



BUDDHIST SPRING FESTIVAL PROGRAM 2018

10 & 11 NOVEMBER 10.30 AM – 4 PM

HOW TO FIND PEACE IN AN UNCERTAIN WORLD

- Hear leading teachers and speakers explore how to find peace in this turbulent world
- Each talk includes guided meditation
- Meditation is an ancient game changer - Buddhism teaches that happiness comes from our mind's reaction, not the event itself
- Experience free meditations led by some of our younger students
- Meet the remarkable 14 year old Campbell Remess of Project 365 - at our Ceremony for World Peace at 12 noon Saturday - who will explain how he is changing the world 'one teddy at a time' with the simple remedy of kindness
- Campbell will also talk in the temple at 1 pm Sunday



Hear Campbell Remess, who is changing the world, one bear at a time

ENJOY THE SPECIAL SERENE ENVIRONMENT

- Join free garden tours covering organic cultivation and the art of rose and salvia pruning
- Meander through 10 acres of peaceful gardens with lawns, lakes and many birds
- Unwind under the shade of golden robinias and Californian redwoods
- See the beauty of many coloured salvias, roses, marigolds, satin hibiscus and many more plants and trees



PLENTY TO DO

- Magnificent Tibetan temple with amazing golden roof, spires and ornaments
- 12 ft statue of Shakyamuni Buddha
- Guided tours of the temple explaining the iconography and Tibetan culture
- Browse the colourful market and Enjoyment Shop
- Enjoy delicious vegetarian food with fresh coffee, home-made chai and cakes in the courtyard café
- View a pictorial history of Tibet with new photos and DVDs
- Explore the second-hand bookstall raising funds for our community food program
- Discover children's meditation session and other activities



TIBETAN BUDDHIST SOCIETY

20 Cookes Rd, Yuroke, Vic 3063

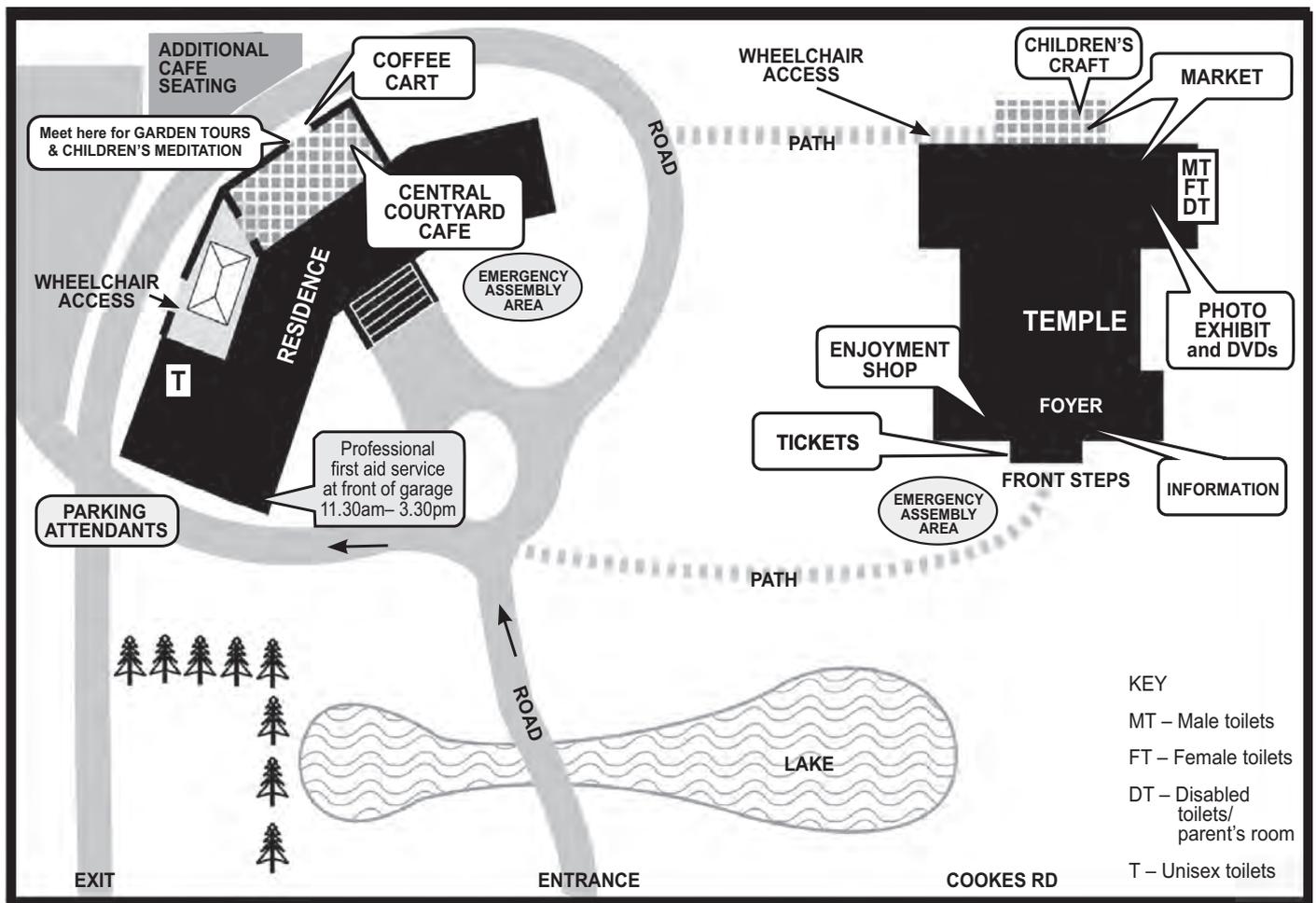
10 minutes from Tullamarine Fwy exit - Melways 385 J8

www.tibetanbuddhistsociety.org T: (03) 9333 1770 E: contact@tushita.org  tibetanbuddhistsociety  @BudTibetan

FESTIVAL ENTRY \$5. FAMILY RATE \$10 FOR PARENTS AND SCHOOL AGE CHILDREN OR YOUNGER. TALKS \$10 OR \$15 FOR TWO OR THREE. TEMPLE TOURS \$5.

WELCOME TO THE TIBETAN BUDDHIST SOCIETY BUDDHIST SPRING FESTIVAL 2018

HIGHLIGHTS	SATURDAY	SUNDAY	APPROX. DURATION	WHERE	COST
Ceremony for World Peace	12 noon		45 mins	Temple	FREE
Garden tours	11am; 2pm; 3.30pm	10.30am; 1pm; 3pm	45 mins	Meet in driveway outside courtyard cafe	FREE
Temple tours	10.30am; 2.15pm	12.30pm; 2.45pm	25 mins	Meet near front steps of temple	\$5
Meditation for adults	11am	10.30am	30 mins	Temple	FREE
Talks	1.30pm; 3pm	11.30am; 1.30pm; 3pm	1 hour	Temple	\$10 for 1 talk; \$15 for 2 or 3
Photo exhibition and DVDs	10.30am to 4pm	10.30am to 4pm		Rear of temple	FREE
Market stalls	10.30am to 4pm	10.30am to 4pm		Rear of temple	
Enjoyment Shop	10.30am to 4pm	10.30am to 4pm		Temple front foyer	
Courtyard café and coffee cart	10.30am to 4pm	10.30am to 4pm		Central courtyard and back driveway	Reasonable menu prices
Information and ticket sales	10.30am to 4pm	10.30am to 4pm		Front of temple	
Children's story and meditation session	2pm	2pm	30 mins	Meet in driveway outside courtyard cafe	FREE. Parents must attend
Children's crafts	11.30am-1 pm & 1.30pm-3pm	11.30am-1 pm & 1.30pm-3pm		Back of temple	FREE. Parents must attend



Smoking is not permitted on the property due to fire risk. Children must be supervised at all times especially near the lakes.

Please do not take photographs or film inside the temple. External temple photos are welcome.

Second hand book stall

Temple Rear Foyer. All proceeds support the Society's community food program.

FESTIVAL TALKS AND MEDITATIONS

SATURDAY 10 NOVEMBER

11.00 AM – Guided meditation (free entry)

Hayley Sime will lead the free guided meditation at 11am on Saturday. Hayley has been studying Buddhist philosophy and meditation for seven years. She is a student of wildlife and conservation biology at La Trobe University.

12 NOON – CEREMONY FOR WORLD PEACE

You are welcome to join us to hear 14-year-old Campbell Remess of Project 365, who will explain how he is changing the world 'one bear at a time'. There will also be prayers for world peace with leaders from different religious, government and community backgrounds and a short meditation, led by Rod Lee from our Sydney centre.

1.30PM – Peace as a dynamic attitude



Peace is so much more than calm and retreating to a quiet place. It is a profound state that enables the practitioner to skilfully engage in the world around them and remain centred. Traleg Khandro will explore this view of peace as a dynamic attitude and its limitless capacity to benefit the practitioner and those they encounter.

Traleg Khandro, long-time student and wife to the late Traleg Kyabgon Rinpoche IX, is the President of E-Vam Buddhist Institute USA, and the Director of Rinpoche's publishing arm Shogam Publications. Khandro studied Buddhism under Traleg Rinpoche's guidance for 30 years and has undertaken numerous long meditation retreats. At Rinpoche's request Khandro also received traditional LuJong (Tibetan Yoga) training and is a qualified Hatha Yoga instructor. Khandro gives teachings on Buddhism and LuJong in Australia, New Zealand, Europe, United States and South East Asia. Khandro has a degree in Psychology.

3.00PM – How to stay calm in our turbulent world



With all that's going on at times we might find the world a challenging place. How can we maintain a sense of equilibrium and stay calm in such times? Venerable Cathy Evans will explore ancient knowledge and methods that bring happiness, kindness, clarity and the ability to navigate this modern world.

Venerable Cathy Evans is a Buddhist nun. She is a long-time student of the founder and spiritual guide of the Society, Venerable Geshe Acharya Thubten Loden. Cathy is currently studying for her "Master's Course at the Nalanda Buddhist Philosophy Tibet House Delhi, India".



SUNDAY 11 NOVEMBER

10.30 AM – Guided meditation (free entry)

Join Andrew Christianson at 10.30am for guided meditation in the temple. Andrew has been studying Buddhist philosophy and meditation for seven years. He is studying a bachelor degree in acupuncture at Endeavour College of Natural Health.

11.30AM – Returning to source



In this talk Ekai Osho will discuss how we find space in our busy lives and find our way home in a changing world. At the core of the Zen Precept Ceremony are the phrases "Returning to Buddha, Returning to Dharma, Returning to Sangha." We have a sense of returning to where we belong, and to where we have always belonged.

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 - Campbell Remess will join us in the temple for a short talk about his remarkable work for cancer patients since he was nine.

1.30PM – Mindfulness and beyond - Meditating for life



Through the mindfulness revolution, millions have discovered the benefits of developing a calmer mind and bringing clearer awareness to daily activities. In the Buddhist tradition, mindfulness is just the starting point. It creates a space within which we can cultivate all of our positive qualities – including resilience, compassion and insight. In this session, we will explore how, using mindfulness as a foundation, a regular meditation practice can reshape our habits and perspectives, enabling us to become the person we would like to be.

Martin Horan studied over many years with the Society's spiritual guide and founder, Venerable Geshe Acharya Thubten Loden. He is a regular teacher at the Melbourne centre, including our next introduction course.

3.00PM – How to find peace in an uncertain world



Popular long-time teacher, Les Sheehy, from the Society's Perth temple will explore the festival theme - how to find peace in an uncertain world. Les will explain how the Buddha taught that a reliable refuge from our suffering and difficulties – real peace – can only be found internally. Through the practice of meditation, we can nurture and develop states of mind which are a source of peace, relaxation and true happiness. This profound and far-reaching insight, amongst others, changed his approach to everything.

Les Sheehy, long-term student of the Society's founder, Venerable Geshe Acharya Thubten Loden, and teacher and director of the Tibetan Buddhist Society in Perth. Les received many different teachings over 40 years ago from his Gurus, Geshe Acharya Thubten Loden and Zasep Tulku Rinpoche, and has taught and led sutra, mahamudra and vajrayana classes and retreats for many years.



AFTER THE FESTIVAL

NEW INTRODUCTORY SERIES – BEYOND MINDFULNESS - MEDITATIONS FOR LIFE FOUR WEEKS FROM 1.30PM SUNDAY 18 NOVEMBER

Imagine yourself in two, five or 10 years' time. If you could design your future self today, would you plan to be calmer and clearer than you are now – better able to keep your balance even in the middle of busy-ness, more effective at managing stress? Would you like the you of the 2020s to be more resilient – better at riding life's ups and downs – whether in the workplace, or dealing with health issues, or in your relationships with others?

Perhaps you would like the future you to be more open hearted – to cultivate your sensitivity to others and for your natural compassion and kindness to be a stronger force in your life. You might choose to become the person who really makes a positive difference to the lives of others.

Through the mindfulness revolution, millions have discovered how meditation can help us find a calmer mind and bring clearer awareness to daily activities. However, mindfulness is just the starting point. It creates a space within which we can cultivate all of our positive qualities – including resilience, compassion and insight.

The Buddhist tradition teaches that all happiness and unhappiness depend on mind, and meditation works directly on our mind, shaping it and guiding its future continuum. In this 4 week course you will learn the basic meditation techniques that anyone, from any background, can use to improve the quality of life.

The teacher is Martin Horan, who studied over many years with the Society's spiritual guide and founder, Venerable Geshe Acharya Thubten Loden.

You are welcome to come along to any class in the series. No need to register. Class is followed by tea, coffee and cakes for those who'd like to join us. Facility charge is \$10 with proceeds supporting maintenance of the temple and gardens.

For more information please call Jean on 9333 1770 or email contact@tushita.org

PATH TO ENLIGHTENMENT – 4PM SUNDAYS, CONTINUING SUNDAY 18 NOVEMBER

This series with Tim McKibben, a regular teacher and director of the Society, provides practical instruction on the foundation Buddhist concepts and practices. The Path to Enlightenment presents the Buddha's teachings as an accessible and vital living tradition of mental and spiritual development.

It explains the stages of spiritual practice from the beginning to more advanced meditation and practical teachings on achieving enlightenment - the greatest expression of human potential.

ROSE GARDEN OPENING SUNDAY 2 DECEMBER 12 NOON – 4 PM

The popular Rose Garden Opening will be held again on Sunday 2 December. Visitors to the Peaceful Land of Joy remark upon the relaxing atmosphere that is felt as soon as they arrive. The opening is a wonderful opportunity to take time out from our busy lives. There will be tours of the beautiful garden and magnificent traditional temple, Devonshire teas, home-made cakes, the Enjoyment Shop, a guided meditation and second-hand book stall.

SPECIAL MAHAMUDRA RETREAT - 20-26 JANUARY 2019

Mahamudra is a special retreat being conducted in January by Les Sheehy, a long-term student of Geshe Loden, and teacher and director of the Tibetan Buddhist Society in Perth. This retreat comprises teachings and meditations on understanding and experiencing the conventional nature of mind, as well as the ultimate nature of mind, self and phenomena.

This retreat is suitable for both new students and advanced students. New students should have a basic understanding of Buddhism and some experience with Path to Enlightenment teachings. More information in our literature and website.

Visit our website or follow us on Facebook for more information about these activities.

TIBETAN BUDDHIST SOCIETY

1425 Mickleham Rd (access from Cookes Rd), Yuroke, Vic 3063
10 minutes from Tullamarine Fwy exit - Melways 385 J8



tibetanbuddhistsociety.org



contact@tushita.org



[tibetanbuddhistsociety](https://www.facebook.com/tibetanbuddhistsociety)



[@BudTibetan](https://twitter.com/BudTibetan)