



Geshe Sonam's Two Month Holiday



On 18 December Geshe Sonam will go to India and Nepal for two months to take teachings from His Holiness the Dalai Lama, meet his class mates and students, and catch up with family.

He will first travel to his monastery, Sera Jey, in southern India, where he will take two weeks of teachings on Lam Rim by His Holiness the Dalai Lama and receive the empowerment on the Sixteen Drops of the Kadampa Masters. Students from our Centre will also attend these teachings.

Geshela will then travel to Bodha Gaya in northern India, the place where the Buddha manifested enlightenment under the Bodhi tree. There he will make prayers at the holy stupa before

(... continue one page 7)

High Lama Has Been Living Near Our Centre

Phuntsok Rinpoche, the diminutive 12-year-old reincarnation of the late great yogi and meditator, Geshe Lama Konchog, has been secretly attending school for the last three-and-a-half years in Perth.

His seclusion was ended when, accompanied by his attendant in this and the past life, Geshe Tenzin Zopa, he was welcomed to our Centre in August by our resident teacher, Geshe Sonam, Ven Robina Courtin and more than 90 students.

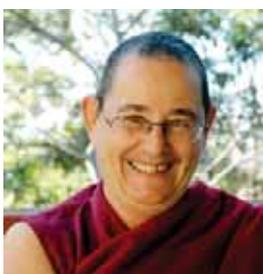
Geshe Zopa explained they had kept their presence in Perth quiet as Phuntsok Rinpoche couldn't say no to the many visitors he had while in Nepal's Kopan Monastery which interfered with his studies.

Geshela decided Rinpoche should receive a western education – a decision opposed by many but which came with the blessing of their Guru, Kyabje Zopa Rinpoche.

Perth was chosen because of a friend in the city and Geshela said they lived in Victoria Park throughout their stay.

Geshe Zopa said he passed our Centre often and it broke his heart that they couldn't go in but he knew it would interfere with Rinpoche's education if word got out that they were in Australia. Rinpoche attended school in lay clothes and Geshela picked him up from school similarly dressed. The school had no idea they were monks.

Phuntsok Rinpoche is now studying in India's Sera Jey Monastery.



Venerable Jampa Dekyi Teaching at Hayagriva in January and February

Venerable 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.'

Office Closing Times

Our office will be closed from Monday 21 December to Saturday 2 January inclusive.

However, various program events will be held at the Centre during that period.

Teachings with Ven Dekyi

Engaging Bodhicitta

7.30pm Tuesday 5, 12, (not on 19 or 26) January; 2, 9 February.

Everyone Can Meditate – Even You!!

10.30am Thursday 7, 14, 21, 28 January.

The A to Z of the Buddhist Path

2.30pm Sunday 10, 17, 24, 31 January; 7, 14 February.

Saturday Workshops

What Do You Really Want?

1 – 4pm Saturday 16 January.

What Happens When We Die?

1 – 4pm Saturday 23 January.

Dealing With Destructive Emotions

1 – 4pm Saturday 13 February.

(See Page 5 for details)

Teachings with Geshe Sonam



New Tuesday Night Teaching Starting in February

Letter to a King

Suitable for new or experienced students. Starts 7.30pm Tuesday 23 February.

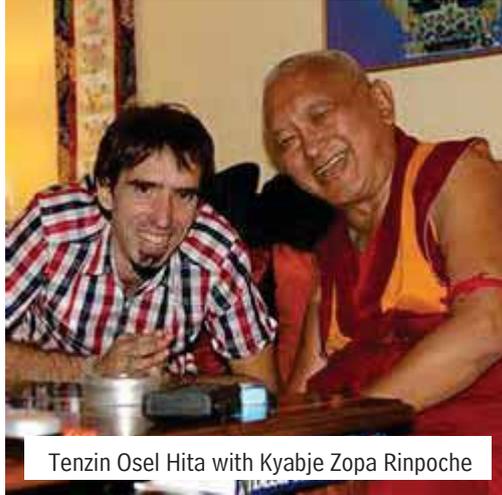
(See Page 3 for details)

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Cherishing Others Feels Good

Tenzin Osel Hita, the recognized reincarnation of FPMT founder Lama Yeshe (1935 – 84), gave this talk at Losang Dragpa Centre in Malaysia on the Tibetan New Year in 2015.

I just wanted to mention something quickly. The prayers that you are reciting refer to emptiness. I read somewhere not so long ago that quantum mechanics actually says 99.999% of atoms are empty. When we talk about material things, that which we can really touch or is tangible is only 0.001% of the atom. This means that if only the tangible parts of all the atoms of human beings were put together, all seven billion humans would fit in a single sugar cube. Can you imagine that? Scientists are saying that all seven billion humans could fit in a sugar cube. That is how 'empty' we are.



Tenzin Osel Hita with Kyabje Zopa Rinpoche

It is very funny how in this age, spirituality and quantum mechanics are coming together. Their paths have finally crossed. We are living in an age, a very, very big crystal age where thousands of years have passed and people have evolved a little bit. Times have changed: science has evolved, spirituality has evolved, but people are not ready for this kind of information.

Three thousand years ago in Egypt, there was a pharaoh called Akhenaten. He started a revolution because he could not agree that there were many gods. He tried to explain to the people that the real god is within yourself. You possess the path within yourself. He was way ahead of his time. People did not understand. People were not prepared for that. So there was a huge revolution. Now here, 3,000 years later, we are actually ready for this kind of thinking. We have passed the Dark Ages, we went through the Middle Stone Age, we have been through World Wars. Now, finally people have the means to see all of these and learn from past mistakes.

So, we are very lucky to be here at this age, today, everyday; this moment is very lucky. Of course, we think of the time as it is. Time has changed as it is.

When talking about spirituality, we say that time is precious. We are here, with the precious human rebirth, possibly only once because they say human rebirth is like a turtle which comes up from the ocean bed only once every 100 years. In that vast ocean is a floating ring and this turtle comes up only once every 100 years. What are the chances of it placing its head through that ring? That is how difficult it is to get the precious human rebirth. That is the metaphor Tibetan Buddhism gives us to understand how lucky we are. This is something for us to cherish all the time.

But then, we live in a society where the education system teaches us always to cherish ourselves and to think about ourselves, 'me, me, me,' right? Capitalism is based on that. If people stop thinking like that, capitalism will fall apart. So, I am not saying this is good or bad, I am only saying it is good to be aware of this. Because the moment we stop only cherishing ourselves, we can actually start cherishing other people. When it really happens, it really starts feeling good. If everybody did that, thinking about the person next to you before you think about yourself, what a beautiful, lucky place. There will be no war, no famine, no hardship. You should really think about this and check it out.

The more you think about yourself, the more you are going to suffer. If you think about the person next to you more than yourself, all you have is happiness. Your well-being will be linked to the universe, linked to karma and linked to human mind. Buddhism says this, so I do not have to say it. All of you know it. I think this important point should be put into practice and not just doing meditation or reading a book or coming to a puja, although these are also very good in making imprints and keeping us on the right path.

The most important moment is when you put this cherishing others into practice, then it is like the phrase, 'When the shit hits the fan,' it spreads everywhere; it's a strong metaphor! Keep the middle path. Think about the other person more than yourself. Even if you are suffering, forget about that. Think about the person next to you. For me, it is very easy to say, but very difficult to do. I also have a lot of suffering, difficulties and many frustrations. When these happen, I would do my best to think about the other person. But even then, it is so hard. After I make all the mistakes and mess up everything, I sit down and think, 'Ah! I wish I had thought about it before. Now it is too late.' Still, you can learn from your mistakes and slowly, slowly make an effort to be a better person and try to make the person next to you happier.

This is my advice from my experience and difficulties that I have gone through. We are all going through this in the same way. So it is not like I am speaking and you think I am enlightened—blah, blah, blah—because I am not. (Laughter) I am of the worst quality.

You know we cannot change the world, but what we can do is change ourselves. And that is the first step. So, we focus on that, OK? That's the first step.

There's No Outside Enemy

by Kyabje Zopa Rinpoche

'Actually, there's no outside enemy. There's a reason why people give harm to us, get angry with us or criticize us. There's a reason, there's a cause for that, and that cause is our mind.

For anybody, in any situation, even if a mosquito is biting us, the cause is our mind – attachment, anger, and of course no question about the root, ignorance. There's no question, that's the root. Ignorance – the concept holding things, the I and the aggregates as truly existent, which means the self-cherishing thought – that's the real root.

In the past we harmed others with these negative thoughts. We made mistakes, we did unrighteous actions and harmed others. What is happening now is the result of that. This mosquito biting us, that person who doesn't like us even from the first time he saw us, that person who scolds us, even that unknown person who gets angry at us though we've never met before – all these things are just results, just creations of this mind. They are caused by this mind, by these negative thoughts, especially the self-cherishing thought.

Actually, all these things are just like tools used by the people who are angry at us or who criticize us. All these things are like tools. The real enemy is our own self-cherishing thought, this ego, this ignorance, which causes anger, attachment and these delusions. The other things are like tools, like the stick that an angry person beats us with. The real reason is our own negative thought.

It is very helpful to remember this when somebody is angry with us, scolding us or talking about our mistakes. If we can remember this at that time; that the situation is a tool, used by these negative thoughts. This is happening now because in the past we harmed that person, we did some wrong action to that person. The harm they are doing now is just a tool. The main enemy is our own negative mind. ...'

(Kyabje Zopa Rinpoche is the Spiritual Director of the FPMT)

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

Tuesday Evening Teachings

Commentary on Lama Tsong Khapa Guru Practice

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

7.30pm Tuesdays (last teaching 15 December).

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.



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.

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).



Letter to a King

Suitable for new or experienced students

Starts 7.30pm Tuesday 23 February.

This text by the great scholar and yogi, Nagarjuna, is as relevant today as when it was sent to a king 200 years ago. The King was busy but healthy, wealthy and wise yet profoundly dissatisfied. The Letter sets out the reasons for this unhappiness and how to conquer it.

By donation.

Sunday Afternoon Teachings

Suitable for new or experienced students

Mind Training Like the Rays of the Sun

2.30pm Sundays (last teaching on 13 December, recommences 28 February).

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. This is one of the great texts dealing with the elimination of these disturbing emotions.

By donation.

Other Events with Geshe Sonam

Q&A and Cake with Geshela

3.30pm Sunday 29 November, 28 February.

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.

Vajrasattva Jenang

2.30pm Sunday 21 February.

Vajrasattva is a powerful tantric practice to purify negative karma we have created. The Jenang will allow students to say the mantra of the deity. There is no ongoing practice commitment and anyone can take the Jenang.

By donation.

Wednesday Night Teachings

Buddhism 1-2-3 and Drop in Buddhism

These user-friendly sessions 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.

Drop in Buddhism

7.30pm Wednesday 2 December.

Suitable for newer students, these sessions involve a led meditation, a short teaching on an aspect of the Buddhist path and discussion presented by an experienced western student. All welcome.

By donation.

Buddhism 1-2-3: Mind and its Potential

with Jude Carter

7.30pm 11, 18, 25 November.

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.

By donation.

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)

Meditations

'Our habitual tendency is to always be busy, doing something, changing something or cultivating something. Therefore, when somebody asks us to just relax, to just be natural, it is very difficult for us to actually understand how to do that.' - The Karmapa.

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 (last meditation 13 December, recommences 10 January).

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

By donation.

Tuesday Morning Meditation

10:00am Tuesdays (no meditation on 29 December).

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.

- **7.30pm Friday 6 November.**
- **5.30pm Saturday 21 November.**
- **4.30pm Saturday 5 December (Lama Tsong Khapa Day).**
- **4.30pm Sunday 20 December.**
- **7.30pm Monday 4 January.**
- **7.30pm Tuesday 19 January.**
- **7.30pm Wednesday 3 February.**
- **7.30pm Wednesday 17 February.**

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 28 November, 30 January, 27 February.**

By donation.

White Tara Long Life Practice

- **4:00pm Saturday 28 November, 30 January, 27 February** (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.

Medicine Buddha Puja and Prayers for the Deceased

- **2:00pm Saturday 7 November, 5 December, 9 January, 6 February.**

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, 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.**

Lama Tsong Khapa Day (Guru Puja)

4.30pm Saturday 5 December

Lama Tsong Khapa was a highly realised 14th Century scholar and meditator who founded the Gelugpa school of Tibetan Buddhism which we follow. The clarity of his teachings on sutra and tantra brought spiritual realisations to thousands of followers. **By donation.**

New Year's Eve Puja and Supper

7.30pm Thursday 31 December.

End the year on a positive note. Bring an offering that can be shared with others over a cuppa after the puja. **By donation.**

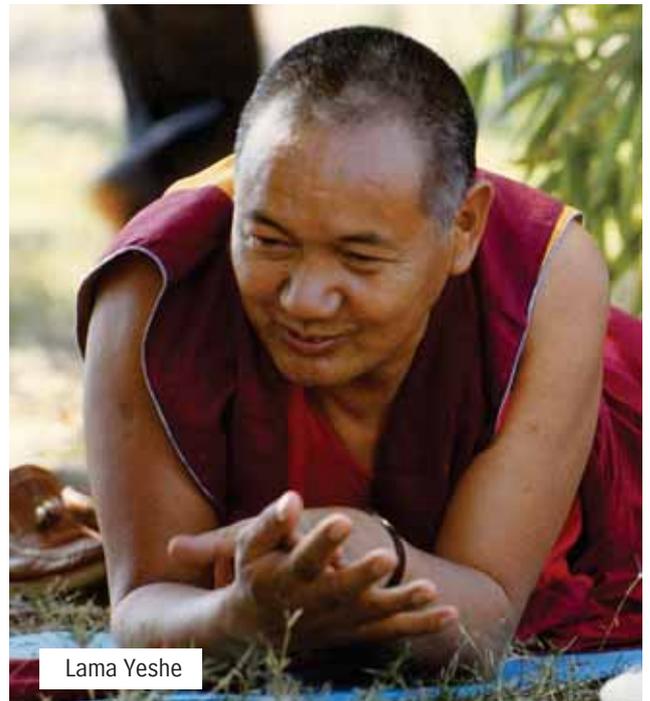
Tibetan New Year (Losar) and Anniversary of Passing of Lama Yeshe

Ganden Lha Gyama Practice with Tsog Offering
7.30pm Monday 8 February

Lama Yeshe passed away at aged 49 in the early morning of Losar 1984. He was a charismatic visionary who founded the FPMT and inspired thousands of students including his main disciple, our Spiritual Director, Kyabje Zopa Rinpoche.

Lama Yeshe's laugh could melt the coldest of hearts and even with his limited English, he could cut to the core of the problems facing the people of the modern world. His books still carry a message that powerfully awakens 30 years after his passing.

Kyabje Zopa Rinpoche has advised there is incredible merit in offering tsog on this day. **By donation.**

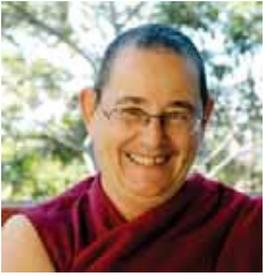


Lama Yeshe

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)

Summer Buddhism at Hayagriva - Venerable Jampa Dekyi's Program



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. She took Rabjung vows in May 1993 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 Dekyi has studied most of the Basic Studies Program topics including Lama Tsong Khapa's long Lam Rim, the Lam Rim Chen-mo.

She has taught at Hayagriva several times, was the resident teacher at Vajrayana Institute in Sydney for five years and for a year at Kadam Sharawa Centre in Gosford, and was the resident teacher for a period at Tushita Meditation Centre, India.

Her wish is to share the beauty, depth and practical compassion of the Buddha Dharma with all who have an interest. From January to mid-February Venerable Dekyi will lead a series of teachings and workshops at Hayagriva.

Teachings

Engaging Bodhicitta

7.30pm Tuesday 5, 12, (not on 19 or 26) Jan; 2, 9 February.

Many of us have taken the Bodhisattva vows - making a promise to achieve enlightenment and lead all beings to the state of complete and perfect enlightenment. As Lama Zopa might say 'WOW -WOW-WOW!'

However, have we sincerely contemplated the significance of this? Just reciting our daily practice is not going to get us to our goal. These teachings will look at whether we have a stable foundation and explore the advice of great masters on how to practice the Six Perfections.

Please register at www.hayagriva.org.au

By donation.

Everyone Can Meditate – Even You!!

10.30am Thursday 7, 14, 21, 28 January.

These teachings will show you how easy meditation can be and guide you through actual meditations. It's certainly not about beating our thoughts into submission or pushing them away or trying to 'empty' our minds. By treating

our body and our mind with kindness, and learning how to be relaxed and open, we can experience the joy and peace of skilful meditation.

We have yoga mats which can be used to meditate in the supine position - an added option and something you might like to try!

Please register at www.hayagriva.org.au

By donation.

The A to Z of the Buddhist Path

2.30pm Sunday 10, 17, 24, 31 January; 7, 14 February.

'The most unbelievably important thing in our life is Lam Rim. The practice of the three principal aspects of the path is the most important thing. This is the most important, more important than a job, money, or anything else in our life. It is the most important thing.'- Kyabje Zopa Rinpoche.

The Lam Rim is a complete summary of the Buddha's teachings. This course will present the teachings at a practical level with meditations that you can practice at home. The Buddha's teachings were given to overcome the mental and physical problems we face on a day-to-day basis and the continual cycle of death and rebirth.

Please register at www.hayagriva.org.au

By donation.

Saturday Workshops

Includes teaching, discussion and meditation.

What Do You Really Want?

1 – 4pm Saturday 16 January.

Are you satisfied with your life or do you sometimes feel that there is something missing? Does life have a purpose? Is lasting happiness and peace achievable? This workshop will look at these questions from a Buddhist perspective and examine whether the answers could be beneficial guidelines for our lives.

Please register at www.hayagriva.org.au

Cost: see below.

What Happens When We Die?

1 – 4pm Saturday January 23.

Learn about the Buddhist view on death which is in fact very positive.

Explore answers to the following questions:

What happens when we die?

What is re-incarnation?

How does the way we live our life affect our death?

How can we best prepare for our own death?

How can we help loved ones who are dying?

Please register at www.hayagriva.org.au

Cost: see below.

Dealing With Destructive Emotions

1 – 4pm Saturday 13 February.

We can all remember times when anger, jealousy or obsessive desire got the best of us and we ended up engaging in words and/or deeds that harmed others and ultimately harmed us. There is no doubt that we regret these episodes.

Buddhism has many techniques that we can use to connect with our innate loving-kindness, wisdom and compassion which are powerful antidotes to all our destructive emotions.

Please register at www.hayagriva.org.au

Cost: see below.

Workshop Costs

One workshop \$25 (Members \$20)

Two workshops \$45 (Members \$35)

Three workshops \$55 (Members \$45)

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)

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 Five Regrets of the Dying 2pm Saturday 21 November.

An experienced palliative care nurse found common themes emerged when terminally ill patients were asked if they had any regrets about their life or if they would do anything differently if they had their lives over. There was no mention of bungee jumps or jet skiing. She also noticed that people grew a lot when they were faced with their own mortality while experiencing a variety of emotions. Come along and learn about the five regrets so we can avoid them.

Suggested donation: \$20 for each workshop.

Information Night on the Pure Land Project 7.30pm Friday 27 November.

The Pure Land Project aims to provide the environment for a peaceful and virtuous death, for those who want emotional and spiritual care during their last weeks. There will be a presentation of the plan and how the service will operate. All welcome.

International Merit Box Project



The International Merit Box Project was created in order to cultivate generosity as part of a daily practice, as well as foster an international spirit of harmony and cohesion among the FPMT community. The Project began in 2001 and every year offerings are collected from FPMT students, centres and projects worldwide. To date, almost US\$1,000,000 in Merit Box offerings have been disbursed through grants to eligible Dharma projects and initiatives.

Merit Boxes are collected by Lama Tsong Khapa Day (Saturday 5 December). The boxes are available from the Centre so loose change can be placed in them throughout the year.

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.
(last class 17 December, recommences 11 January).

- 9:15am Mondays
- 6:00pm Tuesdays
- 9:15am Thursdays
- 8:30am Saturdays



Beginners' Yoga

9.45am Saturday 7, 14, 21, 28 November, 5 December.

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 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)
(last class 17 December, recommences 4 January)



Busy Bees



10:00am Saturday 7 November, 5 December, 9 January, 6 February.

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.

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.

Scouts Visit Hayagriva

A group of 17 Venturer and Rover scouts aged from 15 to 18 visited our Centre in October to hear about Buddhism and ask questions of Geshe Sonam. The visit was organised by Member, Debbie Wardle, who has been a scout leader for 10 years. She wrote:

'While scouts are traditionally a Christian movement, many of the youth at this age are keen to explore and understand other religions and spiritual practices. I have been teaching the Venturers some simple mediation practices and they have been meeting with Jude Carter to explore the benefits of yoga.

'They were very keen to meet Geshela who spoke about his life as a young boy leaving Tibet and crossing the Himalayas. He gave an overview of his life in the monastery and spoke at length about Buddhism, the Dharma, its relevance to young people today including the need for compassion and wisdom, and how to generate morality and ethics. Geshela also gave an overview of the benefits of meditation and the similarities and differences between Buddhism, other religions and science as it relates to how things exist and the mind as a continuum.

'That was followed by a lively question and answer time, with the scouts raising many questions about rebirth, the 'mind and how best to ease our own suffering. The issue of reincarnation raised the question of 'Hitler's whereabouts' leading to some further discussions and insight into karma. The discussions went well over the planned time with the visit thoroughly enjoyed by all.'



Debbie front row third from left

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going on to the Tibetan settlement of Jolikeil in Kathmandu, Nepal, where he will stay for a few weeks with his mother and brother. He will also visit Kopan Monastery (the monastery where the FPMT started) and the two great stupas of Boudhanath and Swayambhunath.

Geshe Sonam will then travel back to Sera Monastery in South India to be with his classmates and students and take teachings and transmissions from his masters. He hopes to meet one of his main masters, Jamtse Choje Rinpoche.

We look forward to Geshela recommencing his teachings in late February.

New Hayagriva Committee from AGM

We have some new faces on our Executive Committee following our AGM for Members on 18 October. Neil Shipley joins as Treasurer and Angela Doyle as a general member. They join John Waite (Director), Karl Matacz (Assistant Director), Susan di Bona (Spiritual Program Coordinator), Joanne Thorpe (Secretary) and Rob Milan (FPMT rep). A big, big thank you for two long serving committee members who stepped down at the meeting - Ling Lee as Treasurer and Pat Moss as Office Manager.

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 made if necessary. Contact Susan at 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.

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 current spiritual director, Kyabje Zopa Rinpoche.



Office Hours

10am – 2pm Monday to Saturday inclusive

(Our office will be closed from Monday 21 December to Saturday 2 January inclusive over the Christmas break).

While we usually open at these times it may not always be possible as our office is staffed entirely by volunteers so it may be advisable to ring us on 9357 4817 before making a special trip.

Limited office facilities are available immediately before and after events in the spiritual program.

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 a free electronic newsletter weekly 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.

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