

# TBI MAGAZINE

OCT NOV DEC 2023



## LHA BAB DUCHEN

Anniversary of the Buddha's descent from the heavenly realm (Tushita) to earth



TIBETAN BUDDHIST INSTITUTE INC - THEKCHEN SHEDRUB CHOELING

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



From the Director

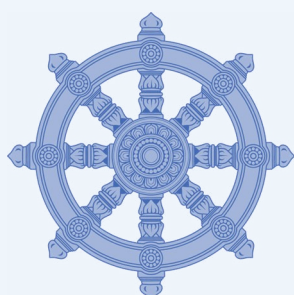
*I offer this prayer to my Precious Teacher and Mentor:  
 "I dedicate the mass of white virtues thus created. So that I may be  
 inseparably cared for in all my lives. By perfect, pure Gurus who are  
 kind in three ways. And so attain the united state of  
 Vajradhara" (Lam Rim Prayer)*

Hello and Good wishes to each and everyone of you who make up our wonderful community of like minded people, embracing the Buddhist view to enhance the lives of others. In the 3 months Geshela has attended his medical appointments a number of times with a huge thank you to Jampa Ignyen for his translation help during Geshela's appointments. It's wonderful that Geshela continues to make his teachings accessible for our members and students throughout all of this, especially whilst he is still awaiting a date for his operation.

Looking ahead we are excited for Geshela to be able to visit India after being away for 7 years but he will be back and ready for the TBI 2024 teaching program. In addition to Geshela visiting India, a group from TBI will be heading to India for His Holiness's teachings throughout November and December this year. My thanks to all our founding members and all those who have come on board since helping us to continue spreading the Dharma.

The centre will be closed from 16th December 2023 until 14th January 2024. However, we will be running some events through December and January. Please check the calendar for dates of events. My heartfelt thanks and prayers for all the people who make up TBI,

Director  
 Tibetan Buddhist Institute  
 Nawang Thubten ( Tenzin)



## 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

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

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[www.tibetanbuddhistinstitute.org](http://www.tibetanbuddhistinstitute.org)

m: 0418847016

ph: 08 8351 8788



## **BUDDHISM IN A NUTSHELL—Short Course**

**7.30-9.00pm on 23rd & 30th Oct and 6th & 13th Nov**

**with Anthony Reid**

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

1. All in the mind: why Buddhist first meditate. Open heart: far-sighted compassion.
2. Clear mind: the flaming sword of wisdom.
3. Bodhisattva's way of life : the 6 perfections.
4. 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 1990's and studied with Ven. Khensur Rinpoche for many years. Antony has also listened to a range of other Tibetan teachers and visited some of Buddhism's most sacred sites in India and Tibet.

**EVERYONE IS MOST WELCOME TO COME  
INTO THE GOMPA or ONLINE**

### **FACILITY FEE FULL COURSE**

**(4 nights)**

**Member & Member**

**Concession: \$40.00**

**Non Member Waged: \$60.00**

**Non Member Concession:**

**\$50.00**

**To register please contact**

**Tibetan Buddhist Institute**

**8 Ross Avenue**

**Flinders Park 0418847016**

**office@**

**tibetanbuddhistinstitute.org**

**Registration and Payment**

**please**

**by 20th October**

# JAMPA IGNYEN

(Dr. Ian Coghlin)

PRESENTING

## *The Four Noble Truths and the Twelve Links*



The entire teaching of the Buddha rests on the foundation of the four noble truths, and the purpose of this course will be to examine the four noble truths to see how they apply to our ordinary lives. Our mind, like the external world, is a product of causes and conditions. Once we know the causes and conditions of things we can produce them. If we want to bake a cake we just need the recipe, the ingredients, and the cooking gear. So too if we wish to be happy then we need to establish the causes of happiness and if we wish to attain enlightenment we need to assemble the causes and conditions of enlightenment.

The Buddha first taught the four noble truths to five disciples in Sarnath. He remarked that if we wish to attain the deathless state, or enlightenment, we need to understand the four noble truths, and apply them. Understanding them takes patience since they apply to the deepest level of our mind.

The first two truths, suffering and origin, define contaminated causation which produces all the problematic elements of our existence. These two truths are then expanded into the twelve links that define how rebirth and emotional disturbance rises.

The truths of cessation and path, define uncontaminated causation which produces the transcendent state of enlightenment. Thus if we nurture the seed of enlightenment in the soil of renunciation, sustain it with the water of compassion, in the clear light of wisdom, then the flower of enlightenment will certainly bloom.

**10 day course 14th, 15th 21st, 22nd, 28th, 29th November**

*5th, 6th, 12th, 13th December at 7.00pm*

Facility and Live Streaming fee: Members and Concession \$10.00 per night or \$90.00 for full course Non Members \$14.00 per night or \$120.00 for full course Code for payments: COURJISurnameFirstname Please register with the office via email

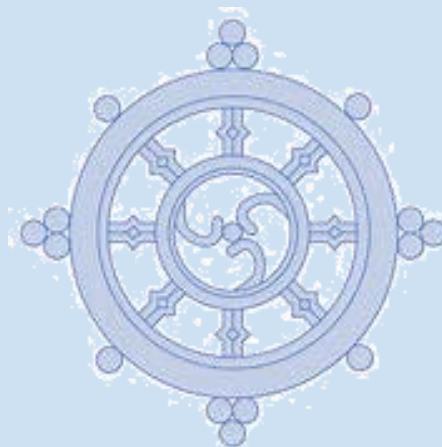
## About Dr. Ian Coghlan (Jampa Ignyen)

Jampa Ignyen is one of the few western Buddhist teachers to have completed the Geshe degree at Sera Je Monastic University (20yrs study). We are therefore extremely fortunate to be hosting Jampa for a ten day course in November and De-cember. This course is a great opportunity to explore these transformative ideas with a great scholar and a wonderfully warm and accessible lecturer. Don't miss out!



Jampa 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 some of his specific interests include Buddhist metaphysics, phenomenology, hermeneutics, and psychology.

He became a monk in Dharamsala and then trained as a monk in the Tibetan Buddhist tradition for twenty years, completing his studies at Jé College, Sera Monastic University in 1995. His current projects include the translation of the first book of the Compendium of Buddhist Science and Philosophy which has just been published, and a forthcoming translation of Buddhapāḷita's.





**Auspicious Day**

**LHA BAB DUCHEN**

**4th November**

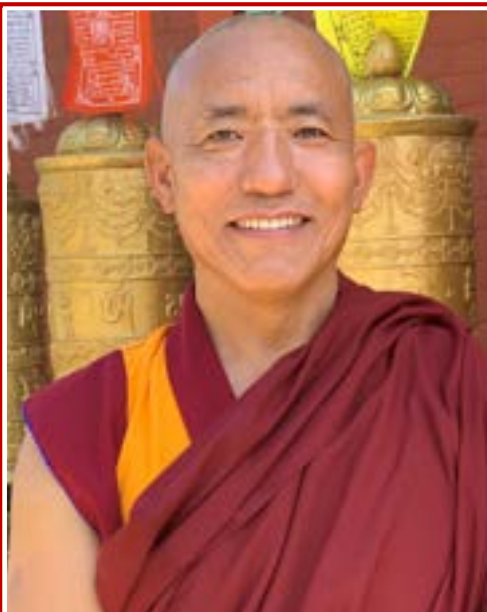
Lha Bab Duchen is the anniversary of the Buddha's descent from the heavenly realm (Tushita) to earth. Buddha Shakyamuni ascended to The Heaven of Thirty Three in order to give teaching to benefit the gods in the desire realms and to repay the kindness of his mother by liberating her from Samsara. This is considered to be one of the great deeds of the Buddha among the twelve great deeds. During Lha Bab Duchen, 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.

**10.30am Recitations**

**12.30pm Shared Lunch**

**7.00pm Guru Puja**

**Tsog offering is offered by TBI and you are most welcome  
to put your monetary offering**



## **AFTERNOON TEA with GESHELA**

**Sunday 15th October  
2.30pm**

**Everyone is welcome to come  
along and wish Geshela a wonderful trip to India.**

**Geshela hasn't been back to India for 7 years and he is  
looking forward to seeing his many  
teachers and students again.**

**if you would like to come please let us  
know.**



## **ANNUAL GENERAL MEETING**

**Sunday 29th October at 11:00am**

Geshela has kindly consented to set our motivation before we start our meeting. The purpose of an Annual General Meeting is to give members a report on the activities of the previous financial year and to allow time for members to ask questions, give feedback and make suggestions. It is also a time to remember our Founder and Mentor, Kyabje Khensur Kangurwa Losang Thubten Rinpoche, to show gratitude to our volunteers and financial supporters and acknowledge our Management team. It is a celebration for our years efforts in ensuring that our financial position is stable and secure, our program is fulfilling and our members are cared for.



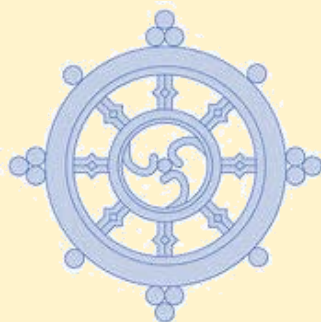
# LAMA JE TSONG KHAPA DAY

Thursday 7th December

Everyone welcome to come along and join the celebrations with Sangha and TBI Community

6.00pm Guru Puja

Lama Tsongkhapa (1357-14.19) 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 Tsongkhapa led a renaissance of pure Buddhist teachings. He focussed on studying and teaching pure Buddhadhama and was a role model of pure virtue. The Gelug (Virtuous) school of Buddhism arose out of his teachings and has become one of the fastest growing Buddhist schools in the world today.







## **GURU PUJA at TBI**

**Sunday 31st December 7.00pm**

**To celebrate our past year and our wish for all sentient beings to be with happiness and good health for the coming year.**

**Most New Year's resolutions are based upon not being happy enough, or not having what we want, or needing to be fitter or thinner etc. But what if we began with accepting ourselves with loving kindness, and extended that genuine happiness outward? The Buddha offered four immeasurable qualities that we should try to cultivate:**

***May all sentient beings be with happiness and its causes , May all sentient beings be free from suffering and its causes, May all sentient beings never be separated from happiness and be free of suffering, May all sentient beings abide in equanimity, free from attachment and anger holding some close and others distant***

# **GESHE YAMA RINCHEN**



## **PRESENTING THE EIGHT VERSES OF MIND TRAINING**

**PROGRAM ONLINE or in the GOMPA 30th September and 1st October**

***Meditation:* 9:00am to 9:45am**

***Teachings:* 10:30am to 12:30pm Lunch break (Bring your own if you are coming in to TBI. Tea/Coffee provided)**

***Teachings:* 2:00pm to 3:30pm**

**Facility Fee: Member and Member Concession: \$60.00 for 2 days**

**Non Member: \$90.00 Non Member Concession: \$75.00 Code: GYRSurname**

**Direct Debit: BankSA Account: 057 567 240 BSB 105 081.**



The teacher for the week-end, Geshe Yama Rinchen, is one of the foremost living scholars in the Gelug tradition and a close, personal student of Khensur Kangyur Rinpoche, the late Abbot of Sera Je Monastery. After completing more than 20 years of study required to obtain a Lharampa Geshe degree with the highest honours ever given since the re-establishment of the Three Seats in India of Ganden, Drepung and

Sera, Geshe Yama Rinchen attended Gyume Tantric College, before becoming the disciplinarian of Sera Je Monastery. In 2018, he was entrusted by HH the Dalai Lama, with the leadership of the party seeking the reincarnation of Khensur Kangyur Rinpoche in Ladakh and has also been entrusted with his education at Sera Je.

**Program ONLINE or IN THE GOMPA**

**30th September and 1st October. Half day 2nd October**

**Meditation: 9:00am to 9:45am**

**Teachings: 10:30am to 12:30pm**

**Lunch break (Bring your own if you are coming in to TBI. Tea/Coffee provided)**

**Teachings: 3:00pm to 4:30pm**

\* Please note timings differ each day due to daylight savings \*

**Facility Fee**

**Member and Member Concession: \$60.00 for 2 & 1/2 days**

**Non Member: \$90.00 Non Member Concession: \$75.00**

**Direct Debit: BankSA Account: 057 567 240 BSB 105 081.**

**Please use the following code when making the payment:**

**GYR Surnamefirstname**

**Registration with Payment by: 25th September**

# REFUGE & BODHISATTVA VOW CEREMONY



## THE IMPORTANCE OF VOWS

What is a vow? The dictionary defines a vow as a promise, a binding pledge where the person taking the vow is bound to act in a certain way. In Buddhism, taking Refuge follows a request from a student and is given in a ceremony by a qualified teacher. It is like a statement of faith, or conviction in the benefits one will receive by following the Buddhist Path to Enlightenment. Our precious founder of TBI, Khensur Rinpoche, when speaking of refuge in the guru, said they speak the words of the Buddha; thus the gurus, our teachers, quoting Rinpoche; *"speak in the name of the Buddha and they are the only ones through whom we have access to the teachings."* (Khensur Kangurwa Rinpoche in "A Commentary on the Guru Yoga of Lama Chopa", pg 105) Rinpoche continued by saying: *"At present, we are very much in the situation of someone who is standing with only one foot in this world, the other foot is already in the lower realms ready to fall and yet the kind spiritual friend teaches Lam Rim..."* so, we should recollect the kindness of our teachers and generate faith and conviction in them as *"ambassadors of the buddhas"* (Ibid). By seeing the Guru as the Buddha, one gains conviction in the Dharma and infinite merit, because without Guru devotion, if the student views their teacher as an ordinary being like themselves, then what they receive from the teachings will be ordinary and the student will not make much progress.

Quoting Tsong Khapa; *"Develop the following ideas with respect to your teachers. I have wandered for a long time through cyclic existence, and they search for me; I have been asleep, having been obscured by delusion for a long time, and they wake me; they pull me out of the depths of the ocean of cyclic existence; I have entered a bad path, and they reveal the good path to me; they release me from being bound in the prison of existence; I have been worn out by illness for a long time, and they are my doctors; they are the rain clouds that put out my blazing fire of attachment and the like."* (Lam Rim Chen Mo volume 1, pg 83)

Returning to the thought of taking the Refuge Vows. Out of kindness for the welfare of students, our precious resident teacher at TBI, Geshe Jampa Gyaltsen, has offered the Refuge ceremony twice in recent years, but had to cancel as there was no commitment from students to take up his offer. With this in mind, I sought a meeting with Geshe-la to talk about vows and the importance of such commitments.

See next page

I asked Geshe-la several questions about taking the Refuge Vows as a commitment to the Triple Gem; the Buddha Dharma and Sangha, but first, because he has a number of times given Bodhisattva Vows, I asked was it "*necessary to have Refuge vows in order to take Bodhisattva vows*"? His answer was that it is "*an indispensable preliminary*". I asked why was it indispensable? He explained that the Path shared by the being of the Small and Middling Paths of the Lam-rim are the preliminary foundations for moving into the Great Scope. In the Small and Middling Paths the topics of Precious Human Life; Death and Impermanence; taking Refuge and the Four Noble Truths, are practiced. These preliminary topics teach us what is to be abandoned and what is to be appropriated. The 10 non-virtues of body, speech and mind are to be abandoned, in particular Geshe-la said, there is tremendous benefit in practicing abandoning the 4 non-virtues of speech in everyday life. After the preliminary topics of the Lam-rim we study and gain strong conviction in the Buddha's words, the Dharma. What is Dharma? The word comes from the Sanskrit; quoting "*...the literal meaning... is to 'hold' or 'protect'. Dharma protects us from following the wrong path or going in the wrong direction.*" (Geshe Doga "*Inner Peace and Happiness*" pg 205)

Geshe-la said, the benefit of taking Refuge, in practicing the 10 virtues, making your life meaningful, will result in a fortunate re-birth. You will gain a precious human body, this is essential (he said, animals cannot practice Dharma) and is also the purpose for taking Refuge vows. With a fortunate human body and mind we have the opportunity to continue our journey to Enlightenment - so, we need the conviction of faith in taking Refuge vows. Therefore Refuge in the Triple Gem is the core element in our quest to be free of suffering.

There are Five Lay Precepts which can be taken in dependence upon the particular teacher giving Refuge, all or some can be taken;

They are: Not taking the life of sentient beings: Not stealing: Not engaging in sexual misconduct: Not lying and the fifth one is to refrain from alcohol and other intoxicants.

Other vows are the Eight Mahayana Precepts which can be taken on auspicious days, during retreat and by choice; they include the Five Lay Precepts plus three; Not eating at inappropriate times; Refrain from dancing, singing, and other entertainments also to refrain from ornaments, perfume and other adornments; Refrain from sleeping on high, luxurious beds.

Then the Bodhisattva Vows which Geshe-la has given more than once; they include the Eighteen Root Vows and Forty-six Branch Vows. These vows are a vital guide in training a person in the ethical behaviour of a Bodhisattva, following the Mahayana aspiration to reach Full Enlightenment for the benefit of all sentient beings.

The last category of vows are the Tantric Vows; variously called Vajrayana or Tantrayana and given by a highly qualified teacher at four levels starting with Action Tantra and gradually increasing to highest yoga commitment vows.

The conclusion is that without the conviction of Refuge in the Buddha's Path to Enlightenment a student cannot progress to the higher category of vows; Refuge vows are therefore essential.

By Tenzin Drolkar 2023



## **TIBETAN SPONSORSHIP SCHEME**

In 1959, because of the aggressive and oppressive communist occupation of Tibet, Kyabje Khensur Rinpoche and thousands of Tibetans, followed the leader of Tibetan Buddhism, HH Dalai Lama, into India. In a period of a few short years, over 6,000 monasteries in Tibet were destroyed, including Sera Monastery, one of the most famous and largest in Tibet at that time. Many thousands of monks and nuns were imprisoned, suffering extreme torture in an attempt by communist dictators to annihilate Buddhism and its followers. As the genocide of Tibetans and their culture continues to this very day, some still manage to escape from Tibet, and find a haven in the re-established Sera monastery in Southern India. Kyabje Khensur Rinpoche founded the Monk Sponsorship Scheme in 1998, to help support the thousands of monks pouring into Sera Monastery. Monks at Sera range in age from 7 to 90, and children wishing to join the Monastery are accepted only after they have their parents permission to be ordained. Having met those requirements, the Monastery Accepts anyone regardless of their race, social or family background. Nobody is turned away, therefore it is easy to see why the number of monks is increasing by hundreds every year. In India the scheme supports Monks at Sera Monastery; Nuns at Junchub Choeling Nunnery; Lay Tibetans and the Emergency Medical Fund. In Tibet, under extremely difficult and sometimes dangerous circumstances, the scheme also supports two Nunneries in Tibet.

**SPONSORSHIP IS ONLY AUS \$10.00 A MONTH** You can be a part of this magnificent project by sponsoring a monk at Sera Jey Monastic University or a nun at Junchub Choeling Nunnery. It is only AUS\$10.00 a month to give them a better life. Please contact the schemes administrator, Jo De Silva, by email ([office@tibetansponsorship.org](mailto:office@tibetansponsorship.org)) or you may prefer to ring TBI office (8351 8788) or email [office@tibetanbuddhistinstitute.org](mailto:office@tibetanbuddhistinstitute.org) and we can pass your message on. Sponsors receive the entire \$10.00 per month and nothing is kept back for any reason. Sponsors send their contributions to the schemes administrator in Adelaide, who send the distribution to India and Tibet twice a year. The



sponsees sign the distribution sheets for each house (India) or Nunnery (Tibet). Receipts are sent to sponsors every six months detailing the amount received.



**SUNDAY  
TEACHINGS IN  
ENGLISH  
with GESHE  
JAMPA GYALTSEN**

**Teachings resume in  
2024. Please check the  
calendar for the date.**

**Geshe Jampa Gyaltzen teaches in English every second Sunday at 10.30 - 11.30am. These very popular mornings are an opportunity for students to interact in a relaxed manner with Geshela and enjoy his teaching in English.**

**Geshe-la is a fully trained Lharampa Geshe, studying for more than 36years in Sera Jey Monastic University. We have had the great good fortune to have him as our resident teacher at TBI for over a decade. On Sundays he teaches such profound topics as the Lam rim, blended with texts by Shantideva and Je Tsong Kha pa.**

***Everyone is most welcome to come along and listen to this amazing Geshe impart the Dharma.***

# GRADUATED PATH MEDITATION

**Sundays 9.00 - 10am**

The Sunday morning meditations are an essential doorway into Ge-she Jampa Gyaltzen's Tuesday and Wednesday teachings. They focus on the Lam rim which represents the totality of The Buddha's teachings in a step by step format. They are a series of thirty three meditations focussed on the foundational topics of the Lam rim, from exploring the Pure Nature of Mind; Precious Human Life; Death and Impermanence; Refuge in the Buddha, Dharma, Sangha; Karma and The Four Noble Truths. Then the topics become more challenging; Equanimity; the Disadvantages of Self-cherishing and Advantages of Cherishing Others through to the final topics in the series, Great Compassion, Bodhicitta and Emptiness.

Without a firm foundation in the topics taught in all the great treatises it is difficult for students to progress; as is said; first we listen to the teachings then we think about what we have heard and put into practice what we have understood. Geshe-la has commented that the goal of practice is to make this human life meaningful. Speaking of meditation practice he said "*we mean to become accustomed, or habituated to something... probably there is no practice which cannot be included either in concentration or analytical meditation.*" He then went on to say that the "*purpose of meditation is to prevent the mind from turning in the wrong direction and for the mind to turn in the right direction, a virtuous direction. As a result of meditation we experience peace*". The hour devoted to the Sunday meditation session is divided into awareness of the body and its posture, motivation (including prayers to focus the mind), concentration meditation to stabilise the mind and the last half hour is devoted to analytical meditation on a Lam rim topic. The sessions are led by Tenzin Drolkar and are suitable for everyone. Ven Tenzin Drolkar





# LEARN TO MEDITATE



**Every Monday at 6.30pm**

We offer a quiet and beautiful space to practice foundational meditation practices at the beginner level., through to in-depth sessions dependent on who is in the class that evening. The leaders have their own unique styles and approaches, so participants who come over an extended period can benefit from different experiences. Each class is 45 minutes and there are breaks throughout. Participants can choose to sit on the floor, supported by cushions, or on a chair.

Meditation can be used for a variety of purposes, including relaxing the body and mind, developing concentration and cultivating virtuous qualities. New and returning students are very welcome to attend the Learn to Meditate classes and create the opportunity to experience the many benefits of meditation.

Jo De Silva



## GREEN TARA PRACTICES

Sundays at 11.45am

(Please check calendar for date)

Why is it that some people when conducting business succeed where others fail? Their success can be attributed to having accumulated merit in their past lives for its ripening to be experienced in this life. Merit is positive energy created in the mind by doing virtuous actions with our body, speech and mind. The recommended method to succeed in any of life's pursuits is that of training our minds in bodhicitta (the aspiration to become enlightened in order to benefit all beings, stemming from heartfelt love and compassion). Undertaking Green Tara practice involves: generation of bodhicitta, recitation (of prayers and of a mantra), visualisation, offering, purification, requesting and dedicating. It includes recitation of a five-line prayer that requests Green Tara to bestow temporal and ultimate happiness. During



its repetition, individuals can make their own special requests for success in spiritual and worldly pursuits, such as finding a job, and for their own health and long life or for that of others. Each session includes an explanation of the techniques, sourced from Khensur Rinpoche's lineage, for new students to learn the practice, and for experienced students to progress.

## MEDICINE BUDDHA PRACTICES

Sundays at 11:45am (Please check calendar for date)

The great treatises teach that there are many physical or bodily diseases, but the Buddha taught that it is the illness of our mind which needs to be cured. As the 'King of the Doctors', the Buddha prescribed the Dharma as the medicine, assuring us that once we eliminate all mental disease, the bodily diseases will eventually no longer cause us suffering. Quoting our Founder, Khensur Rinpoche, who said: "He who is able to eliminate mental disease... is the

Buddha, hence the meaning of the Medicine Buddha mantra.

TAYATA – 'This is the one' or 'This is the one who can heal'

BEKANDZE BEKANDZE – 'Doctor Doctor'

MAHA BEKANDZE – 'Great Doctor'

RANDZA – 'King of the Doctors'

SAMUDGATE – 'Please heal me from the disease' is a term of entreaty

Therefore, in dependence on the Buddha we are able to eliminate the diseases of desire, of hatred and of ignorance which are the mental diseases". (Kyabje Khensur Kangurwa Lobsang Thubten Rinpoche in "A Commentary On Dharmarakshita's The Wheel Of Sharp Weapons", page 60)

As we are all in need of following the Buddha's advice, quoting Shantideva "If the doctor's instructions are ignored, how will a patient in need of a cure be healed by his medicines?" (Shantideva "A Guide To The Bodhisattva's Way Of Life", chapter 4, verse 48) Medicine Buddha practice is offered once a month on a Sunday morning at 11.45am and will be led by a knowledgeable and experienced student of Khensur Rinpoche. All are welcome to attend this practice.



# *Tibetan Buddhist Institute*

# *Study Group*

*6.00pm Wednesdays before teachings*  
*via Webex or in person at TBI*

All are welcome to join us in the TBI reception area for informal, lively and often fun discussion on the topics Geshe-la teaches on both Tuesdays and Wednesdays. Studying, learning and discussing with each other is an excellent way to come to grips with the topics, following the glorious tradition of Sera Je Monastic University.

Quoting Ven Tenzin Lhamo who facilitated the study group in 2021 "The aim of Wednesday evening study group is to create an informal environment to discuss Geshe Jampa Gyaltzen's teachings and how these teachings may be integrated into our daily life.... students have commented how valuable study group is because it is rare to discuss the dharma."

*"Like a 3-legged chair that cannot stand if one leg is missing, study is the essential third piece of a successful Buddhist practice that supports you in achieving happiness and goals."*





## **VOLUNTEER at TBI**

Contribute to our mission to encourage the values of love, compassion, wisdom, non discrimination, self responsibility and fairness, through teachings, meditation and community service by volunteering at TBI.

Tibetan Buddhist Institute is looking for one or more people to help run the office! This could be a shared role between several people so if you have time to donate, we would love to hear from you. Tasks can involve answering emails, gathering information and creating the magazine and flyers, bulk emailing, answering telephone calls (rare), creating list of attendance and payments for classes and courses.

We are looking for one or several people to take on these tasks and donate their skills and time - as little or as much as you like Please let me know if you are interested in helping TBI in this way.

I would like to take this opportunity to thank Carole Armstrong for her dedication and lifelong commitment to Tibetan Buddhist Institute. She has been an unwavering support to me personally, and to the wider Tibetan community both here in Australia and internationally. Carole will still be involved with TBI however she will be taking a step back hence we are looking for volunteers to fill some very big shoes.

From the bottom of our heart please join me in thanking Carole for her service and dedication to Buddhism and Tibetan Buddhist Institute.

Many thanks,

Tenzin



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

**Tuesdays 7.00 - 8.30pm**

## **Candrakīrti's Madhyamakavatara**

**7.00 - 8.30pm Online or in the Gompa**  
During the Tuesday "Advanced Class in Buddhist Philosophy", which resumed on 7th February 2023, Geshe Jampa Gyaltzen will continue his teaching of Prāsaṅgika Madhyamaka presenting Candrakīrti's "Entering the Middle Way" (*Madhyamakāvātāra*) in conjunction with Je Tsong kha pa's "Illuminating the Intent" (*Dgongs pa rab gsal*). Candrakīrti's *Madhyamakāvātāra* 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 *Madhyamakāvātāra-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 published his skilful translation of this great masterpiece in 2021.

As resident translator at TBI since 2008, Ilija Dorovic said "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 *Madhyamakāvātāra* 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. Edited by Tenzin Drolkar

**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 Behaviour of the Bodhisattvas")

Behaviour 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 did for almost 10 years. Geshe-la then began teaching the totality of Śāntideva's *Bodhicaryāvatāra* in 2020 and continues 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 marvellous 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 marvellous opportunity!

Edited by Ven Tenzin Drolkar

## 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 2023**

*Jul:* Geshela had a medical appointment to see if his cyst needs to be removed. Now that Geshela has his Visa he will go to India during the Christmas break. Geshe Yama Rinchen to teach in Sep/Oct. Ila as requested an increase in his stipend and management agreed. We will pay Kayla for the photos and videos taken at the Enthronement. Tenzin to check out the best interest rates for our term deposit accounts.

*Aug:* lia is happy with the increase in his stipend. It was agreed to revamp the reception area with carpet squares, update the bookshelves, new lounge and table. It was decided that we replace the door into the Gompa with a sound proof door. It was decided by a majority that yes they should. We need to find someone to replace Chris on Management committee. Discussion regarding if people who run Learn to Meditate have taken refuge? Tenzin is organising a trip to Sera Monastery as His Holiness will be teaching there in November. The date for our next AGM: 29th October 2023. Anthony Reid has again so kindly offering Buddhism in a Nutshell in October and November.



# 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 center 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 center 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 Center  
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 center 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.

# December 2023

< Today >

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<ul style="list-style-type: none"> <li>Learn to Meditate 6:30 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>
<ul style="list-style-type: none"> <li>Learn to Meditate 6:30 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Lama Je Tsongkhapa Day 6 pm</li> <li>Guru Puja 7:00pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>
<ul style="list-style-type: none"> <li>Learn to Meditate 6:30 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>	<ul style="list-style-type: none"> <li>Jampa Igyen 7 pm</li> </ul>
<ul style="list-style-type: none"> <li>Centre Closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Guru Puja 6pm</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>
<ul style="list-style-type: none"> <li>Christmas Day 12 pm</li> </ul>	<ul style="list-style-type: none"> <li>Proclamation Day (SA) 9 am</li> <li>Centre closed for the s... 9 am</li> <li>Boxing Day 12 pm</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> </ul>	<ul style="list-style-type: none"> <li>Centre closed for the s... 9 am</li> <li>New Years Eve Puja 7 pm</li> </ul>