

TBI MAGAZINE

Aug Sep Oct 2020



MEDICINE BUDDHA—(SANGYE MENLA)

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

Treasurer ~ Sam Pons

Book Keeper ~ Lucille Bruyand

Senior Advisor ~ Chris Ridley

Spiritual Program Coordinator ~ Ven Tenzin Drolkar

Membership ~ Chrys Dombroyannis

Other Positions

Finance and Probity Sub Committee ~ Ralf Zurbrugg
Sam Pons 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 & Anthony Sweeney

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 ~ Christele Kervin

Sponsorship Data Base ~ Anthony Sweeney

TBI WILL SOON RECEIVE THESE MAGNIFICENT STATUES



GURU PADMASAMBHAVA

This statue is coming from Nepal, and is sponsored by one of our senior students.

In Tibetan, Guru Padmasambhava is generally referred to as Guru Rinpoche, which means “precious master.” Guru Rinpoche is a totally enlightened being, a fully awakened one, a Buddha. Through his form, primordial wisdom manifests in the world to benefit all sentient beings.

MEDICINE BUDDHA (SANGYE MENLA)

This statue is sponsored by the oringal Medicine Buddha Healing Group, led by Venerable Jampa Tenzin, our Senior nun, and who was ordained by our Precious Teacher, the Late Kyabje Khensur Kangyur Rinpoche.



MANTRAS and CONCECRATION

Mantras for both statues, which will be received at TBI soon, will be prepared and rolled in Sera Monastery by our Labrang Geshes and monks. These mantras will then be sent to us for placement and consecration .

HOW CAN YOU HELP?

We are offering you an opportunity to be part of this auspicious occasion by contributing to the mantra and shipping costs. This is a wonderful way for you to earn merit and help our centre at the same time. We will let you know when the concecraton will take place. If you would like to contribute, please use the following code: STAsurnamefirstname into Banksa Account: 057 567 240 BSB 105-081



TBI Celebrated HIS HOLINESS'S 85th BIRTHDAY on 6th July

This was socially distanced experience held in the Gompa, and we were very pleased that we could allow ten people to join us. Those who could attend were very happy to be in the gompa again! This event was videoed and watched by many online and included being streamed on facebook.

PRINCIPAL COMMITMENTS

Firstly as a human being His Holiness is concerned 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. 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.

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INTRODUCING SAM PONS

Our new Treasurer

The TBI Management committee would like to welcome Samuel Pons to the position of Treasurer. Sam takes over the role from the tireless Tania Bell, who's flawless commitment to managing TBI's complex finances has been greatly appreciated by TBI management.



As a student of Rinpoche's and a member of TBI since 2010, Sam has had a good exposure to the management and financial needs of TBI. He also brings a wealth of financial management, technological innovation and business transformation skills, having held senior roles in KPMG, Elders Rural Services and News Corp.

Once settled into the role, Sam hopes to bring in some new technologies to help reduce the administrative burden and support TBI in delivering access to the Dharma in the new post-COVID world. Supported by ever patient wife Jodie, his son Sammy and his daughter Bella; Sam is looking forward to helping TBI management committee continue to realise Rinpoche's legacy.

CONVERSATION with Venerable Tenzin Drolkar

What is Buddhism? Who is Buddha and what did he teach?

Tibetan Buddhist Institute is offering a new format for the class on Monday evenings following Learn to Meditate. In previous years meditation had been followed by an hour of introduction for beginners to Buddhism. Due to the COVID-19 restrictions earlier in the year both Learn to Meditate and Buddhism for Beginners were cancelled. When the restrictions eased, allowing students to once again attend in the Gompa, it was decided to change the format and follow Learn to Meditate with a discussion group in conversation about Buddhism. The new time and format for CONVERSATION is from 7.15 to 7.30 and encourages students to clarify questions they have about Buddhism and what the Buddha taught. For example, one student who had attended the Lam-rim meditation on Sunday mornings, asked for clarification about the meditation topic. So, although CONVERSATION is only a brief time, it provides an ideal opportunity for students to ask questions.

Tibetan Buddhist Institute was founded specifically as a place of study and contemplation enabling students to learn the Dharma, what the Buddha taught. Buddhism being a vast and profound philosophy there is always a need to provide students with a variety of levels and CONVERSATION fills a niche which can lead to the students attending other classes taught by our resident teacher Geshe Jampa Gyaltsen. CONVERSATION covers the fundamental topic of the Four Noble Truths, first taught by Shakyamuni Buddha and still so relevant in today's confusing, uncertain world. From the Four Noble Truths flow all the other topics which explore, analyse and contemplate the way our minds function, providing the most detailed, precise and complete investigation into the mind than any other philosophy or science today. Buddhism does not just explore the mind but also the nature of all phenomena, including the complexities of karma and causality. A recent comment from Geshe-la encourages discussion among students saying; that it is through such opportunities to discuss the topics with others that there arise points to think about which we may never have thought about previously. Therefore it is through the study of Buddhism that we learn how to transform our minds and live more contented and meaningful lives. Ven Drolkar

GESHE JAMPA GYALTSEN

EXTRACT OF TEACHINGS at

TBI in April 2014

'SEVEN FOLD MIND TRAINING'

The Precepts of Mind Training (continued from previous magazine)

Whatever one engages in, activities such as eating, dressing, going forth and so forth they should all be pervaded by the yoga of Mind Training. Whatever beneficial or harmful conditions, afflictions and so forth should be integrated within the exclusive practice of Mind

Training. Whatever virtue one engages in, initially one should generate Bodhicitta and finally one should dedicate it to Full Enlightenment. Irrespective of whether happiness or suffering arises one should not relinquish one's practice of Mind Training. To protect one's general Dharma pledges and specifically the eighteen pledges of Mind Training, as one's life.

To engage or to train in three difficulties: the difficulty of recollecting the antidote to the afflictions at the beginning, the difficulty of countering the afflictions in the middle and the difficulty of severing their continuum at the end. To obtain the three principle forms of wealth, the first of which is encountering a worthy teacher, the second is having a mind suitable for training and the third is having food and vestments (in other words favourable conditions). To meditate on the three aspects of non-degeneration, which are: having faith in veneration for the Guru, delighting in Mind Training and paying heed to one's Three Doors (in other words body, speech and mind). To be endowed with the three non-separatenesses: the first of which is not to be bereft of the practice of physical and verbal prostrations, the second is not to be bereft of engaging verbally in recitations and the third is not to be bereft of mentally being delighted in and having Bodhicitta. To train in non-partiality with respect to the three objects of Mind Training: are friends, foes and the indifferent. Irrespective of the practice of Mind Training one engages in one should not engage in it verbally alone but from the very depths of one's being. To dedicate special attention to helping those categories of persons who are difficult to help: one's relatives, one's foes, those who repay kindness with harm, those we cannot stand because of previous karma and one's parents.

Probably the reason for which one's relatives are mentioned is because of the presence of desire in our mind with respect to our relatives. One's enemies are difficult to help because of the anger within our mind. Those who are ungrateful are difficult to help also because even though we help them they never help us in return. The fourth category is that category of people all of us must have experienced, people whom we cannot stand or who cannot stand us for no obvious reason and this is obviously rooted in karma. The fifth category of persons whom it is difficult to help are one's parents, the reason one's parents are separated from one's relatives is because one's relatives, (the first category) refer for instance to relatives for instance such as one's wife, in the case of one's parents love for one's parents is after all cognate with desire. Since these five categories of people are difficult to train with respect to, one should focus on them.

(Continued on next page)



GESHE JAMPA GYALTSEN

EXTRACT OF TEACHINGS at TBI in April 2014

'SEVEN FOLD MIND TRAINING' continued from previous page

Not to relinquish one's training in Mind Training whether or not one has been able to assemble the requisite conditions of food and clothing.

To practise mainly Mind Training since future lives are more important than this life and Mind Training is more important than other practices.

Not to engage in the six wrong modes of relating,

1. Not to have forbearance for hardship related to Dharma but to practise forbearance towards hardship related to worldly affairs.
2. To put effort in experiencing the bliss of this life but not to put effort in experiencing the bliss of Dharma.
3. Not to have compassion for sinners but to have compassion for those who practice Dharma.
4. Not to rely or not to impart the Dharma to one's students who rely upon oneself but instead make gifts to those in this life to whom one is close.
5. Not to wish for the Dharma but to wish for mundane affairs
6. Not to rejoice in virtue but to rejoice in sin.

Not to be erratic in one's practice, at times practising intensively and at times to practising casually, instead one should practise continually. To have fortitude (in other words to practise with determination and continually).

Not to engage wrong analysis by means of discrimination and realization and to strive for liberation. Not to promote oneself through asserting "I train my mind for the benefit of others" seeking for one's own benefit.

Not to be irritable over the slightest fault of others.

Not to be fickle and sporadic like the weather in the summer.

Not to wish for the recognition and respect of because of one's practice.

One should not hoist these instructions of Geshe Chekawa's up on a mast and one should not minimize casually the suffering of others under the pretext that one has faith in these instructions (of Mind Training). Therefore because of the extreme import of these instructions on Mind Training which were transmitted from Geshe Sharawa onwards, one should face with fortitude difficulties such as lack of food, or lack of clothing during one's studies.

Conclusion

The focus of these teachings is self-grasping and self-cherishing and in a nutshell the means to counter self-grasping and self-cherishing are Method and Wisdom. There is definite benefit in contemplating compassion and such topics when one studies the great scriptures. Regarding emptiness it is not possible to gain an immediate realisation of emptiness and just to say that phenomena are not established from their own side or not inherently established, leads one nowhere; it is through a quiet, incremental deepening of one's own understanding that one will progress. However powerful self-cherishing and self-grasping are within our mindstream and through repeated contemplation of the View which realises emptiness as well as altruism they will weaken incrementally over time.

I have nothing left to add. From my own side I tried to explain these topics to the best of my capacity after having studied the, it was extremely enjoyable. From your own side I would like to think there has been some benefit, probably there has. If we reflect on the verses from Āryadeva's *Catūśataka*: (Continued on next page)



Through merely doubt regarding cyclic existence,

Cyclic existence is torn to shreds

GESHE JAMPA GYALTSEN. EXTRACT OF TEACHINGS at TBI in April 2014 'SEVEN FOLD MIND TRAINING' continued from previous page

we can see how profound an understanding of the View can be. As there are numerous precepts and instructions of Mind Training it would be difficult just through reading them to gain an understanding, one should also put them in practice. All of you dedicated these three days over Easter to a profoundly meaningful endeavour, the study of the Dharma of the Great Vehicle, through this you have accumulated huge amounts of merit.

If we do not dedicate the merits which have been accrued they will be destroyed by anger, therefore we should dedicate them and dedicate them to a great cause: to our own attaining Full Enlightenment, to his Holiness the Dalai Lama's projects being fulfilled in this world and to His long life, to the elimination of suffering in this world in those areas which are bereft of food and water and to the swift return of our Holy Teacher Khensur Kangurwa Rinpoche and to his teaching at TBI as formerly.

In addition please make prayers that the practice of your translator and all of his virtuous deeds be led to fruition, since he has as you know engaged in a lot of hardship in preparing the text and translating over Easter and please also make prayers that Tenzin, who largely worked alone to prepare much of this event, experience all happiness in his life.

Therefore you should from your own side study and practise the Mind Training you have received teachings upon, but let alone this you should also practice the *Lam Rim*, in which it is rooted, and understand clearly the practices of the Beings of the Small, Middling and the Great Scope and the transition from the Being of the Small to the Middling and the Middling to the Great Scope. I sincerely wish that you both to study and to practice in this way. If you do indeed train in this way you will be able to keep the Mind Training precepts and will be able to place the mind in its natural expanse as is taught.



THANK YOU TANIA,

Tania Bell became our Treasurer in 2010, stating that she didn't have any experience at all, however she worked in an office and would be happy to give it a go. This she did, and did it brilliantly!! Tania had to find her own way, without any help or guidance, correcting and inventing along the way. She set up the reports for our Annual General Meetings and managed all of the duties and responsibilities listed above. Apart from the end of last year, she did it all on her own.....a testament to her impeccable character, strength and resilience. She was driven by loyalty, dedication and commitment to ensure TBI's records were the very best that she could do, and held gently in the arms of faith, she came through with flying colours.



Tania is an iconic figure in TBI's history, and symbolic of what a Dharma student should strive to be. Her connection with our Precious Founder, Kyabje Rinpoche, held her in good stead through her baby steps as treasurer as she climbed the ladder of reports, numbers, \$'s bringing her to the pinnacle of her skills and abilities. Tania is very easy to talk to and lean on, is friendly, efficient and organised and is an awesome team member. She has a bright and humorous personality and has a beautiful smile that lights up wherever she goes. Tania is a friend to many and a mentor to some and her wise words of wisdom will ring out at TBI for eons to come. Thank you Tania, for all you have done over the years and for being the extraordinary person you are, and we wish you well in all your future endeavours.



**Jampa Ignyen
(Dr. Ian Coghlan)**

Jampa very kindly offered to give four online classes during our mid year break in July. The topics were Science, Philosophy, and the Spiritual Path, and on the following week, The Two Truths. Jampa Ignyen (Dr. Ian Coghlan) is one of the few western Buddhist teachers to have completed the Geshe degree at Sera Je Monastic University. We were therefore extremely fortunate to be hosting Jampa for four evenings online. This was a great opportunity to explore these transformative ideas with a great scholar and a wonderfully warm and accessible lecturer. Jampa Ignyen 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.



On Mothers Day, Sunday 10th May, we welcomed all mums, dads and children join in Prayers online with our Precious Teacher, Geshe Jampa Gyaltzen and Sangha.



On 5th June, people came into the Gompa, and many others joined us online, to celebrate SAKA DAWA, the celebration of Buddha Shakyamuni's Birthday, enlightenment and Parinirvana (passing away).



On 24th July, CHOEKHOR DUCHEN was celebrated both in the Gompa and online with Geshela, Ven Tenzin Drolkar, Ven Tenzin Lhamo and some others.

Chrys (membership Officer) acknowledged that at present, it may have been difficult financially for some people, and therefore offered any member who is experiencing financial challenges an option to suspend membership for three months. This was taken up by a few people, who were grateful for the opportunity to stay on as members. TBI also offered to shop for anyone needing help, and also to have a friendly chat over the phone for anyone who was feeling vulnerable or lonely because of coronavirus.

Management Matters

with Carole Armstrong

June and July

We are extremely happy that Sam Pons offered to be our Treasurer. We welcomed him profusely in mid July, and with relief that we accepted the proposal for his appointment. Sam spoke about his role as Treasurer, and indicated that he would like more time spent on analysis and that he wants to build sustainability. He also indicated that he wants to meet with our Finance and Probity committee to see how revenue and costs come in. He mentioned that will look at auditing and assurance to see how strong and/or weak we are, and check on our Reporting procedures. Please see page 5 For more about Sam.

Sam and Tenzin have spent countless hours sourcing the correct equipment, purchasing and setting up for each online class. There were a few problems to begin with but were ironed out after a couple weeks. A proposal to upgrade the system was approved, and with extremely kind donations the vast amount for the equipment was covered, ensuring that online could continue. We have had much positive feedback for Online teachings and management will consider our steps into the future of continuing to offer this option.

Approval was sought from the Building Fund Committee to transfer funds from the this account to the cheque account to cover the cost for the new fence and roof that was completed.

Tenzin has also spent many many hours investigating whether or not to replace the fifteen faulty Solar Panels, replace all with new ones or not to have any at all. Both Management and the Building Fund committees were involved in discussing the best way to solve the problem of the current unusable ones. Both committees felt that the best way to go was to replace all existing panels with new ones. It was quiet a difficult decision to make, as technology is constantly improving, but we are dependent on what rebate

we will get.

Covid19 Update: We have had a Covid Safe Plan in place for several months now, as well as registration sign in forms at the front door, along with hand sanitizer, wipes and tissues.

Geshela will only resume Sunday Morning in English in the Gompa and not Online.

We now have a new format for Monday evenings. See page 5 for more information

A new and improved draft constitution is being considered by the Constitution committee. This will take some to time to finalise.

It was agreed that we urgently need a new PC computer in the office to replace the current one which has not been functioning well for some time now. This computer is used for Membership, Magazine, Book Keeper and various other jobs.

Tenzin spent several weeks clearing the Jade plants and bricks under the Prayer Wheels in the car park. This now allows people to step much closer when circumambulating, and avoids a tripping hazard.

Yangsi Rinpoche spoke online to Tenzin and recited mantras.

Members of the committee were reminded to send in, if they haven't already done so, their Police Clearances for filing at TBI.

Ven Drolkar again expressed her concern in finding people to lead classes. There are a number of competent people who are not willing to help out in this area, which is disappointing.

Contact details

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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



TEACHING SCHEDULE with GESHE JAMPA GYALTSEN

Tuesdays 7.00 - 8.30pm

Prāsaṅgika Madhyamaka

During the Tuesday, advanced class in Buddhist Philosophy, Geshe Jampa Gyaltzen

en, will be teaching, in depth, the Prāsaṅgika Madhyamaka view relying on the Heart Sūtra, one of the most concise and central Sūtras of the Second Turning of the Wheel of the Law. The Heart Sūtra belongs to a family of Sūtras known as the Perfection of Wisdom Sūtras in which Buddha Śākyamuni, 2500 years ago on Vulture Peak,

expounded elaborately the view of emptiness, which is the uncommon defining characteristic of Buddhism. As it encapsulates the innermost essence of Buddha Śākyamuni's teachings on emptiness, it is recited daily in almost all the great Chinese, Japanese, Tibetan and Vietnamese monasteries. Geshe Jampa Gyaltzen will also use this opportunity to expand on the 10 days of teachings he gave on the Prāsaṅgika Madhyamaka view during the Long October Retreat in the Adelaide Hills in 2018. As a fully-trained Lharampa Geshe from Sera Je monastery and former disciplinarian of Tehor Khangtsen. Geshe-la is highly qualified to teach such profound topics. We hope that all the sincere students who are interested in the Buddhist view of emptiness will avail themselves of this marvelous opportunity!

We hope that all the sincere students who are interested in the Buddhist view of emptiness will avail themselves of this marvelous opportunity!



Wednesdays 7.00 - 8.30pm

Śāntideva's "Bodhicaryāvatāra"

When Geshe Jampa Gyaltzen was first invited to teach at TBI by our Teacher, the late Khensur Kangyur Rinpoche, he expressed the wish to teach Śāntideva's Bodhicaryāvatāra ("Engaging in the Behavior of the Bodhisattvas") which he had memorised when he was a young monk and which was very close to his heart. Khensur Rinpoche agreed but he suggested, however, that as a prelude he should teach the Lam Rim in detail, which he has done for almost 10 years. The time has come, at last, for Geshe-la to teach the totality of Śāntideva's Bodhicaryāvatāra which he will do during the Wednesday class dedicated to general Buddhist teachings. The Bodhicaryāvatāra is the main text H.H. the Dalai Lama relies upon when teaching general audiences. This marvelous work describes the practice of Bodhisattvas from both the method and wisdom aspect of the path: each stanza provides both short-term solace and lasting spiritual sustenance. It is not easy to receive a complete transmission and teachings on this great work by a Lharampa Geshe who has made it the center of his personal practice and we hope many Australian students will attend!

We hope that all the sincere students who are interested in the Buddhist view of emptiness will avail themselves of this marvelous opportunity!



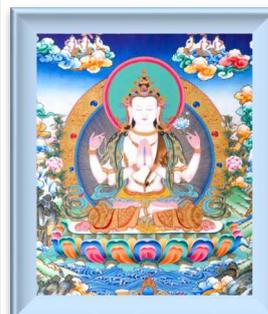
GURU PUJA DATES



August: Fri 14th 6.00pm; Fri 28th 6pm;

September: Sat 12th 6.00pm
Sat 26th 6pm

October: Mon 12th 5.00pm Mon 26th 5.00pm



CHENREZIG

PRACTICE

Currently cancelled
to be advised

SUNDAYS

GRADUATED PATH MEDITATION

Sundays 9.00 - 10am

The Lam Rim (Graduated Path to Enlightenment) represents the totality of Buddha's teachings in a step by step format. On Sunday mornings we offer the opportunity to engage in analytical meditation on the topics of the Lam Rim, using our intelligence, reasoning and personal experience to investigate the topics, concentrating deeply on their meaning and application in our own lives.

LEARN TO MEDITATE

Mondays 6.30 - 7.15pm

You can change your mind! Meditation is an effective means for creating space in the mind between stimulus and response, enabling us to better cope with difficult situations and negative emotions. By training in meditation, the mind becomes strong and resilient, thus less troubled by the problems we encounter

Meditation practice transforms distraction and agitation into concentration and serenity. Regular training produces an untroubled and relaxed mind, one free of stress, anxiety and fear. Such a mind is the basis for experiencing true peace and happiness

Our weekly classes are open to anyone interested in learning about the theory and principles of meditation and getting started in a regular meditation practice. The guided meditations are short and simple with no previous experience required in order to participate. We invite you to join us in our beautiful, serene environment to awaken your mind to inner peace and joy. Suitable for all and led by experienced, friendly meditators.

MEDICINE BUDDHA AND HEALING MEDITATION

Second Saturday in each month



**Healing
Meditation
1.30 - 2.15pm**

**Medicine
Buddha Practice
2.30pm - 3.15pm**

Medicine Buddha is a powerful purification practice which can help overcome physical hardship and illness caused by negative karma that we have created in the past.

The practice of the Medicine Buddha mantra is like medicine and Medicine Buddha himself is like a doctor who diagnoses the sickness, prescribes the medicine and gives advice on how to take the medicine. We have a sick and afflicted mind and if we engage in this practice it is similar to going to the doctor. If we have conviction and strong faith there will be tremendous benefit in engaging in the practice of Medicine Buddha.

This practice may be of benefit not only to oneself but also to anyone who is sick. This may be of benefit to the whole community and through engaging in this practice together we can help each other.

CONVERSATION

Mondays 7.15 - 7.30pm

What is Buddhism? Who is Buddha and what did he teach? Following Learn to Meditate, this is an opportunity for students to ask for clarification of what they have studied or are interested in. Questions and discussion are encouraged exploring the fundamental concepts of Buddhist philosophy, the ancient teachings of Shakyamuni Buddha, still so relevant in today's confusing, uncertain world. The Buddha taught that the confusion and suffering we experience has causes and that by learning how our minds function, we can free ourselves making our lives happier and more meaningful. For students who have attended teachings and meditation classes at Tibetan Buddhist Institute and have questions, this is an

opportunity to gain clarification. The class is informal and relaxed, also open to those who have no previous experience with Buddhism, held in our

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 cre-
ate an
exceptional and unique place for giving and learning.

All donations of \$2.00 or more deposited into the TBI

***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 Ge-
shelas 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

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 gompa. Alternatively, you might like to set up a regular direct debit



For more information please email:
office@tibetanbuddhistinstitute.org

TBI MEDITATION OUTREACH CLASS

Salisbury North: Bagster Community Centre
17 Bagster Rd Salisbury North
Meditation: 6.20 - 7.20pm Mondays
(not public holidays)

Please ring Ann for more information 0402 409 259

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.

August 2020

< Today >

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<ul style="list-style-type: none"> Meditation -... 9 am 	<ul style="list-style-type: none"> Learn to... 6:30 pm Convers... 7:15 pm 	<ul style="list-style-type: none"> Gompa & O... 7 pm 	<ul style="list-style-type: none"> Guru Puja 5... 5 pm Study Group 6 pm Gompa & O... 7 pm 	<ul style="list-style-type: none"> 30 	<ul style="list-style-type: none"> 31 	<ul style="list-style-type: none"> 1 Aug
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