



Photo: Michael Silver, Photonet

The Peaceful Land of Joy Meditation Centre in Melbourne. The main building is to the left and the traditional holy Tibetan temple to the right. Inset – Incomparable teacher of gods and humans, Great treasure of the world, Most Precious Venerable His Holiness XIVth Dalai Lama of Tibet with the Tibetan Buddhist Society’s Founder and Spiritual Leader, Venerable Geshe Acharya Thubten Loden.

Tibetan Buddhist Society

You are invited to spend Easter at the Peaceful Land of Joy Meditation Centre for the Easter Calm Abiding Retreat

Meditation, Buddhist Psychology, Beautiful Environs, Delicious Food

This live-in retreat from **2-5 April 2010** comprises six daily sessions of guided meditation and teaching and is suitable for both new and experienced meditators. The retreat will combine meditation and instructions on the development of calm abiding, based on development of pure concentration, and the supreme mind of enlightenment or 'bodhichitta'. Bodhichitta, based on the development of great love and great compassion, creates perfect motivation for our practice.

Sessions are held in a the sacred hall of a magnificent traditional Tibetan temple which features a glorious 18 foot statue of Shakyamuni Buddha and colourful Tibetan paintings known as thangkas. In between sessions there will be delicious fresh, wholesome food, as well as plenty of treats, and time to wander and relax in the magnificent ten acre gardens.

Retreat teachers

Tibetan Buddhist teachers, Jean D'Cruz and Martin Horan, will lead the retreat. Hundreds of students have enjoyed their teachings and both are known for their extensive knowledge and compassionate approach.

Jean has been a student of Venerable Geshe Acharya Thubten Loden for more than 30 years. She has assisted Geshe-la in research and preparation of his nine Buddhist books for publication. Jean is a Director of the Tibetan Buddhist Society.

Martin has been a student of Geshe Loden's for more than 25 years and is also a Director of the Society. Martin has been part of the proof reading team for Geshe-la's Tushita Publications books. He works as a lawyer in the financial services sector.

**For more information about the retreat please contact Jean.
Email – contact@tushita.org or phone (03) 9333 1770.**

Traditional Tibetan temples in Melbourne and Perth

The Tibetan Buddhist Society, under the guidance of its Founder and Spiritual Leader, Venerable Serje Geshe Acharya Thubten Loden, has built two traditional holy Tibetan temples in Melbourne and Perth.

Both temples are in rural settings – 10 acres in Melbourne and 11 acres in Perth – but only 30 minutes from the city.

His Holiness the Dalai Lama blessed the Melbourne temple on 23 May 2002, describing it as a place for the continuing study and practice of the rich Tibetan Buddhist philosophy, psychology and meditations.

The Perth temple was opened in June 2009 in glorious sunshine, and was attended by more than 2000 people including government and community representatives and leaders from other religious traditions.

The Society has also raised more than \$1 million for local and overseas causes including \$40,000 for the Victorian Black Saturday bushfire appeal, \$22,000 for the Indian Ocean tsunami appeal, \$8450 for the Bali bombing victims and \$100,000 for the Tibetan Government Scholarships for 28,000 Tibetan Refugee Students in India Appeal. A Haiti appeal is underway and plans to establish a program to support homeless people in the local area.



The newly completed traditional Tibetan temple in Perth.

Buddhist Spring Festival 6 and 7 November 2010

Talks by renowned Buddhist teachers in traditional Tibetan temple, Blessing Ceremony, market, guided tours of 10 acre gardens, 1000s of roses and natives, 2500 trees, temple tours, photo exhibition. Visit www.tibetanbuddhistsociety.org for more information.



His Holiness the XIVth Dalai Lama of Tibet with Venerable Geshe Loden during His Holiness's visit to the Peaceful Land of Joy Meditation Centre to bless the traditional holy Tibetan temple on 23 May 2002.

Peaceful Land of Joy Meditation Centre

The Tibetan Buddhist Society's Melbourne property, the Peaceful Land of Joy Meditation Centre, is a beautiful, tranquil ten acre haven, with hundreds of rose bushes in many varieties, 2500 trees, flowering courtyards and lake and bird life.

The renowned Tibetan Buddhist master, meditator and scholar, Venerable Geshe Acharya Thubten Loden, now 86, founded the Tibetan Buddhist Society in Australia in 1979. Geshe-la trained as a monk from the age of seven. He left Tibet for India in 1959 after China invaded his country. In India Geshe-la completed the highest studies of Tibetan Buddhist philosophy, debating and meditation.

Geshe Loden is also the Spiritual Leader of other Tibetan Buddhist Society centres in Melbourne, Sydney, Brisbane and Perth.

Geshe Loden explains:

"Since we lost our country during the Cultural Revolution I have done my best to preserve the Tibetan culture and Tibetan Buddhism through the construction of these holy temples, writing my books and teaching in the West, as well as giving support to living beings in need."

All my merit from these activities is dedicated to the long life, good health and good conditions of His Holiness the Dalai Lama and to benefit all living beings."

Centre programme

The centre's programme includes:

- five classes a week from introduction to advanced and discussion group
- two annual retreats
- book publishing through its own publishing wing, Tushita Publications
- two festivals: the *Tibetan New Year Festival* in February and *Buddhist Spring Festival* in November
- rose garden open weekends
- annual dinners for Society members to celebrate Vesak, His Holiness the Dalai Lama's birthday, Christmas and New Year, and
- charitable fundraising.



The traditional Tibetan temple in Melbourne.

Tushita Publications

Venerable Serje Geshe Acharya Thubten Loden has published nine high quality Dharma books based on great Tibetan Buddhist lineage teachings. These books are published through the Society's own publishing wing, Tushita Publications, and distributed throughout the world.

Essence of the Path to Enlightenment

The concepts of Tibetan Buddhism are explained in this clear and concise introductory book, presenting the central principles behind the Buddhist way of life and what it means to be a Buddhist.

Hardcover, 344 pages, 4 colour photos, 16 line illustrations.

Meditations on the Path to Enlightenment

The meditations on the path to enlightenment are presented in an accessible and inspiring way in this book.

Hardcover, 601 pages, 4 colour photos, 20 line illustrations.

Path to Enlightenment in Tibetan Buddhism

A complete, step-by-step guide and extensive explanation of all the stages of the Buddhist path leading to enlightenment.

Hardcover, 1097 pages, 4 colour photos, 26 line illustrations.

The Fundamental Potential for Enlightenment

This book explains the fundamental nature of the mind and its potential for enlightenment. It includes an extensive explanation of the state of a Buddha.

Paperback, 310 pages, 4 colour photos, 11 line illustrations.

The following are only available to those with highest yoga tantra initiation.

Great Treasury of Mahamudra

This title presents the essence of meditating on emptiness from various perspectives within the sutra and tantra systems. The views and methods of Je Maitripa, Jetsun Tsong Khapa, Milarepa amongst others are explained. With extensive translations of source material, it shows how to develop the mahamudra view realising emptiness of persons and phenomena, using meditation techniques from the perfection vehicle, tantra generation and completion stages, and from the six yogas of Naropa.

Hardcover, 588 pages, 4 color plates, 31 line illustrations.

Prayers for the Path of Indivisible Great Bliss and Emptiness

This prayer book brings together for the first time in one edition all the major prayers and sadhanas compiled and translated into English by Venerable Serje Geshe Acharya Thubten Loden.

Hardcover, 261 pages, 11 colour photos, 19 line illustrations.

Ocean of Indivisible Method and Wisdom

A unique and authentic guide by a highly qualified tantric master to the practices of Solitary Hero Yamantaka.

Hardcover, 441 pages, 4 colour photos, 25 line illustrations.

Path to the Union of Clear Light and Illusory Body

A complete explanation of the tantric practice of Vajrayogini, this book provides detailed instruction on the eleven generation stages and the completion stage practices.

Hardcover, 615 pages, 4 colour photos, 27 line illustrations.

Great Treasure of the Six Yogas of Naropa

An explanation of the advanced highest yoga tantra practices in Tibetan Buddhism, this book also provides an explanation of the foundation practices needed for these.

Hardcover, 588 pages, 4 colour photos, 27 line illustrations.

More information

Please visit our website at www.tibetanbuddhistsociety.org

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