

# FESTIVAL TALKS AND MEDITATIONS

## SATURDAY 17 MARCH

### 11.00AM – 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 to discover a healthier approach to life. Pam Martin, who studied Buddhist philosophy and meditation with Geshe Loden for many years, will lead this session.

### 12 NOON – NEW YEAR BLESSING CEREMONY

The New Year Blessing Ceremony will include talks that focus on the festival theme, the legacy of His Holiness the Dalai Lama and prayers and meditation for His Holiness's long life and well-being.

During the Ceremony everyone will join leaders from religious, Government and community backgrounds in prayers for a world of free of war and poverty - filled with peace and harmony.

### 1.30PM – WHERE TO FIND LIFE'S MEANING, IT'S RIGHT HERE!



A Zen Meditation and talk on 'The Zen Approach to Mindfulness'

*Venerable Chi Kwang Sunim is nearing 40 years a Zen Buddhist nun, training half of this time in South Korea. Having co-founded several Buddhist organisations and chairing boards, she now spends more time teaching in her Centre in Kinglake or engaging in environmental and community welfare programs. Still Sunim travels where invited and returns yearly to Korea to teach and retreat.*

### 3.00PM – WHAT IS MEDITATION, AND HOW DOES IT WORK?

You've probably heard that meditation is good for you. Perhaps even your football team has mindfulness as part of their training regime. The mindfulness that is widely practised, including by sports people, derives directly from the teachings of the Buddha. This session will explain meditation and mindfulness, and the relationship between them. It will include some guided relaxation meditation.



*Michael Joseph was a student of the famous scholar and yogi Geshe Acharya Thubten Loden from 1977 until Geshe-la's passing in 2011. During that time Michael received teachings from Geshe-la on many of the great Tibetan Buddhist texts. He has been teaching Buddhism and leading meditation retreats since 1981. Trained in mathematics and physics, Michael has worked as a consultant with many of Australia's largest corporations. He brings an analytical and scientific approach to his explanation of Buddhist meditation and principles.*



## SUNDAY 18 MARCH

### 10.30AM – 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 to discover a healthier approach to life. Venerable Cathy Evans, who studied Buddhist philosophy and meditation with Geshe Loden for many years, will lead this session.

### 11.30AM – PRACTICE THE RIGHT WAY OF LIFE

Shunryu Suzuki said in 'Zen Mind Beginners Mind'.

'So try always to keep the right posture, not only when you practice zazen, but in all your activities. Take the right posture when you are driving your car, and when you are reading.

The teaching which is written on paper is not the true teaching. Written teaching is a kind of food for your brain. Of course it is necessary to take some food for your brain, but it is more important to be yourself by practicing the right way of life.'

In this talk, Ekai Osho will discuss how the simple practice of meditation can permeate our lives, allowing us to live more harmoniously with ourselves and others.

*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 at Zuijōji Monastery. His formal Buddhist training encompassed twelve years at three Japanese Monasteries, Eiheiji, Zuijōji and Shōgōji. In 1999 he established the Jikishoan Zen Buddhist community in Melbourne, a Soto Zen Buddhist centre for Zen practice and community.*

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### 1.00PM – ASK BUDDHIST PRACTITIONERS ABOUT THEIR TAKE ON ANYTHING AT ALL

Join Buddhist teachers and meditators for a lively discussion and questions on any topic you like about life and the universe. The idea is a conversation about ways to establish a happier, more fulfilling life. But there is no limit to the starting point or the questions you can throw into the mix. What has been on your mind? What would you like to ask a Buddhist but there's never been the right moment? The event promises to be fun, thought-provoking and beneficial.

### 3.00PM – A PRACTICAL GUIDE TO JOY

Real joy does not just depend on those moments when everything feels perfect. The Buddha taught that it is the fabric of life for difficulty and challenges to show-up. Buddhist wisdom shows how to relate to those times with acceptance and grace. The more you do this, the less you fear, and a steady joy that accommodates all seasons of life is nurtured.



*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.*