

# TBI MAGAZINE

Nov Dec 2022 Jan 2023



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)*

The Enthronement of our Precious Founder and Teacher, Kyabje Khensur Rinpoche, has been all consuming of my thoughts and time over the past several months. This event in India, will be on a huge scale, with over 1,000 Geshes and monks in attendance and huge food and monetary offerings made to them. The logistics of this epic page in our history is enormous, and it must run super smoothly to honour the Re-incarnate of our Rinpoche.

Amongst other important details, this enthronement will mean that Chotrul Rinpoche will then be able to enter the monastic guidelines. Covid has a lot to answer for, as this was planned two and half years ago and had to be cancelled!! Fourteen students are coming on the trip and will be away for 12 days. I would like to thank so much those people who have so kindly donated to the Enthronement expenses. We are nowhere near the expected cost of \$124,000.00, and if you would like to make a donation and haven't already done so, I would be most grateful. Geshela gave a beautiful motivational advice at the Annual General Meeting and I would like to thank Simon Williams, who once again chaired the meeting. The constitution has been rewritten and will soon be finalised.

After many years, Anthony Sweeney has now stepped down from administering the sponsorship scheme. Thank you so much Anthony for all your effort and expertise with the database. Victoria Palmer very kindly accepted the request to take on administering the scheme. The sponsorship scheme, which was established by our Rinpoche in 1988, is extremely important to keep going because we are helping the monks in the monastery and they are the back bone of the dharma. This way there will always be scholarly Geshes and great practitioners, like our Geshe and our Precious Rinpoche. If you would like more information about the scheme and sponsoring please contact me.....

Nawang Thubten (Tenzin) 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** ~ Geshe Jampa Gyaltzen

**Founders Reincarnation**

**Kangyur Lama Choktrul Tenzin Losang Dhargye Rinpoche**

**Resident Teacher** ~ Geshe Jampa Gyaltzen

**Sangha** ~ Ven Jampa Tenzin, Ven Drolkar, Ven Tenzin Lhamo

**Public Officer and Responsible Person** ~ Ralf Zurbrugg

**Translator and Director of Publishing** ~ Ilia Durovic

**Management and Advisory Board**

**Director and Chairperson** ~ Nawang Thubten

**Assistant Director** ~ Carole Armstrong

**Treasurer** ~ Sam Pons

**Senior Advisor** ~ Chris Ridley

**Program Coordinator** ~ Ven Tenzin Drolkar

**Membership Coordinator** ~ Chrys Dombroyannis

**Other Positions**

**Finance and Probity Sub Committee** ~ Ralf Zurbrugg, 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

**Tibetan Sponsorship Scheme**

**Administrator** ~ Nawang Thubten & Victoria Palmer

**Tibetan Buddhist Institute Inc Thekchen Shedrub Choeling**

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ph: 08 8351 8788

**ENTHRONEMENT of  
YANGSI CHOTRUL  
KANGYUR RINPOCHE**

**The reincarnate of our  
Precious Founder  
and Teacher**

**THE LATE  
KYABJE KHENSUR  
KANGYUR LAMA  
LOBSANG THUBTEN  
RINPOCHE**



**This Profound Event is  
taking place at Sera Jey**

**Monastery on 25th November 2022 4.00pm (S.A. time)**

Many students will remember the teachings, advice and time he gave so selfishly and lovingly, and to whoever sought his counsel. His appointment book was always full as students listened intently to his every priceless word.

**Program at TBI on 25th November:**

1pm: Shared Lunch with Geshela. Please bring a plate to share.

3pm: Guru Puja. Tsog and Chai provided by TBI. Monetary offering for tsog is welcome.

4pm: Live Streaming Inauguration Ceremony from Sera Jey Monastery in our Gompa.

Everyone is welcome to attend this significantly memorable event.

Tibetan Buddhist Institute - Theckchen Shedrub Choeling



## **LHA BAB DUCHEN - TUESDAY 15TH NOVEMBER**

Everyone is most welcome to come along and join the celebrations with Geshela, Sangha and TBI Community.

10.30am Recitations

12.30pm Shared Lunch

5.30pm Refuge Ceremony

7.00pm Guru Puja

Lha Bab Duchén is the anniversary of the Buddha's descent from the heavenly realm (Tushita) to earth. Buddha Shakyamuni ascended to The Heaven of Thirty Three in order to give teachings to benefit the gods in the desire realms and to repay the kindness of his mother by liberating her from Samsara. This is considered to be one of the great deeds of the Buddha among the twelve great deeds. During Lha Bab Duchén, the effects of positive or negative actions are multiplied. It is part of Tibetan Buddhist tradition to engage in virtuous activities and prayer on this day.

Everyone is most welcome to come along and join the celebrations with Geshela, Sangha and TBI Community.



# Word of advice from the **GREAT COLLECTION OF MIND TRAINING**

**DR. IAN COGHLAN –JAMPA IGNYEN 6th, 7th, 13th, 14th December**



In this course we shall investigate the topic of mind training as presented in the *Lojong Gyatsa* or the *Great Collection of Mind Training*. We shall focus on some of its key works, their core advice, and how we may apply these to our everyday lives. The term “mind training” is sourced in the Tibetan term “lojong” (*blo sbyong*). “Lo” refers to the mind itself or our awareness, thoughts, and mental attitudes. “Jong” has different meaning such as “training” in the sense of acquiring the skills to master a difficult task, or “habituation” such as becoming familiar with a particular mode of being, or “cultivation” such as cultivating the qualities of love and compassion, and even “purification” such as cleansing the mind of negative emotions. The practice of “lojong” emerged in Tibet many centuries ago, and represents the very essence of Mahayana practice. It provides us with a broad array of strategies for training our unruly minds, that are as relevant today in our modern busy Western lives as they were in ancient Tibet.

**About Jampa Ignyen (Dr. Ian Coghlan).** Jampa is one of the few western Buddhist teachers to have completed the Geshe degree at Sera Je Monastic University (20yrs study). He 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 some of his specific interests include Buddhist metaphysics, phenomenology, hermeneutics, and psychology. He became a monk in Dharmasala and then trained as a monk in the Tibetan Buddhist tradition for 20 years completing his studies at Sera Je Monastic University in 1995. His current projects include the translation of the first book of the Compendium of Buddhist Science and Philosophy which has published, and a forthcoming translation of *Buddhapalita*.

**Facility and Live Streaming fee: Members/Concession (\$50.00) Non Members (\$70.00) 10am-12noon and 2pm-4pm Code for payments: COURJISurnameFirstname** You are most welcome to attend at TBI (tea and coffee provided) or Online. **Registration with payment: [office@tibetanbuddhistinstitute.org](mailto:office@tibetanbuddhistinstitute.org)**

# Lama Je Tsongkhapa Day

**Sunday 18th December**



Lama Je Tsongkhapa (1357-1419) was a Buddhist scholar and saint who lived in Tibet during a time when Buddhist teachings had degenerated. Through deep study, profound practice and high attainments, Lama Je Tsongkhapa led a renaissance of pure Buddhist teachings by emphasizing study, morality and distilling the best teachings from the existing schools of Buddhism in Tibet and from Indian Buddhist masters. His teachings became the basis for the establishment of the Gelug tradition, the newest of the schools of Tibetan Buddhism.

**Everyone is most welcome to come along and join the celebrations with Geshela, Sangha and TBI Community.**

**10.30am Recitations**

**12.30pm Shared Lunch**

**2.00pm My Experience of the Enthronement by Tenzin and the Group**

**7.00pm Guru Puja**

# **BUDDHISM IN A NUTSHELL**

## **A SHORT COURSE**

**Online or in the Gompa  
7.30pm to 9.00pm**



**Monday  
November 7th**

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.

*Everyone welcome to come into the Gompa. Social distancing applies.*

**LAST OPPORTUNITY**  
**DON'T MISS OUT ON THE LAST**  
**BUDDHISM IN A NUTSHELL**  
**FOR 2022**

**Member and Member  
Concession: \$8.00**  
**General Concession: \$10.00**  
**Non Member Waged: \$20.00**  
**Please Register with Payment**

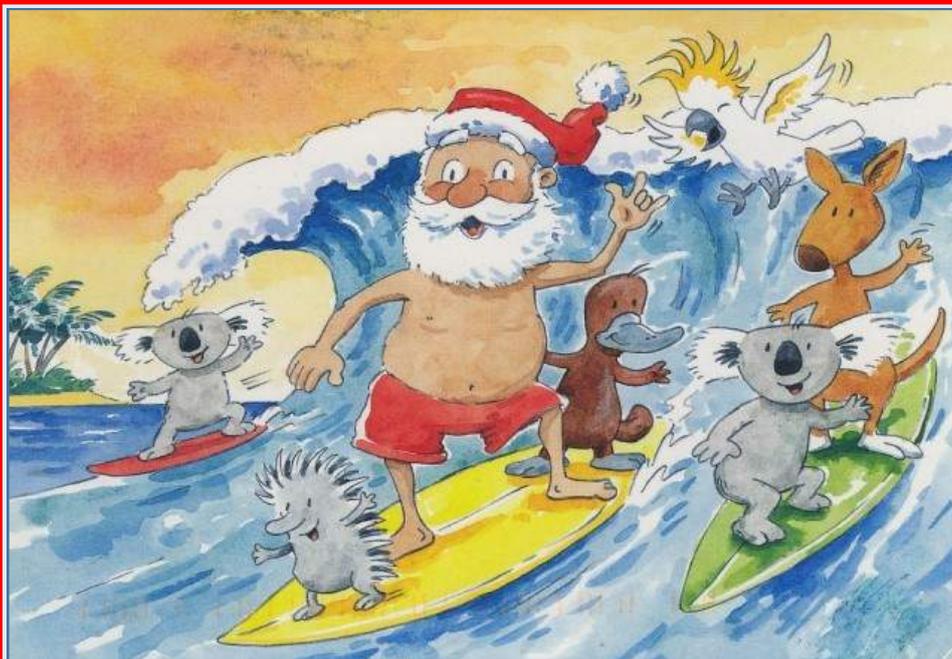
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**8 Ross Avenue Flinders Park**  
**office@tibetanbuddhistinstitute.org**  
**0418847016**

# REFUNDABLES



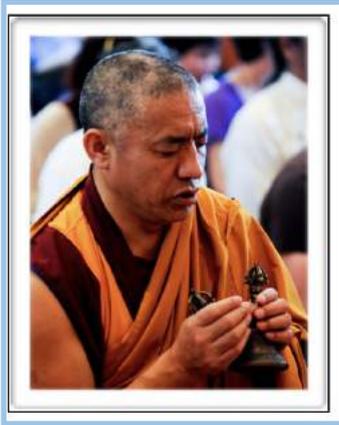
THANK YOU SO MUCH TO THE VERY KIND PEOPLE WHO DONATE THEIR REFUNDABLE GLASS AND PLASTIC BOTTLES, CANS and CARTONS TO TBI.

We make around \$200.00 a year, and really appreciate these lovely people who go out of their way to help us. All money raised from the refundables goes to Compassion in Action (feeding poor people in Nepal). Help save the planet as well as helping TBI.



Everyone is welcome to drop in to TBI at any time to wish Geshela a Merry Christmas.

If you are coming around 12.30pm could you please bring a plate to share.



## TEACHING SCHEDULE with GESHE JAMPA GYALTSEN Online or in the Gompa

**Tuesdays 7.00 - 8.30pm**

### **Candrakīrti's Madhyamakavatāra**

During the Tuesday "Advanced Class in Buddhist Philosophy", which resumes on February 1, 2022, Geshe Jampa Gyaltsen will deepen his teaching of Prāsaṅgika Madhyamaka by presenting Candrakīrti's "Entering the Middle Way" (*Madhyamakāvatāra*) in conjunction with Je Tsong kha pa's "Elucidating the Intent" (*Dgongs pa rab gsal*). Candrakīrti's *Madhyamakāvatāra* is the mainstay of the 4 years of study dedicated to the study of Madhyamaka in the great Tibetan monasteries and is studied in conjunction with: 1. Candrakīrti's own commentary, the *Madhyamakāvatāra-bhaṣya* and 2. Je Tsong kha pa's great commentary on both texts, *Dgongs pa rab gsal*.

*Dgongs pa rab gsal* is Je Tsong kha pa's final major work dedicated to the view and is, in more senses than one, his spiritual testament as it was composed in 1418, one year before his passing. It is a particular stroke of good fortune that Thupten Jinpa just published his skillful translation of this great masterpiece in 2021.

As resident translator at TBI since 2008, there is no doubt in my mind that this is the pinnacle of the study program initiated many years ago at TBI. In particular, to have a fully-qualified Lharampa Geshe from Sera Je and former disciplinarian of Tehor Khangtsen, teach such a work is a unique privilege. It may very well no longer be possible to receive such a transmission again in the future. We therefore sincerely hope that all the students who have attended the Tuesday class throughout the last years will attend. The texts we will be relying upon will be 1. Geshe Thupten Jinpa's translation of the *Madhyamakāvatāra* which has already been sent to all the students attending this year's class.

2. Je Tsong kha pa: "Illuminating the Intent. An Exposition of Candrakīrti's "Entering the Middle Way", transl. by Geshe Thupten Jinpa, The Library of Tibetan Classics, Wisdom Publications, 2021

**Wednesdays 7.00 - 8.30pm**

### **Śāntideva's "Bodhicaryāvatāra"**

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



## 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.

## Management Matters

**JulAugSep 2022**

*Jul:* Tenzin spoke about the necessity of finding someone to take over the sponsorship scheme as Anthony Sweeney agreed to keep it going but would like to hand over to someone else. Tony and Carole Migalka donated a magnificent Enlightenment Stupa for our Gomba. Buddhism in a Nutshell was again presented by Anthony Reid. It was suggested that we hold a picnic afternoon tea with Geshela at Morialta Falls towards the end of the year. All Agreed. Tenzin arranged a meeting with a company that creates websites. Some discussion took place on organising the AGM.

*Aug:* Still no one for the sponsorship scheme administrators role. The quote for the new website was given to someone to check if it was a reasonable price. It was, but it is too expensive and management will look for other avenues to upgrade. Jampa Ignyens class was well attended with 25 people. Unfortunately Buddhism in a Nutshell had wonderful and enthusiastic feedback, however only a few attendees. Jampa Tenzin has offered to run a Basic Buddhism online course. Management considered holding a new members function. Chrys would like to create a new members pack (stickers, pen etc). She would also like to hold a Kids Day and will look into this next year. A new category was introduced into membership ie Member Concession which has good advantages for concession holders, who will be financially better off. Two people were asked to run classes, which will happen in 2022. A meeting was held to discuss the AGM to be held on 20th November. There will be an opportunity to have people socially distancing in the Gomba and also some online. Vikki Palmer has agreed to run the Sponsorship Scheme.

*Sep:* . Our next meeting will be in November 2022.



# MEMBERSHIP

Members of TBI receive the following advantages:

- ◇ Waged and concession members 50% discount for Tue & Wed teaching classes with Geshe Jampa Gyaltzen.
- ◇ 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 Gyaltzen*

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](mailto: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](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 gumpa. Alternatively, you might like to set up a regular direct debit.

For more information please email:

**email:** [office@tibetanbuddhistinstitute.org](mailto: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

Current requirements for attendance are proof of double vaccination and booster shot. Please check with Ann for attendance updates.

# 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 etc containers and ensure that they are refundable and not recyclable.