

TIBETAN BUDDHIST SOCIETY



The traditional Tibetan temple where all the talks are held

Introduction to Buddhist Psychology and Meditation

New weekly introductory series at
1.30-3.00pm from Sunday 11 July 2010

*'Meditation is our medicine, our marvellous teacher,
our navigator and our protector.'*

Venerable Geshe Acharya Thubten Lodon

Learn how to awaken your inner potential for greater happiness, clarity and compassion using the methods taught by Buddhist meditation masters such as His Holiness the Dalai Lama. This new introductory series offers guided meditations and practical instructions on how to create a happier and more meaningful life.

The classes are based on the books *Essence of the Path to Enlightenment* and *Meditations on the Path to Enlightenment*, composed by the Tibetan Buddhist Society's Spiritual Leader and Founder, Venerable Geshe Acharya Thubten Lodon.

This new series starts on 11 July with Venerable Joseph Tassone. Classes are held in the traditional Tibetan temple and include a talk, guided meditation and question and answer session, followed by afternoon tea. The facility charge is \$10. All welcome.

The Tibetan Buddhist Society's Peaceful Land of Joy Meditation Centre is at 1425 Mickleham Road, Yuroke (access via Cookes Road – Melways 385 J8).

Ph: (03) 9333 1770

Web: www.tibetanbuddhistsociety.org



Venerable Joseph Tassone is a student of Venerable Geshe Acharya Thubten Lodon. He regularly takes classes at the centre and in the community and is a Director of the Tibetan Buddhist Society.