

FESTIVAL TALKS AND MEDITATIONS

SATURDAY 18 MARCH

11.00 AM – GUIDED MEDITATION (free entry)

Learning to meditate helps us become more relaxed, present and positive. Buddhist meditation also develops energy, empathy, compassion and wisdom. Join us for a half hour taste of meditation that can help you discover a healthier approach to life events.

12 NOON – NEW YEAR BLESSING CEREMONY

Peace in a Changing World will be the focus of a keynote address by life-time meditator, Anthony Joseph. During the Ceremony everyone will join leaders from religious, Government and community backgrounds in prayers for world peace.



Anthony undertook his first meditation retreat at 16, followed by a six week intensive with high Tibetan Buddhist lamas. At university he studied philosophy and eastern traditions. Over 25 years he studied with the renowned master, Venerable Geshe Acharya Thubten Loden. He is a Director and teacher at the Tibetan Buddhist Society. In

parallel he worked in senior roles introducing new technologies in Australia for Microsoft and for venture backed electric car pioneer Better Place. Currently he works as a consultant helping people grow trusted relationships and expand their businesses using principles of mindfulness, positive intention, skillfulness and story.

1.30 PM – MAKING LIFE WHAT WE'D LIKE IT TO BE

Our lives, our workplaces and our relationships have transformed with modern technology. Life can feel relentless unless we make space to slow down, accept and enjoy where we are. The art of happiness involves taking control of what gets our attention, being aware of how we think and feel and giving ourselves space to contemplate. This session is about what Buddhist philosophy offers us to manage our health and our wellbeing to get the most out of life. We'll do several meditations in this session.



Rebecca Skelton is a long-time student of the Tibetan Buddhist Society's founder and spiritual guide, Venerable Geshe Acharya Thubten Loden. She is a regular teacher and director of the Society.

3.00 PM – A COMPASSIONATE LIFE IN OUR MODERN WORLD

Compassion is one of the most valued and powerful human qualities and great compassion is unique to humans. Yet it doesn't become part of us without practise and focus - we need to cultivate it. In a world that can seem to be lacking compassion when we need it as much as ever, we will discuss how we can bring it to life and make a difference in our every day. This session includes a talk and guided meditation.



Venerable Thich Linh Tan escaped Vietnam in 1983 as a refugee and studied under monks in Australia. He joined the Linh Son World Buddhist Sangha in Paris in 1999, was ordained and studied under the Grand Master Thich Huyen Vi, then studied Sanskrit and Pali in India from 2005-2011.

Ven Linh Tan gives regular talks at Quang Minh Temple, Collingwood library and at his Deer Park centre. He also teaches online to students in Nalanda Institute in Britain.

4:30 PM – GUIDED MEDITATION (free entry)

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SUNDAY 19 MARCH

10.30 AM – GUIDED MEDITATION (free entry)

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11.30 AM – BEING PEACE IN ORDER TO CREATE PEACE

A meditation and inquiry into a Buddhist approach on socially-awakened awareness and social-engagement. With interactive and compassion building tools.



Venerable Chi Kwang Sunim, a Buddhist nun of 35 years, spent 20 years training in South Korea. She has co-founded several Buddhist organisations and is currently the Abbess of the Seon Centre in Kinglake. Having chaired the Australian Sangha Association and the Buddhist Council of Victoria, Chi Kwang is invited to teach Dharma broadly. She is also engaged in interfaith, environmental and other community programs.

INTRODUCING TWO NEW FESTIVAL EVENTS

1.00 PM – PANEL DISCUSSION 'PEACE IN A CHANGING WORLD'

Join our forum on the festival theme – Peace in a Changing World – to hear different perspectives and ideas on the modern challenges to peace in the world today.

Panel members include:

Melbourne psychologist and Tibetan Buddhist mindfulness and meditation teacher, Heather Marriott

South Korean Zen Buddhist nun and Abbess, Reverend Chi Kwang Sunim

Long-time Buddhist practitioner and government and corporate change-maker, Amanda Buckley

Facilitator - Life-time meditator, Buddhist leader and corporate innovator, Anthony Joseph

3.00 PM – MEDITATION MASTER CLASS

Explore different approaches to meditation and the techniques to begin and sustain a regular meditation practice. This session will include a number of guided meditations and is suitable for beginners and more experienced meditators alike.



Martin Horan has been a student of Geshe Loden for more than 30 years. He is a regular teacher and director of the Society.