday 25 July at Dhammaloka Centre, 18 – 20 Nanson Way, Nollamara.

Time to be advised.

Workshop - Facing Death

11am – 4pm Saturday 26 July at Hayagriva Buddhist Centre

HBC's Wheel of Life is a support group for those facing death. Drawing from her considerable experience, especially with death row inmates in American prisons, join Venerable Robina in this special workshop.

Cost by donation. Bookings essential

Introduction to Buddhist Meditation

7.30pm Friday 20, 27 June, 4 July

with Kirsti Kilbane (details under Spiritual Program)

Spiritual Program

(Please check the calendar on our Centre website at www.hayagriva.org.au or our weekly eNews for updates and changes to the program)



Geshe Sonam's teachings

The teachings say spiritual development cannot come from just reading books on Buddhism and meditation. Great emphasis is given to receiving an oral lineage involving receiving teachings and instructions orally from someone qualified to give them. This helps ensure the purity of the teachings and protects the lineage.

In that respect we are fortunate to have Geshe Sonam as our resident teacher. Ordained as a monk at the age of 10, he was awarded the title of Geshe after 22 years of study at Sera Jey Monastery in southern India. This study included all the major texts in the Gelugpa tradition. In addition, on a human level, Geshela is a wonderfully kind person.

Discovering Buddhism

DB is a practical FPMT-designed international 14-module course with each module taught over a period of four to six weeks. It covers the basic topics of Buddhism presented in a way that helps you integrate the teachings into your daily life in addition to learning the theory. It consists of teachings, meditations, readings, a one-day retreat and an assessment. It is suitable for new or experienced students. The course fee for the module includes access before class to online material through the FPMT International Office.

(1) Presenting the Path (continues)

7.30pm Wednesdays to 16 April

One-Day Retreat: 10.30am – 4.30pm Saturday 19 April

(please register at the Centre for the retreat).

This module gives you a clear idea of the path to enlightenment, especially its three main components - renunciation, bodhichitta, and the right view of emptiness. You should understand the progressive, step-like structure of the Lam-Rim (condensed teachings of the Buddha), its origin in the teachings of Guru Shakyamuni Buddha, the three scopes, where you fit at your present stage of spiritual development, what you need to do next, and how you get from there to enlightenment.

(2) Death and Rebirth

7.30pm Wednesday 23 April – 21 May

One-Day Retreat: 10.30am – 4.30pm Sat 24 May

(please register at the Centre for the course and/or retreat).

Understand life, death and rebirth and the nature of mind. Learn to use fear of death to overcome fear of death. Discover how to use the certainty and imminence of death to enhance your quality of life.

(3) All About Karma

7.30pm Wednesday 28 May – 2 July

One-Day Retreat date to be advised

This module aims to introduce you to the Buddhist concept of karma, the law of cause and effect, and what it means to take personal responsibility. Using examples from everyday life we will analyse how actions determine their results and cause us to experience either happiness or suffering. We will explore purification practices and establish a daily meditation on karma.

Please register in advance for these modules so your online access to the course materials can be arranged.

DB costs

The cost of each module is \$100 (\$90 Members), \$15 a session for observers. Each One-Day Retreat is \$35 (Members \$30). Please register online at www.hayagriva.org.au or at the Centre prior to the start of each module.

Insight

7.30pm Tuesday nights

Geshe Sonam

These teachings are on the profound Buddhist concept of emptiness or dependent arising and are suitable for those with a firm foundation of the Buddhist teachings.

An understanding of emptiness helps cut through the confusion in our mind to better deal with emotional upsets and setbacks in life.

By donation

37 Practices of a Bodhisattva

2.30pm Sundays

Geshe Sonam

These teachings are on the heart of Mahayana Buddhism – the altruistic mind. It looks at why an attitude of self cherishing brings on all our problems and how the opposite mind, that of cherishing others, brings every happiness.

Suitable for new or experienced students.

By donation

Tibetan Language Class

7.30pm Thursdays (held in the back annexe if the gompa is being used)

Geshe Sonam

Learn basic Tibetan with Geshela which will help you understand the original texts and the Tibetan culture.

By donation

Q&A with Geshela

3.30pm Sunday 27 April, 25 May, 29 June

Join Geshela for a cup of tea and cake in an informal setting to asking any questions or raise any issues you may have. All welcome.

Meditations

"Meditation is actually very simple. When you close your eyes, what happens is that your awareness begins to radiate, like a sensitive radar detector. A good radar detector picks up any kind of signal; it notices, it's aware. Similarly, when we meditate our mind becomes aware; we become very sensitive or totally awake as to what's going on. That's what I call meditation - intensive conscious awareness. But I don't mean that in the conversational sense: 'Blah, blah, blah, oh, there's a light, there's something else.' It's not like that." Lama Thubten Yeshe, Founder of the FPMT

It is easiest to start meditating in a group with an experienced student leading the meditation. A number of different meditations are held each week.

Sunday Meditation

10am Sundays

A general guided meditation suitable for new or more experienced students.

Monday Meditation

7.15pm Mondays

These meditations are suitable for new or experienced students and utilize Buddhist techniques without the Buddhist jargon.

Tuesday Morning Meditation

10am Tuesdays

Led by Venerable Drolma, these sessions are suitable for new or experienced students and involve relaxation and meditation on Buddhist concepts.



Vajrasattva Practice

7.30pm every 2nd Thursday

The Vajrasattva mantra is a powerful practice to purify negative karma. This is the same practice as done in the retreat with Venerable Robina last year. Everyone is welcome. No initiation is necessary.

Introduction to Buddhist Meditation

7.30pm Friday 20, 27 June, 4 July

with Kirsti Kilbane



An introductory course on basic Buddhist meditation techniques for beginners. It teaches meditations that can be used to create more peace and happiness in daily life. Included are the meditation posture, purposes and benefits of meditation, different skills that are used in meditation and useful in daily life, advice for establishing a long-term meditation practice, using the benefits of meditation in everyday living and transforming negative experiences into positive. The \$30 course fee includes handouts and meditation sheets. Please register beforehand so course material can be prepared.

Pujas

Pujas are traditional chanting ceremonies in English or Tibetan the merit of which can be dedicated to help bring about particular purposes with different pujas for different purposes. There are pujas for meditation practice, purification, removing obstacles, long life, death, illness, business, and so on.

It is usual to bring an offering of food or flowers to pujas.

Guru Puja: Is usually chanted in Tibetan at our Centre and helps create or strengthen the link with a spiritual teacher.

- 7.30pm Wednesday 9 April

- 7.30pm Thursday 24 April

- 7.30pm Friday 9 May (only one Guru Puja in May)

- 5pm Sunday 8 June

- 5pm Sunday 22 June



Tara Puja: Tara is the female manifestation of Chenrezig, the Buddha of compassion, and helps to quickly bring about requested aims.

2pm Saturday 26 April, Saturday 10 May, Saturday 21 June

Wheel of Life Medicine Buddha: Once a month on a Saturday afternoon the Wheel of Life Hospice group does a shortened Medicine Buddha puja and prayers for the deceased from FPMT Centres around the world or for friends and relatives of people associated with our Centre. The Medicine Buddha puja is said to be particularly effective in helping to cure illness or purify life hindrances. The group also runs workshops which everyone is welcome to attend.

Medicine Buddha Puja and Prayers for the Dead

2pm Saturday 5 April, Saturday 3 May, Saturday 14 June

Workshop 2pm Saturday 17 May

Saka Dawa Friday 13 June



Saka Dawa is the most significant holy day in the Buddhist calendar marking the day of the Buddha's conception, enlightenment and passing into paranirvana. The effect of positive and negative actions on this day are said to be amplified hundreds of millions of times so, to help create good karma and avoid creating negative karma, it is common to take the Eight Mahayana Precepts. These are eight vows taken before dawn for 24 hours with an altruistic motivation to benefit others. The program at our Centre is:

- 6.30am Precepts given by Geshe Sonam

- 2pm Set up extensive water and light offerings

- 7pm Light offerings and Shakyamuni Buddha Puja

We will be collecting packaged and dry foods offered at the puja and donating them to the local charity, Food Bank, which will distribute it to those in need. Please place your donations that are suitable for this purpose in the marked box at the Centre.

Cultivating Emotional Balance

An internationally recognised programme developed by world renowned psychologists



- Control your own well being
- Develop resilience in adversity
- Build your best relationships

Cultivating Emotional Balance - Weekend Course

9am – 5pm Saturday/Sunday 12/13 April

(only for those who did the weekend course in March. Another course is planned later in the year)

At Beacon Yoga Centre with trained CEB facilitators Corey Jackson and Kirsti Kilbane.

CEB trains participants in the skills for reducing emotional responses that are destructive to themselves and others, and enhancing positive states of compassion, empathy, altruism and pro-social behaviour. The program is secular, integrating ancient contemplative skills with ground breaking science.

Register at www.hayagriva.org.au



Venerable Choden Rinpoche Tour

By Susan di Bona

Much excitement was in the evening air at the imminent arrival of Choden Rinpoche – one of the last scholar yogis of Tibet. Four years had passed since his last visit and a record number of people were expected in our gomba. For the first time an overflow screen was set up outside in the warm summer air.

The teaching on the Eight Verses of Thought Transformation was incredibly clear and the delivery effortless. Our gentle interpreter, Voula, did a wonderful job.



John Waite, HBC Centre Director offered a khata to Choden Rinpoche

My mind kept jumping forward to the following few days where I would be spending many hours with Choden Rinpoche during the Yamantaka initiation. Having taken it with him in 2008, I was excited to be taking it again from him (with no interstate or overseas travel) and was looking forward to more clarification on the practice I had done over the intervening years. Inspired by his visit, this poor student had actually done just a little study.

The Saturday session went so quickly. The Sunday session was very long but we were privileged to be given unusually detailed explanations. Once again we were so fortunate to hear the precious effortless delivery of this highly realized practitioner and scholar. Despite being one of the oldest in the gomba and with the very warm conditions, Choden Rinpoche looked impressively stable and undistracted.

It was easier for me this time to see Choden Rinpoche as the Buddha (from time to time), to not be overwhelmed by the “opera of visualizations” associated with tantric initiations, and to have some familiarity with what was being offered. It was a point in time where I could feel that the intervening



Geshe Langri Tangpa, the author of the Eight Verses of Thought Transformation

years had resulted in just a little progress, at least in this practice.

No progress is possible without the efforts of those who work so hard to make our Centre viable so a big thank you to them. May Choden Rinpoche continue to have the good health to return and teach at Hayagriva Buddhist Centre many more times.



Choden Rinpoche, Venerable Rabten (his attendant) and Voula (his translator) enjoying Kings Park with Naveen and her children, Matt D, Kirsti, Jude, Mia, Nora, Joanne, Geshe Sonam and Matt W

Special Events

(Please check the calendar on our Centre website at www.hayagriva.org.au or our weekly eNews for updates and changes to the program)

Statue filling and Consecration



With Geshe Sonam
Preparation of material for filling the statues

10.30am – 4.30pm Saturday 31 May

Statue filling and consecration

10.30am – 4.30pm Saturday 7 June

Metal Buddhist statues are hollow and need to be filled with holy and auspicious objects, sealed and consecrated. An important part of the preparation is to roll up strips of paper containing mantras with different

mantras placed in the various parts of the statue. Other ingredients used to fill statues includes incense, relics and precious gems.

The statues are then filled and consecrated on the second practice day.

Filling and consecrating statues is a dharma practice. Sangra Jampa Tulku said the monks who helped fill, vitalise and energise a number of Buddha statues in the main temple in Drepung Loseling Monastery in India increased their learning ability and concentration levels. In addition, the wealth of the monastery increased significantly six months after making the mantra rolls and filling the statues.

This time priority will be given to students who previously indicated they wanted to have statues consecrated. Please contact the Centre if you want a statue consecrated but did not previously inform the Centre.

Statues clearly marked with your name must be left at the Centre by Saturday 31 May.

As a significant amount of material has to be purchased for this ceremony, the charges are:

- Small Statue \$30
- Medium Statue \$45
- Large Statue - please contact the Centre for more information



Wheel of Life

Volunteers from the Wheel of Life Palliative Care Support Group currently offer companionship, emotional and spiritual support for the very sick and dying and their carers. They run

seminars, discussion groups and training courses, and make home visits.

The main activity in recent years has been the running of training courses on the emotional and spiritual aspects of dying, death, grief and how to prepare for these inevitable experiences.

The group is a social outreach initiative of the Hayagriva Buddhist Centre.



It intends to also create a centre for the dying that has a focus on emotional and spiritual care.

A Medicine Buddha Puja and prayers for the deceased is organized once a month on Saturday afternoons by the group with a **workshop generally held each month on Saturday afternoon**. Check our eNews or website for more details.

Yoga



Regular yoga classes are offered throughout the year by two experienced and qualified yoga teachers who offer a variety of yoga styles to cater from beginners to the experienced practitioner.

Hatha Yoga: with Jude Carter. Brings the balance between body and mind, as well as freeing the more subtle spiritual elements of the mind through physical postures (asanas), or breathing techniques (pranayama), and meditation.

- **9.15am Mondays**
- **6:00pm Tuesdays**
- **6.15am and 9.15am Thursdays**
- **8.30am Saturdays**



Vinyasa Yoga: with Lewanna Newman. A dynamic flowing sequence of yoga asanas with the main focus being the breath. The practice works towards improved body and mind awareness, correct posture, strength, agility, flexibility and most importantly, a sense of wellbeing.

6pm Mondays Beginners

6pm Thursdays (need to know the sequence from Monday)

Yin Yoga and Meditation: with Jude Carter. A deeply relaxing and inwardly focused practice, working into the connective tissues of the body, with a focus on hip and spine mobility. This practice is based on Traditional Chinese Medicine meridian theory and is conducive to cultivating mindfulness and a sense of grounding.

6pm Wednesdays

Tai Chi



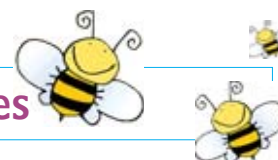
Give your body and mind a workout with this technique based on classical Chinese philosophy. Even try some self-defence techniques. Suitable for all ages. No experience necessary. Registration or enquiry at thomas.pc.to@gmail.com or 0430 962 388. Free though donations to HBC welcomed. Please wear sports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

8am generally twice a month on Sunday.

Check our website calendar or eNews for the Sundays on which sessions are held.



Busy Bees



One of the purposes of spiritual practice is to purify the mind for which a conducive environment is critical. To help bring this about we have a Busy Bee at our Centre from 10am generally on the first Saturday of each month. We try to clean parts of the building that may have been overlooked, smarten up the outside and keep the vegetation under control. The most valuable thing you have is your time so donating a couple hours is a significant act of generosity and makes a big difference.

10am Saturday 5 April, 3 May and 14 June.



Special Events

(Please check the calendar on our Centre website at www.hayagriva.org.au or our weekly eNews for updates and changes to the program)

High Tea Fund Raiser

2.30pm Monday 2 June (Public Holiday)

Mark this date. More details later in the eNews.

Venerable Antonio visit cancelled

The retreat planned with Ven Antonio regrettably has had to be cancelled. We apologise for any inconvenience.



Appeal for donations after teachings

Our centre depends entirely on donations to keep the doors open and we face the increasing expenses known only too well by families across the state - electricity, gas, phone, property repairs etc. We also support our excellent teaching team. Please remember to support the Centre after teachings, pujas and other events. It makes a huge difference.

The Importance of Retreat

By Lama Thubten Yeshe, founder of the FPMT



Why is retreat important? In order for our spirituality, pure morality, wisdom, single-pointed concentration and insight into reality to grow, we need time and space. The normal twentieth-century environment does not give us this. It induces either distraction or sluggishness, and retreat can take us beyond both. As human beings, we have the potential for unlimited growth, for limitless compassion and wisdom, bodhicitta and the six perfections. So retreat is very important in expediting this.

Furthermore, Dharma experiences come only when you put yourself into a Dharma situation. If you don't immerse your body, speech and mind in Dharma, the Dharma can't really be of use to you. So retreat is very important in promoting your development.

The first stage of your spiritual growth occurs during your first retreat. The second stage happens in your second retreat; the third stage in your third...and so on. Spiritual growth is not an intellectual thing. It has to be organic. It is beyond the intellectual; it has to become your own experience.

Let's say you're practicing a sadhana. If you're just doing it at home without retreat or penetrative insight, you're never going to become the sadhana. You'll certainly never become the deity if you just do it that way.

You can see, even in European history, that Jesus and other great spiritual leaders went into solitary retreat. Christian, Muslim, Indian, Tibetan; all the great mahasiddhas went into isolation for certain periods and gained their high accomplishments through practicing intensively like that. So the history of human experience also shows that Dharma realizations come only through concentrated, twenty-four-hour-a-day practice.

And when you are in that situation, you can conduct research into your experiences, just like scientists investigate phenomena in their laboratories. You can analyse your dreams, your sleep and whatever else come up, and you can supplement your research by reading--as long as what you read is related to your meditation and your sadhana. When you're in retreat you should not read newspapers or worldly books.

Successful retreat demands discipline. The fundamental discipline is living ethically in pure morality. On that basis you need to follow a strict schedule and avoid all outside activity. You should not meet with other people or talk nonsense. Best, of course, is to maintain silence for the duration of your retreat and not meet people at all.



By going into retreat, maintaining ethical discipline, keeping yourself together and developing wisdom, love and compassion, you are benefiting not only yourself but the whole society, all of mankind, all of humanity. Of course, most people don't understand the reality of human existence, but in fact, by going into retreat you really do benefit all.

For example, Shakyamuni Buddha came and went more than two thousand five hundred years ago but we are still experiencing the incredible benefit of this one person's method and wisdom, aren't we? So one person's retreat really can bring great benefit to all.

My experience is that many of my students want to retreat but, as I said, have nowhere to go. So this proves that we need more and better retreat facilities. Also, as I always say, each of my students should do a retreat every year, be it long or short. Retreat once a year. It transports you from the level you're at to another realm. I'm not joking. I always tell everybody to retreat.

Some people listen to me and do at least a short retreat every year. In that way they maintain their spiritual development, even if they don't shift from one level to another. And in the future, more and more people are going to want to do retreat, so we really do have to pay attention to this. That's why we need more facilities.

Excerpted from a talk Lama Yeshe gave to the Directors of O Sel Ling Retreat Centre in Madrid in 1983. Edited by Nick Ribush.

Khadrola's Teachings



Lessons filled with bubbling laughter from a humble yogini

By Fiona Robins

Khadrola introduced herself on Friday evening as just an ordinary Tibetan girl. "I have no clue about Dharma and no clue about the world. So what I have is the good fortune to have met my Guru, His Holiness the Dalai Lama. I have no special qualities and nothing to say that you do not already know."

Khadrola finds it difficult to contain her laughter as she describes our self-cherishing behaviour. She giggles as she reflects on how so many of us in the west spend our time improving our house or our appearance. Time far better spent on improving our mind she tells us between giggles.

"Only by changing and purifying our mind can we bring an end to our suffering."

In her first teaching Khadrola said: "The self-cherishing mind can only result in suffering". She went on to explain how we become a slave to our ignorance and this keeps us in a prison and in this way we are no better than cows or dogs (more laughter). To cut our self-cherishing thoughts we must recognise impermanence in all phenomena including ourselves.

Khadrola described how to train our mind. "We need to understand the path to changing our thoughts, to see the truth and recognise the interdependent nature of all phenomenon, including ourselves. If we see how our mind is obscured by self-cherishing ignorance we can then develop a correct view of existence."

"Developing compassion and a kind heart is the best way to begin the path to enlightenment."

On Saturday afternoon a capacity crowd of 120 joined together in chanting the beautiful Shakyamuni Buddha mantra. This glorious melody filled the gomba as Khadrola, her two accompanying monks and translator arrived at the centre.



Khadrola offering light on the auspicious Day of Miracles



Khadrola said that people often say to her that they do not have time to study Dharma because they have to work. "If you feel this way you have not understood the four noble truths. If you truly understand the causes of suffering you will know the path and you will say I do not have time to work because I have to study Dharma," Khadrola said giggling adding that she hopes we will all say this one day.

On Sunday Khadrola reminded us whether Buddhist or not, all sentient beings do not want to suffer. She went on to describe how in this world we feel a need to belong and have the habit of patriotism. We use things such as language, culture or religion to hold some people close and others far away. We want to protect ourselves and destroy our enemy.

"This discriminative ordinary mind is confused and mistaken, it is deceiving us and leading us astray. We become slaves to self-grasping delusions and become affected by the cancer of suffering. The source of the cancer is the three poisons (attachment, aversion and ignorance). Develop the kind heart as this is like medicine for the mind," she said.



Offering khatas to and receiving blessings from Khadrola at the end of the wonderful teachings. Khadrola's translator, Claire, Geshe Zemling and Geshe Sangpo are on the right. Khadrola donated all offerings back to Hayagriva Buddhist Centre for Kyabje Zopa's long life, animal liberation and our Centre.



Hayagriva's Bodhi Tree

Our Bodhi Tree at the front of our Centre has been missing but should be back in its normal place shortly. It was looking sickly several months ago after the reticulation broke and was bursting out of its pot so our resident green thumb, Michael Ashby, did some pruning, fertilizing, re-potted it and gave it some tender loving care before sending it on a holiday around the back where it flourished.

We received our tree as a seedling about 13 years ago. It was from the Bodhi Tree in Sri Lanka which grew from a cutting from the Bodhi Tree in Bodhgaya, India, under which the Buddha manifested enlightenment.

Michael said "the tree is actually a Ficus (variety of Fig) and it is only those of the family "ficus religiosa" that can trace their lineage back to the original Bodhi Tree in India that can actually be truly called a "Bodhi Tree". So we do have a true Bodhi Tree".



Information about Hayagriva

Hayagriva Buddhist Centre is a well established Centre for Buddhist learning and practice in Kensington following the Tibetan Gelugpa Buddhist tradition.

It is affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT) under the spiritual guidance of Kyabje Zopa Rinpoche. Our resident teacher is Geshe Ngawang Sonam, a fully ordained monk who has completed the entire monastic training in India's Sera Jey Monastery.

Our Centre has been operating for about 25 years, is a non-profit organisation incorporated under the Associations Incorporation Act 1987 (WA), and is financed by donations and run by volunteers.

Opening times

10am – 2pm Monday to Saturday

Contact details

Address: 64 Banksia Terrace, Kensington WA 6151
Email: welcome@hayagriva.org.au
Web: www.hayagriva.org.au

eNews

We publish a free electronic newsletter weekly which contains updated details of our program and news about our Centre. Contact the Centre to be included on our email list.



About the FPMT

The Foundation for the Preservation of the Mahayana Tradition (FPMT), to which Hayagriva Buddhist Centre is affiliated, is a grouping of more than 162 centres, projects and services in 41 countries worldwide. The FPMT was established in the 1970s by Lama Thubten Yeshe and the current spiritual director, Kyabje Zopa Rinpoche.



Lama Zopa Rinpoche enjoying a laugh with HBC members

Membership

Membership is one of the most practical ways that friends of Hayagriva Buddhist Centre can provide substantial support for the Centre. Our Members are the heart of our Centre and provide a stable financial base to ensure the continuation of our work.

A number of benefits are offered to Members such as discounts on courses, discounts from our bookshop and library borrowing rights.

Individual Membership costs \$150 a year, families \$220. It is also possible to sponsor the Membership of someone experiencing financial difficulties for \$150. Contact the Centre for more details.

Note: If you pay your Membership by electronic transfer, please email the Centre on welcome@hayagriva.org.au to say you have paid. Otherwise, it can take some time to track your payment.