



Geshela's Sabbatical



We have been fortunate to have Geshe Sonam at our Centre for two years and on 1 July he returned to India and Nepal for two months at the end of his first contract.

The good news is that Geshela's visa has been

extended for another two years so he will be back in Perth at the beginning of September.

In India Geshela is looking forward to seeing his main teacher, Venerable Jamtse Choje Rinpoche, (who some Hayagriva students met in Sera Jey Monastery last December), as well as his other teachers. He is also looking forward to seeing his class and house mates.

Geshe Sonam hopes to take some important teachings from his masters, and, if time permits, he will give teachings to his students in Sera Jey.

After about a week in the Monastery, Geshela plans to travel to Kathmandu in Nepal to see his mother who is still in hospital. He will stay in Jolikel, the Tibetan settlement camp where his mother has a house with his brother. He will likely be in Kathmandu for up to four weeks and hopes to make a few trips to Kopan Monastery during that time. Before leaving Geshela asked HBC members to "place the advice of Lama Yeshe, Kyabje Zopa Rinpoche and His Holiness the Dalai Lama in our hearts. This means not only studying the Buddha Dharma, but practising in accordance with it."

"I hope the members of HBC have the feeling that the Centre is like their home and that those you interact with are like your family members."

"Particularly for those working directly at HBC, harmony is the root of our interactions - getting along with each other. That's why I mentioned the importance of being mindful of the holy advice of our three Gurus."

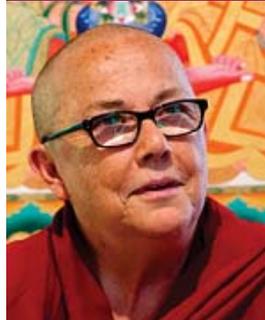
"Tashi delek and see you all in early September," Geshela said.

Friday Afternoon Course

- Buddhism 101 -
**Informal Discussions
on All Things Buddhist**
with Swee-Lin Tan

1.30pm
26 September, 3, 10 October
By donation

JULY



Venerable Robina Courtin Tour Retreat, Workshops and Teachings

It's hard to imagine a more down-to-earth nun than Ven Robina.

She said: "We don't need God or Buddha or a great philosopher to tell us when we hear words like "jealousy, anger, fear, stress, killing, lying" that they are negative and suffering — whether we're on the receiving end of them or they're inside us. This is really the very essence of Buddhist practice. What we're trying to do is develop the positive qualities, and decrease and eventually eliminate the negative ones."

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.

AUGUST



Venerable Jampa Dekyi Teaching at Hayagriva

Ven Dekyi has had a wide experience of life and has been ordained for 21 years during which time she has studied the Buddha Dharma in depth and taught at a number of FPMT centres.

She is warm and irrepressible.

A student of Venerable Dekyi remarked: "Not only was she perennially kind, supportive and adaptable, but rare was the day that did not start with the greeting, 'Good morning, beautiful people!'"

In awe, the student asked her how she managed to be so irrepressibly positive. She answered: "I've always had this sense that I could deal with whatever happened."

Mind and its Potential Conference 2014 27,28 October in Sydney

Organised by our Sydney FPMT centre, Vajrayana institute, this popular conference features well-known meditator and author Venerable Jetsunma Tenzin Palmo buddhist scholar Alan Wallace and a many international experts on the science of the mind.

<http://www.mindanditspotential.com.au/>



Venerable Jetsunma
Tenzin Palmo



Alan B. Wallace

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The Real Hero

by Kyabje Zopa Rinpoche



The real bravery, the real hero is the person who can fight anger, and can overwhelm and climb over anger. The real hero is the person who can face the most difficult and dangerous enemy-the inner enemy.

One person's anger can kill sixty million people. That is how dangerous anger is - it is much more dangerous than an atomic bomb. There is no comparison between one person's anger and an atomic bomb. Anger is much more harmful than an atomic bomb.

The danger of an atomic bomb is that it harms others and it can destroy the whole earth - more than half of the world - millions and millions of human beings and creatures. There are so many creatures - uncountable numbers in the water, under the ground, in the bushes and in the sky. There are so many, it is unbelievable. All this gets destroyed -not only human beings, but also creatures and so many buildings, bridges and cities. All these things that thousands and thousands of people for many years planned and spent so much money on, and worked so hard in order to collect the money to give to the workers - all these enjoyments, all the rich and comfortable apartments and the huge buildings, took so much time and effort. People put so much effort into building all this and in just one minute or one hour, it all gets destroyed. In so many of these cities, it is unbelievable how much effort people put into these things. They suffered so much to construct all this, then in one day or in one hour, it is all completely destroyed.

The danger of the atomic bomb comes from anger. If there is patience and no anger, this destruction would not happen. Even without talking about the narak realms, anger produces negative karma. Even without talking about karma, we can easily see how anger is so harmful and so dangerous. So then, if we talk about karma, it is unbelievable - when we think about the suffering result of that, there is no need to talk much. Today's anger arises towards another sentient being, and this anger causes harm and suffering from life to life. The suffering result is experienced from life to life for a long time. Particularly if we think about karma creating a result that is similar to the cause, we understand. Because of the habit of getting angry in this life, we see that if we do not cease it in this life, again the habit comes out in the next life and anger arises, and so it goes on and on like this.

As it is explained in the Bodhicaryavatara by Shantideva, even if all the devas, the worldly gods, human beings and all sentient beings become our enemy, they could not lead us to the fire of the narak realms. Even if all sentient beings become our enemy and become aggressive toward us, they could not lead us into the fire of the narak realms. But if we meet the inner enemy, the unsubdued mind, this powerful enemy destroys whatever we need and it turns even great mountains into dust.

Besides the fragile bodies of other sentient beings, it destroys even very solid, concrete mountains, and makes them non-existent. So the real hero, the real bravery, is being able to face, fight and defeat the powerful, great inner enemies, such as anger, attachment and the unsubdued minds. We should face whatever is stronger in our mind-jealousy, pride or anger. If we can defeat this true enemy, the inner enemy, we are the real hero and that is real bravery.

All those leaders who have many ranks and medals due to killing - who were in a war and killed many people, and get extra colours and different materials - we think of them as brave. Especially when there is a scar somewhere on their hands or bodies where the bullet went through, we recognize them as so precious, and think of them as very important. We think of them as going down in history, with a long story, and we believe they are very important, brave and competent.

Similarly, we believe that someone who climbed a rocky mountain or a snow mountain is a brave and competent person. However, this is wrong. This person is not a real hero and it is not real bravery or real competency. Someone who is able to defeat the delusions and accomplish temporal or ultimate happiness is the real hero. The real bravery and the real hero is someone who is able to face the unsubdued mind of anger and attachment.

The real hero is the person who defeats the delusions and accumulates virtue in daily life. The real bravery is living in the precepts, because this means we have faced the delusions, the inner enemy. Living in the precepts is making war with the delusions, and a person who lives in the precepts is the real army, the inner army. That is a worthwhile army-an army that will accomplish nirvana and the omniscient mind.

Kyabje Lama Zopa Rinpoche gave this teaching on anger at the 14th Kopan Course in 1981.

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)

Venerable Robina's program in July

Residential Retreat Waking the Mind to Its Full Potential



8 July – 12 July at Jhana Grove, Serpentine

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)

(a couple of places are still available)

Workshops

(1) When the Chocolate Runs Out: Attitude Training for When the Chips Are Down

11am – 4pm Sunday 13 July

Hayagriva Buddhist Centre.

How we can 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)

(2) Facing Death

11am – 4pm Saturday 26 July

Hayagriva Buddhist Centre.

HBC's Wheel of Life Hospice Group 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

Teaching

The Three Principles of the Path

7.30pm Monday 14, Tuesday 15 and Wednesday 16 July

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.

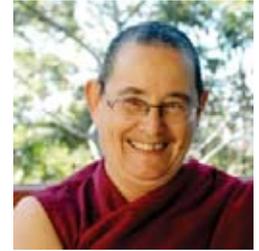
Cost: \$25 a session (Members \$20) or \$55 for all three sessions (Members \$45)

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

8pm Friday 25 July at Dhammaloka Centre, 18 – 20 Nanson

Way, Nollamara.

Venerable Jampa Dekyi's Program in August



After 25 years of living in the Solomon Islands and raising four children with her late husband, Australian-born Venerable Deyki met the Dharma in 1992 and realized immediately that there was no other way to live. She instantly had the wish to become ordained.

This happened in May 1993 where Venerable Deyki took Rabjung vows with Geshe Tashi Tsering at Chenrezig Institute, and in October of the same year she took Getsul ordination with Khensur Rinpoche.

Over the intervening years Venerable Jampa Deyki has studied most of the Basic Studies Program topics including Lama Tsong Khapa's long Lam Rim, the Lam Rim Chen-mo. She was the resident teacher at Vajrayana Institute in Sydney for five years and for a year at Kadam Sharawa Centre in Gosford.

Venerable Deyki was a visiting teacher at Hayagriva Buddhist Centre before travelling to Tushita Meditation Centre India where she was the resident teacher for a period. She resides at Kadam Shawara Institute on the NSW central coast.

Her wish is to share the beauty, depth and practical compassion of the Buddha Dharma with all who have an interest.

Exploring Emptiness

7.30pm Tuesday 5, 12, 19, 26 August

Anyone who comes into contact with the Buddha Dharma will sooner or later hear the term emptiness. This course will look at what emptiness means and how vitally important it is to have some kind of understanding of how it relates to our lives and our Dharma practice. It certainly does not mean "nothingness" and is one of the "wings" (wisdom) that we need to "fly" to enlightenment. Classes will include discussion and meditation.

\$15 (Members \$12)

The Four Mind Changing Thoughts Impetus to Practise

2.30pm Sunday 3, 10, 17, 24 August

When we meet the teachings of the Buddha they seem to resonate for most of us - they just "make sense". We should always recall that these precious teachings are meant to be taken as personal instructions. Therefore, we need to move beyond simply "listening". Contemplating the four mind changing thoughts becomes our springboard. These classes will give us time to contemplate, discuss and meditate on these vital points. Without recalling these thoughts each day we can just drift along and never seriously engage with the Dharma. We often make the mistake of being satisfied with an intellectual understanding. We should never forget that this is just the beginning. Each point properly considered compels us to practice.

\$15 (Members \$12)

(there may be additions to this program. Check www.hayagriva.org.au and our eNews)

Day Marking Buddha's First Teaching and FPMT International Sangha Day

Thursday 31 July 2014



This Wheel Turning Day marks the day the Buddha first taught the Dharma and is one of the four important holy days of the year when the karmic effect of positive actions are magnified 100 million times. It is very beneficial to take precepts (Eight vows taken for 24 hours with an altruistic motivation).

- 6.30am Precepts at the centre
- 11am Lunch (please bring vegetarian plate to share)
- 12:30pm Set up extensive water and light offerings
- 7pm Light offerings and Shakyamuni Buddha Puja

In the FPMT the day is also the time when we remember the Sangha who are critical to maintaining the living practice of Buddhism.

Geshe Sonam's Program in September



Geshela's teaching program has been revised from September when he returns from India and will offer three levels of teachings to better cater for the range of students' needs.

Tuesday night's teachings will be for students wanting a more advanced approach, Wednesday night teachings will be more basic and the Sunday afternoon teachings will be at an intermediate level.

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.

Teaching

Six Session Guru Yoga and Meditation on the Yamantaka Sadhana

(these teachings are in the advanced stream and only for those who have received a higher tantric initiation such as Yamantaka, Heruka, Kalachakra etc)
7.30pm from Tuesday 2 September



Geshela will teach the Six Session Yoga for the first three Tuesdays of each month then run through the short Yamantaka Sadhana on the final Tuesday of each month.

Any student who has received a higher tantric initiation in the Gelugpa tradition, which we follow at HBC, has a commitment to recite the Six Session Guru Yoga practice daily for the rest of their life. These teachings will help students gain more from the practice.

Geshela will run through the Yamantaka Sadhana on the last Tuesday of each month explaining hand mudras and other aspects of the practice. A number of students have received this initiation from Choden Rinpoche and have a commitment to do the practice every day.
By donation.

These sessions will be taped and made available.

The Human Potential

7.30pm from Wednesday 3 September
(This is the basic stream of teachings)

We have an enormous potential to achieve so much in this life as human beings living in favourable circumstances. This is even more so having met the Buddhist teachings which present us with the opportunity to develop our minds to the ultimate state. Unfortunately we too often are not aware of this potential and become weighed down by self doubt and thrown off course by distraction. These teachings will examine our potential for spiritual development.
By donation

37 Practices of a Bodhisattva

2.30pm from Sunday 7 September
(This is the intermediate stream of teachings)

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

Other Events with Geshe Sonam

Tibetan Language Class

7.30pm from Thursday 11 September (classes are held in the back annexe if the gompas is being used)
Learn basic Tibetan with Geshela which will help you understand the original texts and the Tibetan culture.
By donation.

Medicine Buddha Jenang

2.30pm Sunday 14 September
Geshela will give the Jenang or permission to recite the Medicine Buddha mantra. This enhances the power and benefit of reciting the mantra and is important if we face health obstacles ourselves or have to deal with sick or dying people. Anyone can take the Jenang and there is not a commitment to undertake a regular practice.
By donation.

Q&A with Geshela

3.30pm Sunday 28 September
Join Geshela for a cup of tea and cake in an informal setting to asking any questions or raise any issues you may have. Q&As are held on the last Sunday of each month.
All welcome.

Friday Afternoon Course - Buddhism 101 Informal Discussions on All Things Buddhist with Swee-Lin Tan

1.30pm Friday 26 September, 3, 10 October

Have you had niggly questions that you wished you could ask or talk about? Why and what are all the statues and pictures on the wall at the Centre? What or who is Buddha? What did He teach that can be so relevant today? What are all the terminologies bandied around - Samsara, Nirvana, Bodhisattva, Water Bowls, Turning Wheels, Refuge, Theravada, Mahayana and so on. Come along and we can have informal discussions on "All Things Buddhist" over a cuppa and a biscuit (or two).
By donation

Meditations

"Whenever human problems arise, instead of getting nervous and worried, you'd be better off meditating and checking up. Meditation functions like a computer. Whenever regular people have a problem they turn to their computer for answers. Similarly, when meditators have a problem they meditate. And through meditation they get answers. The answers are there; the answers are there. The calm, clear mind gives knowledge-wisdom the space to come up with an answer. The foggy mind is an obstacle; it makes answers invisible. So meditation is really the best way to check up and find solutions to your problems."

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 led 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.

Appeal for donations after teachings, meditations and pujas

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.

Pujas

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

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

Guru Puja: Is usually chanted in Tibetan and English at our Centre and helps create or strengthen the link with a spiritual teacher. All Guru Pujas over the next three months are at 7.30pm on:

- Monday 7 July
- Monday 21 July
- Wednesday 6 August
- Wednesday 20 August
- Thursday 4 September
- Thursday 18 September



Tara Puja: Tara is the female manifestation of Chenrezig, the Buddha of compassion, and helps to quickly bring about requested aims. (no Tara Puja in July)

2pm Saturday 30 August and 27 September

Wheel of Life Medicine Buddha Puja and Prayers for the Deceased

2pm Saturday 5 July, 2 August and 6 September

Once a month (mostly on the first Saturday afternoon of the month) the Wheel of Life Hospice group conducts 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 hospice group also runs workshops which everyone is welcome to attend.

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.

Workshops

(1) Facing Death (with venerable Robina)

11am – 4pm Saturday 26 July

(see Venerable Robina's program in this newsletter)

Cost by donation. Bookings essential

(2) To be advised

2pm Saturday 20 September



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 Blessing



There were big statues, small statues, statues of Shakyamuni Buddha (even a reclining Buddha), Tara, Manjushri, Maitreya and Medicine Buddha - more than 40 in all waiting to be filled and blessed.

Some were statues previously offered to our Centre while most were statues students had at home but had not been filled and consecrated.

Geshe Sonam explained that it is important to bless statues or the blessings of the buddha's and bodhisattvas are not present in them. The consecration ceremony invites the enlightened beings to be present so the statues become representations of them, he said.

Filling the statues is quite a task. A large number of pieces of narrow paper containing various mantras first have to be rolled. It is a very time consuming process though fortunately Geshela ordered the rolled up mantras when he was in Sera Jey Monastery in southern India last year.

Particular mantras are placed at the points of the body, speech and mind in the statues in addition to protector mantras. The number of rolled up mantras that can be placed in a statue obviously depends on its size.



Geshela preparing the base of the statue with some help

(..... continue on page 8)

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
- 9.15am Thursdays
- 8.30am Saturdays



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

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)

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.

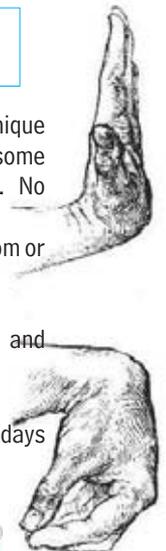
Registration or enquiry at thomas.pc.to@gmail.com or 0430 962 388.

Free though donations to HBC welcomed.

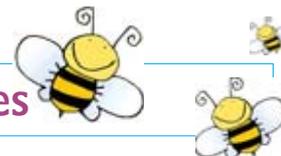
Please wear sports clothing and bring a pen and notepad.

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 July, 2 August and 6 September



Our Naveen



Hayagriva member, Naveen Giraudo, was something of a lost Buddhist soul when she arrived in Perth 14 years ago. Born and raised in Malaysia's Penang, she did Buddhist classes at school then in her early 20s met the Venerable Dungsey Garab Dorje Rinpoche from the Nyingma tradition of Tibetan Buddhism (there are four main schools of Tibetan Buddhism and at Hayagriva we follow the Gelugpa or yellow hat tradition).

She had a commitment to do 100-thousand prostrations but was unable to complete them in Perth because of family commitments and illness. Naveen searched Perth for a Nyingma centre but couldn't find one. She missed having dharma friends and activities and became depressed and spiritually disconnected from Buddhism.

"For many years I was living in isolation, lonely and experiencing depression and panic attacks. I had trouble going to new places or meeting new people," she said. Eventually Naveen realised she needed to be more open in her search of Buddhism in Perth and a Bhutanese friend suggested she try Hayagriva Buddhist Centre.

Naveen visited the Centre and the first person she met was Mia Collins from whom she felt acceptance. She thought: "Yes, this is the place I want to come to and that's how I reconnected with dharma activities and friends."

"Coming to Hayagriva at my own pace gave me the confidence I used to have."

Naveen helped at an open day at our Centre and felt at home with the acceptance of a dharma family she had not felt for a long time.

"It is sometimes isolating in Australia but Hayagriva now is like my family."

Naveen organised the unbelievable food for the recent High Tea to raise money for medical treatment for Geshela's mother and had the following message for the others who helped on the afternoon:

"At the end of the High Tea I was so touched because I felt loved and was supported. Although the money raised will help Geshela's mother's medical treatment, I think I am the one who benefited the most because the process had healed the void in my heart. I no longer feel isolated and lonely. I am loved and supported and I realised that I was never alone. Help was always there," she said.

A Cleaner than Clean Gompa

This action shot of Ros Charron cleaning the altar shows not a speck of dust escapes her eagle eye. Every Friday Ros and husband, Denis, spend up to four hours cleaning the gompa and reception area.

They vacuum the areas then remove everything on the front part of the altar before dusting, cleaning and polishing the items. But Ros says her great joy is very gently cleaning the big Buddha statue (the gold leaf is very delicate) as she recites the Buddha's mantra.

Then every two weeks Ros and Denis scrub the water bowls and the tea light holders. Once a month during winter the perspex protecting the statues on the altar is removed and all the statues on the back part of the altar are cleaned. Ros says that is done every two weeks in summer as the insects build up much quicker.

This is an amazing effort done consistently with a good heart.



Ros on the main altar!

(...continue from Statue Blessing from page 6)

The bulk of the filling traditionally consists of small pieces of stick incense and dried juniper which we cut from the shrubs at the front of our Centre. They smell nice and help keep insects out.

The branches were cut last Christmas and left out to dry at the back of the Centre and, before the statues were blessed, the leaves were ground up in a blender.

Protective coverings were placed over the heads of painted or statues decorated with gold leaf to protect them while they were being filled.

On the first Saturday of the ceremony attended by more than a dozen students, all the ingredients were blessed with a short puja led by Geshela after which the statues were filled. Before the base of the statues were sealed with glue, a drawing of a double dorje and the mandala of particular protectors were put on the inside of the base.

Geshela led a special puja on the second Saturday to bless the filled statues.

Other material such as precious objects and representations of cars, planes, medicine, animals etc can also be placed in large statues.

Once consecrated, statues of the Buddha and deities should be viewed as emanations of enlightened beings and be respected as such.



Fran (from Hospice of Mother Tara, our sister centre in Bunbury) helping to fill in the insides of the statues.



Information about Hayagriva

Hayagriva Buddhist Centre is a 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), is financed by donations and run by volunteers.

Opening times
10am – 2pm Monday to Saturday

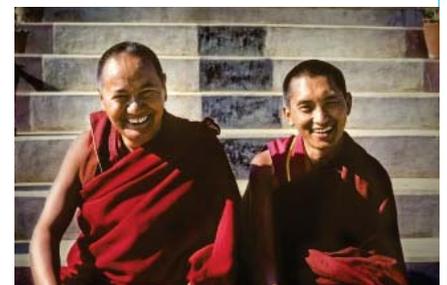
Contact details

Address: 64 Banksia Terrace, Kensington WA 6151
Telephone: (08) 9367 4817
Email: welcome@hayagriva.org.au
Web: www.hayagriva.org.au



About the FPMT

The Foundation for the Preservation of the Mahayana Tradition (FPMT), with 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 the late Lama Thubten Yeshe and the current spiritual director, Kyabje Zopa Rinpoche.



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.

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, library borrowing rights, invitations to members' events and a say in the future of our Centre through voting rights at our Annual General and other meetings.

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.

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