

## August Teachings with Venerable Robina Courtin

Venerable Robina has been described as funny, dynamic, affectionate, kind and outrageous. This, with her ability to move across the ground at a million miles a minute, proves conclusively that you do not necessarily have to be quiet, serene and passive to be Buddhist.

She says: "I'm radically working on my own mind. Not believing in the way things appear to us: you can't get more radical than that."

Venerable Robina has been ordained for 35 years, has edited the FPMT's Mandala Magazine and many Dharma books, run the Liberation Prison Project, featured in two movies, and tours the world inspiring others with her teachings from the heart.

### What is Meditation and Why do it?

7:30pm Monday 3, 10, 17 August.

### A Bird Needs Two Wings: Wisdom and Compassion

7:30pm Wednesday 5, 12, 19 August.

### How to Loosen the Grip of Ego by Understanding Dependent Arising and Emptiness

7:30pm Thursday 6, Thursday 20 August.

### How to Help Our Loved Ones Enjoy Death and go Happily to Their Next Rebirth

7:30pm Friday 7 August.

(See Page 5 for details)

## Buddhism 1-2-3 and Drop in Buddhism

### New Wednesday Night Teaching

These user-friendly Wednesday night sessions starting in July will be presented by experienced western students and are designed to help you gain an experience of the path as well as learn more about the Buddhist teachings.

The program will involve a combination of western-style teaching, practical experience through meditation, and discussion.

Suitable for new or more experienced students, different topics will be covered over three evenings of the month with the fourth a stand-alone 'Drop in Buddhism' night designed to give newer students a taste of the Buddhist experience.

The first of the topics in the series is a very practical 'How to Meditate', presented by Angela Doyle.

Subsequent topics include 'Mind and its Potential', 'Death and Rebirth', 'All About Karma', 'Refuge', 'Establishing a Daily Practice', 'Transforming Problems' and 'The Wisdom of Emptiness'.

The sessions are designed to fill the gap between the brevity of led meditations, where it is difficult to present detailed explanations, and the greater detail presented in Geshe Sonam's teachings which can be a challenge for students without some basic understanding of Buddhism.

Cost is by donation. All welcome.

(More on Page 3)

## What's Refuge?

Taking refuge in the Buddha, Dharma and Sangha is the first step on the Buddhist path. It's an acknowledgement that Buddhism is the spiritual path for you to end not only the uncertainty and suffering of this life, but the suffering of future lives.

As Lama Yeshe said: 'To take refuge means 'to rely upon'. We rely upon the Buddha, the Dharma, the Sangha--they are a saviour, a liberator. We do not rely upon the Buddha image but upon the Buddha nature. You put the essence of this inside your heart. That way you become Buddha, you become Dharma, you become Sangha.'



## Ben's Refuge

Ben Russell, who took refuge with Geshe Sonam at our Centre last month, only started coming to Hayagriva in February. However, the 34-year-old had been interested in Buddhism for 18 months and was influenced by two books by Eckhart Tolle who has been listed by a website as the most spiritually influential person in the world.

The books resonated with Ben. 'He's not Buddhist but has studied Buddhism and Christianity. He's a new age philosopher. It opened my eyes to the fact that there is more to life than cars and houses.'

He also read a book by Venerable Ajahn Brahm and was hit by a quote: 'Letting go of the past is so we can enjoy the present and our future will be free.'

Ben Googled Buddhism, saw the Centre wasn't too far away and started coming to Geshe Sonam's Tuesday and Wednesday night teachings as well as Sunday morning meditation, in addition to yoga (his eight-year-old daughter, also enjoys going to meditation).

'For some reason coming to Hayagriva just clicked. It felt like coming home,' he said.

He said he reads truck loads of Buddhist books and saw that taking refuge was important.

'One night at the teachings Geshe Sonam said you need to take refuge for your spiritual practice and that it gives protection so I thought I would do it not just for myself and my family, but the people I cross paths with,' Ben said.

## Geshe Sonam's Teachings

### Intermediate

#### Mind Training Like Rays of the Sun

2:30pm Sundays.

### Advanced

#### Lama Tsong Khapa Guru Yoga

7:30pm Tuesdays.

(More on Page 3)

### 80th Birthday Celebration of His Holiness the Dalai Lama

7:30pm Monday 6 July.

### Holy Day: First Turning of the Wheel

Monday 20 July.

(More on Page 4)

# Why Refuge

By Lama Yeshe 1935 – 84, founder of the FPMT

We should not feel that taking refuge is something strange, something new. Already, we take refuge in food, in keeping warm, in houses and clothes and chocolate. Already, we take refuge in these things in order to be happy.

So why should we take refuge now, at this time? What is so special? We should understand clean-clear that taking refuge in chocolate or ice cream is not sufficient, it doesn't give everlasting realization. The refuge that does give everlasting realization is an inner experience, an inner understanding, and confidence in the Buddhadharma.



Taking refuge in the Dharma is understanding the universal nature of yourself and all beings. This is the way to completely free yourself. This is the way to elevate yourself from all miserable situations. When you understand this there is no reason to be unhappy, to crave ice cream, is there? Anyway, you know--when you buy ice cream and eat it, it is not sufficient, is it?

Think about your own experience, what you take refuge in when you are unhappy. When you're miserable, you try to do incredible things! You try going to the cinema, going dancing--anything to make you forget your unhappiness. The point is, whatever you take refuge in doesn't give you a solution: you have to understand this clean-clear.

From now on, from today, understand that ice cream and dancing are superficial, momentary refuges and that practicing Dharma is the everlasting refuge that leads to everlasting happiness. Dharma is the way, Buddha the leader, and Sangha the dear friends who take care, who give good understanding, who energize you by their good behaviour.

The other ways we try to take refuge, the samsaric ways, do not fundamentally change the problem; they only supplement. The problem comes up again later in some other way. However, taking refuge in the Buddhadharma lasts, permanently lasts, and is much stronger than refuge in temporary objects.

To take refuge you don't need to be near a Buddha statue or in a temple or prayer place. You can take refuge anywhere; it is simply a state of mind. Wherever you are--in the bathroom, in the car, in bed, in a plane--you can take refuge. It is a simple, very practical thing. You don't need to do anything, you don't need a vow. You can take refuge instantly, just like that!

To take refuge means "to rely upon." We rely upon the Buddha, the Dharma, the Sangha--they are a saviour, a liberator. We do not rely upon the Buddha image but upon the Buddha nature. You put the essence of this inside your heart. That way you become Buddha, you become Dharma, you become Sangha.

Buddha and Dharma seem enough, so why do we need Sangha? We need friends, good friends, don't we? "Bad" friends influence you and bring you into hell. We know that some humans are chicken-mentality human beings, some are pig-mentality, some monkey, and some snake-mentality. We know this, so we should choose, discriminate. You can

go along with your friend but at a certain point you need to say, "Wait a minute, I'm going so far away with you. I've got to bring myself this way." Do you see? Karmically, there is nothing wrong with this. To keep the relationship is important but if your dear friend leads you so far away then you should say, "Dear friend, I love you but I cannot go so far. I don't have to go like a prisoner with you or do everything you do." Your own discriminating wisdom tells you what is right, so just cut--cut the connection.

This is so important. This modern world is incredible, I tell you! You can become totally lost. You know this better than I do, I'm sure. It is

so important to have a Dharma friend who has correct vision, correct behaviour and can protect you from danger. Of course, when we reach the stage of Milarepa we don't need to depend on Sangha friends because we are completely self-sufficient then.

So today you should make strong determination that temporary refuge is something trivial and does not solve problems. Understand that the only way to finally solve problems is to totally cut the ego, the ignorant desire; to understand the universal reality within you. And the way to do this is to practice Dharma as much as possible from now until death and in each life after that.

But remember, do not take refuge as just another excuse or because of some vague mystical idea. Take refuge with understanding of Buddha's teaching, with clean-clear honesty and truth, with a wisdom-mind.

Understand the connection between Buddha and you. Buddha has universal love and compassion and complete understanding of reality. You also have compassion and love for people, but it's limited. You also have wisdom; to some extent you understand yourself but, again, it's limited. So you want to lift yourself up, have better understanding. You want Buddha's omnipresent compassion and love and your compassion and love to communicate, to connect, to unify exactly.

Don't think, "Oh, but I do not have enough qualities." You do have the qualities of love, compassion and wisdom. Buddhism emphasizes so much that the human being--you--is as important as Buddha: you should have confidence that your present limited wisdom, your weak love and compassion can be limitlessly developed. There is no way to stop its development. The development of material is limited, but this wisdom mind-energy can develop infinitely. Your love can expand without limitation. Your compassion can increase limitlessly. Remember this. It is beautiful, isn't it? This energy, the human mind, has no limitation at all.

So, have strong motivation and strong confidence. Even though momentarily you feel you cannot have love and compassion for some people, this is only superficial. Today, you have changed your mind: I can give, I can love. Today, make your enemy your object of compassion. You can do it.

A talk given by Lama Yeshe at a refuge ceremony in Madrid, Spain in January 1983.

# Spiritual Program

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

## Teachings with Geshe Sonam

### Advanced teachings

#### Commentary on Lama Tsong Khapa Guru Practice

(with commentary on the Yamantaka Sadhana on the last Tuesday of the month)

**7:30pm Tuesdays** (not on 25 August because of Guru Puja).

Kyabje Zopa Rinpoche said that to have the opportunity to practice this great holy being's (Lama Tsong Khapa's) yoga is even more fortunate than having the opportunity to receive other teachings and the opportunity to do other dharma practice.

Attempting the guru yoga practice of the inseparability of your own root guru and Lama Tsong Khapa establishes the root of all happiness from this life up to enlightenment.

Geshe Sonam will teach the Lama Tsong Khapa practice on the first three Tuesdays of each month then explain the short Yamantaka Sadhana on the final Tuesday of each month.

A number of students have received this initiation from Kyabje Choden Rinpoche and have a commitment to do the practice every day.

(Anyone can attend the Lama Tsong Khapa teachings. However, a Yamantaka Initiation is a prerequisite to attend the Yamantaka teachings on the last Tuesday evening of each month). By donation.

(The Lama Tsong Khapa teachings will be taped and accessible through our website, however, the Yamantaka teachings can only be accessed through a password from [spc@hayagriva.org.au](mailto:spc@hayagriva.org.au)).



### Intermediate teachings

Suitable for new or experienced students

#### Mind Training Like the Rays of the Sun

**2:30pm Sundays** (not on 19 July).

Based on the essential sayings of the no-nonsense scholar/meditator Kadampa masters, this text deals with the erroneous minds of self grasping and self cherishing. We suffer because we allow these minds to take hold. This is one of the great texts dealing with eliminating these disturbing emotions. By donation.

## Other Events with Geshe Sonam

#### Vajrapani/Hayagriva/Garuda Jenang

**2:30pm Sunday 19 July.**

This aspect of the Buddha represents power (Vajrapani), compassion (Hayagriva) and wisdom (Garuda) which helps purify our body, speech and mind. The Jenang will allow students to say the mantra of the deity which helps remove illness, emotional disturbance and harmful spirits. There is no ongoing practice commitment and anyone can take the Jenang. By donation.

## Other Teachings - Wednesday

### Buddhism 1-2-3 (NEW!)

These user-friendly sessions over three weeks starting in July are designed to help you gain an experience of the path as well as learn more about the Buddhist teachings. The program will involve a combination of western-style teaching, practical experience through meditation, and discussion with a separate intro-like Drop in Buddhism session on the last Wednesday of the month.

**July: 'How to Meditate'** with Angela Doyle.

**7:30pm 8, 15, 22 July.**

These user-friendly sessions starting in July are designed to help you gain an experience of the path as well as learn more about the Buddhist teachings. The program will involve a combination of western-style teaching, practical experience through meditation, and discussion

**August: No Buddhism 1-2-3.**

**September: 'The Wisdom of Emptiness'** with Matt Whiston.

**7:30pm 2, 9, 16 September**

A realization of emptiness dramatically changes how we view ourselves, others and everything with which we interact. It is crucial for the attainment of liberation and enlightenment.

**October: 'Mind and its Potential'** with Jude Carter.

**7:30pm 14, 21, 28 October.**

Examine what is mind, its nature and function, and how it affects our experience of happiness and suffering. Explore the differentiation between mind and brain, mind as the creator of our experiences, and learn methods to transform destructive thoughts and attitudes and create a positive and joyous mind.

### Drop in Buddhism

One-night intro-like sessions with an experienced western student.

**7:30pm 29 July, 30 September** (not in August or October).

Suitable for newer students, these sessions involve a led meditation, a short teaching on an aspect of the Buddhist path and discussion.

### Yamantaka Self-Initiation

**(Initiates only) 1:00pm set up, 2:00pm start.**

**Saturday 12 September, 17 October.**

Students who have received a Yamantaka Initiation can attend the first half but only those who have completed the retreat and fire puja can do the second part of the practice. By donation.

### Q&A and Cake with Geshela

**3:30pm Sunday 26 July, 30 August, 27 September, 25 October.**

Join Geshe Sonam for a cup of tea and cake in an informal setting to ask any questions or raise any issues you may have. Q&As are held on the last Sunday of each month. All welcome.

### Sunset Walk to the River with Geshe Sonam

**5.30pm Friday 31 July, (not in August), 25 September, 30 October.**

Meet at the Centre for a relaxing walk with Geshela down to the river and back. A coffee/tea stop is optional. All welcome.

# Spiritual Program

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

## Meditations

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

**10:00am Sundays.**

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

### Monday Meditation

**7:15pm Mondays** (not on 6, 20 July; 3, 10, 17 August or 7, 28 September).

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

### Tuesday Morning Meditation

**10:00am Tuesdays**

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



## Pujas

Pujas are traditional chanting ceremonies in English and 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, etc.

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

**Guru Puja:** The Guru Puja, chanted in Tibetan and English, lays the foundation of the whole path to enlightenment on our mind stream, connects us more strongly to our teachers, allows us to accumulate skies of merit, and purifies eons of negative karma.

- **4:30pm Saturday 11 July.**
- **5:00pm Sunday 26 July, 9 August.**
- **7:30pm Tuesday 25 August.**
- **7:30pm Monday 7 September.**
- **7:30pm Wednesday 23 September.**
- **7:30pm Wednesday 7 October.**
- **7:30pm Thursday 22 October.**

By donation.

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

- **2:00pm Saturday 25 July, 29 August, 26 September, 31 October.**

By donation.

### White Tara Long Life Practice

- **4:00pm Saturday 25 July, 29 August, 26 September, 31 October.** (follows Tara Puja). Includes a short meditation and recitation of the White Tara mantra which can assist in countering illnesses and life hindrances.

By donation.

### Medicine Buddha Puja and Prayers for the Deceased

**2:00pm Saturday 4 July, 1 August, 5 September, 3 October.**

Once a 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. By donation.

## Holy Days

### Birthday of His Holiness the Dalai Lama

**7:30pm Monday 6 July.**

His Holiness, Nobel Prize winner and considered to be a manifestation of the Buddha of compassion, Chenrezig, turns 80 today so join us for a Chenrezig puja and tea and cake.

All welcome. By donation.

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

**Monday 20 July.**

This Wheel turning Day marks the day the Buddha first taught the Dharma after manifesting enlightenment and is one of the four important holy days of the year.

Significantly the karmic effect of positive (and negative) actions is magnified 100 million times on these holy days so practitioners try to undertake virtuous activities and keep their minds positive.

- **6:15am Precepts given by Geshe Sonam** (eight vows taken for 24 hours with an attitude to benefit others).
  - **2:00pm Set up extensive water bowls and light offerings.**
  - **7:30pm Light offerings and Shakyamuni Buddha Puja.**
- By donation. Offering of food, flowers welcome.

## International Sangha Day - the Real Heroes

Kyabje Zopa Rinpoche said the difference between an ordained person and lay people is like the difference between the sky and the earth. Monks and nuns have taken the decision to devote their lives to the practice of Buddhism to the exclusion of all else, and to live within the strict monastic rules.

It's not an easy life in western countries but the survival of Buddhism is dependent on the existence of communities of monks and nuns. International Sangha Day is the FPMT's way of acknowledging their contribution through:

- Showing respect for and appreciation of Sangha;
- Generating deeper awareness of the Sangha jewel, and
- Donating to the Lama Yeshe Sangha Fund at (<http://imisangha.org/support/lama-yeshe-sangha-fund>).

Rinpoche says: 'In the West it isn't easy (for Sangha).... It has gradually been developing respect to Sangha, which there wasn't for many years. In Western society, the life, and culture here, it's not easy, I think it's a challenge being in such a country where the culture and everything is totally there to develop delusion, like exploding delusions, to bring out delusion. Everything is like that.'

'So I would say that it is incredibly heroic, brave, to be in such a country, in such a culture and to be able to stay as a monk or nun. I think it is great, these beings are unbelievable heroes; in Tibetan it's called 'pawo'. By mixing with people who have a totally different culture, and then being able to live in your practice, the vows, well then that's being a really great hero, that's a great challenge. This hero is unbelievable,' Rinpoche said.

## Special Events

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

### Teachings with Ven Robina Courtin

This is an exciting opportunity to experience an engaging presentation of the Buddhist teachings by one of the most dynamic western Buddhist teachers today.

#### What is Meditation and Why Do it?

**7:30pm Monday 3, 10, 17 August.**

As Kyabje Zopa Rinpoche says: 'We can mould our minds into any shape we like'.

According to Buddhism, we all have extraordinary potential to lessen and eventually eradicate attachment, anger, depression and the other unhappy states of mind that we wrongly assume are at the core of our being, and to fully develop love, compassion and the other marvellous qualities that we all possess. To do this we need to harness the energy of our minds by using the marvellous psychological techniques known as 'meditation'.

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



#### A Bird Needs Two Wings: Wisdom and Compassion

**7:30pm Wednesday 5, 12, 19 August.**

Compassion is the point of a spiritual path but, as His Holiness the Dalai Lama says, 'Compassion is not enough, we need wisdom.' This means we need to know ourselves deeply and well by understanding the law of karma – that we create our reality – and understanding our mind, therefore gradually becoming less fearful, less attached, less angry. This enables us to empathize with others and to gradually develop the courageous compassion to help others.

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

#### How to Loosen the Grip of Ego by Understanding Dependent Arising and Emptiness

**7:30pm Thursday 6, 20 August.**

We spend our lives being seduced by the outside world, believing completely that happiness and suffering come from 'out there'. By understanding emptiness – that everything occurs in dependence upon causes and conditions and, crucially, that there's nothing intrinsic in anything that makes it what it is, we can gradually loosen the grip of ego-grasping and begin to develop our innate potential for clarity, courage, and the ability to benefit others.

Cost: \$25 a session (Members \$20) or \$40 for two sessions (Members \$30)

#### How to Help Our Loved Ones Enjoy Death and go Happily to Their Next Rebirth

**7:30pm Friday 7 August.**

This title of Kyabje Zopa Rinpoche's book perfectly expresses the Buddhist approach to death: that this natural event is simply the transition from this life to the next. The time of death Rinpoche says is the very best time to help our loved ones, and he gives detailed descriptions of exactly what to do during the months and weeks before the death, at the time of death, and the days afterwards. Learning to know how to help our loved ones also prepares us for our inevitable death.

Cost: \$25 (Members \$20).

### Wheel of Life



Volunteers from the 'Wheel of Life Palliative Care Support Group' 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.

#### Workshop:

#### The Tibetan Book of the Dead: An Introduction

**2:00pm Saturday 18 July, 19 September.**

'The Tibetan Book of the Dead' is probably the most celebrated and widely read work of Tibetan literature outside Tibet, an extraordinary guide to the experiences of living, dying, death and rebirth.

Our next two workshops will review the stages one goes through as one dies and then move on to what happens to the consciousness after it separates from the body and journeys through the intermediate state.

Register at [www.hayagriva.org.au](http://www.hayagriva.org.au).

Suggested donation: \$20 for each workshop.

### 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 for students from beginners to experienced practitioners.



**Hatha Yoga:** with Jude Carter. Brings balance between the 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.

**6:00pm Wednesdays.**

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

**6:00pm Mondays Beginners.**

**6:00pm Thursdays** (need to know the sequence from Monday).

### Busy Bees

**10:00am Saturday 4 July, 1 August, 5 September, 3 October.**

Hayagriva is our spiritual home and like any home it needs a clean-up and a garden trim once in a while. Your time is the most precious thing you have to give and just a couple of hours on a Saturday morning once a month can help create a conducive environment for not only your own spiritual development, but that of the hundreds of people who visit and benefit from our Centre.



# Around Hayagriva



**Cooking Demo**  
Our super cook, Naveen Giraudo, held a cooking demonstration of her dhal and biriyani rice recipes in April followed by dinner with Geshela (and the formerly hungry participants).



**Geshe Sonam's Birthday**  
Geshela turned 51 on 16 June so a birthday cake was brought to the Tuesday night teachings to wish him well.

## Hayagriva's Finances

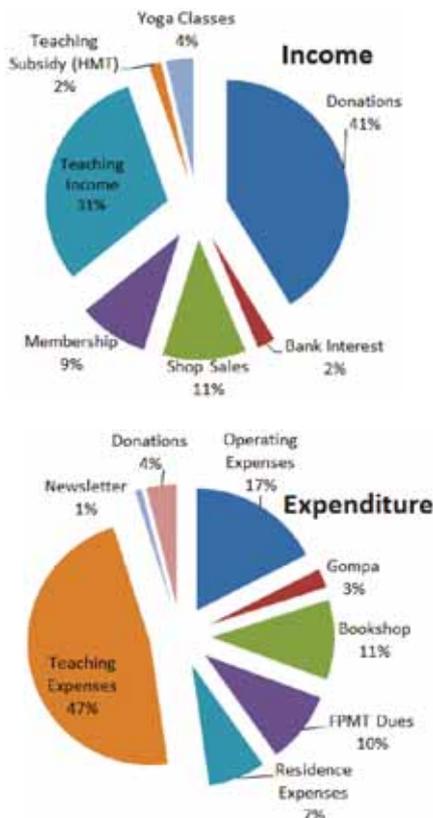
These pie charts show the main areas of income and expenditure for Hayagriva Buddhist Centre based on the figures to the end of March (more detailed figures will be available after the Annual General Meeting later this year).

Overall the Centre is in a sound financial position though there are storm clouds on the horizon. Our teacher accommodation charges have increased while the donations from students attending teachings, meditations and pujas at our Centre have halved over the 12-month period.

This is concerning as it is a significant part of our income at a time when we face the ever increasing costs known only too well to households around the state.

Fortunately, income from Membership grew by almost a quarter over the same period last year and provides a regular source of funds.

Thanks to everyone who supports our centre from our precious members to those who make monthly donations, those who make an offering in the donation bowl after teachings, meditations and pujas; those who buy items required at our Centre to keep it ticking over and the many who give their precious time. This generosity allows us to present most of our program to the community without charging.



## Dharma Voices for Animals



Dharma Voices for Animals (DVA) is an international not-for-profit organisation giving voice to those who cannot speak for themselves. DVA's mission is to highlight the suffering of animals exploited for their flesh, milk, eggs, skin, fur, experimentation and entertainment, and to assist Dharma practitioners to live kinder and eat kinder by encouraging the consumption of more grains, vegetables and fruits while at the same time cutting down on animal foods.

By doing this we can reduce animal suffering and species destruction, optimise our health leading to a longer and healthier life and reduce our environmental footprint by saving water, energy and minimising pollution. In short we are creating good karma.

DVA has chapters worldwide with the Perth chapter starting at the end of 2014. To date the Perth chapter has produced a compilation DVD on animals and the Buddha, conducted an art competition for primary school students on closely associated themes based on fruits, vegetables, animal farming, fishing, rain forest clearing and global warming, and participated in a Hayagriva animal liberation event at York.

Future activities will include visiting animal sanctuaries around Perth with Sangha and lay people and arranging social gatherings. Membership is free and all are welcome. To join please contact Albert Mah on 0417 957 369 or Bobbie Lees on 0418 946 490.

**Live Kinder, Eat Kinder**

[www.dharmavoicesforanimals.org](http://www.dharmavoicesforanimals.org)



### Katoomba Retreat with His Holiness the Dalai Lama

More than 20 students from Hayagriva and Bunbury's Hospice of Mother Tara attended the five-day retreat with His Holiness in Katoomba. His Holiness gave a Yamantaka initiation to an audience of 600 longer-term students then did most of the teaching as a commentary on the practice.

## Please Remember

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. In addition we support our excellent teaching team. Please remember to support the centre after teachings, pujas and other events. It makes a huge difference.

## Nepalese Earthquake and Geshe Sonam's Family

Geshe Sonam first heard about the big earthquake in Nepal on 25 April when a local Tibetan rang him. Earthquakes happen in that part of the world and Geshela thought it was only a small one so he was surprised to hear how big it was when he rang his older brother, Namgyal, who lives with Geshela's 93-year-old mother, Chozom, in Kathmandu.

Namgyal said the earthquake threw books off shelves, offering bowls fell to the ground and pictures fell off the walls which developed small cracks. He had to carry their mother down four flights of stairs from their two room flat.

The flat is in a settlement of about 1,000 Tibetan refugees established on the outskirts of Kathmandu when they fled Tibet in the 1960s. Fortunately nobody in the settlement was injured or killed.

However, for the next eight days they had to live in an open area under makeshift tarpaulins as the frequent aftershocks made it too dangerous to go back inside. Fortunately, a nearby old peoples' home provided food for the group.

Soon after they had they moved back into their flat the second earthquake struck so it was back to camping under the tarpaulins.



Kopon sangha help with distribution of basic needs.

## FPMT Earthquake Aid

The FPMT (with which Hayagriva Buddhist Centre is affiliated) launched an earthquake appeal with the funds distributed through our Kopan Monastery located in the Kathmandu Valley. The assistance so far includes:

- A blood donation program was conducted immediately following the first earthquake by Kopan Sangha in cooperation with a local hospital and a blood bank in Kathmandu.
- Sangha members cleared the debris and blocked road around Kopan so that the rescue operations could be performed.
- Cooked meals were served to the patients and the families in the local hospitals who were affected by the quake.
- Drinking water was supplied to the various parts of the city where the normal water supply had been disrupted.
- Sangha members kept the surroundings free of garbage to minimise health risks.
- Special prayer sessions were held every evening at the monastery for those who had lost their lives and for the grieving family members. The first week of prayer was led by Kyabje Zopa Rinpoche.
- Despite landslides blocking roads and continuing heavy rain, aid reached the 11 most affected districts in Nepal.
- 5,385 families received shelter, blankets, rice, dahl, cooking oil and other staples.
- 100 large tarpaulin tents were given to the Gompa Preservation and Development Committee of the Nepal Government to be handed out to damaged gompas in rural areas.
- 580 families received blankets.
- 1,800 individuals received clothing.
- Three days of free medical camps were organized in the five most affected rural areas. They were helped by Kopan Sangha with medical training and other experienced volunteers.
- An emergency medical team was airlifted 4,180 metres above sea level to treat patients.

Information on FPMT earthquake aid is available at <http://fpmt.org/nepal-earthquake/> where donations can also be made.

## Stupa Blessing Benefits Rescued Sheep by Paul Liebich



As a new member to Hayagriva and Buddhism, the blessing of the stupa on a farm outside York on 1 June was my first group outing.

Kim and Penny's property, Wambyn Olive Farm, was much like other farms in the Avon region, hidden from the main road with typical white gum trees and a mix of pasture. The scattering of old, retired pianos across the farm added character and was a fitting retirement for these great instruments.

We gathered at the house for a light morning tea and catch up which was good for me as I met some more Hayagriva members (and dogs). We then walked to the Stupa for the blessing where you really felt a sense of benefit for the sheep and the area.

Then to an amazing vegetarian lunch and a talk on the cruelty to animals by Albert Mah and the new group, Dharma Voices for Animals ([see Page 6](#)).

### Contacting Geshela

Please only make appointments to see Geshela or request visits from him through our Spiritual Program Coordinator, Susan di Bona. This ensures there are no double bookings, that our translator Matt Whiston is available, and that events can be organised in accordance with protocol. Appointments with Geshela are available each week at 6:00pm Tuesdays and from 5:00pm Sundays. Other times can be made if necessary.

Contact Susan at [spc@hayagriva.org.au](mailto:spc@hayagriva.org.au) or 0431 679 246.

### 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) which was founded by the late Lama Thubten Yeshe (1935 – 1984) in 1975 and is under the spiritual guidance of Kyabje Zopa Rinpoche who consults closely with His Holiness the Dalai Lama.

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 more than 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

10:00am – 2:00pm Monday to Saturday

#### Contact details

Address: 64 Banksia Terrace, Kensington WA 6151

Telephone: (08) 9367 4817

Email: [welcome@hayagriva.org.au](mailto:welcome@hayagriva.org.au)

Website: [www.hayagriva.org.au](http://www.hayagriva.org.au)

Facebook: <https://www.facebook.com/pages/Hayagriva-Buddhist-Centre/222641277753778>

Twitter: <https://twitter.com/HayagrivaBC>

#### eNews

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

#### Membership

Membership is one of the most practical ways to support our 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 and invitations to Members' events. Once an application has been approved by committee, applicants will also have 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.

To help provide an atmosphere conducive to the study and practice of Buddhism, Members must agree to abide by our conditions of Membership which are on our website.

Note: Memberships payments can now be made through our website. If you pay your Membership by electronic transfer, please email the Centre on [welcome@hayagriva.org.au](mailto:welcome@hayagriva.org.au) to inform us that you have paid. Otherwise, it can take some time to track your payment.

### 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 160 centres, monasteries, nunneries, retreat centres, projects and charitable endeavours in 41 countries worldwide. The FPMT was established in 1975 by the late Lama Thubten Yeshe and the spiritual director is Kyabje Zopa Rinpoche.

