Tibetan Buddhist Institute

Thekchen Shedrub Choeling

TBI Magazine

NOVEMBER 2026 - JANUARY 2027



Lhabab Düchen

Shakyamuni Buddha’s descent

IN THIS EDITION

Medicine Buddha sand mandala

Dharma study and meditation

Community news and projects

Sponsorship and support

A new chapter for our community magazine

Contents

03	Director’s message and Institute team
04	Compassion, community and sacred art
05	A blessed consecration weekend
06	Liberation in the Palm of Your Hand
07	Lhabab Düchen - 1 November
08	Medicine Buddha sand mandala
09	The Wheel of Sharp Weapons
10	Sunday Lamrim meditation
11	Medicine Buddha practice
12	Learn to Meditate
13	Je Tsongkhapa Day - 3 December
14	Christmas Day community lunch
15	Rinpoche’s 13th Parinirvana anniversary - January
16	Veranda project and stupa update
17-18	Kachoe Ling - long-term retreat project
19	Tibetan Sponsorship Scheme and support
20	AGM Notice, Recycling and Institute Information

Our quarterly rhythm

November-January • February-April
May-July • August-October

Tibetan Buddhist Institute

Thekchen Shedrub Choeling

DIRECTOR'S REPORT & INSTITUTE TEAM

A season of practice and connection

Dear members and friends,

It is a pleasure to share this edition of our TBI Magazine, bringing together our Dharma program, recent community achievements and aspirations for the Institute's future.

As Director and Founder's Representative, my work has included coordinating teachers and program arrangements, supporting visiting Geshes, communicating with members and preparing the articles and flyers gathered in this magazine. I am grateful to everyone who has helped bring this work together.

The Chenrezig sand mandala exhibitions at TBI during SALA and in the State Library's Mortlock Chamber offered meaningful opportunities to share Tibetan sacred art and the message of compassion with the wider community.

Our consecration weekend was another precious occasion. We thank the Geshes for preparing and consecrating our Guru Rinpoche and Green Tara statues, alongside the personal statues brought by students and members. The Geshes' careful work has enriched our place of practice.

Looking ahead, our program includes Geshe Jampa Kalden's teachings, Dr Ian Coghlan's course, regular meditation and practices, Lhabab Düchen and the Medicine Buddha sand mandala, Je Tsongkhapa Day, our Christmas lunch and remembrance of our founder.

I have also continued work on our development projects. Council approval for the veranda and stupa is an encouraging step; engineering approval is next. The veranda is our immediate priority, while Kachoe Ling remains a long-term aspiration to honour Rinpoche's vision for retreat and study.

Our Sponsorship Scheme continues to connect generosity with practical support for Tibetans in exile, future Buddhist teachers and families in Nepal. Thank you to our teachers, Sangha, team, sponsors and volunteers for sustaining this work.

May our shared efforts nurture wisdom, compassion and lasting benefit for all.

Nawang Thubten (Tenzin)
Director and Founder's Representative

Our Institute team

Spiritual Head of the Institute
His Holiness the 14th Dalai Lama

Founder
The late Kyabje Khensur Kangyur Lobsang Thubten Rinpoche

Resident Teacher
Ven. Geshe Jampa Gyaltsen

Director & Founder's Representative
Nawang Thubten (Tenzin)

Assistant Director
Rachelle Murphy

Spiritual Program Coordinator
Ven. Tenzin Drolkar

Treasurer
Gerry Treuren

Governance
Bev Rogers

Responsible Person
Ralf Zurbrugg

Membership
Chrys Donbroyannis

Librarian
Vacant

Bookkeeper
Tania Bell

Assistant Bookkeeper / Accountant
Dawa Lhamo

Sponsorship Scheme Administration
Jo Di Silva

Contact the Institute
tibetanbuddhistinstitute.org
tibetansponsorship.org
8 Ross Avenue, Flinders Park SA 5025
Telephone: (08) 8351 8788
office@tibetanbuddhistinstitute.org
office@tibetansponsorship.org

With heartfelt thanks to the many volunteers whose time, care and dedication support our Institute community.

Compassion, community and sacred art

Chenrezig mandala · SALA at TBI



The Geshes with the Chenrezig sand mandala created for our community during the SALA exhibition at the Tibetan Buddhist Institute.

Mortlock Chamber · State Library



The Geshes, Sangha, members and friends gathered around the sand mandala in the Mortlock Chamber at the State Library of South Australia.



A BLESSED AND AUSPICIOUS

CONSECRATION WEEKEND

AT THE TIBETAN BUDDHIST INSTITUTE

We are very happy to share that today we have successfully completed the two-day consecration ceremony for our Guru Rinpoche and Green Tara statues, together with many personal statues brought by our members and students.

Our venerable Geshes conducted the sacred rituals of preparation, filling the statues with blessed mantras and sacred substances, followed by the final consecration and blessing ceremonies.

It has been a truly meaningful and spiritually uplifting weekend, filled with prayers, devotion and the collective accumulation of merit.





We extend our heartfelt gratitude to our venerable Geshes for their dedication and tireless efforts, and to all our members, volunteers and friends who contributed to making this auspicious occasion possible.

May the blessings of Guru Rinpoche and Green Tara bring peace, compassion, wisdom and the removal of obstacles to all sentient beings.

May all beings benefit from the merits of these sacred activities.

TIBETAN BUDDHIST INSTITUTE

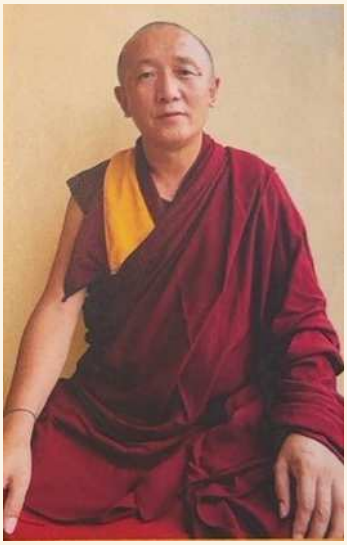
THEKCHEN SHEDRUB CHOELING

Liberation in the Palm of Your Hand

With Venerable Geshe Jampa Kalden

Tuesday evenings · 7:00 pm
From 20 October 2026 until mid-December

As Venerable Geshe Yama Rinchen is currently unavailable to continue these teachings, both he and our Resident Teacher, Venerable Geshe Jampa Gyaltsen, warmly recommended Venerable Geshe Jampa Kalden to continue teaching Liberation in the Palm of Your Hand. We are delighted that Geshe-la has kindly accepted our invitation.



A devoted student of the late Kyabje Khensur Rinpoche, Geshe Jampa Kalden escaped from Tibet in 1983 as a young monk. Upon arriving in India, he enrolled at Sera Jey Monastery, where he dedicated many years to his studies and spiritual practice.

Before completing his Geshe studies, he was entrusted with the responsibility of serving as Chant Master of Tehor Khamtsen, reflecting the confidence placed in his leadership and monastic discipline. In 2001, he was awarded the prestigious Geshe Lharampa degree, the highest academic qualification in the Gelug tradition, and subsequently continued his studies at Gyuto Tantric College.

Geshe Jampa Kalden later served in several important educational and leadership roles at Sera Jey Monastery. He was subsequently appointed by the monastic authorities as the teacher and spiritual leader of Ganden Choeling Nunnery in Dharamsala, where he served for four years, providing guidance and teachings to the nuns.

Today, Geshe Jampa Kalden continues to devote his life to study, practice and teaching. We warmly welcome Geshe-la and look forward to receiving his guidance and wisdom as we continue our journey through Liberation in the Palm of Your Hand.

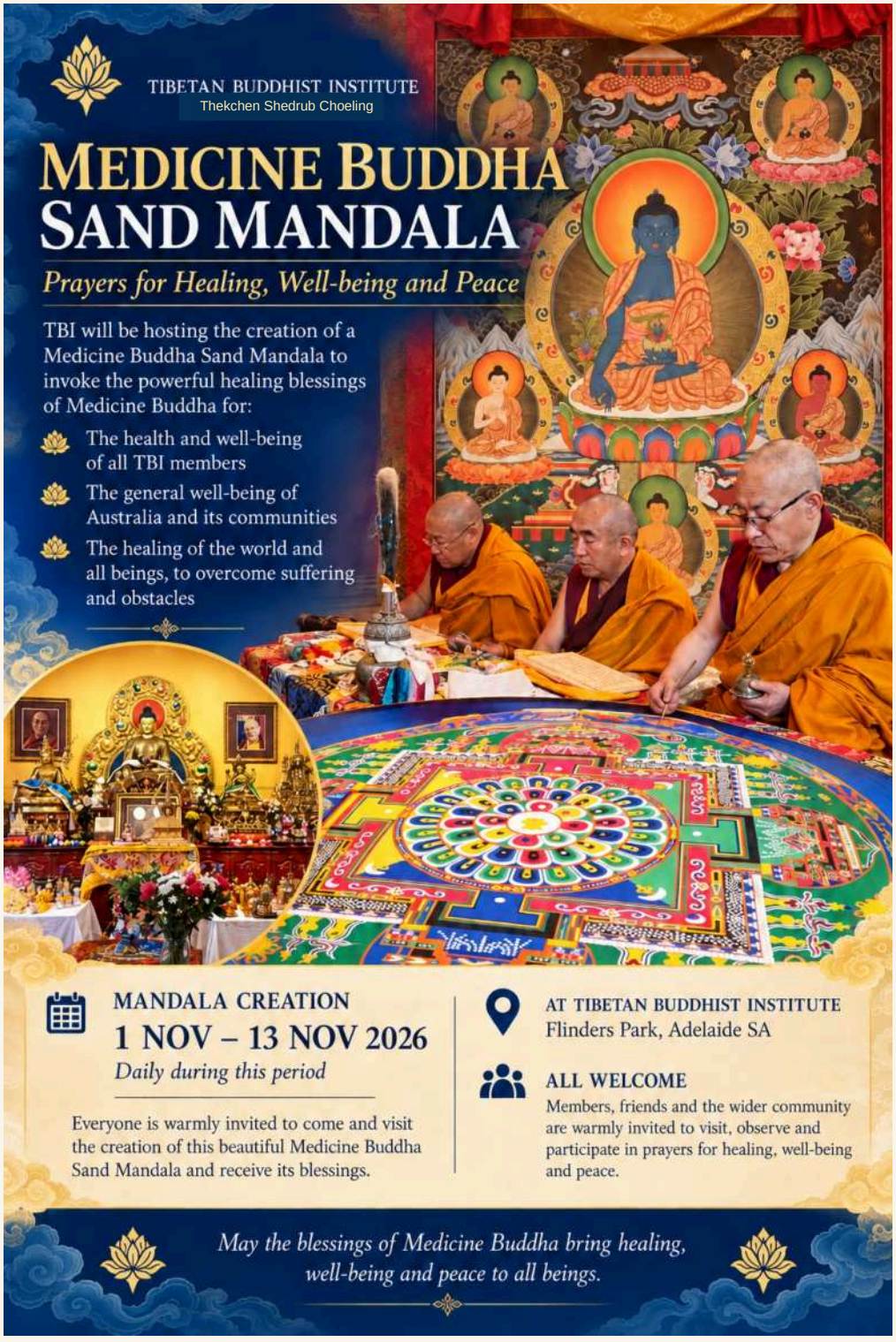
Live-streamed from the monastery to TBI
Venue: Tibetan Buddhist Institute
8 Ross Avenue, Flinders Park SA 5025
Enquiries and registration
office@tibetanbuddhistinstitute.org
Phone: (08) 8351 8788

Facility charge per session
Dharma Wheel members: Free
TBI members (waged and concession): $7
Non-members: Waged $14 · Concession $10
Donations welcome. Please register early.
Bank SA · BSB: 105 081 · A/C: 057 567 240
Reference: GJK + Surname + Firstname

Lhabab Düchen



Medicine Buddha sand mandala



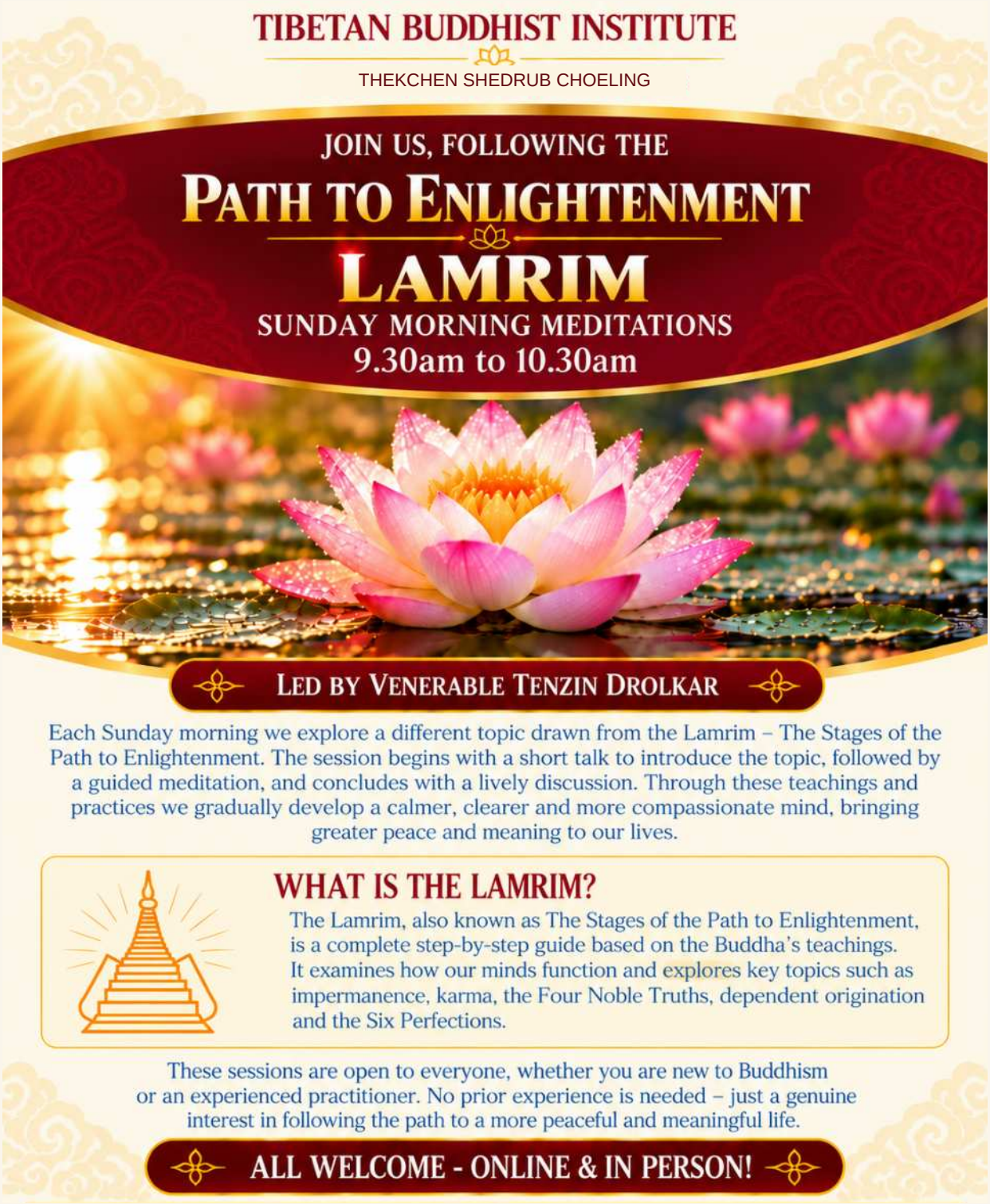
Tibetan Buddhist Institute | 8 Ross Avenue, Flinders Park SA 5025

The Wheel of Sharp Weapons



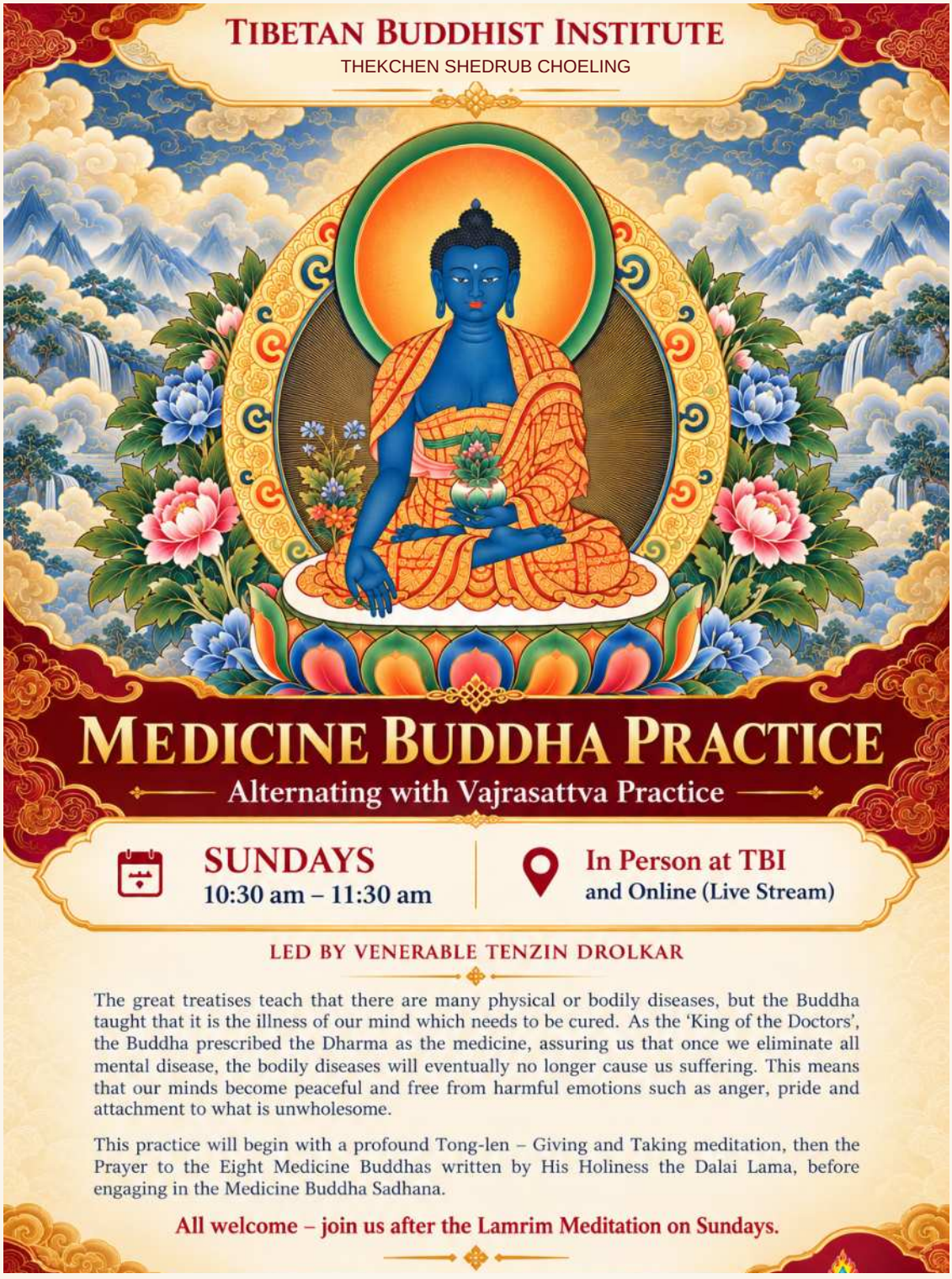
Tibetan Buddhist Institute | 8 Ross Avenue, Flinders Park SA 5025

Sunday Lamrim meditation



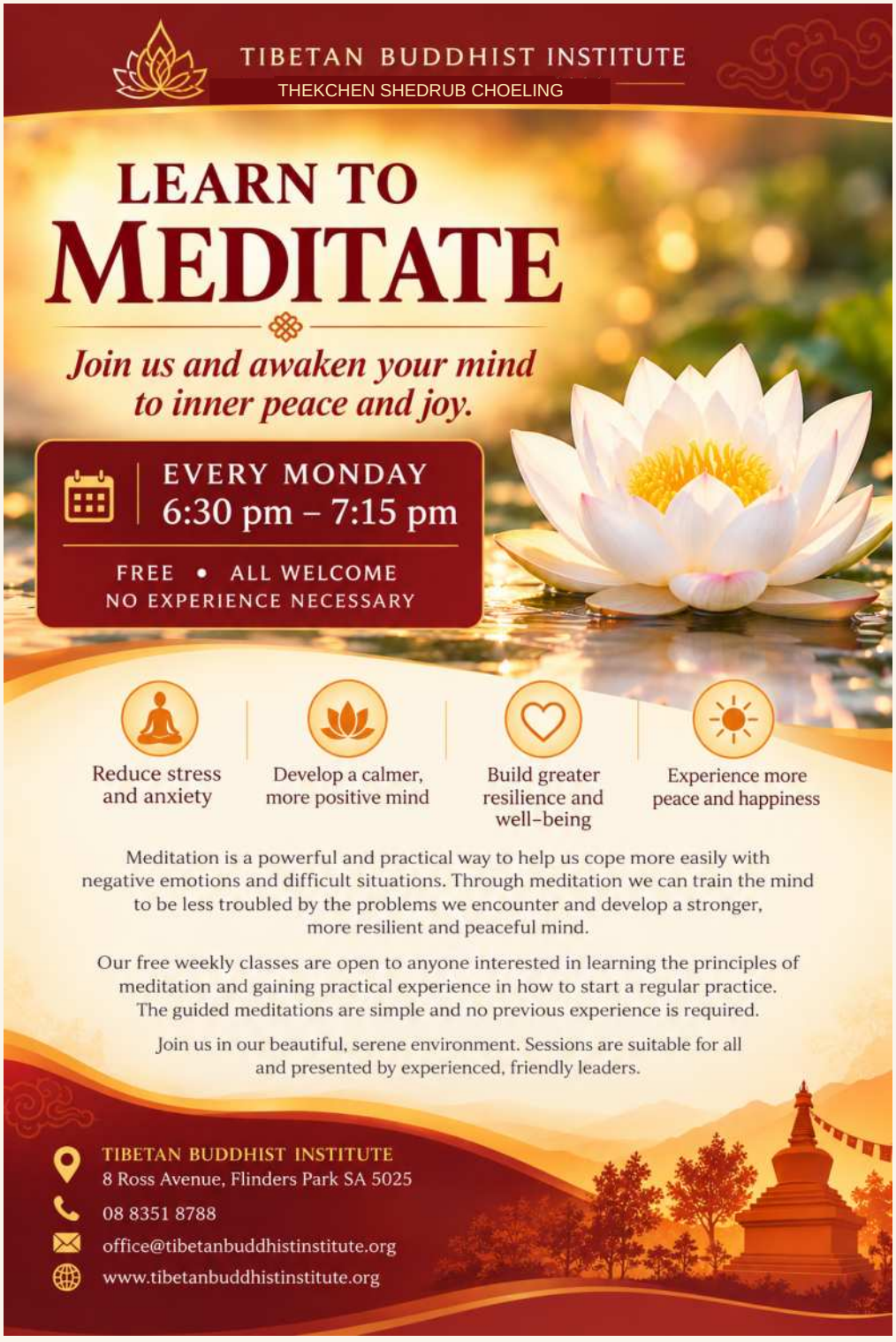
Tibetan Buddhist Institute | 8 Ross Avenue, Flinders Park SA 5025

Medicine Buddha practice



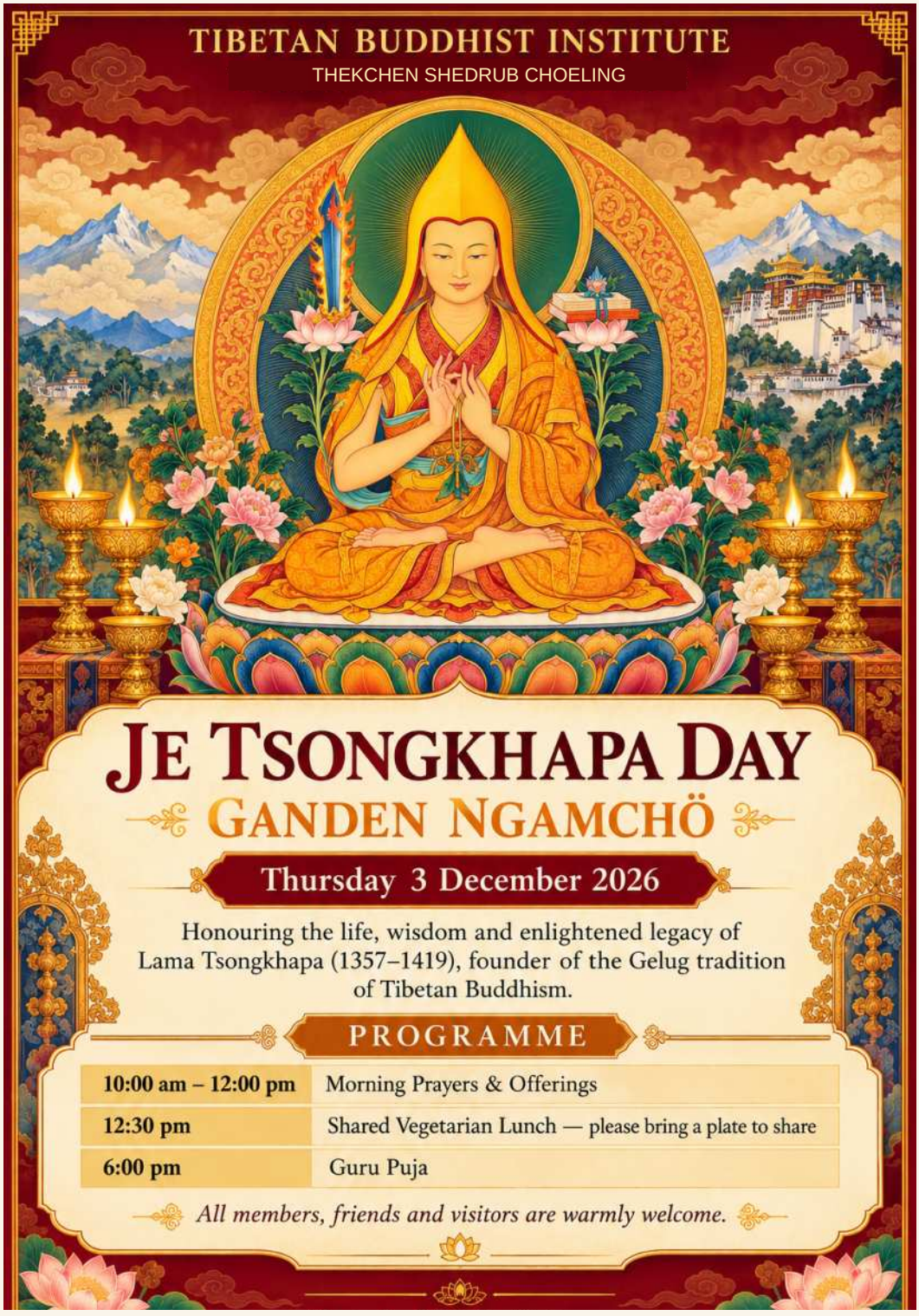
Tibetan Buddhist Institute | 8 Ross Avenue, Flinders Park SA 5025

Learn to Meditate



Tibetan Buddhist Institute | 8 Ross Avenue, Flinders Park SA 5025

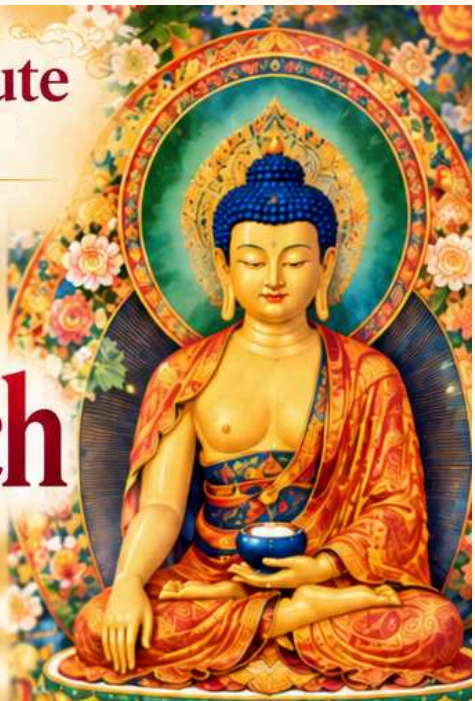
Je Tsongkhapa Day



Tibetan Buddhist Institute | 8 Ross Avenue, Flinders Park SA 5025

Tibetan Buddhist Institute

THEKCHEN SHEDRUB CHOELING



Community Christmas Lunch

All Are Welcome!

Let's come together as our Institute family to share a special lunch with our teachers, students, members and friends.

Please bring a plate of vegetarian food to share.
Everyone is most welcome!

Date: **Friday 25 December 2026**
(Christmas Day)

Time: **12:00 pm – 2:00 pm**

Venue: **Tibetan Buddhist Institute**
8 Ross Avenue, Flinders Park SA 5025

INSTITUTE HOLIDAY BREAK

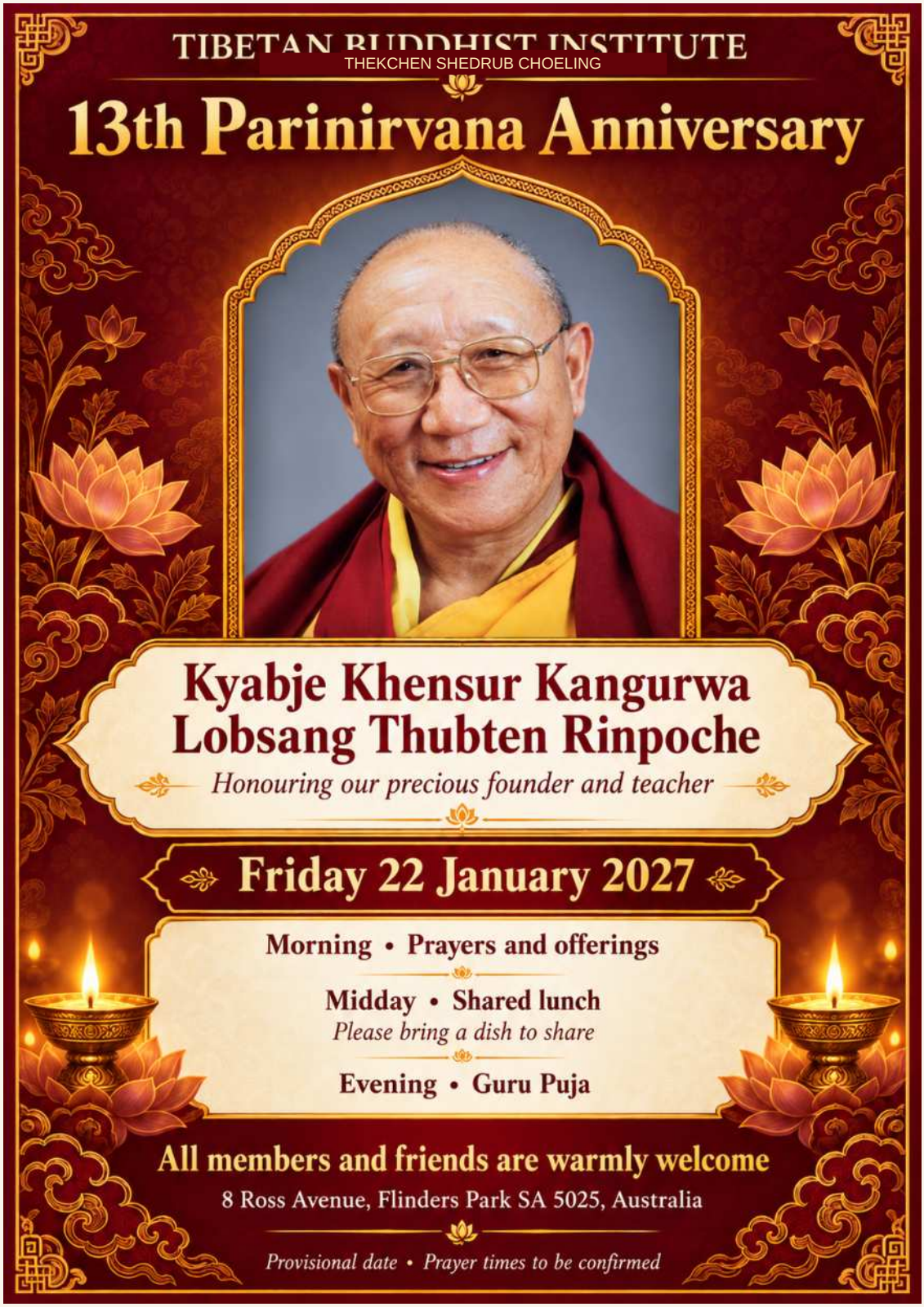
There will be no programs at the Institute from

Thursday 17 December 2026
until Sunday 31 January 2027.

Regular programs will resume on
Saturday 27 February 2027.

Thank you for being part of our Institute community.
We wish you all a joyful and peaceful holiday season.

Remembering our precious founder



Tibetan Buddhist Institute | 8 Ross Avenue, Flinders Park SA 5025

The veranda project

A welcoming space for our community



Artist’s impression of the proposed veranda and stupa. The image shows a possible future appearance; the final design may differ.

We are pleased to share that local council approval has been received for the Tibetan Buddhist Institute’s proposed veranda and stupa project.

The project will proceed in two stages: Stage One is the veranda, followed by the stupa in Stage Two. The covered veranda will measure 8 metres by 10 metres, providing 80 m² of much-needed additional space for shared meals, community gatherings and time together at the Institute.

With the architectural plans approved by Council, the next step is engineering approval. Once this is secured, we can move forward with preparations for construction.

A dedicated fundraising appeal will be announced in due course, with further details about how members and friends can support the veranda project. In the meantime, anyone wishing to contribute skills, practical assistance or financial support is warmly invited to contact Tenzin through the Institute.

Together, we can help create a beautiful, welcoming space for our growing community.

Keeping Rinpoche’s vision alive



Kyabje Khensur Kangyur Lobsang Thubten Rinpoche (1925-2014)

A sanctuary for study and practice

The Kachoe Ling Retreat Centre Project grew from the wish of TBI’s founder, the late Kyabje Khensur Kangyur Lobsang Thubten Rinpoche, to create a peaceful setting for retreat and meditation within reach of Adelaide.

Establishing Kachoe Ling will honour Rinpoche’s vision and create a precious sanctuary for Dharma study, meditation and retreat. This important project will help preserve the teachings and nurture wisdom and compassion for generations to come, offering lasting benefit to our community.

A place to deepen our practice

Rinpoche envisaged a gompa, a stupa, accommodation for teachers and retreat participants, and gardens that would offer a quiet environment for contemplation. The aspiration was to create a place where practitioners could step back from everyday distractions and devote time to Buddhist study and meditation.

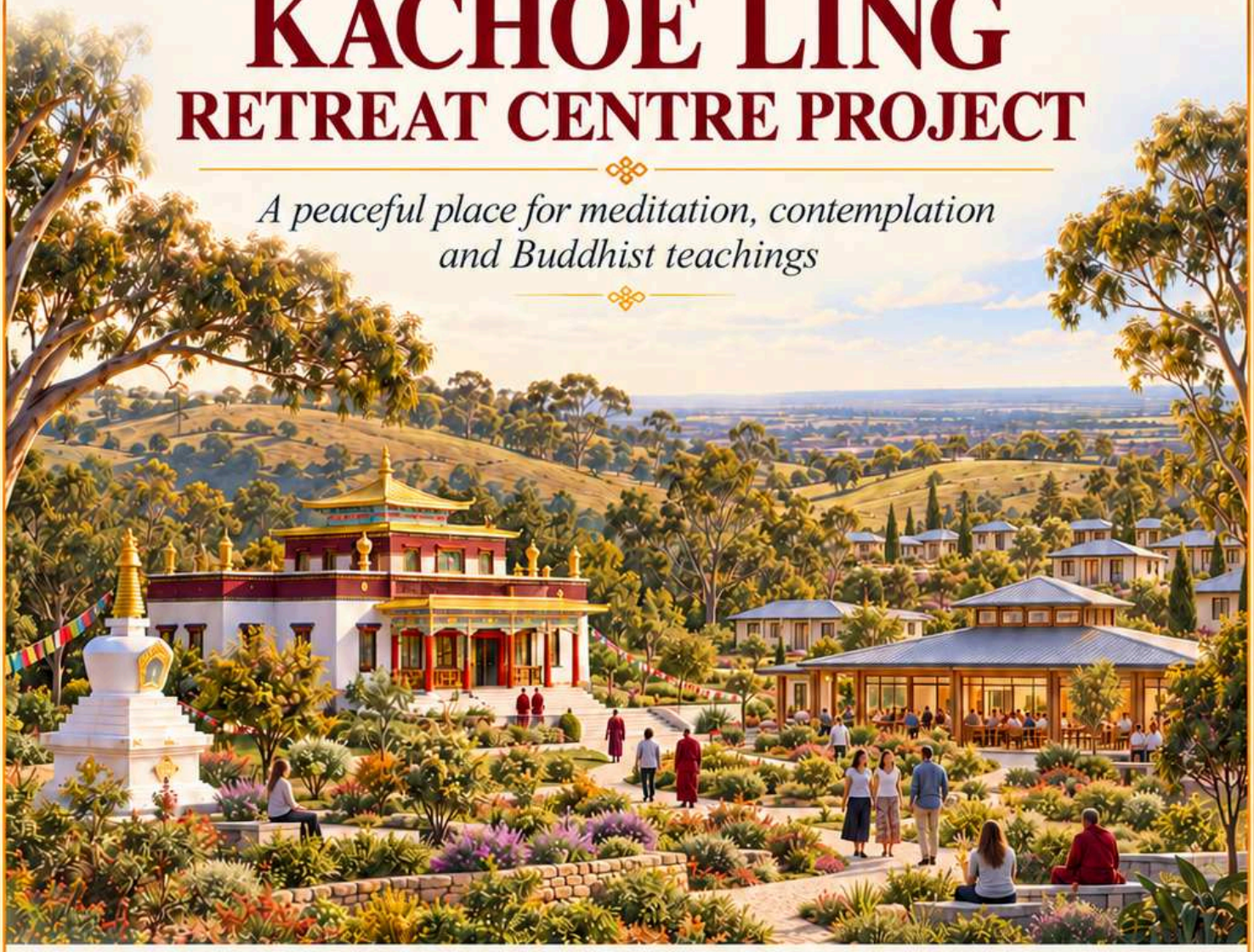
The brochure explains that Kachoe Ling takes its name from Vajrayogini, whose practice held an important place in Rinpoche’s life. The project expresses both his spiritual legacy and his care for those seeking a deeper understanding of the Dharma.

TIBETAN BUDDHIST INSTITUTE

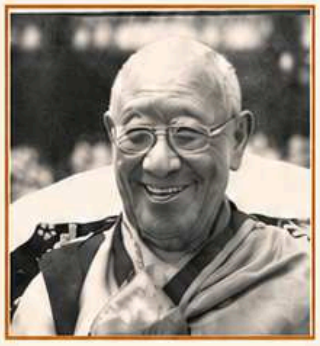
THEKCHEN SHEDRUB CHOELING

KACHOE LING
RETREAT CENTRE PROJECT

A peaceful place for meditation, contemplation and Buddhist teachings



Artist's concept — an illustration of our long-term vision



Kyabje Khensur Kangyur Lobsang Thubten Rinpoche
(1925-2014)

RINPOCHE'S VISION

Before his passing in 2014, our founder, Kyabje Khensur Kangyur Lobsang Thubten Rinpoche, expressed his wish for a retreat centre within reach of Adelaide.

His vision included a gompa, stupa, accommodation for teachers and retreat participants, and tranquil gardens supporting Dharma study and meditation.

HELP CREATE A SPIRITUAL HOME FOR GENERATIONS TO COME

A gift made today can create a place of peace, learning and compassion for generations to come.

The Kachoe Ling Retreat Centre is our long-term aspiration to fulfil Rinpoche's vision: a sanctuary where people can deepen their understanding of the Dharma, practise meditation and find the quiet space to cultivate wisdom and a compassionate heart.

We warmly invite philanthropists, major donors and benefactors who share this vision to help bring it to life. For those wishing to use their resources meaningfully, this is an opportunity to create a lasting spiritual legacy - supporting a place that could enrich countless lives long into the future.

Contributions of every size are welcomed with gratitude. To explore how you could help, please contact Nawang (Tenzin) through the Tibetan Buddhist Institute office.

office@tibetanbuddhistinstitute.org

www.tibetanbuddhistinstitute.org

8 Ross Avenue, Flinders Park SA 5025, Australia

TIBETAN BUDDHIST INSTITUTE

Thekchen Shedrub Choeling

Tibetan Sponsorship Scheme

THREE WAYS TO MAKE A DIFFERENCE

Help meet daily needs, nurture future Buddhist teachers and provide essential food for families in Nepal.

1 GENERAL SPONSORSHIP

Monks, nuns and lay Tibetans in India

Help Tibetans living in exile meet everyday needs and support monks and nuns in their studies and practice. Choose a recipient or have someone allocated to you.

AUD $10 per month | $120 per year
Perpetual sponsorship: a one-off AUD $3,000 contribution

2 LHARAMPA GESHE SCHOLARSHIPS

Supporting advanced Buddhist study at Sera Jey Monastery

Help fulfil Kyabje Khensur Rinpoche's wish to support promising monks studying towards the Lharampa Geshe degree. Contributions assist with daily needs and help educate future Buddhist teachers. After graduation, support passes to another promising student.

AUD $30 per month | $360 per year
Scholarship fund: an AUD $10,000 donation or bequest, or more

3 NEPAL RICE AND LENTIL PROJECT

Compassion in Action through Hope and Challenge

Help provide essential food for families in need in Nepal. Led by Geshe Sonam Wangchen, Hope and Challenge delivers practical assistance to vulnerable people. The published appeal seeks **3,000 kg of rice and 900 kg of lentils to help feed 300 families.**

Contribute a donation towards essential food supplies

Perpetual sponsorship and scholarship fund contributions are invested, with earnings supporting recipients. Perpetual gifts of AUD $300 or more can also be pooled towards the $3,000 target.

SPONSOR OR DONATE TODAY

tibetansponsorship.org

office@tibetansponsorship.org ▌ (08) 8351 8788

8 Ross Avenue, Flinders Park SA 5025, Australia

Annual General Meeting Notice

Tibetan Buddhist Institute Inc.

Members are warmly invited to attend the Institute’s Annual General Meeting.

Date: Sunday 22 November 2026
Time: 11:00 am
Venue: Tibetan Buddhist Institute
8 Ross Avenue, Flinders Park SA 5025

Small actions. Shared benefit.

Bottles and cans for TBI

Help support the Institute through our bottle and can recycling collection. Please ask the office about eligible containers and collection arrangements.

Sponsor · Join · Volunteer

Contact the Institute to learn about sponsorship, membership and volunteering. Your support helps sustain Dharma activities and community life.

Tibetan Buddhist Institute

Thekchen Shedrub Choeling
8 Ross Avenue, Flinders Park SA 5025
tibetanbuddhistinstitute.org

office@tibetanbuddhistinstitute.org | (08) 8351 8788

© 2026 Tibetan Buddhist Institute Inc. All rights reserved.
Please contact the Institute for permission to reproduce material.