



TIBETAN BUDDHIST SOCIETY NEWSLETTER



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

Lifetime vision to spread the Buddhadharmā



The Most Precious Venerable Geshe Acharya Thubten Loden, the Great Treasure of the Tibetan Buddhist Society, our peerless teacher, vajra master and guide ceased breathing at midnight on 24 August 2011. Geshe-la's passing has been felt deeply by thousands of people in Australia, India, Tibet and throughout the world. A tribute to Venerable Geshe Loden was recently distributed to students, members and supporters. If you would like a copy please contact the centre or visit our website. An article about Geshe Loden's remarkable life is on page 3.

Venerable Geshe Acharya Thubten Loden's motivating lifetime vision was to spread the teachings of Buddhadharmā and bring happiness to others.

Geshe-la was remarkably successful in realising this vision - teaching thousands of students in Australia and overseas, establishing the Tibetan Buddhist Society and its centres, writing nine English language Dharma books, raising more than \$1.2m to help those affected by illness, natural disaster and misfortune, and guiding the construction of the holy traditional Tibetan temples in Melbourne and Perth.

Geshe-la's lifetime commitment to supporting others was recognised by his local community by the granting of a Citizen of the Year award by Hume City Council in 2011.

Although he lived until nearly 89, Geshe-la's energy for Dharma activity never diminished. Shortly before he passed away in August this year he initiated the new Peaceful Land of Joy

Holy Temple Support and Development Project.

Geshe-la's long-term vision has been for the temple to be completed with the roof, Dharmachakra, deer, lotuses and auspicious symbols decorated with gold leaf. Geshe-la said that completing the temple in this way would be his repayment for his life on this earth, repaying the kindness shown to him, especially by the Australian people.

To date \$33,000 has been contributed by students and supporters. Funds raised will be used to apply gold leaf to the temple roof and ornaments and towards maintenance of the temple, including repainting the paths and replacing the surrounding lights.

Symbolically, completing and maintaining the traditional holy temple shows respect for the Dharma – the actual refuge, the extraordinary path to enlightenment: the source of benefit for all living beings. If you would like more information or to support this project please contact Leah, Rebecca, Tonina or Anna at the centre.



Sunday Community Lunch Program – donate or volunteer

Our Program to Support Local Homeless and Disadvantaged People has had a great start, providing Sunday lunch to over 500 people since it began in April.

Each fortnight on Sundays, a team from the Tibetan Buddhist Society cooks and serves lunch at the Banksia Gardens Community Centre in Broadmeadows. We have promoted the program to housing and community services agencies across Melbourne that work with disadvantaged people.

We have focused on creating a warm and welcoming atmosphere and offering a high quality nutritious meal with dessert, tea and coffee. The many people coming to the lunches, including families with children and grandparents, have responded enthusiastically.

This program is part of Venerable Geshe Loden's vision that the Society actively supports our local community, caring for local people who are suffering or experiencing disadvantage. It is the next step in the Society's long history of fundraising to support people in Australia and overseas.

Thank you to all our volunteers who have helped us with this program. We value and appreciate your energy and enthusiasm. We continue to seek donations. You can make a one off donation or a regular contribution. All funds are held in a dedicated bank account. The costs of administration are borne by the Society and every cent directly supports the food program.

If you would like to make a donation please complete the form at this link and we will be in contact with you:

<http://www.jotform.com/form/10624518248>

If you have any questions call Rebecca or Jean on 9333 1770.

His Holiness the Dalai Lama's eighth visit to Australia

Australia recently had the great good fortune to host an eighth tour by His Holiness the Dalai Lama, from 9-20 June. The tour included visits to Melbourne, Canberra, Brisbane and Perth.

Over the Queen's Birthday long weekend in Melbourne His Holiness gave teachings at the Melbourne Convention Centre on Shantideva's classic, *A Guide to the Bodhisattva's Way of Life*.

4500 people attended including many Tibetan Buddhist Society students from all over Australia, who had the very special experience of receiving teachings from a master of the Buddha's teachings on this timeless classic on how to become a bodhisattva. The audience was especially blessed when His Holiness conferred the bodhichitta vows during the teachings.

His Holiness also gave a public talk on the afternoon of 11 June to 5000 people.

The Tibetan Buddhist Society joined with many other Buddhist organisations in supporting this very special occasion with an information stand at the teachings, presenting material on the Melbourne centre, Venerable Geshe Loden and the Tushita Publications books. The stall attracted great interest: in particular many people took the opportunity to purchase Geshe-la's Tushita Publications' books.



Visit from Quang Minh Temple



On Saturday 1 August Venerable Geshe Acharya Thubten Loden hosted a visit by the Abbot of the Quang Minh Temple, Venerable Thich Phuoc Tan OAM, with several of their committee and sangha.

The visit began with talks from

each of the teachers and prayers in Vietnamese, Tibetan and English.

Following the ceremonies members of both communities shared lunch. It was a most enjoyable afternoon. We thank Venerable Phuoc Tan and the committee for their visit.

Living at the Peaceful Land of Joy

From time to time we have vacancies for residents at the Peaceful Land of Joy. Living at the centre gives residents a unique opportunity to be part of a thriving Dharma community.

Residents need to have a genuine interest in practising Dharma and centre activities. If you may be interested in living at the centre, please contact Jean to register your interest or for more information. We can then contact you if an opportunity comes up.

Venerable Geshe Loden's life – courage, method and wisdom

“Through courage, method and wisdom – anything is possible”: Venerable Geshe Acharya Thubten Loden has given this reminder to residents, students and friends of the Tibetan Buddhist Society on many occasions.

There is no clearer illustration of this than Geshe-la's own life story. Born in a remote part of Eastern Tibet, without access to the resources and comfort that his Western students take for granted, Geshe-la decided to dedicate his life to the practice of Dharma.

Having made that resolution in his early childhood, he applied himself with single-minded perseverance to his study and meditation practice. Geshe-la's efforts culminated in his receiving the highest gradings and qualifications from the great Sera Monastic University and Gyumay Tantric College.

The great hardship he experienced in 1959 of



losing his home and his country, and having to flee Tibet as a refugee, traversing the high passes of the Himalayas on foot, did nothing to lessen Geshe-la's resolve. Resuming his studies and practice in India, his reputation as a great scholar, debater and Mahayana master, continued to develop.

It is our great fortune that Geshe-la accepted

a request to teach in Australia in 1976. When he arrived in this country he was unable to speak more than a few words of English, had no direct experience of Western culture and had \$10 in his pocket! Step by step Geshe-la set about the challenging task of teaching the Buddhadharma to sometimes unruly Westerners.

In just a few years, he had established the Tibetan Buddhist Society and its four centres, written nine Dharma books, arranged construction of two traditional Tibetan temples and raised more than \$1.2m to support distressed, suffering and homeless people in Australia and overseas.

At an individual level, thousands of people have memories of his generosity, gentleness, good advice and definitive Dharma teachings. Indeed – through courage, method and wisdom, anything is possible.

Teaching program

Introduction to Buddhist Meditation and Philosophy

Sundays 1.30 – 3pm,

New series starts 13 November

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 series will be led by Venerable Tim McKibben, a teacher and a director of the Tibetan Buddhist Society.

Path to Enlightenment

Sundays 4 – 5.30pm,

resuming 13 November

The path to enlightenment teachings are the core practice of Tibetan Buddhism. In these classes Venerable 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.

Vajrayana Practice

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

Vajrayogini Practice

Mondays 7.30 – 9pm,

resuming 14 November

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 director of the Tibetan Buddhist Society, leads the class.

Yamantaka Practice

Wednesdays 7.30 – 9pm,

resuming 16 November

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 director of the Tibetan Buddhist Society.

Six Yogas of Naropa Study Group

Thursdays 7.30 – 9pm,

resuming 17 November

In this weekly study group, various subjects from Geshe-la's book *Great Treasure of the Six Yogas of Naropa* are analysed and discussed. The group is led by Martin Horan, an experienced teacher and a director of the Tibetan Buddhist Society.

Discussion Group

Saturdays 7.30 – 9pm,

resuming 12 November

All students are welcome to come along to these informal sessions, which provide an opportunity to discuss and deepen one's understanding of the various path to enlightenment subjects.

Meditation retreats

New Year Retreat

Monday 2 – Sunday 8 January 2012

The theme of this retreat is the development of bodhichitta and practice of the six perfections. Bodhichitta, the mind of enlightenment, is a wellspring of happiness and the basis for benefiting others. A bodhisattva's activities are made up of the perfections of generosity, ethics, patience, joyous effort, concentration and wisdom.

Easter Retreat

Friday 6 – Monday 9 April 2012

The Easter retreat will focus on bodhichitta and the practice of calm abiding. The retreat comprises six guided meditation sessions each day and plenty of time to relax in the magnificent gardens and talk with fellow retreaters.

Please contact Jean on 9333 1770 or via contact@tushita.org if you are interested in attending a retreat.

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.



TUSHITA PUBLICATIONS

Tushita Publications presents a series of authoritative texts written by the Venerable Geshe Acharya Thubten Lodan.

Tushita Publications is pleased to announce a reprint of Venerable Geshe Acharya Thubten Lodan's authoritative text, 'Path to Enlightenment in Tibetan Buddhism', which will be launched at the Buddhist Spring Festival. This book has been acclaimed by readers throughout the world for its clarity and comprehensiveness, and its suitability for both new and experienced Buddhist practitioners.

Path to Enlightenment in Tibetan Buddhism

The path to enlightenment, or *lam.rim*, tradition presents all of the stages of the Buddhist path, following a Tibetan lineage that spans centuries, originated by the great sage and scholar, Atisha. The first of Geshe Lodan's Tushita books, this volume gives uniquely practical instructions for transforming our lives and realising our full potential, starting with the foundation subjects and showing how we can build on our understanding, step by step, to attain full enlightenment.

Lam.rim teachings have always been the core practice at Geshe-la's centres in Australia, and this book has also been recognised throughout the world as a clear, authoritative and practical text. Hardcover, 1097 pages, 4 colour photos, 26 line illustrations, Price: Aust. \$130



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.

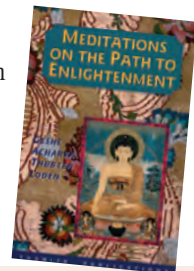
Hardcover, 344 pages, 4 colour photos, 16 line illustrations, Price: Aust. \$50



Meditations on the Path to Enlightenment

Meditation instructions for each subject of the path to enlightenment are described in this accessible and inspiring book.

Hardcover, 301 pages, 4 colour photos, 20 line illustrations, Price: Aust. \$75



MEMBERSHIP

Membership of the Tibetan Buddhist Society Supporters Association is a useful way to support the activities and aims of the Tibetan Buddhist Society to:

- Develop and preserve the pure mahayana Buddhist teachings
- Foster goodwill among all people and religions
- Support the homeless, sick, elderly and others in need.

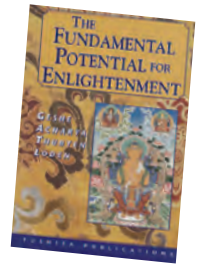
Benefits include:

- Complimentary invitations to three delicious dinners held at Vesak, Christmas and New Year
- Regular newsletters and updates
- A 10% discount on classes
- Access to our library of books, CDs, videos and tapes

The Fundamental Potential for Enlightenment

The Buddha taught that all beings have the potential to attain complete, perfect enlightenment. This book explains Buddha potential in terms of mind's fundamental nature, and the temporary nature of our limitations.

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



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

Prayers for the Path of Indivisible Great Bliss and Emptiness

This book contains all the prayers and sadhanas used at the Tibetan Buddhist Society and is ideal for daily practice. It includes sadhanas for White Tara, Medicine Buddha, Maitreya and Manjushri practice, and the highest yoga tantra sadhanas of Yamantaka and Vajrayogini.

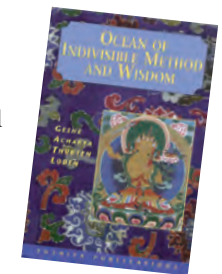
Hardcover, 261 pages, 11 colour photos, 19 line illustrations, Price: Aust. \$100



Ocean of Indivisible Method and Wisdom

A unique and authentic guide by a highly qualified tantric master in the practices of Solitary Hero Yamantaka. This commentary explains the profound subjects of generation and completion stages.

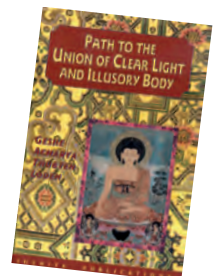
Hardcover, 441 pages, 4 colour photos, 25 line illustrations, Price: Aust. \$120



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 completion stage practices. It includes an explanation of tantra in general and clear, authoritative explanations of the tantric path.

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



Great Treasure of the Six Yogas of Naropa

An explanation of the advanced highest yoga tantra practices of Tibetan Buddhism, including the foundation practices. With many profound and inspiring verses quoted from the sutras and commentaries, this book contains true gems for understanding Buddhist thought.

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



Great Treasury of Mahamudra

This book presents the essential teachings on emptiness from various perspectives within the sutra and tantra systems. It explains the theoretical perspective of the middle way philosophy of emptiness and dependent arising and gives practical instruction in meditation techniques.

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



To order books please phone Jean at the centre on (61 3) 9333 1770 or visit www.tibetanbuddhistsociety.org