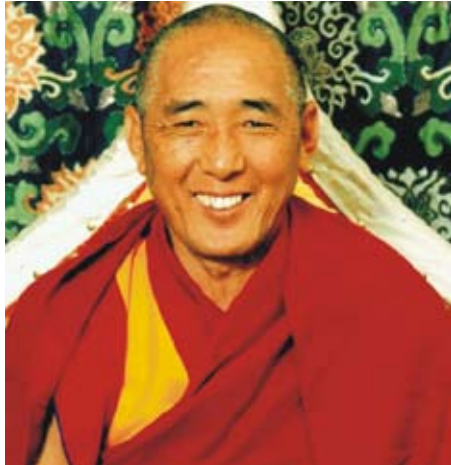


PROGRAM

BUDDHA HOUSE

NOVEMBER/DECEMBER 2008

The Basic Program The Stages of the Path (Lam Rim)



In the fourth and final 10-week module this year we are looking at karma, and how we create the causes for our own experiences, pleasant or unpleasant.

This module began on October 9 but you are welcome to join us for the last teachings of the year. Geshe-la is teaching until November 13 and will leave for India the following week.

From then on the teachings will be given by Jampa Gendun.

November 20, 27: review of the Lam Rim so far.

December 4, 11: oral exam.

From November 27 there will be no discussion group and we will start the evening at 7.15 pm

This comprehensive and structured program of Buddhist studies will interest committed students who wish to progress beyond introductory-level study and practice and who are ready to commit themselves to long-term study.

The curriculum is taught by Geshe Pema Tsering and is supported by a program of meditation practice, discussion and examination, supervised by qualified Western teachers and senior students.

The current subject of the Basic Program is **The Stages of the Path (Lam-Rim)**, which represents a synthesis of the entire path to enlightenment. As a foundation and context for Buddhist practice, this subject is a key element of the Basic Program.

The main structure of a Lam Rim text is derived from the division of the three levels of spiritual practitioners, and its subjects are set up in the correct sequence, from guru devotion though to wisdom-realizing-emptiness, in order for one to attain the goal, enlightenment.

The style and systematic arrangement of lam-rim teachings allows "any individual, regardless of their level of realisation, to put into practice the appropriate teachings. All the steps of the meditation practices are arranged

in a logical, sequential way, so that the practitioner can traverse the path step by step, knowing what to practise now and what to practise next."

(His Holiness the Dalai Lama)

Besides listening to the teachings, reflecting and meditating on the different subjects are essential to obtain a good understanding and to achieve the realizations in ones own mind. Experienced Western teachers will assist in integrating these profound teachings into everyday life.

The evening's format is as follows:

- 6 - 6.45pm** Discussion, meditation, homework, quiz
- 6.45 - 7.15pm** Light dinner
- 7.15 - 8.45pm** Teaching with Geshe Pema Tsering
- 8.45 - 9pm** Questions and answers, tea break
- 9 - 9.30pm** Review of teaching

Facility fee for a complete evening: \$17 waged, \$15 concession, \$14 members.

Facility fee for a module of 10 evenings paid in advance: \$150 waged, \$130 concession, \$120 members.

Initial cost of \$15 for required resource materials.



The Way of the Bodhisattva

with Geshe Pema Tsering

Tuesday Evenings: 7.15 to 8.45pm.

Geshe-la has begun the Wisdom Chapter of the text. His final teaching of this year on Tuesday will be November 11.

Compassion is the guiding principle of Bodhisattvas - those who vow to attain awakening in order to liberate all living beings from suffering and confusion. Their means of achieving this are the trainings in generosity, ethics, patience, joyous effort, meditative concentration and wisdom.

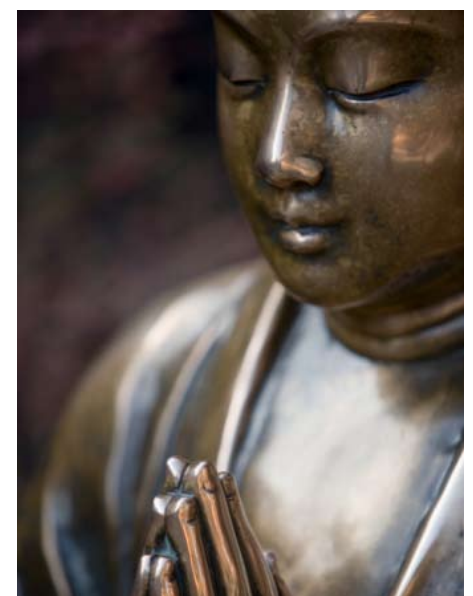
The Way of the Bodhisattva, by the great 8th century Buddhist master Shantideva, is the clearest and most

comprehensive text ever written on how to implement these trainings in our daily lives and to become a Bodhisattva. For the past 1200 years it has formed the basis of Mahayana Buddhist practice in India and Tibet.

Through his teachings and discussion, and also by way of his example, Geshe Pema Tsering will help us to find our way in travelling the spiritual path of the Bodhisattva.

These classes are suitable for all and can be joined at any time.

Facility Fee: \$10 waged, \$8 concession, \$7 members.



The 16 Guidelines for a Happy Life

with Ven. Jamyang

Wednesday Evenings at 7.15pm:
November 5 to December 17.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us... There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God (our Buddha potential) that is within us." Marianne Williamson

Most people spend all their life looking for happiness, in one way or another; everyone wants to be happy. In our country we are surrounded by possessions and material comfort, but where is the real happiness in our

lives? We seem to have lost touch with what it means, and how to find it.

The 16 Guidelines for a Happy Life take a direct and practical approach to the subject of happiness. They propose that everyone has the capacity to be happy.

Our lives are shaped by our thoughts from earliest childhood until the day we die. How we think lies at the root of every word we speak and every action we perform. For this reason, recognising the power of the mind is the most important theme that underlies the 16 Guidelines for a Happy Life. How we choose to act defines and colours the very quality of our life and experiences. Recognising that we are all deeply interconnected helps us to interact skilfully. Our search for meaning depends on our

ability and willingness to explore new and unfamiliar territory. The fact that everything is changing makes anything possible.

In these classes you will receive practical tools which will help you to work with the 16 Guidelines for a Happy Life in your daily life.

The original text of the 16 Guidelines was written by the Tibetan King Songtsen Gampo. Lama Zopa has advised that the wisdom of this text becomes the practice of "Essential Education", an initiative of Lama Yeshe. These teachings are based on the wisdom and skilful means of Tibetan Buddhism, but are presented in a secular way.

Facility Fee: \$10 waged, \$8 concession, \$7 members.



Advice from Lama Zopa Rinpoche

Rinpoche sent this advice to a centre which had just been burgled.

Excerpt:

"So many times we make prayers to receive the suffering of others and to be free of all obstacles, now we can think how fortunate we are that our prayers have been answered. Obstacles have ripened in the form of them breaking in, stealing money, etc., so now we have had small success with our prayers.

So now please rejoice as we have succeeded in our prayers."

Opening Our Heart, Seeing Reality

The Three Principal Aspects of the Path with Jampa Gendun



Monday Evenings at 7:15pm; repeated on Thursdays at 10am.

Jampa is currently explaining the third principal aspect of the path, seeing reality

– understanding the ultimate truth of emptiness.

Jampa has just begun his explanation of the third principal aspect of the path, seeing reality – understanding the ultimate truth of emptiness.

Although the basic nature of each of us is unconditioned goodness, we are all caught up in two fundamental errors in the way that we view and relate with the world - self-grasping and self-centredness.

Under the influence of self-grasping we think and behave as if our body and mind together constitute or possess a partless, unchanging, independent self or I, whose welfare is our overriding concern. Based upon

this, self-centredness leads us to relate with others, not as they exist in and for themselves, but rather as if they exist "for me" and "for my purposes." People are viewed as insentient objects and the environment as a personal collection of resources. These two mistaken ways of thinking lie at the root of all our problems and the many dissatisfactions of our lives.

By awakening our minds to the ultimate nature of reality we go beyond self-grasping and by awakening our hearts to others we go beyond self-centredness. However, to do this, first we must develop a genuine will to awaken.

Western teacher, Jampa Gendun, continues his teachings on the way to develop the three principal aspects of the Buddhist path: the Will to Awaken, the Awakened Heart, and the Awakened Mind. Classes consist of talks, meditations, and discussions in a relaxed and informal atmosphere.

These classes are suitable for all and can be joined at any time.

Facility Fee: \$10 waged, \$8 concession, \$7 members.



Discovering Buddhism

Discovering Buddhism is an introductory course designed to give participants the tools and skills to integrate Mahayana Buddhist practice into daily life. It is recommended that students commit to the complete 2 year course and attend meditation days to receive the most benefit. However anyone is welcome to come for one module or just one evening. Led by a western teacher or senior student, each session will include a presentation on the topic, group discussion and a meditation.

Facility Fee: \$10 waged, \$8 concession, \$7 members.

Optional study materials: \$10 per module.



Introduction to Tantra

with Jampa Gendun

Wednesday Evenings at 7.15pm: October 22, 29

In this module we will explore the methods and concepts of the Tibetan Buddhist tantric tradition. An overview of this difficult and often misunderstood subject will be presented through talks, meditation and discussion in an accessible and non-technical way.



Workshop 'Introduction to Tantra'

with Ven. Jamyang

November 8 : Saturday 9am to 5pm.

'According to tantra, perfection is not something that is waiting for us somewhere in the future... Everything that we need in order to be complete is within us right at this very moment. It is simply a matter of being able to recognize it. This is the tantric approach.' - Lama Thubten Yeshe, Introduction to Tantra

By practising tantra we create the causes to achieve the state of perfection very quickly by recognising our true nature. The best way to learn what this means is by engaging in the actual tantric practices. The workshop day "Introduction to Tantra" from Discovering Buddhism is therefore a practice day. Vajrasattva practice helps us to purify all the obscurations and negativities we have performed, Tara practice helps us to remove obstacles to our goals and Chenrezig Practice helps us to develop compassion for all sentient beings. We will end the day with a Guru Puja to create a closer connection with our spiritual teacher.

The Big Quiz Night

Friday November 21st 7 – 10 pm.

North Adelaide Community Centre,
176 Tynte Street

More information:
www.detongling.org

Reservations:
8353 8292 or 0448 449 961.

Bushwalking

Saturday 8.30am: November 15 and December 13.

Meet at Buddha House 8.30am.

Be prepared for a brisk walk in the hills for 3-4 hrs; wear sensible shoes, bring sun hat, water, morning tea.

For further information, contact Aini on 8379 7584.

There will be time for Q & A and discussion during the day.

This day is open to everybody interested in practising together.

Facility fee: \$30 waged, \$25 concession, \$20 members.

Please register through the Buddha House office. A 10% discount applies if registration and payment are made in advance by November 3.

Please bring a plate of vegetarian food to share for lunch. Morning and afternoon tea are provided. And bring some offerings, food or drink, for the Guru Puja.

Nagarjuna's Letter to a Friend

with Geshe Pema Tsering

Sunday Mornings: 10.30am to noon.

His final teaching of this year on Sunday will be on November 16

Nagarjuna (1st - 2nd century CE), the great Indian Buddhist master, wrote this letter of advice in the form of a poem to a friend who was a South-Indian King. With its 123 verses it covers the whole Mahayana path, in which followers strive for Buddhahood for the sake of all beings. It offers a practical approach to daily conduct alongside a theological discussion of the different stages leading to enlightenment. It covers the Mahayana path with uncommon clarity, and is for this reason much quoted by many great Tibetan masters. It is considered to be a monument in the Indian Buddhist tradition, and we are very fortunate that Geshe-la kindly has suggested to teach on this text.

These classes are suitable for all and can be joined at any time.

Facility Fee: \$10 waged, \$8 concession, \$7 members.

Mind Healing and Meditation



with Ven. Jamyang

Tuesday afternoons:
1.30 pm - 4pm.

We can cure our illness without being healed, and heal without being

cured. According to Buddhism the underlying cause of every illness is within the mind and comes into existence due to karma and disturbing emotions.

True healing begins within our hearts and minds. If we can recognize the root of illness and gain insight into the causes and development of our illness we can lay a foundation for applying methods that counteract these causes. When we understand the impermanent nature of life we can learn to accept illness and integrate it as part of our life. When we understand karma we

can learn to take responsibility for our illness and its causes. When we have the courage to open up our heart for those who suffer even more than us compassion will arise and relieve the suffering of ourselves and others.

It is the insight into the nature of reality and compassion that will heal us ultimately. Peace and happiness of mind are a natural result of developing these skills.

This 10-week course with teachings, meditations and discussions can help you to connect with the healing qualities of the mind. We ask the participants to make a strong commitment to the full program. The next course will start January 2009.

To register your interest, please contact Ven. Jamyang through the office at Buddha House.

Facility fee per session: \$20 waged, \$17 concession, \$15 members.

Would you like to help Buddha House search for our future home?

We need an Urban Planner and other people to dedicate themselves to seeking and exploring properties. This team could also include people who love looking for properties, tradespeople, an architect and a project manager.

If you would like to join our team, please email Lindsay on lcholmes@meetingsuccess.org We'd love to hear from you.

Contemporary Glimpses of Traditional Buddhist Ideas

A series of weekly evening talks at Buddha House, presented by Western scholars who will explore their work through Buddhist eyes.

Cultivating Wisdom in Leadership:

each session can be individually attended.



Friday Evenings:
7.30 to 9.30pm.

Facility fee: \$15 per session, \$100 for all sessions in a lecture series, paid in advance.

Tea/coffee included.

**October 31 November 7, 21, 28
December 5, 12, 19 (there are no talks on Oct 24 and Nov 14).**

Our third teacher is Liana Taylor, who is a Psychologist, Meditation Teacher and Executive Coach of leaders and health professionals.

Long time student in the Karma Kagyu and Burmese Vipassana traditions, Liana is inspired by adapting the heart, depth and sophistication of the Buddhist teachings, including mindfulness-based approaches, into accessible and acceptable models for all.

These eight talks each stand alone and collectively form a basis for wise leadership based on the Buddha's teachings on the cultivation of wisdom.

Leadership wisdom, however, is an extension of human wisdom and requires us to make wise decisions that can often only be evaluated over time, and are based on the needs of

our organisational, public, community, national and global environments. Using language and models that are easily accessible to a broad audience these eight presentations are informed by contemporary research and practice across the fields of management, executive coaching, psychology, NLP, leadership and organisational theory. The eight presentations are:

- The getting of wisdom
- Taming self doubt and other fictions of the mind
- Mindfulness approaches from Psychology
- Adventure is an attitude: The leadership tango
- The Personality factor in life intelligence
- Leadership: what's love got to do with it
- Stress and derailment: what to do about the habits and fallacies that derail leaders and destroy organisations
- Discern, Decide, Deliver.

Congratulations
to Gordon Russell of *Unit Care Strata Management* for his award as *Strata Manager of the Year*. Gordon generously prints our newsletter.

Lord Buddha's Descent

(Lha Bab Duchan)

November 19 - Wednesday.

One of the three most auspicious days on the Buddhist calendar is Buddha's descent from the God Realm of 33. Buddha went to visit his mother, who had taken rebirth there. To repay her kindness and to liberate her, and also to benefit the beings there, the Buddha spent three months teaching in the God Realm of 33 before returning to earth to continue his teachings.

On this auspicious day, the potential of all our actions is greatly multiplied. To celebrate this special occasion there will be a special Guru Puja offering ceremony at 7.30 pm, after the Shakyamuni Buddha Practice. Everybody is welcome at this joyous gathering. Please bring some delicious food such as chocolates, biscuits, juice to offer. We'll take care of the chai.



SPECIAL COURSES & EVENTS



Living and Working in Harmony

with Ven. Jamyang and Lindsay Holmes

**November 23, December 14:
Sundays at 10.30am.**

The best way to please our teacher and the main cause for success in a Dharma centre is working and living in harmony. This is easier said than done, especially when problems arise. Being a Buddhist or having affinity with Buddhism doesn't free us from our self-cherishing mind, the cause of all problems. The tendency to blame others doesn't disappear from our mind stream straight away when we practise Buddhism. We all carry this deep ingrained habit with us. Recognising this and learning how to work with it can help to let go of

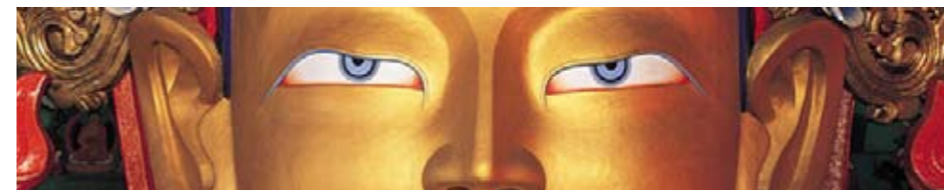
unrealistic expectations and give us the tools to work and live in harmony. How do we communicate skilfully when problems arise? How do we work with our self-cherishing mind that likes to blame others for our discomfort? How can we use problems for our own spiritual growth? How do we take responsibility and find creative solutions? How can we make a difference in our community?

The techniques offered in these workshops can be applied in all places in our society, from our family to our workplace or the market.

On November 23 the workshop is followed by a shared lunch and the AGM at 2 pm. Please bring a plate of vegetarian food to share for lunch.

Free of charge.

These workshops are open for all, and strongly recommended for those involved in Buddha House.



Workshop "Working with Emotions"

with Jampa Gendun

**25 October - JEALOUSY:
November 22 - IGNORANCE**

Saturday 9am to 4pm.

Once a month until the end of 2008 an afflictive emotion such as anger, attachment, pride, jealousy, and ignorance will be discussed and various antidotes will be explained and applied in meditation.

Buddhism distinguishes between two basic kinds of emotions. One type is without reason and is based on prejudice, for example, anger and attachment. This kind of emotion relies on superficial justification, such as 'that person has hurt me terribly' or 'I would be happy if only I had that', but if you pursue that kind of reasoning further, you find it does not go very far. Emotions without proper reason are what we call afflictive emotions, since as well as lacking a rational basis they afflict the natural peace of our minds. The other kind of emotion, which

includes compassion and love, is emotion with reason because through deep investigation you can prove it is good, necessary and useful. When we apply mindfulness to our emotions we pay attention in a particular way – on purpose, in the present moment, without judgment and without evaluation. When we commit ourselves to paying attention in such a way we have a chance to free ourselves from normally unconscious compulsive ways of thinking and to become more aware of the various emotions motivating our behaviour.

Led by Western teacher, Jampa Gendun, Working with Emotions through mindfulness is an opportunity to learn about and work with our various afflictive emotions and to deepen our practice of mindfulness.

Everyone is welcome. Please register through the Buddha House office. A 10% discount applies if registration and payment are made in advance by November 17.

Facility fee: \$50 waged, \$45 concession, \$40 members.

Please bring a plate of vegetarian food to share for lunch. Morning and afternoon tea are provided.

Weekend Workshop "Making Friends with Death"

with Jampa Gendun, Ven. Jamyang and Diane Hewitt

November 29 and 30: Saturday and Sunday 9am to 4pm.

For most us death is something dark and unknown and for many something to fear. Fear is fundamentally a state of unawareness supported by grandiose beliefs and misconceptions. On our way to making friends with death it is these which we must begin to challenge and it is in challenging these that we begin to take control of our life.

To always keep the inevitability of death before our mind's eye is to always remember what is uniquely important to each of us in our life; to be aware of the uncertainty of the time of our death is to be mindful that we are still alive; and to ask what is it that can help us at the moment of death is to relearn how to live.

Thus, death becomes an ally in the living of a greater life. Our death becomes a wise adviser, a true friend.

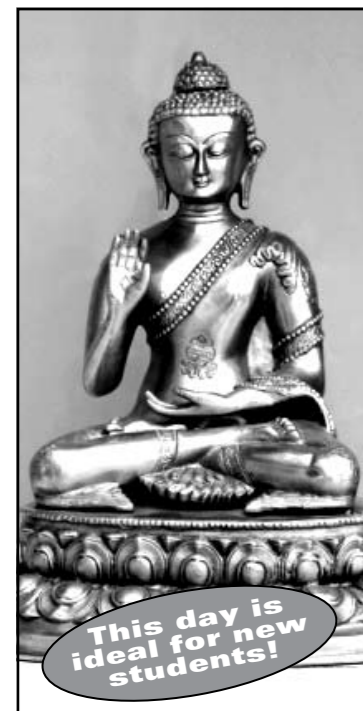
This weekend workshop will consist of talks and meditations on death's certainty, its unpredictability and the physical process underlying it, along with exercises helping us find out just what it is we really feel about the different aspects of death. This will help us to apply the teachings directly to our lives and connect with our own inner wisdom. Sharing this wisdom is a powerful tool that might inspire you to recognise the actions you can take in order to make your life more meaningful.

Facility fee for the entire weekend: \$100 waged, \$90 concession, \$80 members.

For one day: \$55 waged, \$50 concession, \$45 members.

Please register through the Buddha House office. A 10% discount applies if registration and payment are made in advance by November 24.

Please bring a plate of vegetarian food to share for lunch. Morning and afternoon tea are provided.



This day is ideal for new students!



Buddhism in a Nutshell

with Jampa Gendun

December 13: Saturday 9am to 4pm.

There is in Buddhism an abiding conviction that basically we are intelligent and caring people but that many of the premises upon which we base our lives are distorted and in conflict with the way things actually are.

This disparity between the world as it is and our beliefs about it leads us to inappropriate and unskillful ways of thinking and behaving which form the basis for all the many frustrations, disappointments and dissatisfactions that we continually experience.

In response to this, Buddhism offers a penetrating analysis of the condition we find ourselves in, and powerful and proven methods for helping us to work through our problems. The result is an increasing happiness, kindness and peace in our lives.

Facility Fee: \$50 waged, \$45 concession, \$40 members. Please register through the Buddha House office. A 10% discount applies if registration and payment are made in advance by December 8.

Please bring a plate of vegetarian food to share for lunch. Morning and afternoon tea are provided.

"Buddhism in a Nutshell" is for beginning students and will survey the essential points of Buddhism such as

- the Four Noble Truths,
- the Three Principal Aspects of the Path,
- Karma, and so forth.

It will consist of talks along with meditation and discussions in a relaxed and informal atmosphere.

Everyone is welcome.

SPECIAL COURSES & EVENTS



January will be a hot month at Buddha House!



Venerable Choden Rinpoche

Buddha House is delighted to announce that Venerable Choden Rinpoche has agreed to teach in Adelaide. Choden Rinpoche is a highly realised lama, who was one of the two Sera Je lamas selected to debate with His Holiness the Dalai Lama during His Holiness's geshe exams.

After having been in retreat for 19 years in Lhasa, Tibet during the Chinese takeover, never leaving his tiny, dark room, he was allowed to depart for India in 1985. At the request of Lama Zopa Rinpoche, Choden Rinpoche now visits the west to give teachings and lead retreats.

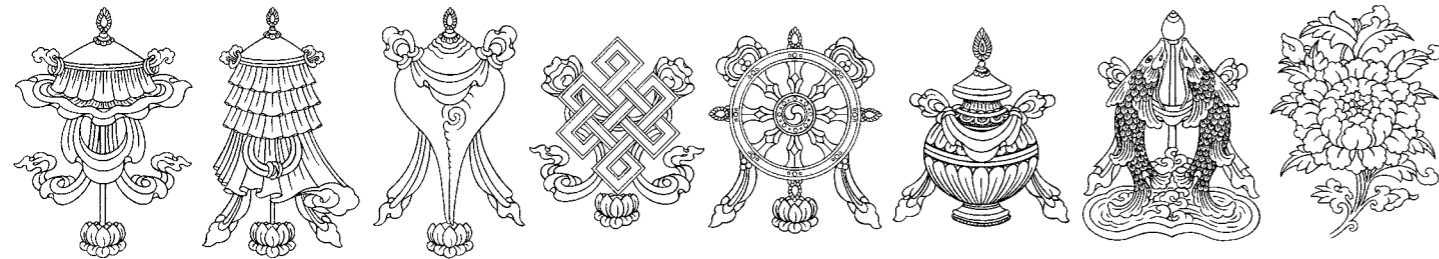
Choden Rinpoche will teach in Adelaide on January 19 and 20-22 next year. This is a once in a lifetime opportunity to meet with one of the greatest yogis of our time, so make sure you don't miss out by keeping these dates free.

In January – February 2009 we also expect Venerable Robina Courtin to come to Buddha House. Robina's last visit to Adelaide was in November 2007, and probably many of you still remember her vibrant, inspiring teachings. As yet we have no specific dates.



Venerable Robina Courtin

Check our website on a regular base for more information about the visit of these two great teachers, or sign up for our regular emails to keep up to date with our program. More information about these teachers will also be in our next newsletter.



Christmas Retreat "Begin again"

with Jampa Gendun and Ven. Jamyang



December 26-28: Friday to Sunday 9am to 4pm.

Many of us begin the year with one or more new-year's resolutions along with a sincere determination to keep them. Every year we give ourselves the chance to begin again in an attempt to break what we see as bad habits and develop healthy ones. But, despite our determination and best intentions most of us are unable to keep our resolutions. Our determination weakens, we forget,

we lose interest or the old habits simply draw us back to them.

The success of "beginning again" depends on a variety of causes and conditions. Perhaps most important of these is the willingness to let go of our old habits and tendencies. This comes when we truly understand how they are not serving our own and others purpose. Moreover, seeing the advantages of the habits we aspire to inspires us to try again, to begin again. Additionally, understanding how these deeply ingrained habits have taken years to develop helps us to see that we are setting out on a long journey that can only be taken step by step.

Every day presents us with an opportunity for change, for taking another step. By training our minds

to live in the present moment we can take the opportunity to let go of the old. At the same time we can take another step in the direction of changes we want to make. We see how each moment presents us with the opportunity to "begin again." Join us for this three-day course in developing the tools we need to "begin again" again and again and again.

Facility fee for 3 days: \$120 waged, \$105 concession, \$90 members.

Facility fee per day: \$50 waged, \$45 concession, \$40 members.

Please bring a plate of vegetarian food to share for lunch. Morning and afternoon tea are provided.

Wednesday Deity Practices

Wednesday Evenings: 6pm.
Free of charge.

The only way to bring our intellectual understanding of the teachings to a deeper level of knowing is through our practice.

In the Deity practice we use visualisations of the Buddha or an aspect of the Buddha in order to create the causes for our own enlightenment, and we recite mantras to protect the mind from our attachment, anger, ignorance and so forth. While we recite the mantra, we think and visualize in a beneficial way to develop constructive habits in the mind. During the month we rotate between different deity practices.

Week 1 - Chenrezig Practice

The benefits of reciting the Compassion Buddha mantra are infinite, like the limitless sky.

Compassion is the wish to bring about the happiness of others by freeing them from suffering. By visualizing Chenrezig and reciting the mantra, we awaken and develop the potential for compassion and the wisdom to understand suffering and deal with it skillfully.

Week 2 - Medicine Buddha Practice

"This can be done for anyone who is sick, dying or even who has already died. Medicine Buddha practice is not only for healing. In addition, it is very powerful for success and for solving any problems." Lama Zopa Rinpoche

Week 3 - Shakyamuni Buddha Practice

Through this we learn to identify with our innate wisdom and compassion – our own Buddha nature. A Buddha is a fully awakened being who has completely transformed their mind. By visualising the Buddha and reciting the mantra we create the causes to become a Buddha ourselves.

Week 4 - Tara Practice

We experience so many inner obstacles to the development of our mind, and in turn they create many outer obstacles. For the success of our Dharma practice, of our actualizing the graduated path to enlightenment, we must rely upon a special deity, or Buddha, such as Tara. All the actions of the Buddhas have manifested in this female aspect of Buddha, Tara the Liberator, in order to help living beings to successfully accomplish both temporal and ultimate happiness.

Buddha's Café

Saturday evenings fortnightly:
7.30pm to 9.30pm.

November 8 - Live-art

November 22 - Happiness!

December 6 – End of Year Party, starts 7 pm at Buddha House

December 20 - Hope and inspiration

Each fortnight a group of young adults meets at Buddha House to explore how culture shapes their minds, feelings and world view. The group draws on the wisdom of Buddhism to discuss how to live life more intelligently and with more meaning. It's often hard to incorporate our spiritual practice into daily activities and this group offers the perfect opportunity to share ideas and stories about our own thoughts and experiences about this.

So far the gathering has offered a variety of activities and themes, including storytelling and performance, book-sharing, and popcorn and movie nights. The group has also participated in creative activities, such as the performance of Zen stories, meditation and drawing exercises, and musical chanting. The group has heard from guests and older members of the community who have been kind enough to share their own stories and experiences.



Buddha's Café offers the opportunity for young people to become more involved in the Buddha House community by contributing to ongoing projects and organizing events that focus on loving-kindness and self-development.

You don't have to be a Buddhist to come along. In fact you don't need to have ever come to Buddha House before. This group is suitable for all young adults and with any level of knowledge about the world and can be joined at any time.

If you would like to suggest topics, workshops or contribute in any other way please contact the Buddha House office. Any assistance is deeply appreciated.

Charge: \$5 plus gold coin donation for chai.

Tibetan Language Classes

Or just a good excuse to enjoy ourselves over a cup of coffee.



Every first and third Saturday at Buddha House: 2.30pm to 4.00pm

**November 1, 15
December 6, 20.**

Personally, I'd go for the coffee. After all, I am Brazilian. But many inner and outer causes and conditions have come together and it seems inevitable now that Buddha House will be offering very informal,

laid back, and, hopefully, joyful Tibetan language lessons, every 1st and 3rd Saturday of each month. This will suit those who might be interested in the meaning of those very foreign words we recite together at the beginning and at the end of every teaching of our dear Geshe Pema Tsering. We will also be going through some other key words that, I hope, will allow students to at least recognise which topic the Geshe is approaching at a given time. And if nothing goes exactly how we've expected, at least will be able to enjoy some fresh brewed organic coffee. We also have tea if you'd like.

Wishing you well, Rodrigo Sanches.
Facility Fee: \$10 waged, \$8 concession, \$7 members.

Buddha House Membership

Becoming a Member of Buddha House is one of the best ways you can contribute to the stability and growth of the centre.

Ask about the benefits of Membership at the office -

8333 2824, 9.30 - 2.30pm weekdays,

or see www.buddhahouse.org

or write to info@buddhahouse.org

Dharma Kids Club



November 2: Sunday Morning at 10.30 am.

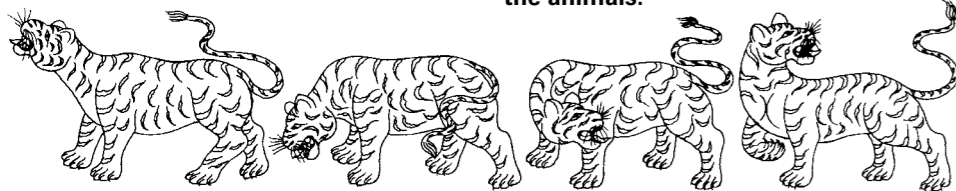
This year at the Dharma Kids Club, we have been using the values as presented by the 16 Guidelines for a Happy Life from Essential Education, an initiative of Lama Yeshe. We have discussed and done exercises with some of the topics such as love, inspiration, courage, delight, kindness, generosity, respect and tolerance. On top of this we have done yoga, meditation and creative activities. In this last regular Dharma Kids Club class of the year Gesar (Gaz) will discuss forgiveness.

Special Kids Day

December 7: Sunday 10am to 3pm

Theme: Animal Liberation.

How time flies! Soon it is going to be the end of the year of the Rat and the beginning of the year of the Ox.



We have promised you an 'End of Year Day', a special day with a special purpose, which will be organised for Sunday December 7. This year it will be an animal liberation day, in which we will show our love and care for all animal mother sentient beings.

Lama Zopa suggests that one of the things we can do for animals and insects is to save them from being killed and put them into a safe environment. By doing this, it not only liberates them from a lower realm but also creates a cause for their enlightenment. Most importantly, Animal Liberation educates us to protest against cruel practices and violations of animal rights. By giving peace to threatened animals we also create the causes for our own happiness and enlightenment.

This day is for parents AND their children (ages 5-13). Ven. Jamyang and Gesar (Gaz) will organise for everybody activities related to animal liberation and the 16 Guidelines for a Happy Life.

Gesar will buy the animals and together we'll perform a little ceremony before we set the animals free.

At 12 pm we'll have a shared lunch, so please bring a plate of vegetarian food to share.

Facility fee: a suggested donation of \$10 per family to contribute to buying the animals.

Lama Tsong Khapa Day

21 December - Sunday

On this day we celebrate the kindness of the founder of the Gelugpa school of Tibetan Buddhism, who lived 1357-1419. Lama Tsong Khapa was a renowned scholar, highly respected monk, realised meditator and great philosopher, who wrote many influential works. His most important work is Lamrim Chenmo - The Great Exposition of the Stages of the Path. In this he presented a clear and concise guide to practising and studying the complete path to enlightenment. Geshe Pema Tsering is teaching the middle Lam Rim, a shorter version of this text, on Thursday night at Buddha House as part of the Basic Program. His many teachings, such as the Three Principal Aspects of the Path, continue

Offerings in the gumpa

Don't forget that the Buddha House gumpa is always ready to accept your offerings of flowers.



FPMT



Following the teachings of Lama Tsong Khapa, the FPMT works to relieve all beings from suffering in all its forms.

Buddha House was founded by Lama Yeshe in 1981, and is affiliated with the FPMT, which has now grown to include over 100 centres worldwide, including monasteries, nunneries, hospices, retreat centres and health centres.

This newsletter contains sacred images and Dharma teachings. Please treat it with respect. (Burn separately from rubbish).

When burning written Dharma, first recite the mantra *OMAH HUM*. Then, visualize all the words and letters absorbing into the syllable *AH*. The *AH* then absorbs into you, transmitting the wisdom of the words to your mind stream and also spreading out in all directions and blessing all beings with wisdom. Then as you burn you can continue to recite *OMAH HUM*.

Get the latest Program Information and Community News at

www.buddhahouse.org

Register online to participate in community discussions at the forum, and receive email news.

to be a great source of inspiration. Jampa Gendun's teachings Opening Our Heart, Seeing Reality on Monday evening and Thursday morning are based on this text.

More information about the life of Lama Tsong Khapa can be found on our website.

As traditionally done on Lama Tsong Khapa day we will make many light offerings and celebrate with a special Guru Puja, with extensive and beautiful food offerings. The Guru Puja begins at 10.30 am, straight after the guided meditation. Everyone is welcome to join in this happy occasion. Please bring some delicious food such as chocolates, biscuits, juice to offer during the puja. Following the puja we will enjoy a shared lunch.

Please bring a plate of vegetarian food to share for lunch.

Monday

Classical Yoga

9.15 - 10.30am A structured practice using hatha yoga to develop mindfulness, focusing on mindful breathing and slow movement. Non-strenuous and suitable for all ages. Class led by Malgosia Plejewska. Cost \$14. Concession available on request.

Learn to Meditate

6 - 7pm The simple and safe meditative technique of Mindfulness of Breathing is taught progressively over the course of each month. Training in focusing our awareness on the breath calms the mind, eliminates tension and develops higher levels of concentration, which allow us to function with greater efficiency, clarity and ease. All welcome. Facility Fee: \$5

Opening Our Heart, Seeing Reality *The Three Principal Aspects of the Path.*

7.15pm A classic text by the great 14th century master, Lama Je Tsong Khapa, setting out the essence of the Buddhist path: the will to awaken, the awakened heart and the awakened mind. Presented by Jampa Gendun.

This class is repeated on Thursday mornings. Suitable for all and may be joined at anytime. Facility fee: \$10, \$8 (conc), \$7 (memb).

Tuesday

Mind Healing & Meditation

1.30 - 4pm With Ven Jamyang. See article in this program for more details. Facility fee: \$20, \$17 (conc), \$15 (memb).

Learn to Meditate

6 - 7pm A guided meditation with mindfulness of the body, breath and mind. Led by Ven Jamyang. Facility Fee: \$5.

The Way of the Bodhisattva (Bodhicharavata)

7.15pm This text by Shantideva focuses on the cultivation and flourishing of Bodhicitta - the heart of the Mahayana teachings. Presented by Ven. Geshe Pema Tsering, translated by Rodrigo Sanches.

Suitable for those with a basic knowledge of Buddhist philosophy. Facility fee: \$10, \$8 (conc), \$7 (memb).

Buddha House is a not-for-profit organisation and aims to make the teachings available to everybody who wants to hear them. If you, for any reason, cannot afford to come to the teachings but would like to participate please contact the Director through the office.

Wednesday

Gentle Yoga for Meditators

9.15 - 10am Non-strenuous gentle movement and stretching to keep the mind relaxed but alert, With Malgosia. \$8.

Guided Meditation

10am Guided meditations led by experienced practitioners. All welcome. Facility Fee: \$5.

Deity Practice

6pm Week 1 - Chenrezig, week 2 - Medicine Buddha, week 3 - Shakyamuni Buddha, week 4 - Tara. No facility fee.

Discovering Buddhism

7.15pm 16 guidelines for a happy life: how to work with the values of life to find happiness. Presented in a secular way by Ven. Jamyang. Come for one session, or study each module. Facility fee: \$10, \$8 (conc), \$7 (memb).

Optional study materials extra.

Thursday

Opening Our Heart, Seeing Reality

10am This is a repeat of the Monday evening class. See Monday's listing for details.

Basic Program/Lam Rim

6 - 9.30pm Includes dinner break. See article for details.

Saturday

Selected Workshops

9am - 4pm Buddha House holds regular weekend workshops. See Program articles for details.

Sunday

Guided Meditation

9am Guided meditations with mindfulness of the breath, followed by a meditation on a Graduated Path topic. Led by experienced students. All welcome. Facility Fee: \$5.

Morning Tea

10am Bring your favourite biscuits & cakes. All welcome.

Nagarjuna's Letter to a Friend

10.30am This text covers the whole Mahayana path and offers a practical approach to daily conduct. See article for more details. Presented by Ven. Geshe Pema Tsering, translated by Rodrigo Sanches. Facility fee: \$10, \$8 (conc), \$7 (memb).

Dharma Club (for Kids!)

10am First Sunday of every month.

A chance for children to learn about Buddhism through play and fun! A variety of activities - relaxation, meditation, games, story telling, discussion, arts and craft. Please bring water bottle, hat & small blanket/towel for yoga. Gold coin donation.

Protector Practices

5pm - first Sunday of every month. The purpose of this practice is to remove obstacles and gather all favourable conditions for spiritual practice.

Auspicious Dates

Guru Puja:

Saturday November 8 at 3.30pm

Wednesday November 19 at 7.30 (Lord Buddha's descent)

Saturday November 22 at 5pm

Sunday December 7 at 4pm

Sunday December 21 at 10.30am (Lama Tsong Khapa Day)

Tara Puja:

Thursday November 6 at 3pm

Friday December at 5pm

Medicine Buddha Puja:

Thursday November 6 (do at home)

Thursday November 13 at 4 pm

Friday December 5 (do at home)

Friday December 12 at 5pm

8 Mahayana Precepts Days:

November 6, 13, 19, 27

December 5, 12, 27

Full Moon:

November 13, December 12

New Moon:

November 27, December 27

Prayer Flags:

November 1, 7, 9, 10, 13, 15, 16

December 5, 7, 8

No Prayer Flags:

November 8, 19 December 4, 16, 31

Special Events:

Lord Buddha's acceptance

to descend from Tushita:

Thursday November 13

Lord Buddha's actual descent

from Tushita

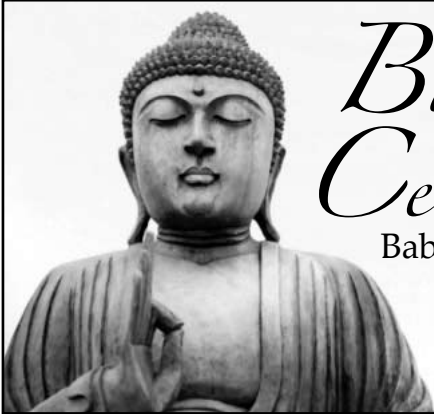
Wednesday November 19

Lama Tsong Khapa Day

Sunday December 21

Geshe-la will be travelling to India at the end of the year and hence won't be teaching from 17th November until the end of January.

COMMUNITY CLASSIFIEDS



*Buddhist
Celebrant*
Babies, Weddings
& Funerals
Natalie Kagan
8331 8071



Quality Assured Tiling

- Quality Wall & Floor Tiling
- No job too big or small
 - Bathroom makeovers & upgrades
 - Sandstone, porcelain & ceramic specialists
 - Fast, reliable, clean tidy service
 - Ten years experience

B.L.D. 207240 Adam 0401 383 248

**KHENSUR KANGUR RINPOCHE FOUNDATION
TIBETAN SPONSORSHIP SCHEMES**

"Some people need so little,
but they need so little so much"
Over 300 Monks, Nuns, Lay
Tibetan children in India and
students at Gyalten School in
Tibet waiting for Sponsorship



\$10.00 a MONTH

Administrator: 8357 9392
E mail: info@monksponsorship.org
www.monksponsorship.org

An initiative of The Tibetan Buddhist Institute



Simply respectful.
Simply dignified.
Simply affordable.

Prepaid funerals available.
12 months interest free*
Cremation services
starting at \$2795

8262 1733

Simplicity Funerals
www.simplicityfunerals.com.au
*Conditions apply

Healing Yoga

- Classes daily, eastern suburbs, small groups only, non-strenuous and nurturing environment
- Ayurvedic and Thai Yoga therapeutic massage (oil and/or assisted floor stretches)
- Bowen Therapy
- Rei-ki healing (master level)



For more information and bookings:
Malgosia Plejewska-Suszek (SYTA)
08 83318899 or 0409 552149

Harry's Hut

- Furnished
- Shrine table
- 2 ring gas cooking
- Gas heater
- Fridge
- Shower
- Bed linen
- Crockery
- Kitchen utensils
- No electricity.
- Herb, fruit & vegetable garden
- Food shopping & washing done for longer retreats.

A Buddhist Retreat Hut.
Isolated, overlooks flowing creek.

Costs to cover gas & maintenance:
\$10 daily, \$60 weekly \$25 three day weekend. Conc Available.

Contact: Sandra Danher 8251 2000
sandraandgerry@bigpond.com

For solitary retreat only.

YOUR AD HERE!

\$20 (inc GST) or \$100/year

For standard business card size (90 x 55 mm)
Double size, 1/2 page etc are calculated as multiples of the standard size.

Please book your ad, and send all copy and artwork to the BH Office no later than 2 weeks before the publication date (usually 3 weeks before the end of the month prior publication date).

Scanning and basic artwork can be arranged.
Most file formats supported - pdf, jpg, tif etc.
Contact webmaster@buddhahouse.org for technical questions.
Check the new online shop at www.buddhahouse.org for new ways to book, pay for and upload your ads.

COUNSELLING

Carole Armstrong

(from a Buddhist Perspective)

(Assdip TransCouns; Assdip TransFasc; HAS for Counselling; Cert ActHumPoi; Staff Dev.Med.Term.)

- Relationship; Couples; Family Counselling
- Addictions; Anxiety; Stress; Grief etc
- Structured Counselling Program
 - Personal Issues

Phone Carole
on **8357 9392 or 0404 839 293**

POLICY & DISCLAIMER. The Buddha House Executive reserves the right to refuse any advertising considered unsuitable for Buddha House News. Inclusion of any company, organisation, agency, institution, publication, service, product or individual does not imply endorsement by the publisher. No responsibility can be accepted by the publisher, editor, and/or any person involved in the preparation of this publication for loss occasioned to any person acting or refraining from action as a result of material in this publication. COST: \$20 per business card size. Contact Buddha House for details - 83799153.