

TBI MAGAZINE

May Jun Jul 2021



His Holiness 14th Dalai Lama Birthday Saka Dawa Choekhor Dechen

TIBETAN BUDDHIST INSTITUTE INC - THEKCHEN SHEDRUB CHOELING

A place of Dharma, cultivating study and meditation in the Mahayana



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)*

With great respect and reverence, I thank Geshela for your wonderful teachings and Ilia for superb translating. We have many comments from those attending, who are so grateful for the clarity and quality of the teachings. **Foundation Day 2021** was extraordinary and an historical day in the life of TBI. The focus for this Foundation Day was to introduce the dying wish of Kyabje Rinpoche's Retreat Centre Project and bring it to fruition. Sylvia Barber, a major benefactor, was at Rinpoche's side as he explained clearly exactly what his wishes were for a retreat centre. Geshela then opened the proceedings (see page 3). Thank you to everybody who came along and enjoyed the day. I would also like to thank Ven Drolkar for all the effort and time she put into the making of the proposed Kachoe Ling Retreat Centre model.

Please see the following 5 pages xxxxxxxxxxxxxxxxxxxx

Upon reflecting on the past 16 years since opening, we have been remarkably fortunate in the number of visiting Lamas especially HH Sakya Trizen and a number of outstanding Rinpoches and Geshe from Sera Jey Monastery. The pinnacle of our achievements was of course, the visit by His Holiness 14th Dalai Lama of Tibet. This provided a miraculous opportunity for students to see His Holiness in our Gompa, and listen to his precious words. Thank you to all our volunteers who put in their precious time to keep the wheels of TBI turning for the benefit of all sentient beings. My dearest Dechen is arriving back from their extended stay in India due to the outbreak of coronavirus. She has

quarantined in Darwin and will be in Adelaide on 1st May.
 Nawang Thubten xxxxxxxxxxxxxxxxxxxx

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 Past Spiritual Leader
 The late Kyabje Khensur Kangyur Lama Jetsun Losang Thubten Rinpoche

Spiritual Leader ~ Nawang Thubten

Founders Reincarnation

Kangyur Lama Choktrul Tenzin Losang Dhargye Rinpoche

Resident Teacher ~ Geshe Jampa Gyaltsen

Sangha ~ Ven Tenzin Drolkar, Ven Tenzin Lhamo

Public Officer and Responsible Person ~ Ralf Zurbrugg

Translator and Director of Publishing ~ Ilia Durovic

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Director and Chairperson ~ Nawang Thubten

Assistant Director ~ Carole Armstrong

Treasurer ~ Sam Pons

Senior Advisor ~ Chris Ridley

Spiritual Program Coordinator ~ Ven Tenzin Drolkar

Membership Coordinator ~ Chrys Dombroyannis

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 Sam Pons Simon Williams

Building Fund Committee ~ Nawang Thubten

Gerry Treuren Christele Kervin Carole Armstrong

Constitution Committee ~ Nawang Thubten, Gerry

Treuren, Simon Williams, Carole Armstrong

Bookkeeper ~ Lucille Bruyand

Membership Data base ~ Anthony Sweeney

Librarian ~ Gordy Losic

Community Care Coordinator ~ Victoria Palmer

Buddha's Buddy Coordinator ~ Victoria Palmer

Tibetan Sponsorship Scheme

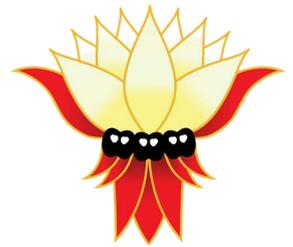
Administrator ~ Nawang Thubten

Administrator & Data Base ~ Anthony Sweeney

Tibetan Buddhist Institute Inc Thekchen Shedrub Choeling
 8 Ross Ave Flinders Park SA 5023 ph: 08 8351 8788
 office@tibetanbuddhistinstitute.org m: 0404839293
 www.tibetanbuddhistinstitute.org

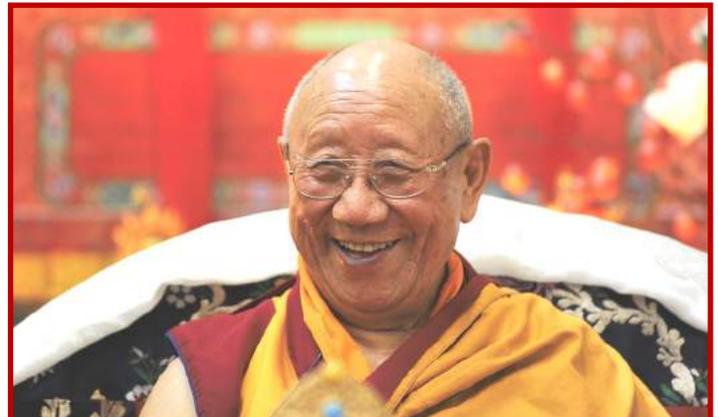
FOUNDATION DAY 2021

THE LAUNCHING OF KACHOE LING RETREAT CENTRE



ABOUT KACHOE LING RETREAT CENTRE PROJECT

The Late Kyabje Khensur Kangyur Losang Thubten Rinpoche was the Founder and Spiritual Leader of Tibetan Buddhist Institute in Adelaide. He was an exceedingly esteemed and venerated Lama, who possessed awe-inspiring insights and whose teachings were vast and profound, making him one of the most revered Lamas at Sera Jey Monastic University. As he was passing away in 2014 his dying wish was to create a retreat centre. He vividly described a Gompa, Stupa, accommodation for the teacher and retreaters, beautiful gardens, tranquil and peaceful surroundings suitable for retreating and meditation. Rinpoche also mentioned that the retreat centre not be too far away from Adelaide. Kachoe Ling is named after Vajrayogini (a highest yoga deity). Having completed a three year retreat on Vajrayogini, this became one of Rinpoche's main practices. His vision was for Tibetan Buddhist Institute to locate a sanctuary, creating an ambience that is calming, serene and pleasing to the senses, enabling us to free our minds from the afflictions that torment us. With an untroubled, composed mind practitioners will more easily further their meditation practice to gain insights into themselves and the world around them. We are inviting you to help us realize Rinpoche's dying wish and bring it to fruition.



**Kyabje Khensur Kangyur
Lobsang Thubten Rinpoche (1925-2014)**

Abbot Chancellor, Sera Jey Monastic University, Lineage Holder of the 108 Volumes of Buddhist Canon. Rinpoche, born in Kham, East Tibet, showing at a very early age, signs of being the reincarnate of a great Spiritual Lama.

Some of his outstanding achievements are:

- Being asked by HH Dalai Lama to provide the transmission of the complete Tibetan canon, the Kangyur, to an assembly of 900 monks, a feat accomplished about once in a generation and takes 6 months to complete.
- On the insistence of His Eminence Trijang Rinpoche (HH Dalai Lama's Tutor), Kyabje Rinpoche undertook the Great (3years 6 months) Retreat on Vajrayogini.
- In 1965, he completed his Lharam Geshe (Doctorate of Philosophy), the highest possible degree in Buddhist Philosophic Studies.
- After fleeing Tibet, he helped re-establish Sera Jey Monastery in India, and was appointed Abbott by HH Dalai Lama.
- He also restructured Sera Jey School, which has resulted in an extremely high standard and diverse curriculum, achieving outstanding results in examinations.
- Because of his immense knowledge and intense spiritual insights, Rinpoche has taught in many centres around the world including, India, Australia, New Zealand, Singapore, Malaysia, Hong Kong and USA .



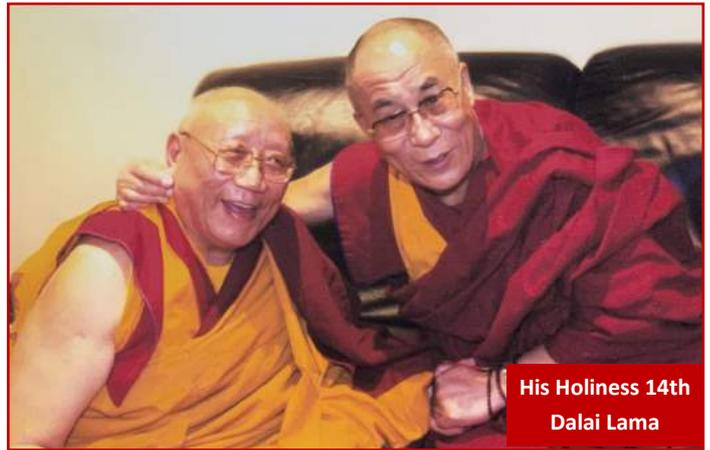
**Model of
proposed
Kachoe Ling
Retreat Centre**



FOUNDATION DAY 2021

THE LAUNCHING OF KACHOE LING RETREAT CENTRE *continued*

Geshe Jampa Gyaltzen was appointed, by The Late Kyabje Khensur Rinpoche, to be the resident teacher of TBI in 2011. Geshela and the Spiritual Leader and Director of TBI, Nawang Thubten, engaged in lengthy talks regarding the dying of Rinpoche, which was to establish a retreat centre. Geshe Jampa Gyaltzen, foremost scholar in



Tibetan Buddhism and Buddhist Philosophy, he also studied in depth for over 25 years to attain his Geshe Lharampa Degree, at Sera Jey Monastic University in India. TBI offers three teaching classes with Geshela: Tuesdays focussing on authentic Tibetan Buddhist Philosophy, Wednesdays a pathway for living and Sundays in English. We also hold long weekend teachings and retreats with Geshela. TBI also offers Meditation and Basic Buddhism classes, including formal spiritual practices. We also invite, from time to time, eminent Tibetan Lamas from Sera Monastery to impart their vast and profound knowledge.

HOW YOU CAN HELP

Would you like to join with us in creating a peaceful, calm and serene place for contemplative meditation and Buddhist Teachings?

If you would like to become a benefactor and offer an interest free loan please contact the Spiritual Leader and Director Nawang (Tenzin).

We are confident and optimistic that, with everyone's generosity, devotion to the Dharma and thirst for knowledge for the teachings, we will be able to raise the necessary funds to bring Rinpoche's most precious wish to completion. Any offering is most welcome. We are incredibly fortunate that we have the seed of our project donated from an extremely kind and generous benefactor who has contributed Sixty Thousand dollars to our Retreat Centre Project.



Donors names, or that of a loved one, can be dedicated at Auspicious Days Pujas. Alternatively you may wish to repay the kindness and honour your teachers, your family, a deceased person and all sentient beings.

Tax deductible donations

Direct Debit into our Building
Fund Account

Account No: 057 568 040

BSB: 105 081

Identification code for donations:

Retreat Surname firstname





**SPEECH BY
GESHE
JAMPA
GYALTSEN on
FOUNDATION
DAY 2021**

Today we are gathered here to celebrate the 16th year of the opening of TBI.

The purpose for this Foundation Day is to launch Kachoe Ling Retreat Centre, and as you may know, was the dying wish of our Rinpoche. There is a plan passed to us from our Rinpoche, and his wish was to open a Retreat Centre. In order for this to be successful and bring it to fruition we need to fervently pray towards this to happen. There are more details in the brochure and you can look in there for more information about the retreat centre. The Sera Geshes are at this moment, holding a Puja for the success of this Retreat Centre, and they also are doing prayers for His Holiness the 14th Dalai Lama's long life, for Rinpoche and Rinpoches teachers reincarnate with success in their study. They pray also for them to follow the footsteps of the previous Rinpoche's. This Puja and Prayers are also for Khensur Lobsang Paldens to swift return.





SPEECH BY NAWANG THUBTEN, SPIRITUAL LEADER AND DIRECTOR OF TIBETAN BUDDHIST INSTITUTE

Welcome everyone and thank you for joining us to celebrate the 16th year of the founding of Tibetan Buddhist Institute (Thekchen Shedrub Choeling). This is a very special day because we are launching the Retreat Centre Project that was Rinpoche's heart endeavour. As I speak, you will notice on the screen are dedicated students of Khensur Rinpoche who are performing a Tara Ritual Puja at Rinpoche's Labrang in Sera Monastery. These offerings are for the Elaborate Offering to Tara, Kalarupa Protector Puja and Recitation of the Manjushri-namasamgiti ("Uttering the Names of Manjushri").

TBI has requested this puja for the purpose of the dedications which you have with you. Geshela will lead some prayers with the monks and you can join in later if you would like (point 6. on your program).

As I reflect on the past 16 years since TBI opened, I often think of my beloved Rinpoche. I can easily bring him to my mind, seeing and hearing him as I did when I was just a 6 year old boy, in a monastery that was so different to my life with my mum and siblings, in a tiny house where love abounded and food scarce. My father died 2 months after I was born and my eldest brother also died a few years later. Down the track, my younger sister and brother also died. My bond with my mother was strong, and here I was as a little boy in a huge monastery, surrounded by the unknown.

What was known for me was Rinpoche, this revered and cherished Lama, showing unbound love and kindness towards me. Sure there was firmness when needed, but underneath any stern looks was a bond and reverence that was to be my mainstay for the next 50 years. When Rinpoche envisioned a Buddhist Centre in Adelaide, I was a little nervous, but my strong faith and conviction in everything that Rinpoche said and did, made very very clear what I needed to do and the course to take. So the rest is history. Teachings starting in the tiny lounge room at St. Marys, dwarfed by the giant Shakyamuni Buddha statue, people jammed in tightly as we precariously passed Rinpoche's chai over students shoulders, finally coming to rest on the throne. What a relief that miraculously, not a drop was spilt!

Next was to find a place to establish a centre, and along came Flinders Park. This couldn't have been accomplished without the amazingly kind gift from Ilia and other benefactors. We had some hurdles to overcome, but what did it matter. Rinpoche was guiding me and therefore I knew exactly what to do and when to do it.

Today we reap the benefit of Rinpoche's insight in choosing this place, right here. The resultant 16 years have been hugely successful and of great benefit to all who come to teachings.

As time passed, the seed of something more was growing in Rinpoche's mind. We had already held two ten day retreats in the Adelaide hills, and Rinpoche envisaged a retreat centre for TBI.

As he lay dying in his 93rd year, he vividly described in detail what he wanted for his students and future students of Geshe Jampa Gyaltsen.

I would like to hand over to Sylvia Barber who Rinpoche spoke to at the very end of his life. Sylvia has been astoundingly generous by giving us the seed money for Rinpoche's retreat centre.



DR. SYLVIA BARBER SPEAKING WITH RINPOCHE IN HIS LAST MOMENTS ABOUT HIS DYING WISH

Welcome Geshela, Tenzin and everyone. Some of you may know me, others may have heard of me. I welcome you today, to the 16th anniversary of TBI's Foundation Day. Today I am thinking of our Rinpoche who founded this centre, and all the other connections that we have through Rinpoche to Sera Monastery and elsewhere. This is very important for us to remember the wider connections that we enjoy because of our Precious Founder.

Our connection to Rinpoche, our most special teacher, who clearly was VajraYogini and most importantly, Rinpoche having done a three year VajraYogini retreat at Sera many years ago. Having passed away and no doubt to VajraYogini Pure Land initially, is now actually a Buddha. If we realise that through our connection with Rinpoche, we will understand that we may have VajraYogini here all around us. This is part of our Rinpoche who is a Buddha. What has happened when Rinpoche passed away in January 2014, both Tenzin and myself were present at the moment when He asked us to help form a vision that He had and develop a pure VajraYogini retreat land.... in other words Kachoe Ling.

This is something which Tenzin and I have been working on for many years and today is the launch of this project that our Rinpoche so clearly envisioned. Both Tenzin and Geshela will cut the ribbon to launch Kachoe Ling Retreat Centre. This is the beginning of the vision in Rinpoche's mind as he lay dying. The retreat centre Rinpoche wished for us to create is something that is extremely beautiful, peaceful and a sanctuary for all of us. Into the future there will be connections with the Geshes at Sera and including Geshe Yama Rinchen. In the not too distant future when the Centre is completed, part of it will have a digital library and suitable facilities so that we can invite Geshes from Sera and elsewhere to do sabbaticals and teachings related to Tantra. Kachoe Ling will be a tantric centre but will be available for meditation and all kinds of retreats.

I would like to talk a little about my connection and background with Rinpoche. I'm sure you know the old saying that when the time is right your teacher will appear. Well, that seemed to happen to me. I was living in Sydney and when I returned to Adelaide for work for a few years, I was looking for a teacher. Around 1998 Buddha House asked Rinpoche to come to Adelaide to be their teacher. The first advertisement in the Advertiser was a public teaching called Compassion, Loving Kindness on the 5th February 1989. I attended this event, and every teaching after that because I felt a strong connection to Rinpoche. Of course it took a few months before I became a Buddhist. I then took refuge, and continued on listening to his

teachings. Rinpoche and I became close because he requested a few things of me and one in particular was to make sure that I organised His Holiness' visits to Adelaide in 1992. Consequently over the next year or two our Rinpoche gave the initiation for VajraYogini which I took, feeling even more closely connected. A couple of years later I did a retreat and the connections became obviously quite strong so Rinpoche and I were very well connected and I have never felt any separation from him. I believe he is around, and he is here for all of us. He has many forms in particular VajraYogini so with respect to Rinpoche's dying wish and to fulfil those wishes and vision, we will create the place under his guidance and what he so clearly laid out to us. We expect there will be quite a decent acreage, have various buildings, a VajraYogini temple and various other temples. Definitely there will be a major stupa for our Rinpoche and over time there may be up to one hundred and eight stupas hopefully over time and into the future. This retreat centre will be a most beautiful and peaceful place with special landscaping to comply with Rinpoche's wishes. We want to follow eco guidelines be an eco safe establishment.



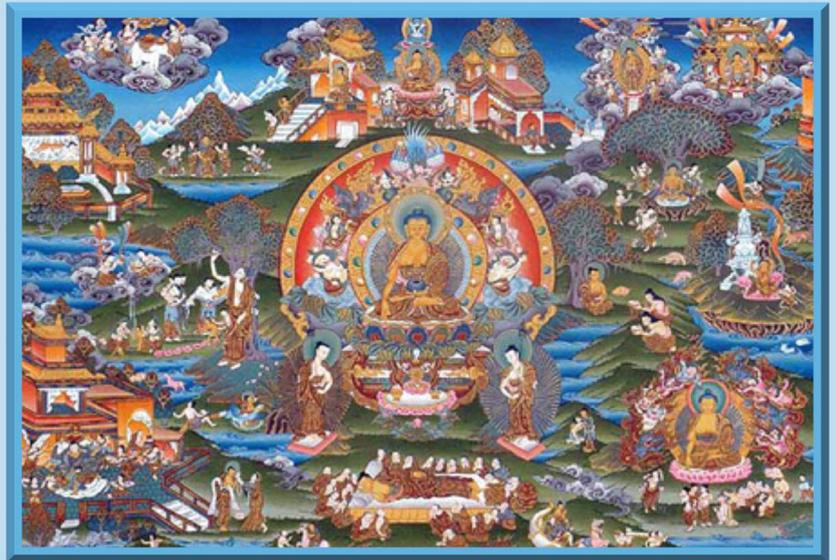
If all of you could consider helping, sponsoring, contributing whatever you can, a small or large amount or even considering leaving something in your will. Donations go into the building fund and are therefore tax deductible. It is important that you could be a part of this if you have any skills or other abilities that you would like to volunteer and help us form a bridge to help go forward. Obviously we are looking for a place to purchase, so it is imperative that we have a healthy deposit, so obviously donations are very important. Really this is an extraordinary vision Rinpoche had because it is not like any other retreat centre. It will have exceptional guidance from him, an extraordinarily distinctive feeling. I hope you all think about it and develop some kind of connection. If you haven't had the initiation you can think of the positive aspects of VajraYogini and certainly of Rinpoche. All of this is extremely important and connected with our Foundation Day today. Tenzin is someone who is going to continue with this together with myself and anyone else who might like to offer support.

I thank you all for coming today, to listening to what I have to say and to understand that Rinpoche is always here with us. May you all aspire to have the connection with Rinpoche and VajraYogini and the retreat centre.

SAKA DAWA

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

WEDNESDAY 26th May



**Everyone is most welcome to come along 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; 12.00 noon Shared Lunch and 7.00pm Guru Puja**

**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, we welcome monetary offering into the
donation boxes.**





HIS HOLINESS 14TH DALAI LAMA'S BIRTHDAY

Tuesday 6th July

10.30—11.30am Recitation of Heart Sutra and The Three Principle Aspects of the Path

12.00 Shared Lunch 6pm Guru Puja

His Holiness is the Spiritual Leader of the Tibetan people and he will be 86 years old this year. Although he describes himself as a simple Buddhist Monk, His Holiness the 14th Dalai Lama is one of the world's most influential people, and Buddhists from all different lineages believe he is the manifestation of Avalokiteshvara, the enlightened Buddha of Compassion. He has been living in India in exile since 1959, but he travels the world offering Buddhist Teachings and sharing his message of tolerance and peace for all. He has received many international awards

including the Nobel Peace Prize and the Congressional Gold Medal, and he is a beacon of hope for all mankind and a global leader of positive change in the world today.

He frequently states that his life is guided by three major commitments: the promotion of basic human values or secular ethics in the interest of human happiness, the fostering of inter - religious harmony and the preservation of Tibet's Buddhist culture, a culture of peace and non-violence.

FIRST TURNING OF THE DHARMA WHEEL 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.

Wednesday 14th July

EVERYONE WELCOME JOIN THE
CELEBRATIONS WITH
GESHE JAMPA GYALTSSEN, SANGHA AND
TBI COMMUNITY,
IN THE GOMPA



Geshe Jampa Gyaltzen

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

12.00pm Shared Lunch

7.00pm Guru Puja and Circumambulations

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

MOTHERS DAY PRAYERS WITH GESHELA



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

SUNDAY 9th 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.



BUDDHISM IN A NUTSHELL

A SHORT COURSE

**Mondays 3rd, 10th,
17th 24th May
7.30pm to 9.00pm**



This course runs over four consecutive sessions, and is designed to provide an overview of key points of the Buddhist path in the Tibetan tradition.

- 1. All in the mind: why Buddhists first meditate**
- 2. Open heart: far-sighted compassion**
- 3. Clear mind: the flaming sword of wisdom**
- 4. Bodhisattva's way of life: the six perfections.**

The course includes talks and guided meditations and will be led by senior student, Anthony Reid. He has been interested in Buddhist practice since the mid 1990s and studied with Ven. Khensur Rinpoche for many years. Anthony has also listened to a range of other Tibetan teachers and visited some of Buddhism's most sacred sites in India and Tibet.



Facility Fee per session

Members & Concession \$10.00

Non Members \$15.00

Full Course (4 nights)

Members & Concession \$30.00

Non Members \$45.00



Toni Arundel of NUNKUWARRIN YUNTI once again requested meditation sessions from Tibetan Buddhist Institute in March and April of 2021. The sessions were for the staff who in their working lives deal on daily basis with very distressing and challenging issues. The meditations were led by me on the 15th of March and the 19th of April. The sessions were 2 hours in length and focussed on some of the Mindfulness meditations and followed by Q & A. Also, as in previous sessions, I introduced a segment of "deep listening", where participants have a chance to explore an issue with another person mindfully

listening. This fitted in nicely with a quote I found from Miriam-Rose Ungunmerr-Baumann and wrote on the white board. Miriam-Rose Ungunmerr-Baumann is the Senior Australian of the year 2021, she spoke about "dadirri" or deep listening..."an inner, deep listening and quiet, still awareness. Dadirri recognizes the deep spring which is inside us. We call on it and it calls to us... it is something like what you call 'contemplation'..." It is important for leaders going into such Aboriginal organisations that clear respect for culture is adhered to in order to be of benefit, hence the sessions a kept basic and mostly focussed on calming the mind.





A BIG Thank You to everyone who brings their refundable bottles, plastic bottles, cardboard fruit drink containers, Yoplait, cans etc to TBI. We raise around \$80.00 each time we go to the recycle depot with five full wheelie bins of your refundables.

If you would like help us, you can by bringing your refundables in a plastic bag, cardboard box etc. and leave at the side gate ie as you face the front door it is the gate to the right. If the gate is locked and no-one is answering the doorbell, please leave refundables near the gate.



REFUNDABLES 10 CENTS

Management Matters

with Carole Armstrong Jan Feb Mar 2021

January 30th: For the first time since TBI opened, it was agreed to increase the facility teaching fee by \$2.00 which now includes a free transcription. Ann Janssan will submit a Code of Conduct document for transcribers when it is completed. Prayer Wheels were painted by Sue Bowmer and Nawang. We will continue to offer Online teachings for 2021. Sam noted that he is concerned that we have inappropriate accounting and our Profit and Loss done match our balance sheets. He is investigating. Sam discussed accounting and software packages to streamline procedures. Reports for Jul to Dec 2020 is completed. Easter WE topic with Geshela is The Four Truths and 16 Characteristics. Tuesday teachings topic is In Praise of Dependent Origination and 2 Truths. It was suggested the Deity Practice be offered online. Nawang commented that this is not possible. Anthony Reid agreed to be back-up leader for pujas as Diana will not be available after February. Study Groups are now run and managed by leaders. Chrys Dombroyannis is now an Administrator of facebook. She also requested that we hold an afternoon tea for members and friends. Nawang declined the suggestion because we have Foundation Day in April. Ven Drolkar suggested that she holds a workshop to train leaders for Guru Pujas.

February 20th: Battery for Solar: \$21,130.00 has been raised and now investigating what battery is best.

Discussion took place regarding events for Foundation Day. Nawang talked about the program and all approved. The focus for this years Foundation Day is the launch of the retreat centre. It would be ideal if we could buy a property that has existing buildings that we need. Both Geshela and Sylvia Barber were requested to make a speech on the day. Various suggestions were put forth regarding fund raising for the retreat centre. Ven Drolkar discussed the change to the study group which has few people attending. Proposal: that the study group should come from the student body ie they select someone to run it and also to organise times etc. Action: Carole to send Wednesday participants asking if they are interested in coming to TBI for the study group. Proposal: To increase the number of Leaders, Nawang and Ven Drolkar will speak to Geshela and request him to personally ask people to lead. Membership: two new members this month and four members have upgraded to Dharma Wheel as this works out to be a cheaper option. Proposal: that we have monthly meetings to be held on the last Saturday of each month, unless this date is unavailable, then another date would be made. Passed.

March 27th: Battery for Solar: Sam to investigate best one to purchase. Ven Drolkar suggested an eight week course for learn to Mediate once a year. Ven Drolkar is facilitating Train the Trainer (for Learn to Meditate). Chris presented a document regarding a disclaimer for Learn to Meditate. It was agreed that TBI didn't need one partly because we don't run the mediation that was in question.

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, thangkas 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).*

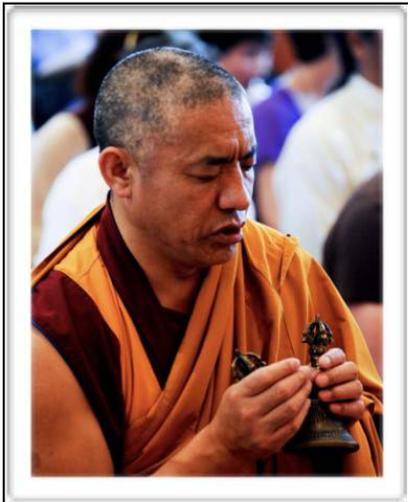


CARING FOR OUR COMMUNITY

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

In Praise of Dependent Arising and the Two Truths

This year, during the Tuesday advanced class in Buddhist Philosophy, which resumes on February 2, 2021, Geshe Jampa Gyaltzen will continue to teach the Prāsaṅgika Madhyamaka view by presenting Je Tsong kha pa's "In Praise of Dependent-Arising" in conjunction with a presentation of the Two Truths.

"In Praise of Dependent-Arising" is one of the most profound works dedicated to the presentation of emptiness and interdependence Je Tsong kha pa (1357-1419) composed. It contains, in a short and simplified fashion, the totality of his teachings on emptiness in the form of a praise of Buddha Shakyamuni for having taught dependent-arising. As such, it is recited by Tibetans who wish to prepare their minds for realization of emptiness. As a fully-qualified Geshe from Sera Je monastery and former abbot of the monastery of the 14th Karmapa, Geshe-la is qualified to teach such profound topics. We hope that sincere students who are interested in the view of emptiness will avail themselves of this 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 wisdom aspect of the path: each stanza provides a short-term solace and lasting inspiration. It is not easy to receive a commission and teachings on this great work from Geshe who has made it the center of his practice. We hope that all sincere students interested in the Buddhist view of emptiness will avail themselves of this marvelous

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 an 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. These meditations help us cope with difficulties we all face classes and are led by experienced students and suitable for everyone.



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.



Everyone is welcome to come along to Pujas held at TBI. Unless otherwise stated, please bring a food offering (fruit, packaged treats etc) to be blessed and offered to the Gurus.

GURU PUJA DATES

Thursday 6th May 6.00pm
Friday 21st May 6.00pm
Saturday 5th June 6.00pm
Sunday 20th June 6.00pm
Sunday 04th July 6.00pm
Monday 19th July 5.00pm



MEMBERSHIP

Members of TBI receive the following advantages:

- ◇ Waged and concession members 50% discount for Tue & Wed teaching classes with Geshe Jampa Gyaltsen.
- ◇ 20% off events (excluding accommodation)
- ◇ Free access to TBI library
- ◇ 10% discount on shop items (excluding already discounted items)
- ◇ Entitled to Community Care Benefits
- ◇ Invitation to members functions

CONCESSION: \$120.00

WAGED: \$240.00

DHARMA WHEEL: \$660.00 *includes free teachings on Tuesdays and Wednesdays with Geshe Jampa Gyaltsen*

FAMILY MEMBERSHIP: Upon application

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

All donations of \$2.00 or more deposited into the Tibetan Buddhist Institute Building Fund Bank Account are tax deductible. For more information on this page please contact the office: office@tibetanbuddhistinstitute.org or phone 8351 8788

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 Tbetan 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.

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??



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 an envelope with their names written on them and left on Geshelas table.

It is important that you phone if you are delayed or need to cancel, and also 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.

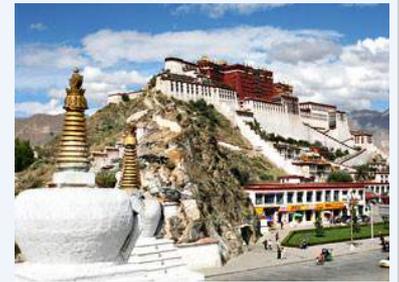
ALL OFFERINGS ARE WELCOME

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



For more information please email:

email: office@tibetanbuddhistinstitute.org

phone: the office 08 8351 8788

Mobile: Nawang (Tenzin) 0418 847 016

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. juice cartons, cans and bottles. 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 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.

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20 • Meditation - Gra... 9 am • Guru Puja 6 pm	21 • Learn to Med... 6:30 pm	22 • Teachings with... 7 pm	23 • Teachings with... 7 pm	24	25	26
27 • Meditation - Gra... 9 am • Geshela Tea... 10:30 am	28 • Learn to Med... 6:30 pm	29 • Teachings with... 7 pm	30 • Teachings with... 7 pm	1 Jul	2	3
4 • Meditation - Gra... 9 am • Guru Puja 6 pm	5 • Learn to Med... 6:30 pm	6 • His Holiness 14th Da... • Recitations... 10:30 am • Shared Lunch 12 pm • Guru Puja 6pm 7 pm	7 • Teachings with... 7 pm	8	9	10
11 • Meditation - Gra... 9 am • Geshela Tea... 10:30 am	12 • Learn to Med... 6:30 pm	13 • No Class:Teachi... 7 pm	14 • Choekhor Duchen • Recitations... 10:30 am • Shared Lunch 12 pm • Guru Puja 7 pm	15	16	17
18 • Meditation - Gra... 9 am	19 • Guru Puja 5pm 5 pm • Learn to Med... 6:30 pm	20 • No Class: Teach... 7 pm	21 • No Class: Teach... 7 pm	22	23 • Yamantaka P... 9:30 am	24
25 • Meditation - Gra... 9 am • Geshela Tea... 10:30 am	26 • Learn to Med... 6:30 pm	27 • Teachings with... 7 pm	28 • Teachings with... 7 pm	29	30	31