



Hayagriva News

The Hayagriva Buddhist Centre Newsletter

64 Banksia Terrace, Kensington, Western Australia 6151 Telephone (08) 9367 4817 www.hayagriva.org.au

July to October 2016

Hayagriva Buddhist Centre



Our Centre almost got going in 1980 when a student bought some land at Northcliffe in the South West. The late founder of the FPMT, Lama Yeshe, gave the proposed Centre the name Padmasambava after the great eighth century Buddhist master who brought Buddhism to Tibet.

However, that project never got off the ground and in 1987 students asked the then Spiritual Director of the FPMT, Kyabje Zopa Rinpoche, if Centres in Perth and Bunbury could be started. They also said that Padmasambava was difficult to pronounce so for the Perth Centre Rinpoche suggested Hayagriva (a wrathful aspect of the Buddha of Compassion, Chenrezig) or Gnapati (a wealth generating aspect of the Buddha) of which the former was chosen.

At the same time the Hospice of Mother Tara started in Bunbury. Western and Tibetan teachers were invited and in the early 1990s we started having teachings in a room above Carol Davies' business in Belmont. Venerable Thubten Gyatso (Adrian Feldmann) taught for a year as well as visiting teachers.

In 1996 the Centre relocated to a space in a Burswood office block donated by Salim Lee and a residence was purchased in East Victoria Park where Geshe Senge took up residence in the same year.

Geshe Senge spent three years at our Centre after which we had a number of western teachers. The longest serving of which were Venerable Antonia Satta and Venerable Thubten Dondrub.

We purchased the present gompa in 2001 and the adjacent house in 2009. Meanwhile, our teacher, Geshe Sonam, and translator, Matt Whiston, came to our Centre in 2012.

Over the years we have run a regular teaching and meditation program, done pujas and house blessings for people, run retreats, had the Wheel of Life hospice group, supported tours by His Holiness the Dalai Lama, given talks on Buddhism to various groups, done animal liberations, run yoga courses and sponsored tours of holy relics.

Past directors include Greg Carr (seven years), Sau Chee Chiew (one year), Owen Cole (three years), Luba McMaugh (two years) and our current director, John Waite, who has been in the job for an incredible 13 years.

Teachers in that time have included Kyabje Zopa Rinpoche, Kirti Tsenshab Rinpoche, Ribur Rinpoche, H.E. Choden Rinpoche, Geshe Tashi Tsering, Geshe Dawa, Geshe Senge, Venerable Thubten Lodey, Khadrola, Venerable Thubten Gyatso, Venerable Wendy Finster, Venerable Sange Khadro, Venerable George Churnioff, Venerable Antonio Satta, Venerable Thubten Pende, Venerable Thubten Dondrub, Venerable Tenzin Palmo, Venerable Margaret McAndrew, Venerable Jampa Dekyi, Venerable Robina Courtin, Venerable Tony Beaumont, Venerable Tsewang, John Feuille, Jampa Igyen and Corey Jackson.

Thousands of people in Perth have benefited from the Centre and we hope they continue to do so.

Geshe Sonam's Teachings

(Suitable for new or experienced students)

7.30pm Tuesday
2.30pm Sundays

(See back page for details)



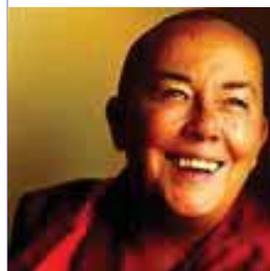
Ven Robina's Teachings (See page 4 for details)

Buddhist Meditation for Busy People (2 classes)
7.30pm Mon 4 and 11 July

Love Without Attachment (2 classes)
11.30am Tues 5 and 12 July

A Bird Needs Two Wings (3 classes)
7.30pm Wed 6, Thurs 7 and Thurs 14 July

Q&A with Venerable Robina
7.30pm Wednesday 13 July



Program Highlights (See page 4-5 for details)

Introduction to Buddhism
Five-Week Online Course plus
Local Discussion Group
Discussion 7.30pm Wednesday
3, 10, 17, 24, 31 August
Start the course now!

Buddhist Holy Day
Buddha's First Teaching
Saturday 6 August
Special Events at the Centre

Aquatic Animal Liberation
Monday 26 September
(Queen's Birthday Public Holiday)

Please remember
Our Centre is run by volunteers and depends entirely on donations to keep the doors open. Please remember to support the centre after teachings, pujas and other events keeping in mind the expenses we have to meet in our high cost society.

Sign up for our free Weekly eNews at
www.hayagriva.org.au

Why We Need Dharma Centres

by Kyabje Zopa Rinpoche



There is a need for organization in order to be able to help others, to be able to help more sentient beings. As an individual we can't do much. We need to be organized.

The purpose of Dharma centre organization is for you and your friends to learn more, to deepen your understanding, to help each other, to inspire each other and most importantly, to develop realizations of the path to enlightenment.

So, to help many people you need organization. As a group it's easy to help many others in many ways. Even

for teaching Dharma you need organization. You need a place and facilities and funds for many things, including teachers, to be able to help others. You need a director, a cook, a bookkeeper, an accountant, so many things to be able to do it efficiently.

As you want to do more to benefit others more extensively there is social service. Of course, the best social service is giving Dharma which removes the root of others' sufferings.

So, that's the purpose; that is why we need organization.

Life on the Road with Lama Zopa Rinpoche

By Venerable Roger Kunsang, Kyabje Zopa Rinpoche's attendant and CEO of the FPMT.

Rinpoche and I were scheduled to fly to Nepal for the November course. This was at the end of a long international teaching tour. Actually, it began several years before (when Lama Yeshe passed away) and hadn't stopped. It just went on and on. From one centre to another, we barely had two or three days between centres; it was a really gruelling, hard day's night that never ended; days and nights merged; weekends didn't exist; years went by.

I would always be asking Rinpoche to consider rest, to just take one day off, even a few hours at night, but Rinpoche would always ignore me. After some years, I asked Rinpoche what does 'rest' mean to Rinpoche?

Rinpoche said, 'Abiding in virtue.'

After that, I think I gave up on the rest issue and the phrase that immediately arose in my mind so vividly was 'this is the bodhisattva's way of life!'

Anyway, we were now in Houston and Rinpoche said to me, 'Maybe you need a little holiday.'

I was really surprised to hear Rinpoche say this. It had been many years constantly on the road and suddenly Rinpoche was talking about me having a holiday. Rinpoche said we could stop in Hawaii on the way back to Nepal and stay two days at our Centre there. It was really hard to believe, but of course I made the arrangements.

We arrived in Hawaii and the Centre Directors, Molly and Danny, picked us up and we drove to the small Centre on the big island. It was supposed to be a relaxing time, but it got busy almost as soon as we arrived with pujas for people. Torma had to be made and I was the torma maker. So the weekend was busy. We were scheduled to leave on a flight Monday morning very early.



Kyabje Zopa Rinpoche (left) and Venerable Roger

Sunday evening, just after it got dark, Rinpoche said, 'Oh! I forgot about Roger's holiday, where shall we go?' So we drove along the coast in the dark, and Danny and Molly pointed out the nice beaches as we drove, which you couldn't see in the dark, and we returned to the Centre after 45 minutes.

So that was the holiday. We left early the next morning. Rinpoche seemed very happy that I had my holiday: 45 minutes' drive in the dark. (I'm not complaining... It was just shorter than I thought and the lights were out.)

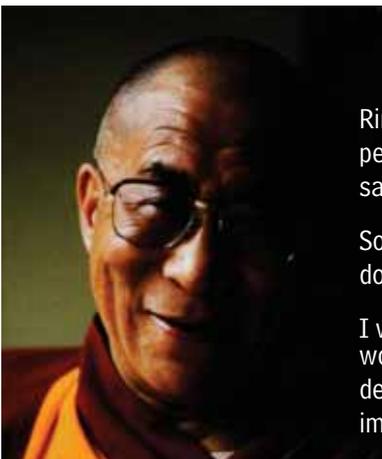
Excerpt from Venerable Roger's *Life on the Road with Lama Zopa*, 2013.

Statement by His Holiness the Dalai Lama on Kyabje Zopa Rinpoche (Spiritual Director of the FPMT)

Rinpoche is someone who follows my guidance sincerely, very expansively and with one hundred percent trust. He possesses unwavering faith and pure samaya (morality); not only has he pure samaya and faith, but whatever I instruct, Zopa Rinpoche has the capability to accomplish it.

So whatever dedications Lama Zopa Rinpoche makes, I also pray to accomplish this and you should do the same thing.

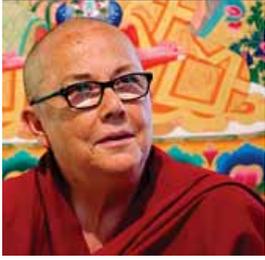
I would like to thank all the people working in Rinpoche's organization. You all are working very hard until now. I would like to request you to continue. Rinpoche works with such determination and great sincerity in the service of Buddha's teachings and sentient beings; it's important that we all combine our efforts. - His Holiness the Dalai Lama, December 2006.



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)

Ven Robina - Teaching in July 2016



Book online at www.hayagriva.org.au
Venerable Robina is funny, dynamic, affectionate, kind and outrageous. She will challenge you, make you think about your life, make you laugh and move your heart. Don't miss this opportunity to hear her in person.

Ordained as a Buddhist nun for 35 years, Venerable Robina has edited many dharma books and the FPMT's international Mandala magazine, featured in two movies, run the Liberation Prison Project, and tours the world inspiring others with her teachings from the heart.

Buddhist Meditation for Busy People

7.30pm Monday 4, 11 July.

During these two evenings we will learn to understand and practice various meditation techniques, such as visualizing the buddhas, concentration meditation, analytical meditation, and meditation on the clear nature of our mind.

**One session \$25 (Members \$20),
Both sessions \$40 (Members \$30)**

Can You Love Without Attachment?

11.30am Tuesday 5, 12 July.

We assume that love and attachment mean the same thing. But the Buddhist way of understanding our emotions is that attachment is the neurotic, needy, dissatisfied part of us that yearns for someone out there.

Love, on the other hand, is referring to an altruistic part of our being – a connection with others, to wish that they be happy, and delight in their wellbeing. We have both of these but it's so hard to see the difference.

**One session \$25 (Members \$20),
Both sessions \$40 (Members \$30)**

A Bird Needs Two Wings: Wisdom and Compassion

7.30pm Wednesday 6*, Thursday 7, 14 July.

During these three evenings we will learn about the central points of Buddha's worldview: impermanence, how we create and how to purify karma, bodhicitta, and emptiness and dependent arising. (*81st birthday of His Holiness the Dalai Lama on 6 July will be celebrated with cake and tea)

**One session \$25 (Members \$20),
Two sessions \$40 (Members \$30),
Three sessions \$55 (Members \$40)**

All 7 sessions \$100 (Members \$80).

Q&A with Ven Robina

7.30pm Wednesday 13 July.

Bring up any issues you have in this casual setting and listen to Venerable Robina's words of wisdom for living life in today's world. She's seen it all and done most of it herself so her perspectives come from deep experience and a very solid grounding in Buddhism.

By donation.

Introduction to Buddhism



Five-Week Online Course plus Local Discussion Group

**Discussion 7.30pm Wednesday
3, 10, 17, 24, 31 August**

Buddhism in a Nutshell is an introductory course for complete beginners on the basics of Tibetan Mahayana Buddhism with simple meditation instructions you can do at home. The five modules are presented online by an experienced western nun, Venerable Amy Miller.

Study each module at home in your own time and attend a Wednesday night discussion group at Hayagriva to have queries answered and to share your experience.

Download the program for US\$5 from the FPMT website at http://shop.fpmt.org/Buddhism-in-a-Nutshell--Online-_p_2596.html

Please register your interest with our Spiritual Program Coordinator, Susan di Bona at spc@hayagriva.org.au. **By donation**

Day Marking Buddha's First Teaching and International Sangha Day

Saturday 6 August.

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.

6.30am: 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.

2.00pm: Medicine Buddha Puja and Prayers for the Deceased.

7.00pm: Light offerings and Shakyamuni Buddha Puja.

Offering of food/flowers welcome.

By donation.

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 with the support of the lay community.

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>

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)

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. The great lama, Pabongka Dechen Nyingpo, said: 'If you are able to do the practice of Guru Puja in your daily life, it contains all the important points of sutra and tantra. It is a complete practice, and it shows the palm (which means the heart) of the instruction of the ear-lineage of Ganden'.

- **6.00pm Thursday 14 July** (Ganden Lha Gyama and tsog instead of Guru Puja).
- **7.30pm Friday 29 July.**
- **5.00pm Saturday 13, 27 August.**
- **5.00pm Sunday 11, 25 September.**
- **7.30pm Tuesday 11, 25 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

- **30 July.**
- **27 August.**
- **24 September.**
- **29 October.**

By donation.



White Tara Long Life Practice

- **4:00pm Saturday 30 July, 27 August, 24 September, 29 October.** (follows the Tara Puja).

Includes a short meditation and recitation of the White Tara mantra which can assist in countering illnesses and life hindrances.

By donation.

Yamantaka Self Initiation



(initiates only).

**1:00pm set up for 2:00pm start.
Saturday 20 August, 8 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.

Medicine Buddha Puja and Prayers for the Deceased

2:00pm Saturday

- **2 July.**
- **6 August.**
- **3 September.**
- **1 October.**



Once a month the Wheel of Life Hospice group conducts a Medicine Buddha puja and prayers for the deceased from FPMT Centres around the world, and 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.

Protector Practices

- **3.30pm Sunday 3 July.**
- **7.30pm Monday 1 August.**
- **8.30pm Wednesday 31 August.**
- **7.30pm Thursday 29 September.**
- **5.00pm Sunday 29 October.**

These practices invoke wrathful aspects of the Buddha's mind to help remove hindrances to our spiritual practice and to the success of our Centre. They involve chanting in Tibetan. All welcome.

By donation.

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: Documents for Dying and Death

2.00pm Saturday 17 September.

At this difficult time for individuals and families the bureaucracy carries on regardless and a lack of knowledge of these processes only adds to the strain. Find out about Wills, Enduring Power of Attorney, Enduring Power of Guardianship, Advance Health Directive and a Last Letter to Your Family.

Check our calendar or free, weekly eNews for the latest details.

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)

Busy Bees



10.00am Saturday 27 August: Gardening blitz ahead of Council green verge pick up next week.

10.00am Saturday 22 October: General clean-up ahead of Council hard waste (not green) verge pick up next week.

Hayagriva is our spiritual home and like any home it needs a clean-up and a garden trim once in a while. Just a couple of hours of your time 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.



Aquatic Animal Liberation

**Monday 26 September
(Queen's Birthday Public Holiday).**
Time to be advised.

Animal liberation is a practice done for animals which would otherwise be killed. The practice involves taking the animals in danger around holy objects to leave positive imprints on their minds, reciting mantras for them, sprinkling blessed water onto them then releasing them. Animal liberation is an incredible practice for anyone who has illnesses or is experiencing life obstacles. When the realized female practitioner, Khadrola was in Perth in 2014, she advised our Centre to do an aquatic animal liberation. Check out our eNews and website closer to the date for 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 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.

- 8.30am Saturdays.
- 9.15am Mondays (not on public holidays).
- 6.00pm Tuesdays.
- 9.15am Thursdays.



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.

More details at <http://www.pemayoga.com.au/>.

Please note that all of these classes except Monday morning and Wednesday evening will move to East Victoria Park in mid to late July.

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 (not on public holidays).

Our Library

The most prolific user of our library is ironically among the top 300 editors on English Wikipedia in the world and has done more than 100,000 edits on the website. However, Hayagriva Member, Tom Hogarth, still believes books have an important role to play in the electronic age.

'Books are still extraordinarily important. They have an ambience you don't get looking at a phone,' he said.

Tom says reading books from the library provides perspectives about insights gained from teachings as well as participation in events at the gompā. Sometimes there are things that cannot be answered by Google. Insights and explanations are gained from reflection from books written by people who have ventured into dharma from so many different directions.

'It is good for beginners to hear things over and over again. It's a way of chipping away at the mind's resistance to the teachings. Sometimes it can be just an image or part of a text that can be inspirational.'

'It also can be that you have a connection with a particular writer who offers explanation of the dharma in a way that you relate to.'

'It's well worth Hayagriva Members trialling borrowing books from the Centre Library as there are so many ways that a book can have a value, both immediately, and after having been read.'

'The library allows me to access the books that are not in my collection, or some that I may have given away in the past,' Tom said. Our librarian, Marlene Robins, reports that Tom is a punctual returner of books which is appreciated.

Library borrowing rights are available to Members of Hayagriva Buddhist Centre. Individual Membership costs \$150 a year, \$220 for families.



Hayagriva Photos

Students joined Geshela Sonam in a surprise birthday party at the Centre on Thursday 16 June to celebrate his 53rd birthday.



Geshela's surprise 53rd Birthday Celebration at Centre

Saka Dawa marking the Buddha's conception, enlightenment and passing is the holiest day in the Tibetan Buddhist calendar. As well as a full day of practice at the Centre, non-perishable food was collected then blessed then given to Foodbank (thanks for organising this Jude).



Saka Dawa offering to Geshela



Sumptuous vegetarian meal at Geshela's Birthday

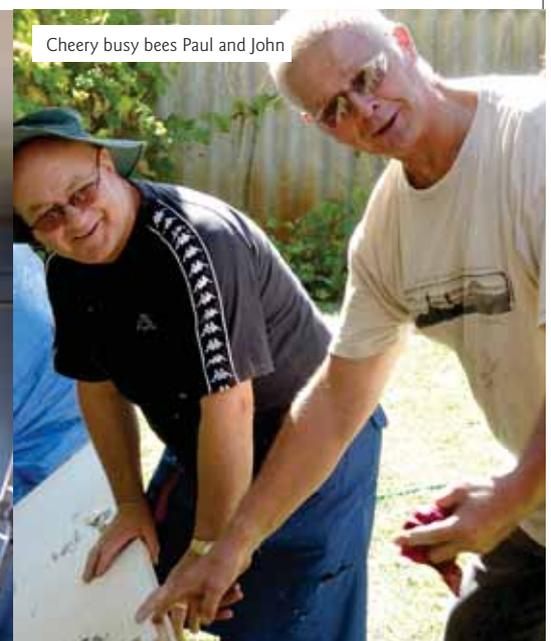


Jude with produce from members for Foodbank

Our Director, John Waite, has put so much time into our Centre that his Pinjarra home has been sadly neglected. Ahead of its sale, a group of students spent a day helping get it into shape.



Ceiling fixers Denis and Sau Chee



Cheery busy bees Paul and John

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.

Office Hours

10.00am – 2.00pm Monday to Saturday

Subject to volunteer availability.

Please phone 9367 4817 before visiting to confirm the Centre is open.

Contact details

Address: 64 Banksia Terrace, Kensington WA 6151

Telephone: (08) 9367 4817

Email: welcome@hayagriva.org.au

Website: www.hayagriva.org.au

Facebook: <https://www.facebook.com/pages/Hayagriva-Buddhist-Centre/22264127753778>

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

eNews

We publish weekly a free electronic newsletter which contains updated details of our program and news about our Centre. Sign up on our webpage at www.hayagriva.org.au 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.

Stacks of benefits are offered to Members such as discounts on courses, discounts from our bookshop, library borrowing rights and invitations to Members' events.

Individual Membership costs \$150 a year, families \$220. See Membership under About Us at www.hayagriva.org.au.

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 to inform us that you have paid. Otherwise, it can take some time to track your payment.

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.

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.

Care of Dharma Material

Dharma books contain the teachings of the Buddha so have the power to lead us to enlightenment. As such they should be treated with respect – kept off the floor and places where people sit or walk – and not stepped over. They should be covered or protected when transported and kept in a high, clean place separate from mundane material. Other objects should not be placed on top of Dharma books and materials.

Disposal of Written Dharma Material and Photographs

If you need to dispose of written Dharma material, it should not be thrown in the rubbish but burned in a special way as it contains words that can lead to enlightenment.

Burn dharma material separate to rubbish and, as it burns, recite the mantra OM AH HUM. As the smoke rises, visualize that it pervades all of space, carrying the essence of the Dharma to all sentient beings in the six samsaric realms, purifying their minds, alleviating their suffering, and bringing them all happiness up to and including enlightenment.

Kyabje Zopa Rinpoche has recommended that photos or images of holy beings, deities, or other holy objects not be burned. Instead, they should be placed with respect in a stupa, tree, or other high, clean place. It has been suggested to put them into a small structure like a bird house and then seal the house. In this way, the holy images do not end up on the ground.

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 6.30pm Tuesdays and from 5pm Sundays. Other times can be arranged. **Contact Susan at spc@hayagriva.org.au or 0431 679 246.**



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, publishing houses, projects and charitable endeavours in 41 countries worldwide. The FPMT was established in 1975 by the late Lama Thubten Yeshe. The spiritual director is Kyabje Zopa Rinpoche.



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

Teachings with Geshe Sonam

Sunday Afternoon Teachings



Mind Training Like the Rays of the Sun

2.30pm Sundays (not on 14 August, 16 October when Geshela will give a Jenang).

Based on the essential sayings of the no-nonsense meditator/scholar Kadampa masters, this text deals with the erroneous minds of self-grasping and self-cherishing. This is one of the great texts dealing with the elimination of these disturbing emotions.

Suitable for new or experienced students.

By donation.

Tuesday Evening Teachings



Letter to a King

7.30pm Tuesday (not on 11, 25 October when there are Guru Pujas).

This text by the great Indian master, Nagarjuna, is as relevant today as when he sent it as a letter of advice to his friend, a King, 2,000 years ago. The King was very busy yet profoundly dissatisfied. The letter, a summary of the Mahayana Buddhist path, sets out the reasons for this unhappiness and how to conquer it.

Suitable for new or experienced students.

By donation.

The Importance of Teachers

by Kyabje Zopa Rinpoche

FPMT is extremely fortunate, unbelievably fortunate that we have many qualified teachers, resident teachers who have spent life in a monastery on the basis of living in vinaya, guarding one's vows, one's mind. And then extensively studied Buddhist philosophy, the whole path to enlightenment, the four noble truths. And who are not only scholars but are living in practice; that is an extremely important moral for us.

So we are very fortunate, they are not just scholars in words, but beings who are actually living the practice. Sincere hearted, good hearted, this is an extremely important quality for teachers, a very good model for students, for their inspiration for their studies, inspiration to have deep, clear understanding of Dharma, and be inspired to practice.

Other Events with Geshe Sonam

Q&A and Cake with Geshela

3.30pm Sunday

31 July, 28 August,

25 September, 30 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 generally held on the last Sunday of each month.

All welcome.

Chenrezig/Manjushri/Vajrapani

Jenang 2.30pm Sunday 14 August.

Enlightenment means developing the compassion of Chenrezig, the wisdom of Manjushri and the power of Vajrapani. This Jenang gives blessings to develop these qualities as manifested in the great 14th century yogi and scholar, Lama Tsong Khapa. There is no ongoing meditation commitment with this Jenang.

By donation.



Chenrezig Jenang

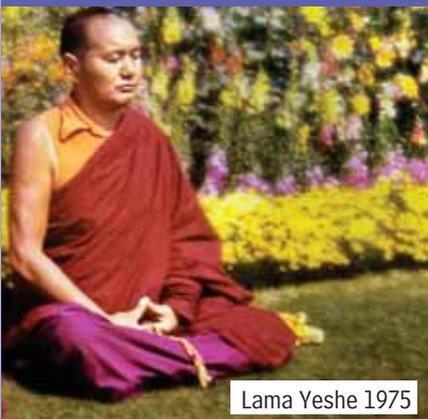
2.30pm Sunday 16 October.

Chenrezig represents the compassion of the Buddha. This Jenang gives blessing to say the mantra of Chenrezig and to develop love and compassion. There is no ongoing meditation commitment with this Jenang.

By donation.



Meditations



Lama Yeshe 1975

The purpose of meditation is to gain realizations leading to the cessation of delusion and superstition. This cessation depends, first of all, on recognizing the character or function of the deluded mind. In addition, it is necessary to understand the various factors causing such a deluded mind to arise.

- Lama Yeshe 1935 – 84, Founder of the FPMT

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

Sunday Morning Meditation

10.00am Sundays.

A general guided meditation suitable for new or more experienced students on developing mindfulness and aspects of the Buddhist path. **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.**