

TBI Magazine

April - May 2017



TIBETAN BUDDHIST INSTITUTE – THEKCHEN SHEDRUB CHOELING
A place of Dharma, cultivating study and meditation in the Mahayana Tradition

From the Director

I offer this prayer to my Precious Teacher and Mentor:

"I dedicate the mass of white virtues thus created: So that I may be inseparably cared for in all my lives: By perfect, pure Gurus who are kind in three ways: And so attain the united state of Vajradhara."



I arrived back in Adelaide in early February after a 6 week stay in India. The main purpose of the visit was to request an audience with His Holiness Dalai Lama to seek advice on the whereabouts of our Precious Teacher and Mentor, Kyabje Khensur Kangur Rinpoche (see page 4). During the Kalachakra Teachings by His Holiness, in Bodghaya, I was very happy offering four new monks our Scholarship for their Lharam study at Sera Monastery (see page 11).

The Tuesday teachings have been going really well, and the Discussion Group well

attended. The new topic is Cittamatra school which is being presented at university level. We are very fortunate to have such a great teacher, Geshe Jampa Gyaltzen, and scholar/translator for this level of teachings. Wednesday is continuing with the Lam Rim and focusing on the last two Perfections, ie Concentration and Wisdom. The new Sunday morning class (Three Principle Aspects of the Path) is in English, with myself as the translator if needed. This class is a good opportunity for Geshela improve his English and comes with some humour. How fortunate for us that we have such a diverse level of teachings....at least one of them being suitable for everyone and therefore I would strongly recommend that you take this opportunity and attend as much as you can.

It is with sadness that we heard of the passing of Geshe Pema Tsering, which came at the end of a long and beneficial life. I would like to thank those people who contributed financially to the prayers said at Sera Je Monastery. We sent \$4440.00 to Sera which included a donation from TBI.

In the past 2 months we celebrated Losar (Tibetan New Year) and Day of Miracles which was extra special as the three monks from Sera were here to join in the celebrations. We eventually got over the visa issues that caused their delay, and they managed to complete the Chenrezig Mandala for World Peace by Day of Miracles. (see Page 7-8)

In the next 2 months we have our annual Easter Weekend Teachings (Eight Verses of Mind Training) with our precious teacher, Geshe Jampa Gyaltzen. It's a great opportunity for you to join us in studying an excellent teaching with expert translation from our highly valued and respected Iliia Durovic. (see page 5)

On 14th May we have a special Mothers Day Puja dedicated to all the mums out there ! Please come and join the visiting monks whilst they join with us for the Tara Puja (see page 8).

My heartfelt thanks to Geshela, Iliia and all the volunteers at TBI.

Tenzin

Spiritual Head

His Holiness 14th Dalai Lama

Founder and Teacher

The Late Kyabje Khensur Kangurwa
Lobsang Thubten Rinpoche

Founders Representative and Director

Nawang Thubten (Tenzin)

Resident Teacher

Geshe Jampa Gyaltzen

Translator and Director of Publishing

Iliia Durovic

Management and Advisory Board

Nawang Thubten (Tenzin) -
Chairperson and Director
Carole Armstrong - Business Manager
and Deputy Director
Tania Bell - Financial Officer
Jayne Burkinshaw - Secretary
Chris Ridley - Senior Advisor
Jad Albanese - Membership Officer
and Volunteer Coordinator

Sub Committees

Volunteer Coordinator

Jad Albanese

Program Coordinator

Jill

Librarian

Grant Manning

Magazine

Shaya Nettle

Tibetan Sponsorship Scheme

Nawang Thubten (Tenzin)
and Carole Armstrong

Tibetan Buddhist Institute

Thekchen Shedrub Choeling
8 Ross Avenue
Flinders Park SA 5025
0883518788 or 0404839293
office@tibetanbuddhistinstitute.org
www.tibetanbuddhistinstitute.org

Geshela's Reflections: Canberra central

In the summer holidays I went to Canberra with Pamela Lyon and Richard Bradshaw. We travelled there by aeroplane. We left Adelaide airport at 04.15pm on Friday 27th of January. We arrived there two hours later. We stayed in University House in Canberra for five nights. During the holiday I was very happy to go and visit the surrounding area. First, on the 28th we went to see the National Museum of Australia. There were many special things from hundreds of years ago. There was an Aboriginal basket, Buddha's statue and many things from other countries. After looking around the museum we had lunch, coffee and I took photos from the restaurant. Then on the 29th we visited Parliament House and we took many photos in front of parliament House because at that time the weather was very nice. Then we went into the House of Representatives. The tour guide talked about the building of Parliament House, the House of Representatives and the Senate. Every evening we walked to Lake Burley Griffin for one hour. I really enjoyed my holiday and if I have the time I would like to go back to Canberra again.





Meeting with His Holiness 14th Dalai Lama

by Nawang Thubten (Tenzin)

Before I left from Adelaide, I requested His Holiness Office in Dharamsala for an audience with His Holiness to seek advice on the whereabouts of my Teacher and Mentor Kyabje Khensur Kangur Rinpoche. They suggested a time after the Kalachakara Teaching in New Delhi in January. I accompanied Geshe Yama Rinchen and Ven Rabgye and we arrived there on 16th January and waited to be told what day the appointment was to be. It was with great joy that I was informed the meeting would take place on 22nd January at 9am.

I checked in the calendar and to my delight found that this was an auspicious day because it was the Anniversary of Rinpoche's passing through Paravarana.

For the lead up to the appointment I was somewhat anxious as I thought He might say leave it for some more years or there is not need to now, so I went with some apprehension. As we walked in, His Holiness pointed directly at me and said in a strong voice and frowning mischievously "You...you're here". I was so please that he remembered me as Rinpoche attendant and felt so comfortable in the playful way he spoke to me.

During our audience with His Holiness, I informed Him that it has been 12 months since we received the letter from His office saying that Rinpoche had reincarnated and suggesting we wait for a while before seeking his whereabouts. Geshe Yama Rinchen and myself asked for advice and guidance for the process. His Holiness immediately said without any hesitation, "Yes of course, this is my responsibility. I will check and if he has reincarnated in India it will be easy to find him and we can go through the usual process. If he has reincarnated elsewhere it will be more difficult".

I then had an opportunity to mention that today is a special day as it is the Anniversary of Rinpoche's passing through Paravarana. His Holiness immediately recited prayers and dedicated.

Just before we left he again pointed to me and said "I am coming next year to Australia". With palms together I thanked Him profusely for the audience, advice and for coming to Australia.

We will let you know of any progress in relation the whereabouts of Rinpoche's reincarnate as soon as we know.

2017 Conferences with Ilia Durovic



**Saturdays
2 - 4.30pm**

**May 6th
July 1st
September 2nd
November 4th**

During difficult times, we need a short, simple, powerful practice which encapsulates the totality of the teachings and can subdue our minds rapidly. The "Three Principles of the Path" is the innermost essence of Je Tsong kha pa's teachings and as such, can provide such an indestructible core for our practice. In 2016 we studied in depth mere Definite Emergence and fully-characterised Definite Emergence, the motivations of the Paths of the Being of the Small and Middling Scope, as presented in 'The Three Principles of the Path'. In 2017, we will focus on the core of the 'Three Principles of the Path', the Path of the Being of the Great Scope.

Members \$5.00 Non Members \$8.00

Tibetan Buddhist Institute
8 Ross Avenue, Flinders Park 5025 Australia
ph: 08 83518788 E mail:
offic@tibetanbuddhistinstitute.org

Ilia Durovic is widely regarded as one of the foremost Tibetan translators and western scholars of Buddhist philosophy, providing analytical presentations of Tibetan philosophy, language and priceless access to the dharma as translator of our teachers Kyabje Khensur Kangurwa Lobsang Thubten Rinpoche and Geshe Jampa Gyaltzen. Testament to Ilia's lifelong dedication to understanding, practicing and making dharma available to others, our resident teacher Geshe Jampa Gyaltzen acknowledged Ilia as being

“equivalent to that of a fully qualified Lharampa Geshe”, with our visiting teacher, Geshe Yama Rinchen further affirming: “Ilia was the best in his class in investigating the teachings and he has practiced extraordinarily well basing his practice on his own analysis of the teachings”.

You are most welcome to join this remarkable scholar and practitioner in sharing his years of analysing, dissecting and infusing dharma into his life.

TBI ANNUAL FOUNDATION DAY 2017

Geshe Jampa Gyaltzen and the management team invite our members, friends and their families to join us for our 12th year of the founding of TBI. Everyone is most welcome to come and we look forward to seeing you here.



The Late Kyabje Khensur Kangurwa



Sunday 23rd April

Please bring lunch share at 11.30am. Chai and cake is provided. Speech by Geshe Jampa Gyaltzen and our Chanzoe Nawang Thubten.

Basketball and tennis in the park afterwards with the monks. Please bring



**EASTER WEEKEND
14th 15th 16th April
8 Verses of Mind Training
GESHE JAMPA GYELTSEN
All Welcome!**

We are delighted to announce that Geshe Jampa Gyeltzen will be teaching “The Eight Verses of Mind Training”, the famous Mind Training (Lojong) text written by the great Kadampa Geshe, Geshe Langri Thangpa (1054-1123), for two-and-a-half days during the Long Easter Weekend.

Geshe Jampa Gyeltzen’s easy and relaxed style of teaching, his openness to questions and his personal experience as a young orphan who escaped Tibet on foot to become a monk in India, make him exceptionally suited to give such Mind Training teachings as he has lived them in his own flesh.

We sincerely hope that many students will attend this teaching which is both simple and easy to put into practice as well as of great benefit.





TBI Mandala, dedicated to World Peace

The monks arrived on Friday 3rd March. They started the Mandala on Sunday 5th and it was finished on 11th. On Monday 12th March, The Day of Miracles, we had Recitations, Prayers and releasing of beach worms for Animal Liberation and finished the day with a Guru Puja. The Mandala was on display for one week and visited by many. Each morning the monks recited prayers until March 19th, when numerous people joined the monks in pray for the closing ceremony. The Vajra Master (Geshe Jampa Gyaltzen) performed the initial dismantling by running his knuckles through the sand. The monks then swept up the colored sand, placing the blessed sand in a vase, all whilst prayers were recited to symbolize the impermanence of all phenomena. It is a teaching to show that everything that exists has a beginning, a middle and an end. All those present then made their way to the end of Grange Jetty whilst prayers with dorje and bell were recited as the blessed sand was dispersed into the sea sending a message of compassion and world peace to all sentient beings.

The monks will be constructing a mandala at Phap Hoa Temple at Pennington on 23rd March and the Closing Ceremony will be on 2nd April. Everyone is welcome to come and visit the Temple.

'Mandala' represents the wholeness and harmony at the heart of the Tibetan Buddhist universe.



Message from Jill, TBI's new Program Coordinator

Dear Fellow Student and Dharma Friends

My name is Jill, and I am very honoured to accept the new role of Program Coordinator for Tibetan Buddhist Institute. I was blessed and privileged to receive teachings from our beloved Khensur Rinpoche before he returned to India and to share with you all the great good fortune of having Geshe Jampa Gyaltzen as our teacher.

The role of Program Coordinator, hand in hand with the management team, is to develop Dharma classes and activities to complement the wonderful teachings of Geshe-la. We hope to provide greater structure, material resources and increased support for class leaders and explore how best to meet the needs of students and the TBI community.

My intention and hope is to join with you all and our management team to work together to fulfil the vision of our Precious Teacher, Khensur Rinpoche for TBI to grow as a centre of learning of Buddhist philosophy and a beacon of kindness, compassion and Refuge.

Any and all suggestions and feedback with respect to classes and activities, both positive or otherwise is most welcome. It is through the contribution of members and students that TBI can improve and grow. Please feel free to contact me either email, phone or in person.

Kindest regards, Jill (Program Coordinator)

GREEN TARA PUJA FOR MOTHERS DAY 14th May at

**We welcome all mums (and dads) to come along and join the
Monks from Sera for this special Green Tara Puja for Mothers
Day**

10.30am 14th May

**COME ALONG AND JOIN GESHE JAMPA GYALTSEN AND OUR VISITING MONKS FROM
SERA FOR A SPECIAL MOTHERS DAY GREEN TARA PUJA**



Learn to meditate

by Chris Ridley

The great eighteenth century Buddhist Master, Shantideva famously said;

*“Where would I possibly find enough leather with which to cover the surface of the earth?
But wearing leather just on the soles of my shoes is equivalent to covering the earth with it.”*¹.

Our beloved Founder of TBI, Kyabje Khensur Kangurwa Lobsang Thubten Rinpoche, highly esteemed by His Holiness the Dalai Lama, many high lamas, monks, nuns and lay people in the world, illustrated this point when giving a teaching on the purpose of meditation; “...we hear a lot about how to bring about world peace. Then on a more personal level we can talk about peace and harmony in the family or in the community and then on an even more personal level, we can talk about how to bring about peace within one’s own mind, which gives a healthy body and healthy mind”. This is the purpose of mediation, Rinpoche said, “...to generate wellbeing and peace in one’s mind.”².

“Mind” or consciousness is defined as “that which is clear (it’s unobstructed by matter) and knowing” (can apprehend, know things). It is an ever flowing stream of awareness and depending on what thoughts, perceptions, feelings or sensations it focuses upon, “It arises in the aspect of the object it apprehends”³. In fact, the Tibetan word for mediation is sgom, which means “to familiarize.”⁴. The great Yogi, Scholar and founder of the Gelugpa school of Tibetan Buddhism, Lama Je Tsong Khapa (1357-1419), says, “From beginningless time you have been under the control of your mind; your mind has not been under your control. Furthermore, your mind tended to be obscured by the afflictions and so forth. Thus, meditation aims to bring this mind, which gives rise to all faults and flaws, under control and then aims to make it serviceable. Serviceability means that you can direct your mind as you wish toward a virtuous object of meditation.”⁵. The Buddha taught that we suffer because of our misunderstanding, our ignorance, regarding the mode of existence itself. Things appear one way but exist in another. It’s as if we are preoccupied with the agitated dirt within a jar of water and can’t comprehend the clear and pure nature of the water itself. It is only by allowing the jar to remain still long enough for the dirt to settle, that this becomes evident.

It is possible within a few minutes to experience a taste of the mind coming home to itself as it were, which encourages us to continue to practice, much like toilet training a puppy dog, lovingly but persistently, bringing it back to where we want it to do its business, then giving it affection, perhaps a treat. Likewise, we use our very own breath as the initial focus, bringing it back each time as it is distracted by thoughts, sounds or sensations. Like the puppy, it gradually gets the idea! Great masters can focus so powerfully that they can even mediate throughout the death process. One of Khensur Rinpoche’s senior students, our dear Geshe Pema Tsering, did just that recently. Geshela’s subtle-most mind remained in mediation for nearly a week after he was declared clinically dead and before he left his non-decomposing body for his next life.

Day of Miracles: Liberating beach worms!



Geshela, our visiting monks from Sera Jey and TBI nuns celebrated the Day of Miracles by liberating beach worms at Grange beach. It was very windy and blowy, but this didn't get in the way of the prayers and giving the worms some greater freedom at our local beach.



Learn to meditate (continued)

by Chris Ridley

In attending this class, there is no requirement to become a Buddhist, everyone is welcome. Come and learn tried and true methods for calming the mind and building mental resilience in an ever increasing stressful world. Our beautiful, tranquil Gompa is still glowing from His Holiness's visit in June 2013. Led by experienced meditators. You are welcome to stay for a cuppa afterwards.

1. Shantideva, A Guide To The Bodhisattvas Way Of Life, Library of Tibetan Works & Archives 1979 p41
2. Kyabje Khensur Kangurwa Lobsang Thubten Rinpoche, A Talk On Meditation TBI March 2001 p7-8
3. His Holiness The Dalai Lama, Stages of Meditation. Rider Pubs. 2001 p32
4. Kyabje Khensur Kangurwa Lobsang Thubten Rinpoche, A Talk On Meditation TBI March 2001 p27
5. Lam Rim Chen Mo Vol 1 p99

LHARAM GESHE SCHOLARSHIP UPDATE by Tenzin

I am very happy to give you a report on the Lharam Geshe Scholarship. This was, as you may remember, one of Rinpoche's Wishes that he expressed to me over many years during our time together and again in his last moments with me.

The Scholarship was established in 2014 and in the first year we had 3 monks who were granted the scholarship. In 2015, we were very fortunate that we could grant another 3 monks this wonderful opportunity to be supported during their study for Lharam Geshe.

This year, I had arranged for all 15 candidates and the previous 6 recipients to meet in January 2017, in Bodghaya where the Buddha gained Enlightenment. This was an auspicious place to offer the scholarships because it is a Holy place, a Holy teaching and by His Holiness the Dalai Lama. This year we were able to offer 4 monks a scholarship.

It is truly outstanding to achieve Rinpoche's wish to financially support monks for their Lharam Geshe Study. Rinpoche would be "very very happy" !!

If you would like to find out more information or contribute to the Lharam Geshe Study Scholarship please contact Nawang Thubten (Tenzin) 0418 847 016

From the bottom of my heart I would like to respectfully thank those wonderful sponsors who gave so willingly to fulfill the wish of Rinpoche.

I would also like to thank the following Geshes who have helped me at the time of selection each year.

Geshe Chime Tsering
Geshe Yama Rinchen
Geshe Jampa Gyaltzen
Geshe Tsering Dorjee
Rinpoche's Labrang in Sera Monastery





SANGHA SUPPORT

Making offerings is extremely important for our own personal practice and also, of course, for our Resident Sangha. Geshe Jampa Gyaltzen was chosen by Kyabje Rinpoche because of his immense knowledge of the Dharma and amazing ability to impart this to his students. In the words of Jampa Sherab (Ben) "If Kyabje Khensur Kangurwa Rinpoche was the sun then Geshela would be his flames"



We need financial help to ensure our Sangha are supported and cared for appropriately. If you would like to donate, please either drop your donation in the donation box in the gompa, marked Sangha Care; direct debit, email office@tibetanbuddhistinstitute.org or phone 08 8351 8788.

TIBETAN BUDDHIST INSTITUTE Thekchen Shedrub Choeling

MEMBERSHIP

Being a member of TBI offers you the following:

- * 20% off events (excluding accommodation)
- * Free membership of TBI Library
- * 10% discount on shop items (excluding already discounted items)
- * Invitation to Annual Members Function
- * Can Vote at the AGM

CONCESSION: \$120.00 per year

WAGED: \$180.00 per year

DHARMA WHEEL: \$588 per year

This centre depends on our family of students, friends and supporters to realise Kyabje Khensur Rinpoche's lifetime work and vision - to create an exceptional and unique place for giving and learning.

Tibetan Sponsorship Scheme

*"Some people need so little,
but they need so little so much"*

\$10.00 a month sponsors Monks (at Sera Je Monastic University in India); Nuns (at Nyagye Nunnery in Tibet and Jungchub Choeling Nunnery in India); Lay Tibetans (mostly in camps and villages surrounding Sera Monastery and mostly children); students from Gyalten Charity School, Tibet, which operates entirely from donations. Donations are gladly accepted for the Emergency Medical Fund, which was set up by Kyabje Khensur Rinpoche for any monk at Sera or anyone in the nearby lay community, who is in urgent medical need.

For 33 cents a day, can you really afford NOT to sponsor a Tibetan?

www.tibetansponsorship.org

Carole 0404839293



Lharam Geshe Scholarship Fund

"One good Lharampa Geshe is more beneficial in this world than building a golden Stupa" Kyabje Rinpoche

In order to achieve Khyabje Rinpoche's dying wish, we have established a Scholarship Fund for Lharam Geshe's providing for their needs whilst studying. This is a wonderful opportunity for you to participate in Rinpoche's wish and be of immense benefit to future Geshe's and, therefore, of vast benefit to the worldwide Buddhist community and the longevity of the Buddhadharama. Please find below the various options that enable you to be involved in achieving Rinpoche's wish:

1. Monthly pledge of \$30 per month will assist in the daily needs of the Geshe
2. Monetary donations to the Scholarship.
3. leave a bequest the scheme in your will.
4. Sponsoring in Perpetuity.
5. for a one-off donation of A\$10,000, a Geshe can be supported during his 24 years of studies.

All offerings are welcome - please contact Tenzin on 0418 847 016 for additional information.

LEARN TO MEDITATE

Mondays 6.30pm to 7.15pm

There is now a vast body of research confirming the many benefits of meditation including increased immune function, decreased pain and cellular inflammation, increase in positive emotion, decreased depression, anxiety and stress, improved social life, compassion, self control, increased brain grey matter and ability to pay attention and to multitask, increased memory, creativity, wisdom (greater perspective taking) and generally being more authentic and caring.

Bring peace to the world by learning how to bring peace to your mind. No commitment to Buddhism is required, no previous experience necessary.

Experience the quiet energy of others in the beautiful, tranquil surrounds of our Gompa blessed by His Holiness the Dalai Lama's visit in June 2013. Lead by experienced meditators. You are welcome to stay for a cuppa afterwards.

INTRODUCTION TO BUDDHISM

Mondays 7.30 - 8.30pm

His Holiness the Dalai Lama says, "My religion is kindness". He is a world renowned treasure and exemplar of the historical Buddha Shakyamuni's insights, 2,500 years ago, into the vast potential of the mind and the interdependent way things exist. It is no coincidence that His Holiness propounds peace, compassion, tolerance, non-violence, human values and secular ethics while engaging in dialogue over many years with quantum physicists and the world's scientific community regarding the very nature of existence. The purpose of the Buddhist teachings is to transform our own minds, so that we gradually become harmonious with what actually works namely, love, compassion, kindness, etc, and to remove the blockages that cause us to give rise to their opposites namely, hatred, jealousy, attachment and the like. This is all summarized in the famous Four Noble Truths which form the framework around which all the teachings take shape. Come and learn about these essential core principles which can then provide a truly meaningful focus for the mind which has become just a little more calm after the Learn to Meditate practice!

DANA (FOOD) FOR SANGHA

You may like to offer lunch for Geshela, on a regular basis. This means that you can either cook it at home and bring it in or cook it here. You then get to serve Geshela and if you like you can join him for lunch. Whilst the visiting Sangha are here at TBI, you are most welcome to offer lunch to them as well, but we understand that this can be overwhelming for some, especially if you are working.

If you work and can't physically come and offer lunch, then you may like to offer bags of rice, oil, sugar, flour, muesli, fruit, butter, tea, jam, peanut butter, vegemite, etc



Someone said to me that he forgets to bring money with him for the facility fee on Tuesday and Wednesday teaching nights, so he is now direct debiting into TBI bank account and he knows its always covered. If you would like to do the same, please contact the office for bank details. Please ensure your deposit is identified with your name and Facility Fee so we know who its from and what it's for. Do you have a Bright Idea???

Sorry for the repeat of last magazines Bright Ideas but no-one has come up with another one.....come on guys! where's your imagination :):)

Pre-paid Puja Plans

Tibetan Buddhist Institute has formalized a plan which is an extension of our Dedications and Requests for Prayers at Pujas held at TBI. This Pre Paid Puja Plan is for the recitation of prayers at your time of death at Pujas held at Sera Je Monastic University. The following are the options available for dedications, prayers and mantras recited at Pujas in Sera.

Recitation of prayers by

- Geshe Jampa Gyaltsen if he is in India
- The Geshes in Kyabje Khensur Kangurwa Lobsang Thubten Rinpoche's household
- Kyabje Khensur Kangurwa Lobsang Thubten Rinpoche's Labrang followed by a Fire Puja.

You may like to inquire further about these Pre Paid Puja Plan's by contacting Nawang Thubten (Tenzin) on 0418847016 who will let you know what the costs are.

Options for payment are:

- } Payment in full held in TBI bank account
- B} Progressive payments recorded and held in TBI bank account.

It isn't a good idea to have these wishes in your will. By the time a will is read, it is too late for prayers to be of great benefit, so please let us know, and your relatives, so that it is clear exactly what you want when the time comes.

If you sponsor a monk with Tibetan Sponsorship Schemes, we can arrange for your monk to recite prayers. A donation sent through the scheme would be appropriate.

Website and bulk email changes ~ thank you Simon!

Have you checked out our two websites www.tibetanbuddhistinstitute.org and www.tibetansponsorship.org

These are still works in progress on both sites. It has been designed to be mobile phone friendly as stats show that more people look at websites via their phone than on the internet. Some of the changes are:

Tibetan Buddhist Institute

1. The biggest change is in the layout and design, which can be seen immediately.
2. The calendar: a small one on the home page for easy to see what's on and click monthly calendar link to see or print a full month.
3. On the home page on the left hand side there is information regarding teachings and events and also 'about TBI'
4. Easy access to get on or off our Bulk Email list

Simon has also redesigned our bulk emails and used another program, so our communication is a much nicer format and more attractive.

A big thank you to Simon Williams who has spent weeks and weeks redesigning the websites and our bulk emails.....Great job Simon!!!

GRADUATED PATH MEDITATION Sundays 9am to 10am

All the wonderful 84,000 teachings of the Buddha have been organized by the Great Masters into a sequence of topics which, when followed, lead us out of our suffering and into our full potential as loving, compassionate and wise beings, otherwise known as Full Enlightenment or Buddhahood.

The first half of the hour will give us the opportunity to calm the mind using the breath as our object of concentration. In the second part, we can then contemplate one of the meditation topics in such a way that it benefits us in our daily lives. This is known as analytical meditation.

Suitable for new and experienced meditators.



Interviews with Geshe Jampa Gyaltzen Mondays 4:30 - 5:30pm

If you would like to make an appointment to have an interview with Geshela, please contact Tenzin on 0418 847 016.

Interviews will be conducted Mondays from 4:30 to 5:30 and each interview will be for approximately 30min.

We encourage you to make a monetary offering to Geshela, TBI and the translator as is customary and questions should be on spiritual/dharma matters.

Having made an appointment, it is important that you ring if you are delayed or need to cancel, and also to be aware that occasionally an appointment may go over time and this may cause a delay.

Guru Puja Dates

April

- Thursday 6th
- Friday 21st

May

- Friday 5th
- Monday 21st

Wednesday Night Deity Practices 6:30pm

Chenrezig



Vajrasattva



Green Tara



Shakyamuni
Buddha



Cooking up a Storm

FABULOUS FOOD
for BUSY BUDDHISTS



from Natalie Playford
www.cookingupastorm.com.au

MAPLE BAKED APPLES

"Easy as pie", these are delicious and a light way to finish off a filling, rich meal. Prepare these in advance, up to the end of Step 2, cover and refrigerate till needed. Uncover and pop them in the oven when the main course is served so they are ready and hot, about 45 minutes later. *You can omit the sugar, maple syrup and butter to make this dessert suitable for those who are on more restricted diets.*

Good choices of apple varieties to use: Golden Delicious, Gala, Granny Smith, Lady William, Pink Lady, Red Fuji, Bogle and Bonza

Serves 6.

- * 6 apples (use the same variety)
- * ¼ C chopped pecans/almonds or walnuts (or a mixture of both)
- * ¼ C dried fruit eg. sultanas, muscatel raisins or chopped dates
- * 2T coconut palm sugar
- * ¼ C pure maple syrup
- * ½ C water
- * ¾ t cinnamon
- * ¾ t ground nutmeg
- * juice and grated rind of one orange
- * 2T unsalted butter
- * thick cream, yoghurt, good vanilla ice-cream or creme fraiche to serve

1. Preheat oven to 180C. Ideally choose the smallest baking or gratin dish you have that holds all the apples snugly. Using an apple corer (or paring knife), remove the apple cores. Slit the skin around the middle circumference of each of the apples. (*This stops them from exploding in the oven!*) If the bottoms are very rounded cut a small slice off them so the apples can sit flatter. In a small bowl combine the nuts, dried fruit and sugar. Pack the apples with this mixture.

2. In a small saucepan bring the maple syrup, water, cinnamon, nutmeg, orange juice and rind to just a boil, then add 1T of the butter and stir till it melts. Butter the baking or gratin dish with the remaining butter then put all the apples into the dish leaving about 2cm between each apple. Pour the maple syrup mixture over and around the apples.

3. Bake for 40-45 minutes. If you wish, allow to cool a little a few minutes before serving. Serve plain with your choice of cream/yoghurt etc, served separately.

TBI NORTHERN OUTREACH MEDITATION



The following is Ann's advice on meditation. If you live in the north and like the sound of her introduction to meditation, why don't you go along and indulge yourself in the rest of her guided meditation and reap the benefits of a calm, peaceful and yet alert mind.

Meditation: Find a quiet location and a comfortable seat. Set yourself a time limit for your meditation (and advise others that this is your time and they are to be quiet and leave you alone). Turn off your mobiles etc.

First thing in the morning is the best time to meditate as your mind has yet to become over stimulated. But any consistent time, of similar duration, is good e.g. 9.00am for 5 minutes.

Start meditating in short, small bursts. This way you won't burn out or find it difficult to maintain. 5 minutes in the morning and 5 minutes at night is a good way to start. Stabilize this before any incremental increase of duration. Even if your day is not progressing well, attempt the 5 minute meditation, if only to gain a 'time out'. Don't set your expectations – high or otherwise. Accept whatever happens and don't create a burden for yourself. This is your time, enjoy it!

Meditation has a 'long haul' objective. Results take time to recognise and pushing yourself to do more only creates frustration and disappointment. The results over time is what encourages you to keep your 'seat'.

Setting the Motivation

Set your motivation, your intention. Benefiting yourself is ok but benefiting others is much better. Set your attention on your breath. Decide not to be distracted, regardless of whether the noise is internal or external.

Confirm the duration and stick to it. (This is important – too much, too fast and you'll burn out, especially if you're having a 'good' session) Come along and experience the rest of Ann's meditation

TBI Northern Outreach Meditation Group
Bagster Community Centre
Bagster Road, Salisbury North 5109

Monday's 6.15pm for 6.20 start, 7.20pm finish.
Meditation group leader: Ann Janssan, phone
0402 409 259

TBI Meditation Outreach Classes

- **Salisbury North:** Meditation with Ann ph: 0402 409 259 at Salisbury at Bagster Community Centre, 17 Bagster Road, Salisbury North.



Community Care



Community Care Volunteers offer visits or help in other ways to members and friends of Tibetan Buddhist Institute who are in need of some sort of care.

Community Care's Mission Statement is:

"Assuming responsibility for compassionate care and responding to the needs of TBI members, friends and supporters."

Community Care is coordinated by Jo Woollard, who brings a wealth of knowledge, expertise and a very big heart, not only to Community Care, but also TBI. Community Care follows specific guidelines (please read our brochure).

If you or a friend of TBI would like assistance, please ring Tibetan Buddhist Institute on 8351 8788 or ring Jo direct 0408 803 989. Please note that if you are requesting assistance for a friend or relative, it is necessary that you have their permission for us to visit.

Seeking Volunteers!



Would you like to offer some time and effort to assist in some of the tasks required at TBI? It may be as little as an hour a week/fortnight/month. The more volunteers, the lighter the load.

For any enquiries please contact:

- Tenzin 0418 847 016
- TBI Office office@tibetanbuddhistinstitute.org or call 83518788

Your Ad Here

If you are a financially supporting member of Tibetan Buddhist Institute and would like to advertise in our magazine please contact office@tibetanbuddhistinstitute.org for details. Cost: \$10 per magazine

REFUNDABLES

A big thank you to the many people who contribute to the running of our centre by bringing in their refundable items i.e. cartons, cans, bottles etc. If you would like to help TBI with our refundable projects, please look for the 10c (or 5c) sign on all your drink containers, and ensure that they are refundable and not recyclable. Please also ensure that lids are removed from all plastic bottles and then squashed.

