

FESTIVAL TALKS AND MEDITATIONS

SATURDAY 11 NOVEMBER

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 taste of meditation that can help you discover a healthier approach to life events. Rebecca Skelton, a teacher and long-time student of the Centre's founder Venerable Geshe Acharya Thubten Loden, will lead the meditation.

12 NOON – CEREMONY FOR WORLD PEACE

The Ceremony for World peace is one of the most popular events during the annual Buddhist Spring Festival. This year we will learn about peace and ethics in the keynote address by Dr John Powers of Deakin University.

During the Ceremony everyone will join leaders from religious, Government and community backgrounds in prayers for a world of peace and tranquility.



1.30PM – BUDDHISM AND ETHICS

Many might wonder how it is possible to have a universal code of ethics without reference to a set of religious beliefs. Buddhism articulates a vision of ethics based on the way things are in the world.

Dr Powers will explore how Buddhist ethics can be applied independently of whatever religious or philosophic beliefs one may hold. In our increasingly secular society, the development of such codes of ethics is critically important.

Dr John Powers is a Fellow of the Australian Academy of Humanities and a Research Professor in the Alfred Deakin Institute for Citizenship and Globalisation at Deakin University.

He specialises in Indian and Tibetan Buddhism and is the author of 16 books and more than 100 articles; his publications including Introduction to Tibetan Buddhism (Snow Lion Publications, 2007)



3.00PM – CULTIVATING THE HEART OF PEACE

Finding peace when the world feels unsteady
When challenge and difficulty show up in your life, it can make you anxious, tense or unhappy. There is another way. This session shares Buddhist wisdom on how to cultivate personal peace in any situation.

Jean D'Cruz is a meditation and Buddhist teacher, who for 25 years was secretary to the Society's founder, Geshe Loden. She supported his day-to-day activities in developing the centre and delivering its program, as well supporting the preparation and publishing of his nine books. Jean studied all the teachings in the program delivered by Geshe-la and undertook multiple yearly retreats. She now teaches the range from introductory teachings to tantric methods for experienced students. Jean has degrees in psychology.



SUNDAY 12 NOVEMBER

10.30 AM – GUIDED MEDITATION (free entry)

Learning to meditate helps us become more relaxed, present and positive. Buddhist meditation also develops focus, energy, empathy, compassion and wisdom. Join us for a taste of meditation that can help you discover a healthier approach to life events. Venerable Anna Goldstein, who studied Buddhist philosophy and meditation with Geshe Loden for many years, will lead this session.

11.30AM – FINDING PEACE IN A CHANGING WORLD



*All my past and harmful karma
Born from beginningless greed, hate and delusion
Through body, speech and mind,
I now fully avow.*

It is easy to be caught up in the problems of the world, and ignore our own part in the uncomfortable changes we are faced with. This reflection verse encourages us to look at our own actions and the part we play in the world around us. Ekai Korematsu Osho, in his talk on *Finding Peace in a Changing World* will discuss this reflection verse, Sangemon.

Ekai Korematsu Osho is the Abbot and resident teacher of the Jikishoan Zen Buddhist Community in Melbourne. Born in Japan in 1948, he studied humanities and Buddhism in Denmark and USA. He was ordained as a monk by Kobun Chino Otagawa at Haiku Zendo, Los Altos, USA in 1976. He received dharma transmission from Ikko Naraskai Roshi at Zuijji Monastery in Japan in 1986. His formal Buddhist training encompassed twelve years at three Japanese Monasteries, Eiheiji, Zuijji and Shogoji. In 1999 he established the Jikishoan Zen Buddhist community in Melbourne, a Soto Zen Buddhist centre for Zen practice and community. Ekai Osho is also director and main teacher of Jikishoan's Zen and Integrated Buddhist Studies Program (IBS).

1.00PM – FORUM 'FINDING PEACE IN A CHANGING WORLD'

Join our forum on the festival theme – *Finding peace in a changing world* – to hear different perspectives and ideas on the modern challenges to peace in the world today. Health leader and meditation and mindfulness teacher, Rod Lee, will facilitate the session.

Panel members include: Community engagement leader and Buddhist philosophy and meditation teacher, Rebecca Skelton; Kagyu Evam Institute meditation and mindfulness teacher and editor, Dee Collings; and Brisbane community chair and 38 year practitioner and teacher, Charles Topp.



3.00PM – AN ANTIDOTE TO A RESTLESS WORLD

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.

Anthony Joseph 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.