

Tibetan Buddhist Society 2012 Teaching Program

The Tibetan Buddhist Society's teaching program is based on the teachings and texts of its Founder, Venerable Geshe Acharya Thubten Loden, a great Tibetan master who studied in Tibet and India for more than 50 years and taught in Australia from 1976 until his passing last year.

The summer program includes an introductory class on Sundays and discussion group on Saturdays (see below) and Gaden Lha Ghyama sadhana practice, a one hour session at 4 p.m. each Sunday until the end of February, including an explanation of sadhana practice and meditations.

In addition to our regular program explained below we will offer:

Two Learn to Meditate seminars from

10 am to 3 pm on Saturdays 5 May and 1 September. A number of different meditation techniques are presented to help deal with a fast paced Western lifestyle including breathing, relaxation and visualisation meditation. Registration is required. Contact details below.

Three sadhana practice sessions on Saturdays from 2 pm to 5 pm including: *White Tara* - 19 May; *Shakyamuni Buddha* - 21 July; and *Manjushri* - 18 August.

In 2012 there has been a change in topic for Thursday night's philosophy class to Geshe Loden's remarkable text *The Fundamental Potential for Enlightenment*, to which all students are welcome.

The Society's Founder Venerable Geshe Acharya Thubten Loden



Introduction to Buddhist Meditation and Philosophy

Sundays 1.30 - 3pm

In this series the fundamentals of Buddhist practice are presented, along with meditation methods. Classes are based on Geshe Loden's book - *Essence of the Path to Enlightenment* - and include the topics of impermanence, cause and effect, love, compassion and wisdom. The current series is led by Venerable Tim McKibben, a teacher and a director of the Tibetan Buddhist Society. A new introductory series will start on Sunday 11 March, led by Venerable Joseph Tassone, also a teacher and a director of the Society. All welcome.

Path to Enlightenment

Sundays 4 - 5.30pm, from 11 March

The path to enlightenment teachings provide the core practices of Tibetan Buddhism. In these classes Geshe Loden's extraordinarily clear text - *Path to Enlightenment in Tibetan Buddhism* - is presented. Michael Joseph, a student of Geshe-la's for over 30 years, and a teacher and a director of the Tibetan Buddhist Society, is leading the course. All welcome.

Vajrayana Practice

As Vajrayogini and Yamantaka are vajrayana practices, students must have received appropriate highest yoga tantra initiation to attend.

Vajrayogini Practice

Mondays 7.30 - 9pm, from 19 March

These sessions include sadhana recitation, guided meditation and instruction on Vajrayogini generation and completion stages, drawn from Geshe-la's *Path to the Union of Clear Light and Illusory Body*. Jean D'Cruz, a regular teacher and a director of the Tibetan Buddhist Society, leads the class.

Yamantaka Practice

Wednesdays 7.30 - 9pm, from 14 March

These sessions include sadhana recitation, guided meditation and instruction on Yamantaka generation and completion stages, drawn from Geshe-la's *Ocean of Indivisible Method and Wisdom*. The class is led by Anthony Joseph, a regular teacher and a director of the Tibetan Buddhist Society.

The Fundamental Potential for Enlightenment Study Group

Thursdays 7.30 - 9pm, from 15 March

The fundamental nature of our mind is the natural potential for enlightenment. In this weekly study group, various subjects from Geshe-la's book *The Fundamental Potential for Enlightenment* are analysed and discussed. The group will be led by Venerable Tim McKibben. All welcome.

Discussion Group

Saturdays 7.30 - 9pm, ongoing

All students are welcome to join these informal sessions, which provide an opportunity to discuss and deepen one's

understanding of the various path to enlightenment subjects.

Meditation retreats

Easter Retreat 6 - 9 April -

The Easter retreat will focus on bodhichitta and the practice of calm abiding. The retreat comprises six guided meditation sessions each day and time to relax in the magnificent gardens and talk with fellow students. This retreat is suitable for all levels of practitioners.

Queen's Birthday Retreat

9 - 11 June - This retreat will focus on the teachings and meditations of Medicine Buddha, a powerful practice for healing meditation and promoting well-being with the motivation to benefit oneself and others. This retreat is suitable for all levels of practitioners.

Yamantaka Retreat 22 Sept - 7 Oct

This retreat will focus on the highest yoga tantra practice of Yamantaka, during which participants complete the recitation of 100,000 mantras. To attend the retreat it is necessary to have received Yamantaka initiation.

Tibetan Buddhist Society - visit

www.tibetanbuddhistsociety.org
1425 Mickleham Rd., Yuroke (Access Cookes Rd.). Please contact Jean on 9333 1770 or via contact@tushita.org if you would like to attend a retreat or seminar.

The Tibetan Buddhist Society is very pleased to acknowledge the assistance of the Victorian Office of Multicultural Affairs and Citizenship (OMAC) for an organisational support grant that it has provided to assist with our introductory meditation and philosophy lecture series.