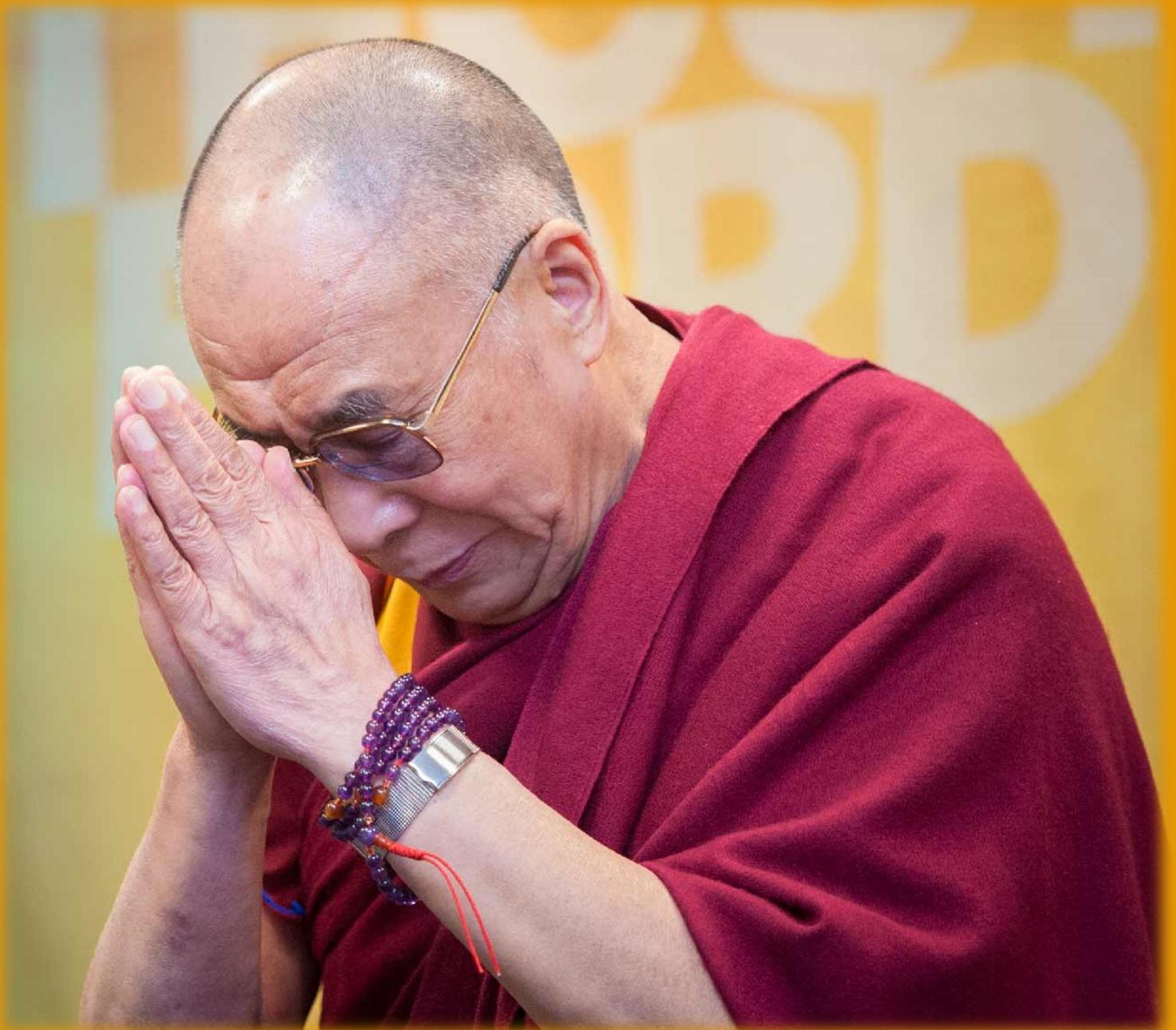


# TBI MAGAZINE

May June July 2020



**HIS HOLINESS 14th DALAI LAMA OF TIBET - In honour of His 85th Birthday**

**TIBETAN BUDDHIST INSTITUTE Inc—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” (Lam Rim Prayer)*

These certainly are challenging times that we all have been through for the past several months, however it seems South Australia has the end in sight. From the perspective of our centre and the procedures that were necessary to put into place to keep everyone safe, I feel that it came together really well. Bringing teachings online and making them accessible to students, was new waters for me to tread on, but guided by Sam Pons, it all came together with barely a ripple. I would like to thank Sam so much for all his help, and also to the students who were in uncharted territory and managed exceptionally well. The feedback was very positive and many expressed their huge gratitude to see Geshela on the Throne, once more. I would also like to express my gratitude and acknowledge Ilia so much for his translation efforts from home. It is an amazing ongoing effort to keep the transcriptions going, that the girls, Ann and Jo, contribute to TBI and I thank them both for their dedication and enthusiasm. Foundation Day online was different :) however the highlight was to see our Precious Kangyur Rinpoche (the Reincarnate of Khensur Kangyur Rinpoche) in his own room and on his bed. With palms together, he said “Tashi Delek” to Geshela and everyone, followed by “keep well everyone”. Finally I would like to say that Geshela has coped extremely well with teaching in an empty Gompa and new technology to impart the teachings. Thank you Geshela!!!

Nawang (Tenzin) Thubten  
Spiritual Leader and Director



# TIBETAN BUDDHIST INSTITUTE Thekchen Shedrub Choeling

## ORGANISATIONAL STRUCTURE

**Spiritual Head** His Holiness the 14th Dalai Lama of Tibet  
Tenzin Gyatso

**Founder, Teacher and Spiritual Leader (Past)**

The late Kyabje Khensur Kangyur Lama Jetsun Losang  
Thubten Rinpoche

**Spiritual Leader** Nawang (Tenzin) Thubten

**Founders Reincarnation**

**Kangyur Lama Choktrul Tenzin Losang Dhargye  
Rinpoche**

**Resident Teacher** Geshe Jampa Gyaltzen

**Translator and Director of Publishing** Ilia Durovic

**Public Officer and Responsible Person** Ralf Zurbrugg

**Management and Advisory Board**

**Director and Chairperson** ~ Nawang (Tenzin) Thubten

**Assistant Director & Secretary** ~ Carole Armstrong

**Acting Treasurer** ~ Carole Armstrong

**Bookkeeper** ~ Lucille Bruyand

**Senior Advisor** ~ Chris Ridley

**Spiritual Program Coordinator** ~ Ven Tenzin Drolkar

**Membership** ~ Chrys Dombroyannis

**Other Positions**

**Finance and Probity Sub Committee** ~ Ralf Zurbrugg  
Tania Bell Simon Williams

**Building Fund Committee** ~ Nawang (Tenzin) Thubten

Gerry Treuren Christele Kervin Carole Armstrong

**Constitution Committee** ~ Sylvia Barber, Nawang

Thubten, Gerry Treuren, Simon Williams,

Carole Armstrong

**Membership** ~ Chrys Dombroyannis

**Membership Database** ~ Anthony Sweeney

**Librarian** ~ Gordy Losic

**Community Care Coordinator** ~ Victoria Palmer

**Buddha's Buddy Coordinator** ~ Victoria Palmer

**Tibetan Sponsorship Scheme**

**Administrator** ~ Nawang (Tenzin) Thubten

**Administrator** ~ Carole Armstrong

**Sponsorship Data Base** ~ Anthony Sweeney



# HIS HOLINESS 14th DALAI LAMA OF TIBET

**Live Webcast Teaching May 16 - 17, 2020**

**Geshela encourages everyone to listen to this very important teaching**

At the request of individuals and groups from around the world, His Holiness the Dalai Lama has graciously consented to give a two-day teaching on Chapters 1 and 4 of Master Nagarjuna's "*Precious Garland (rinchen trengwa)*" from 8 am to 9.30 am (Indian Standard Time) on May 16 (Saturday) & May 17 (Sunday), 2020. His Holiness has also been requested to provide general advice appropriate to these challenging times. Those interested may watch the live webcast of the teachings and listen to them in Tibetan, English, Chinese and other languages on the official websites and Facebook pages of the Office of His Holiness the Dalai Lama.



**HIS  
HOLINESS  
14th  
DALAI LAMA  
of TIBET  
HAPPY 85th  
BIRTHDAY  
Monday 6th July**



## **Principal Commitments**

Firstly, as a human being, His Holiness is concerned with encouraging people to be happy - helping them understand that if their minds are upset mere physical comfort will not bring them peace, but if their minds are at peace even physical pain will not disturb their calm. He advocates the cultivation of warm-heartedness and human values such as compassion, forgiveness, tolerance, contentment and self-discipline. He says that as human beings we are all the same. We all want happiness and do not want suffering.

Even people who have no religious belief can benefit if they incorporate these human values into their lives. His Holiness refers to such human values as secular ethics or universal values. He is committed to talking about the importance of such values and sharing them with everyone he meets.

Secondly, as a Buddhist monk, His Holiness is committed to encouraging harmony among the world's religious traditions. Despite philosophical differences between them, all major world religions have the same potential to create good human beings. It is therefore important for all religious traditions to respect one another and recognize the value of their respective traditions.

Continued on page six

## **GURU PUJA**

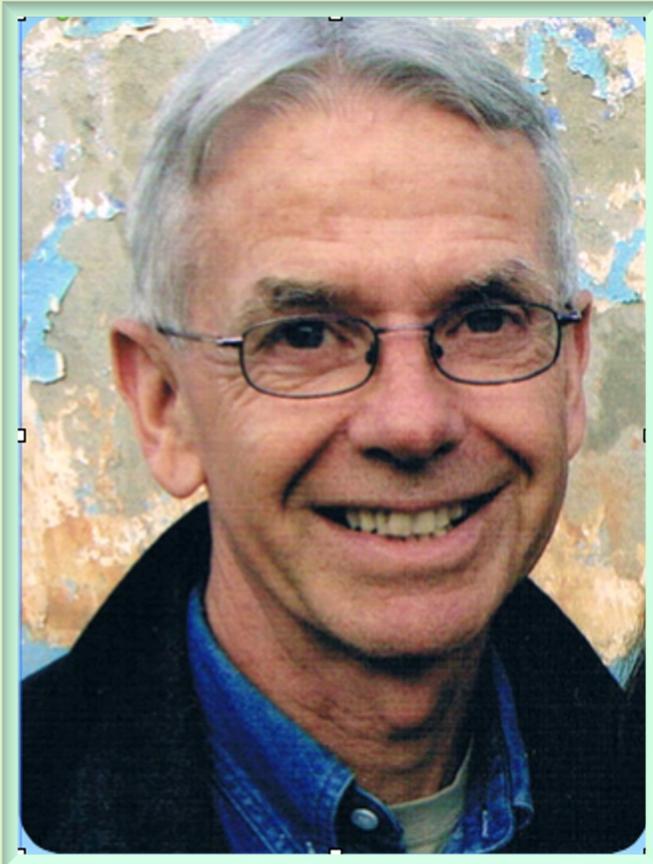
*Further details concerning attendance will be emailed closer to the 6th July.*

*We may be holding a Covid19 style birthday celebratory puja, with social distancing conditions applying.*

*If the current restrictions are still in place on 6th July, Tibetan Buddhist Institute will celebrate His Holiness's birthday with a puja in his honour. At the current time only 10 people can congregate, so the first seven people who register their attendance can attend.*

*The puja will be videoed and will be available online.*





# JAMPA IGNYEN

## SCIENCE, PHILOSOPHY, AND THE SPIRITUAL PATH

**Tuesday 14th and  
Wednesday 15th July  
Online at 7.00 - 8.30pm**

## THE TWO TRUTHS

**Tuesday 21st and  
Wednesday 22nd July**

**Online at 7.00 - 8.30pm**

Buddhism is at heart a spiritual practice based on science and philosophy. The Buddha himself spoke at great length about how philosophy provides a template for understanding essential truths of existence, and how all truth may be distilled in just these two: conventional truth and ultimate truth. In this talk we shall investigate the nature of the two truths, and how we may employ them to purify the mind and generate wisdom and compassion.

In these talks we shall examine the central role of science in the world, how science defines what exists, how science has evolved both in the west and in the east, and the central role of consciousness in eastern science. We shall also examine some of the ways in which science and philosophy interact and the importance of this interaction. Finally we shall examine the spiritual path, and how generating a spiritual path depends on both science and philosophy.

Continued on next page.

### **Registration:**

**Please let us know if you would like to participate with us online and we will send you the link beforehand.**

### **Minimum Payment:**

**\$5 members and concession**

**\$10 non members each session**

Principal Commitments continued from page 4



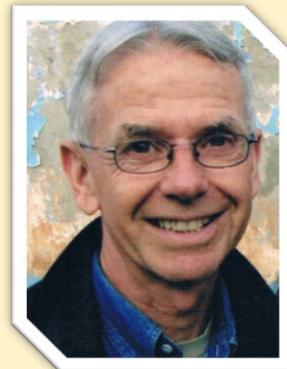
The idea that there is one truth and one religion is relevant to the individual practitioner. However, with regard to the wider community, he says, there is a need to recognise that human beings observe several religions and several aspects of the truth and thirdly, His Holiness is a Tibetan and as the 'Dalai Lama' is the focus of the Tibetan people's hope and trust. Therefore, he is committed to preserving Tibetan language and culture, the heritage Tibetans received from the masters of India's Nalanda University, while also speaking up for the protection of Tibet's natural environment.

In addition, His Holiness has lately spoken of his commitment to reviving awareness of the value of ancient Indian knowledge among young Indians today. His Holiness is convinced that the rich ancient Indian understanding of the workings of the mind and emotions, as well as the techniques of mental training, such as meditation, developed by Indian traditions, are of great relevance today.

Since India has a long history of logic and reasoning, he is confident that its ancient knowledge, viewed from a secular, academic perspective, can be combined with modern education. He considers that India is, in fact, specially placed to achieve this combination of ancient and modern modes of knowing in a fruitful way so that a more integrated and ethically grounded way of being in the world can be promoted within contemporary society.



## Jampa Igyen Biography



Jampa Igyen (Dr. Ian Coghlan) is one of the few western Buddhist teachers to have completed the Geshe degree at Sera Je Monastic University. We are therefore extremely fortunate to be hosting Jampa for a four evenings online. This is a great opportunity to explore these transformative ideas with a great scholar and a wonderfully warm and accessible lecturer. Don't miss out!

Jampa Igyen (Dr. Ian Coghlan) is an adjunct research fellow at the School of Philosophical, Historical and International Studies (SOPHIS), Monash University, Melbourne and currently works as a translator for the Institute of Tibetan Classics, Montreal, Canada. He holds a PhD in Asian Studies and his specific interests include Buddhist metaphysics, phenomenology, hermeneutics, and psychology.

He became a monk in Dharamsala and then trained as a monk in the Tibetan Buddhist tradition for twenty years, completing his studies at Jé College, Sera Monastic University in 1995. His current projects include the translation of the first book of the Compendium of Buddhist Science and Philosophy which has just been published, and a forthcoming translation of Buddhapālita's Commentary on Nagarjuna's Fundamental Wisdom. Currently he is teaching at Vajrayana Institute, Sydney.

# GESHE JAMPA GYALTSEN

## EXTRACT OF TEACHINGS at

TBI on April 2014

### Teaching how to wrap up ones life's practice

**Training in the five forces** is dedicated to teaching the means to encapsulate all practice within one life and this is done through **training in the five forces**:

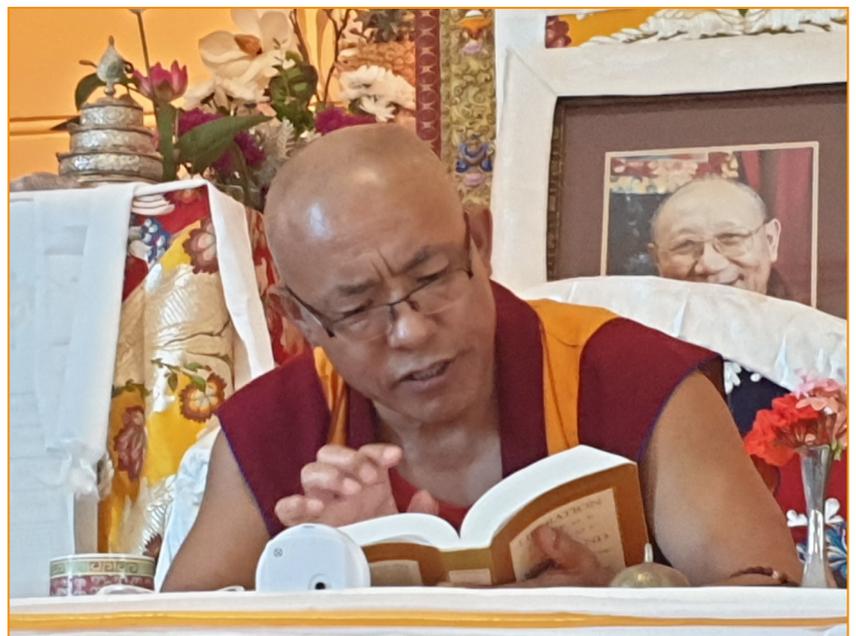
The impelling force, the force of habituation, the force of the white seed, the force of rejection and the force of prayer.

How would one apply the impelling force? Upon waking up in the morning one would generate the resolve which impels us for the rest of the

day to not allow one's mind to fall under the sway of desire or anger. In addition, one would take the resolve not to allow one's mind to waver from Bodhicitta during one full day. The second force is the force of habituation, which in the context of the "Sevenfold Mind Training", is to habituate one's mind to the "Equalisation and interchange of self and others". The force of the white seed, the third force, is to generate Bodhicitta if it has not been generated, to restore it if it has degenerated and to increase it ever more. The fourth force, the force of rejection, is to reject completely self-cherishing. The fifth force is the force of prayer which refers here to dedication: at the end of one's day, before falling asleep, one checks whether one has accumulated roots of virtue or not during the day and, if one has, one dedicates them to attaining Full Enlightenment.

### Teaching the criterion of having transformed the mind

**Integrating all the teachings into one thought** is teaching the measure of having trained one's mind, since the totality of the teachings the Buddha uttered, all Sūtras and Tantras as well as all the Śāstras composed in ancient India, can be subdivided entirely into the Method and the Wisdom component of the path. One should inspect one's practice, to see whether, as a result of one's practice, virtuous deeds are increasing or whether, as a result of one's practice, virtuous deeds are decreasing, self-cherishing and self-grasping are increasing; if the latter is the case, one must amend one's practice, otherwise not. This is a very profound piece of advice since one must inspect one's physical and verbal behaviour and see whether they are appropriate or not. This is something we have to do for ourselves it is not something that the police can enforce



## Eighteen Pledges of Mind Training

### Always train in three general points.

This is a presentation of the eighteen pledges of Mind Training:

Not to act at odds with the commitments of Mind Training (in other words with the commitments to train on the Bodhisattva path),

Discard foolish talk,

Not to be biased (biased in this respect means that one's Mind Training practice should not focus on those we favour and neglect those we do not favour).

Transform one's wish. This fourth instruction is particularly profound since it entails transforming one's wishes, this is quite important since there are many who once they have received teachings act in a particularly humble way in public so as to be able to say: "I am a practitioner" and so forth whereas inside the delusions are raging. Such instruction is very beneficial for us.

Not to talk about degenerate limbs, i.e. the faults of others: it is irrelevant to us whether others have faults or not.

Not to reflect about the faults of others and not to think in other words whether they might have faults or not.

Apply the antidotes to whatever affliction is dominant within the three poisons in our mindstream.

To forsake all wish for rewards from the practice of Mind Training such as happiness in cyclic existence or the fulfilment of one's wishes.

To forsake any wish that through the practice of Mind Training one may become able to subdue (in other words exorcise) demons and entities of that nature.

Without relying on the afflictions to the antidotes entertain durably faults.

Not to engage in wrongful confession and not to criticise others.

Not to wait in ambush, (in other words not to wait for the opportunity to harm another person).

Not to strike at a vital point, (in other words not to wait until one is in society to abase and vilify another through mentioning publicly his faults, thereby turning a god into a demon).

Not to load a Dzo with the load of a Yak (in other words not to burden others with one's own responsibilities or overburden them).

Not to entertain the wrong view that Mind Training is for the sake of subduing evil entities, or pacifying them or for that matter being invited to perform rituals in the houses of lay people.

Not to engage in the practice of Mind Training to suddenly gain respect and esteem from other parties.

Instead of Mind Training becoming the antidote to self-cherishing (in other words egoism), for it instead to befriend egoism, turning thus a god into a demon.

Not to seek one's own happiness at the expense of others, inflicting suffering on others for one's own sake or wishing that others experience suffering and gloating over it.

*1. These eighteen pledges of Mind Training should be taken as pledges by those who wish to practise Mind Training.*

*2. These outlines from Pabongka Rinpoche's commentary are included when Geshe Jampa Gyaltsen mentioned them, otherwise not.*

*3. The sequence of these eighteen pledges varies considerably from edition to edition. Here Geshe Jampa Gyaltsen followed Pabongka Rinpoche's edition.*

# MOTHERS DAY PRAYERS WITH GESHELA



We welcome all mums, dads and children to listen online to our  
Precious Teacher, Geshe Jampa Gyaltsen and Sangha.

**SUNDAY 10th MAY**

9.00 - 10.00am Lam Rim Meditation (led by Ven Tenzin Drolkar)

Break

10.30 - 12.00am Recitations:

Tara represents the wisdom and compassion of all enlightened beings in our female form. Engaging in the practice of Tara helps to eliminate obstacles to the spiritual path and creates the potential for you to fulfil your wishes.



# SAKA DAWA

The celebration of Buddha  
Shakyamuni's Birthday,  
Enlightenment and  
Parinirvana (passing away)

**FRIDAY 5th JUNE**



Everyone is most welcome to listen online and join the celebrations with Geshe Jampa Gyaltzen, Sangha and the TBI Community.

10.30am Recitations of Three Principle Aspects of the Path and the Heart Sutra

12.00noon Shared Lunch and 7.00pm Guru Puja

*Further details concerning attendance at TBI will be emailed closer to the date.*

In Tibet, this is the most important holy day of the year - a day to remember Buddha.

During this month, practitioners place special emphasis on their Dharma practice, such as reciting mantras, offering mandalas, animal liberation, prostrations and taking precepts.

We encourage students to take the Eight Mahayana Precepts at home.

Tsog offering is provided by Tibetan Buddhist Institute for this occasion. Instead of your Tsog offering, you are welcome to make a monetary offering.



# CHOEKHOR DUCHEN



Choekhor Duchen celebrates the first turning of the wheel by Lord Buddha (hence the name 'choekhor' (spelt various ways), means Dharma Wheel and 'Duchen', means 'great occasion'. The Buddha was persuaded to teach for the sake of all sentient beings and taught the Four Noble Truths which are: the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering and the truth of the path that leads to the end of suffering. This teaching is the basis for all that has followed.

**Friday 24th July**

**EVERYONE WELCOME TO LISTEN ONLINE  
AND JOIN THE CELEBRATIONS WITH  
GESHE JAMPA GYALTSEN, SANGHA AND  
TBI COMMUNITY**

*Further details concerning attendance at  
TBI will be emailed closer to the date.*

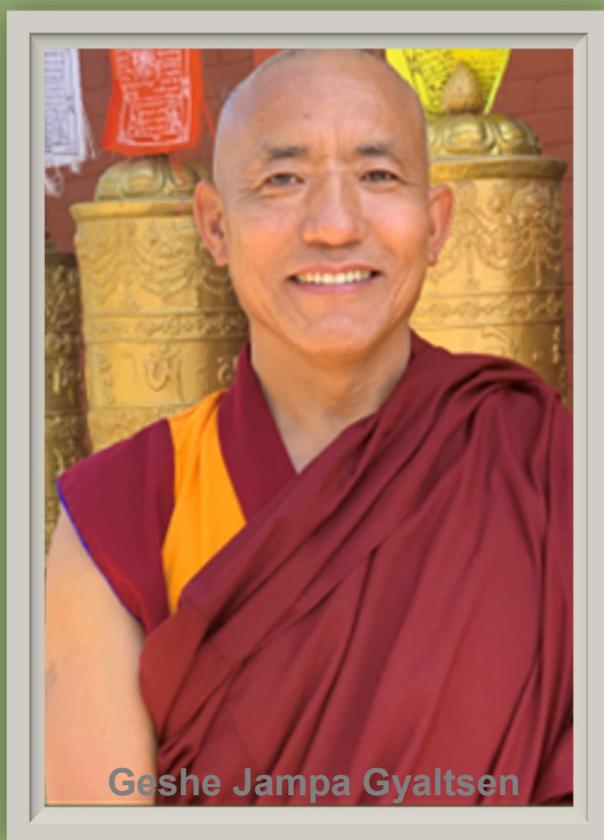
**9.00am Lam Rim Meditation**

**10.30am Recitations of Three Principle  
Aspects of the Path and the Heart Sutra**

**12.30pm Shared Lunch**

**6.00pm Guru Puja and Circumambulations**

**For this occasion, Tsog offering is  
provided by TBI. You are welcome to make  
monetary offerings as your offering to the  
Puja.**



**Geshe Jampa Gyaltsen**

**Tibetan Buddhist Institute Inc 8 Ross Avenue Flinders Park 5023**

**P: 08 8351 8788 E: [office@tibetanbuddhistinstitute.org](mailto:office@tibetanbuddhistinstitute.org)**

# MEMBERS ONLY OFFERS

## CHRYS IS AT IT AGAIN!!



Our effervescent Membership Officer, Chrys Dombroyannis, has yet again, come up with another idea to make life easier for our members.

### FINANCIAL CHALLENGES

We at Tibetan Buddhist Institute acknowledge that at present, it may be difficult financially for many. We are therefore offering any member who is experiencing financial challenges an option to suspend membership payments for three months. This would mean that your next payment would be on 1.8.20 and you would of course, be up to date. If a longer time frame is necessary it will not be an issue.

Also I would like to apologise for the lateness of some reminders for renewal of Membership as it has been challenging to get to TBI given the present restrictions. We thank you for your valuable support and look forward to the time when we can meet again when it is safe to do so.

### SHOPPING

As well, if you need a hand with shopping, we may be able to organise someone to help you if it is within the government guidelines regarding public health and the Coronavirus. Again please ring the office so that we can perhaps organise this assistance for you. Victoria Palmer can help out in the northern suburbs, Chrys Dombroyannis in the eastern suburbs, Carole Armstrong and Tenzin in the west. If you would like to help with shopping for someone else in any area, especially south, please let us know. We look forward to the time when we can meet again when it is safe to do so. Stay safe and well.

### Also, from TBI: A FRIENDLY CHAT

We are pleased to announce that one of our members, Mollie Braybrook, has offered to have a friendly telephone chat with anyone who is feeling vulnerable or lonely because of the COVID19 restrictions. If you would like to talk with Mollie, please ring TBI office (08 8351 8788) or email and we will pass your phone number on to her.

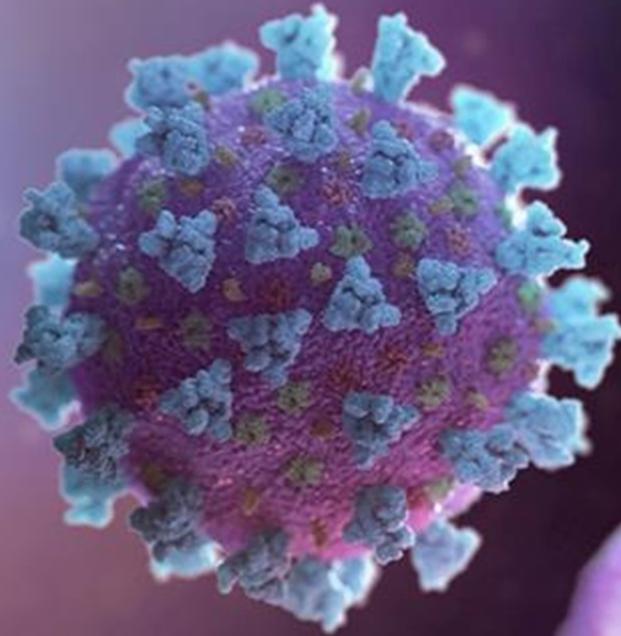
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### **Classes cancelled at Tibetan Buddhist Institute due to the Coronavirus outbreak and restrictions.**

Teachings with Geshela on both Tuesdays and Wednesdays; Graduated Path Meditation - Sundays  
Buddhism for Beginners - Mondays; Learn to Meditate - Mondays;  
Medicine Buddha and Healing Meditation - Saturdays  
Teachings on Sundays in English - Sunday; Chenrezig Practice - Sundays, Guru Pujas

### **The new norm: Classes available ONLINE**

Teachings with Geshela on both Tuesdays and Wednesdays  
Graduated Path Meditation on Sundays  
So far we have also had Foundation Day Prayers and talk with Geshe Jampa Gyaltzen, and we may have more as the virus continues.  
Management Matters: Due to the Coronavirus restrictions, Management has not met. Out first online



## IN THE WAKE OF COVID19 !

The impact has been felt world wide and will be relatively long lasting in terms of economic recoveries throughout the world, the impact on our attachment to the norm, resistance to change, our moral compass and the tentative world we live in. Our lives have been turned upside down, and we have had to rethink: how we socialize, home schooling our children, going to work or not, shopping, visiting our friends and relatives, changing our day to day routines, how we view the world and how we survive self isolation.

We seem to have come through it all with perhaps a different view of ourselves, the people around us, our little world and possibly our fragile state of mind.

Now we can see the light at the end of the tunnel, the dissemination of the rigid rules we have had to live by and, who knows, more caring, compassionate and kinder people may now inhabit this earth.

Some amazing, spontaneous acts of kindness flourished, and showed the innate goodness of mankind and our ability to survive, mostly, unscathed. It has reminded us how brave, empathetic and kind-hearted our 'frontline' health carers are, to put their lives at risk for us. We should make the most of this lesson and remember everyday, to be gentle, thoughtful, empathetic and unselfish.



The Victory Banner

# BUDDHA'S BUDDY

What is a Buddha's Buddy? Well a Buddy would welcome any new or near new person who came to TBI. First connections make an impression and can make a difference to a positive or negative feeling about walking into the unknown. The first part is to be relaxed and friendly, then check the Gompa for a person who appears new, go to them and introduce yourself. Explain the Gompa a little, and perhaps talk about what happens when the teacher walks in etc. A Buddha's Buddy shows the newbie a prayer book, pointing out the prayers that we say at teachings, and also the glossary at the back. Conversation could be around 'what brought you to TBI' or how long you have been interested in Buddhism. After teachings, the connection can keep going by suggesting chai and biscuits in reception, and introducing the person to others. When your leaving for the night, make sure you reconnect by saying "goodnight (say their name), see you next week".

What is a Buddha's Buddy? We all know what it's like venturing into a new social situation of any kind and not knowing anyone; everyone else seems to know each other and understand what's going on. It can be a bit daunting can't it? This is especially so when venturing into an authentic Tibetan Buddhist Temple with its throne, wonderful statues, thangkhas and so on, not to mention the various ritual prayers and prostrations.

Our commitment to love, compassion and just common courtesy, usually ensures that new comers are made to feel welcome and to be "shown the ropes", as it were. However, catching up with friends and attending to various tasks can mean that inadvertently newcomers may be left to "fend for themselves".

A rostered "Buddha's Buddy" therefore will be responsible to ensure that visitors have been made to feel welcome at teachings and have had some initial orientation to such things as basic Gompa protocol, the prayer book, where the various facilities and Dharma resources are; to be an initial friendly point of contact. Victoria (formerly Vikki) has kindly volunteered to coordinate this programme. *If you would like to become a Buddy, please talk to Victoria, ring or email the office (8351 8788 or Victoria directly on 0414 890 127).*

**I'm a buddy!**



## CARING FOR OUR COMMUNITY

Victoria has also put her hand up to take on Community Care Coordinator. We envisage volunteers in various areas throughout Adelaide, who would be willing to visit our members in hospital. TBI office would let Victoria know who needs help, she would work out who is closest to the person in need, and coordinate the visit/s. This can be to simply chat and/or meditate with them. We also see an important role would be visiting people in their homes if needed. This could be after an operation and they are unable to do some tasks that need doing ie using their washing machine to do a load; hanging washing on the line; water the garden; urgent small handyman jobs; shopping; washing some dishes; taking the person to an appointment, chemist etc etc. If we had a number of volunteers willing to help, we

could cover the metropolitan area. There has never been a huge demand for this service, but we have had, from time to time, people who need a helping hand, and we would very much like to offer this service to those who need it. If you would like to help please email the office. If you would like to be a part of Community Care to assist please ring the office 8351 8788 or Victoria directly on 0414 890 127



# MEMBERSHIP

Being a member of TBI offers you the following:

20% off events (excluding accommodation);  
Membership to TBI library; 10% discount on shop items (excluding already discounted items)  
invitation to members functions

CONCESSION: \$120.00

WAGED: \$240.00

DHARMA WHEEL: \$660.00

FAMILY MEMBERSHIP: Upon application

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

All donations of \$2.00 or more deposited into the TBI Building Fund Bank Account are tax deductible.

***For more information on this page please  
contact the office:  
office@tibetanbuddhistinstitute.org  
or phone 8351 8788***

# VOLUNTEERING

## PLEASE HELP US

Tibetan Buddhist Institute is always looking for people with various backgrounds, talents and skills. We take care to ensure your placement is of real benefit to the community and satisfying for you.

Every day, people from all walks of life, donate their time, knowledge and energy to help volunteer organisations. Such people make the running of a Buddhist centre possible; it is through the time and care of ordinary people that we can do extraordinary things.

There is no greater gift than your time. Volunteering is a rewarding endeavour that provides insight and personal enrichment. Side benefits include developing professional connections, gaining experience and making new friends. Throughout the year, we need a range of short and long-term roles, projects and activities that can match your skills, interests and availability.

Is there something you think you might be able to help us with??



# BEQUESTS

## PLEASE REMEMBER US

Please remember us! Have you considered leaving a bequest in your will?

All donations to Tibetan Buddhist Institute are gratefully received. Bequeathing is a simple way to continue caring about TBI, and ensures your passion for Buddhism lives on far into the future. It can help deliver long lasting change and your memory will live on.

Prayers will be recited for you at Pujas held at Tibetan Buddhist Institute and at Kyabje Khensur Kangyur Lama Jetsun Lobsang Thubten Rinpoche's Labrang in Sera Jey Monastic University India.

Leaving a bequest donation in your will makes a difference that transcends your lifetime and leaves a lasting legacy for the longevity of Buddha Dharma.

# INTERVIEWS with GESHE JAMPA GYALTSEN

Interviews are private and confidential, and are on Mondays from 4.30 to 5.30pm.

If you would like to make an appointment with Geshela for 20 mins, on spiritual/dharma matters only, please contact Tenzin on 0418 847 016.

We encourage you to make monetary offerings to Geshela, TBI and the translator as is the custom. These should be in envelopes with their names written on them and left on Geshela's table.

It is important that you phone if you are delayed or need to cancel, and also to be aware that occasionally an appointment may go over time. Please come prepared with your clear and concise questions.

# TIBETAN SPONSORSHIP SCHEME

\$10 a month sponsors monks at Sera Jey Monastic University in India and nuns in Jungchub Choeling Nunnery in India and lay Tibetan in camps and villages surrounding Sera Monastery. We also support Nyagye and Hadu Nunneries in Tibet and Gyalten Charity School in Tibet. The scheme is entirely operated by volunteers.

Donations are gladly accepted for the Emergency Medical Fund, which was set up by Kyabje Khensur Kangyur Lama Jetsun Losang Thubten Rinpoche (the Founder of TBI), for any monk at Sera or anyone in the nearby lay community who is in urgent medical need.

# LHARAM GESHE SCHOLARSHIP FUND

*"One good Lharampa Geshe is more beneficial in this world than building a golden Stupa"*  
Kyabje Khensur Rinpoche's dying wish was to establish a Scholarship Fund for selected monks with the potential to achieve high honours in their Geshe Degree. This fund supports these potential Geshees in their 24 year study program.

This is a wonderful opportunity for you to participate in Rinpoche's wish and be of vast benefit in the future to the worldwide Buddhist community and the longevity of the Buddhadharma.

The options are:

1. Monthly pledge of \$30.00 will assist in the daily needs of the monk studying to be a Geshe.
2. Monetary donations to the Scholarship Fund.
3. Leave a bequest to the scheme in your will.
4. Sponsoring in perpetuity (\$3,000.00)
5. A one-off donation of \$10,000.00 provides support for twenty four years study.

ALL OFFERINGS ARE WELCOME

Please contact Tenzin on 0418 847 016 for more information or for sponsorship matters please email: [office@tibetansponsorship.org](mailto:office@tibetansponsorship.org)

# SANGHA SUPPORT

Making financial offerings is extremely important for our own spiritual practice and also for our teacher, Geshe Jampa Gyaltzen.

We need financial help to ensure our teacher is cared for appropriately. If you would like to ensure the longevity of the Dharma, please place your donation, in an envelope marked Sangha Care, and place in the donation box in the gomba. Alternatively, you might like to set up a regular direct debit

For more information please email:  
[office@tibetanbuddhistinstitute.org](mailto:office@tibetanbuddhistinstitute.org)

## BEQUESTS Please remember us

Have you considered leaving a bequest in your will? Bequeathing is a simple way to continue caring about TBI and leaving a bequest donation in your will makes a difference that transcends your lifetime and leaves a lasting legacy for the longevity of Buddha Dharma.

## VOLUNTEERING

Tibetan Buddhist Institute is always looking for people with various backgrounds, talents and skills. We take care to ensure your placement is of real benefit to the community and satisfying for you. Such people make the running of a Buddhist centre possible; it is through the time and care of ordinary people that we can do extraordinary things. There is no greater gift than your time!

## 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. that have '10c REFUNDABLE' written on it. If you would like to help TBI with our refundable project, please look for the 10c sign on all your drink containers etc and ensure that they are refundable and not recyclable. Please also ensure that lids are removed from all plastic bottles and the bottle and cans are squashed.