

TUSHITA PUBLICATIONS

The Venerable Geshe Loden has written and published nine books through Tushita Publications to preserve the precious Buddhist teachings that have been passed through the great lineage masters.

Extensive work has been undertaken to ensure that the books provide accurate translations and interpretations of the original Indian and Tibetan texts and that they are clear and accessible for Western readers.

To order books please complete the yellow order form or visit www.tibetanbuddhistsociety.org or phone Jean or Rebecca at the centre on (613) 9333 1770.

Path to Enlightenment in Tibetan Buddhism

This step-by-step guide to the Buddhist path is primarily drawn from Jetsun Tsong Khapa's *Great Exposition*, presenting the beginning stages through to advanced meditations with clarity and detail.

Hardcover, 1097 pages 4 colour photos, 26 original line illustrations. Price: Aust. \$130



Meditations on the Path to Enlightenment

This unique meditation handbook presents the essential points of the Buddhist path with detailed meditations in each chapter.

Hardcover, 601 pages, 4 colour photos, 20 line illustrations. Price: Aust. \$75



Essence of the Path to Enlightenment

This introductory book presents the main stages of the Buddhist path with guidance and meditations suitable for newer students.

Hardcover, 344 pages, 4 colour photos, 16 line illustrations. Price: Aust. \$50



The Fundamental Potential for Enlightenment

This book analyses the potential for sentient beings to achieve enlightenment from the perspectives of the two main schools of Mahayana thought, the Mind-Only school and the Middle Way school, and draws extensively on two classic texts by Maitreya Buddha.

Hardcover, 310 pages, 4 colour photos, 11 line illustrations. Price: Aust. \$49



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

Prayers for the Path of Indivisible Great Bliss and Emptiness

This book offers the major prayers and sadhanas translated into English including those of Shakyamuni Buddha, Maitreya Buddha, Manjushri, Medicine Buddha, White Tara, Vajrasattva, Yamantaka and Vajrayogini.

Hardcover, 261 pages, 11 colour photos, 19 line illustrations. Price: Aust. \$100



Ocean of Indivisible Method and Wisdom

A comprehensive explanation of the tantric paths, grounds and the generation and completion stages of the father tantra Solitary Hero Yamantaka.

Hardcover, 441 pages, 4 colour photos, 25 line illustrations. Price: Aust. \$120



Path to the Union of Clear Light and Illusory Body

This book sets out the mother tantra system of Vajrayogini, detailing the eleven generation stages and completion stage techniques.

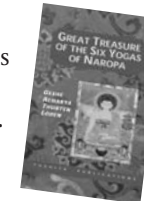
Hardcover, 615 pages, 4 colour photos, 27 line illustrations. Price: Aust. \$140



Great Treasure of the Six Yogas of Naropa

The extraordinary meditation techniques of the six yogas are the legacy of the great Pandit Naropa, and presented in this book as they were taught by Jetsun Tsong Khapa.

Hardcover, 588 pages, 4 colour photos, 27 line illustrations. Price: Aust. \$150



Great Treasury of Mahamudra

Geshe Loden's latest book presents the essence of meditating on emptiness from various perspectives within the sutra and tantra systems.

Hardcover, 588 pages, 4 colour photos, 31 line illustrations. Price: Aust. \$150



TIBETAN BUDDHIST SOCIETY

1425 Mickleham Rd (access Cookes Rd), Yuroke, VIC 3063.

T: (03) 9333 1770 F: (03) 9333 3181

W: www.tibetanbuddhistsociety.org E: contact@tushita.org

The Melbourne Centre is approximately 30 minutes' drive from the city, and is a 10 minute drive from the Mickleham Road exit of the Tullamarine Freeway. Melways map reference 385 J8.

FEBRUARY 2010

TIBETAN BUDDHIST SOCIETY NEWSLETTER



The Peaceful Land of Joy Meditation Centre in Melbourne – traditional Tibetan temple at the right and main building to the left.

Bodhichitta, also known as the awakening mind, is the most auspicious subject to contemplate and practise at the beginning of a new year.

The Venerable Geshe Acharya Thubten Loden continuously emphasises that bodhichitta is the central teaching of mahayana Buddhism and the basis of all practices at the Tibetan Buddhist Society's centres.

Citing the words of the great Bodhisattva, Shantideva in his renowned text *Engaging in the Bodhisattva Deeds*, Geshe-la has taught repeatedly the importance of recognising the inconceivable value of our current situation as human beings. Currently, we have everything we need to achieve the highest happiness and to help others to do the same. As this opportunity is impermanent and very difficult to find again in the future, there is nothing more foolish than failing to use it.

Even in these favourable circumstances, we seldom take the opportunity to cultivate a really positive attitude. However, fortunately we have a method to overcome this obstacle – by developing the mind of enlightenment.



The new traditional Tibetan temple in Perth.

Continued next page

HIS HOLINESS THE DALAI LAMA IN AUSTRALIA

His Holiness the Dalai Lama blessed Australia and New Zealand with an 11-day visit in late 2009. Tibetan Buddhist Society students and supporters were among the many thousands who were inspired by teachings on 'Awakening the Mind' and talks in Sydney, Hobart and Melbourne.

The visit marked the 20th anniversary of His Holiness receiving

VENERABLE GESHE LODEN MEETS HIS HOLINESS THE DALAI LAMA

Venerable Geshe Loden had a private audience with His Holiness the Dalai Lama on Thursday 10 December during His Holiness's visit to Melbourne.

Geshe-la provided His Holiness with a report that outlined his and the Society's activities, including details of the recently opened traditional Tibetan temple in Perth, which was designed based on the Society's Melbourne temple. The construction of the Perth and Melbourne temples was initiated and guided by Geshe-la and they are the first traditional Tibetan temples in the Southern Hemisphere. The report also provided details of Geshe-la's nine books, including the recently published *Great Treasury of Mahamudra*, and charitable activities that have raised and distributed over a million dollars. Geshe-la also reported on the successful completion of the large four-storey temples and residences at Denma College at Sera Je Monastery in South India and Drombu Monastery in East Tibet.

Continued from front page

Maitreya Buddha said that "bodhichitta means, for the sake of others, wishing to attain complete perfect enlightenment". Geshe-la has taught that, of these two aspirations, attaining enlightenment is secondary. The major issue is the aspiration to benefit other living beings without exception.

Bodhichitta practice sessions have been held every evening since December in the Melbourne temple with a special emphasis on the bodhichitta teachings in Geshe Loden's book *Path to Enlightenment in Tibetan Buddhism*, especially Shantideva's verses from *Engaging in the Bodhisattva Deeds*.

Preserving the centre

Geshe-la has initiated several important maintenance and improvement programmes at the Melbourne centre. The pergola over the verandah that runs the length of the front of the main building has been repaired and a new courtyard created in the old pool area. Most importantly the altar in the traditional Tibetan temple was replaced over summer to properly house the holy Kangyur and Tangyur texts.

the Nobel Peace Prize and in keeping with the tour theme, 'Our Future: Who is Responsible?', focussed on each person's power and responsibility to act on climate change, the environment, human rights and world peace. His Holiness took part in a forum with some of the world's leading neuroscientists at the 'Mind and its Potential' conference and gave the closing address at the Parliament of the World's Religions in Melbourne.

For over 30 years Geshe-la has progressively taught his students in Australia introductory topics to advanced concepts and techniques. He has provided his students and a wider group of readers throughout the world with definitive guides to the Buddhist teachings and their practical application.

The temples provide students with facilities in which to continue their study and practice long into the future.

Geshe-la's important contributions to the people of Victoria and Australia were recently acknowledged by his inclusion in the book *Who's Who in Victoria*.



In May 2002 His Holiness the Dalai Lama, pictured here with Geshe Acharya Thubten Loden, blessed the Society's Melbourne temple.

Fundraising to feed local homeless people

Geshe-la has established a charitable fund to raise money for regular food donations to homeless and disadvantaged people. At the time of printing \$7,200 has been raised, including a \$3,000 personal donation by Geshe-la. On Christmas Day the centre distributed \$3,500 worth of food to disadvantaged people in Footscray, Collingwood, St Kilda and South Melbourne. We are currently researching an ongoing programme. All funds raised will directly support food for this programme. Fundraising is also underway for victims of the Haiti disaster.

ACTIVITIES BENEFITING OTHERS

The Tibetan Buddhist Society has always depended on the support of its students and friends to continue its activities, including the teaching programme, our two festivals, the Rose Garden Open Days and the new homelessness programme. The time, effort and generosity of our supporters are a wonderful practical example of activities benefiting others. At this auspicious time of Tibetan New Year, or *Losar*, we wish all of our members, friends and supporters a happy, healthy and successful new year.

TEACHING PROGRAMME

Introduction to Buddhist Psychology and Meditation

– *Sundays 1.30 to 3.00 pm, new series commencing 7 March*
A variety of meditation techniques is introduced - breathing, visualisation and analytical meditations. Drawing from *Essence of the Path to Enlightenment*, composed by Venerable Geshe Loden, fundamental Buddhist principles of cause and effect, impermanence, love, compassion and the nature of human experience are explained.

Path to Enlightenment – *Sundays 4.00 to 5.30 pm, from 14 March*

Path to enlightenment practice is the key to achieving peacefulness and a strong mind able to cope with any kind of adversity. This series is based on Geshe Loden's authoritative text *Path to Enlightenment in Tibetan Buddhism*. Engaging in the path to enlightenment is the only assured method for progressing from beginning stages, through refuge and renunciation, the mind of enlightenment, to the wisdom perceiving ultimate truth and finally Buddhahood.

Bodhichitta Practice – *Mondays 7.30 to 8.30pm, from 15 March*

Experienced students lead practice of bodhichitta, the 'mind of enlightenment', as taught in Venerable Geshe Loden's book *Path to Enlightenment in Tibetan Buddhism*. Sessions include prayers, meditation and a focus on the verses by Shantideva from his text *Engaging in the Bodhisattva Deeds*, as quoted in Geshe Loden's book.

Vajrayana Practice – *Wednesdays 7.30 to 9.00 pm, from 10 March*

On alternating Wednesdays students who have received appropriate empowerments can join the practices of Yamantaka and Vajrayogini. These sessions draw from Geshe Loden's books *Path to the Union of Clear Light and Illusory Body* and *Ocean of Indivisible Method and Wisdom*. In the classes we recite the sadhanas with guided meditation.

Mahamudra Practice – *Thursdays 7.30 to 9.00 pm, from 11 March*

Based on Geshe Loden's *Great Treasury of Mahamudra*, this series presents teachings on emptiness, the ultimate nature of all phenomena. That all phenomena are existent, yet void of true existence, is the heart of the Buddha's teachings and the reason that nirvana and enlightenment are achievable.

Discussion Group – *Saturdays 7.30 to 9.00 pm, from 13 March*

An opportunity to discuss the various topics presented in Geshe Loden's text *Path to Enlightenment in Tibetan Buddhism*. All welcome.

EASTER CALM ABIDING RETREAT

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. There will be instructions and meditation on profound topics like samadhi to settle the mind and bodhichitta to create perfect motivation for our practice.

Please contact Jean at the centre if you are interested in the Easter retreat on (03) 9333 1770.