

# PROGRAM **BUDDHA HOUSE**

SEPTEMBER/OCTOBER 2008

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



### Thursday Evenings: 6pm to 9.30pm.

The current module within the Lam Rim covers the training of beings of the small scope.

In the fourth 10-week module, which begins on October 9, we will look at karma: actions and their results. This could be an ideal time to join the program.

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 through 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 one's 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.**



## Nagarjuna's Letter to a Friend

*with Geshe Pema Tsering*

**Sunday Mornings: 10.30am to noon.**

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.**

## The Way of the Bodhisattva

*with Geshe Pema Tsering*

### Tuesday Evenings: 7.15 to 8.45pm.

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.**



# 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.**



## Wisdom of Emptiness

*with Jampa Gendun*

**Wednesday Evenings at 7.15pm: September 3, 10, 17, 24, October 1, 8, 15.**

Emptiness is the ultimate truth, the actual way in which all things exist. Understanding emptiness is vital not only to free ourselves from all the confusion, problems and suffering

we experience, but also to fulfill our highest potential – attaining awakening for the benefit of all beings. This module will provide students with an introduction to emptiness, its meaning and ways of developing the wisdom that realizes it.

## Introduction to Tantra

*with Ven. Jamyang and Jampa Gendun*

**Wednesday Evenings at 7.15pm: October 22, 29, November 5, 12, 19, 26.**

“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.*

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.



## Advice from Lama Zopa Rinpoche

*Attitude for Offering Service to a Buddhist Centre*

“Working for the center and serving sentient beings is a very unique situation and when done with bodhicitta motivation you earn skies, unbelievable amounts of merit because you are educating others in the Buddha’s method that completely eliminates suffering and brings lasting happiness. This is something very special. So the nature of the work and result of the work is very different.

For a Dharma practitioner and thought transformation practitioner, it is best not to expect praise from others all the time. If there is the thought clinging for praise and for worldly feelings, then when receiving criticism you will be in great shock. You will lose aspiration and so many personal and emotional problems will arise. Also, if you live your life with craving for reputation and praise, your entire work will be done for that. All your work will be done with clinging to this life with attachment. Your work will not be done for sentient beings, to benefit sentient beings. .... Then all your activities in life become negative. Since your wish is non-virtuous, your actions will become non-virtuous and you will keep on creating negative karma.

The best motivation is the goal to benefit others, .... to serve sentient beings, free them from suffering and its causes, bring them happiness and its causes - cause happiness of future lives, liberate them from samsara and bring them to full enlightenment.”

## Discovering Buddhism Workshops

These workshops are presented in an interactive way, with time and space to apply the lessons of our own life. Besides teachings based on Buddhist philosophy, there will be guided meditations and discussions.

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

*Because this is the meditation day recommended for Discovering Buddhism students the facility fee for those who have participated in at least 4 evenings of the module is: \$40 waged, \$35 concession, \$30 members.*

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

### Workshop - Wisdom of Emptiness

*with Jampa Gendun* **October 18 - Saturday 9am to 4pm.**

Without the view of emptiness Buddhism could not go beyond psychotherapy. For whilst therapy and much of Buddhism prune the branches of our misconceptions about what it means to be a “normal,” “sane” or “worthwhile” person, the practice of emptiness aims at cutting the roots, namely our deep, unexamined and fallacious premises about what it means to be a person

at all. Through a combination of talks, discussions and meditations, this workshop will explore the central position of emptiness within Buddhism, its meaning and ways of developing the wisdom that realizes it.

*Please register through the Buddha House office. A 10% discount applies if registration and payment are made by October 13.*

### Offerings in the gumpa

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



## Workshop - Working with Emotions

with Jampa Gendun

September 20 – *Pride* and October 25 - *Jealousy* : Saturday 9am - 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.

**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.

*Please register through the Buddha House office. A 10% discount applies if registration and payment are made by September 15 and October 20 respectively.*

## 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 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.

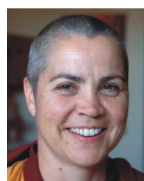
Western teacher, Jampa Gendun, continues his teachings on the way to develop the three principal aspects of the Buddhist path: the Will to Awaken, the Awakened Heart, and the Awakened Mind. Classes consist of talks, meditations, and discussions in a relaxed and informal atmosphere.

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

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

**Please Note: there is no class on September 8.**

## Mind Healing and Meditation



with Ven. Jamyang for those who suffer a serious physical illness and their carers.

**Tuesday Mornings: 10am to 12.30pm.**

Physical well-being does not guarantee psychological well-being. Similarly we can say that physical illness does not need to involve psychological suffering. How can we feel good about ourselves when our body doesn't function properly? How can we prevent ourselves from getting caught up in our sickness? Where can we find the space where we experience freedom from our physical limitations?

According to Buddhism we all have the potential to experience happiness within: through our good heart and compassion for ourselves and others. To connect with our compassion we

may have to look deep inside, at our attitude to life and at our fixed ideas about ourselves and the world. This is the first step in learning to open our hearts to ourselves and others.

In this 12 week course you can learn to connect with the healing qualities of the mind. The teachings and meditations, based within the Tibetan Buddhist tradition, are presented in a way that is accessible to all. In each session there will be time for sharing and discussion.

It is anticipated that participants will make a strong commitment to attend the full 12 week program. The next course begins in early 2009 and to register your interest please contact Ven. Jamyang through the office at Buddha House.

**Facility fee for the whole course paid in advance: \$215 waged, \$185 conc, \$165 members.**

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

**Question for Geshe-la:**

**What is the best way to deal with a restless mind?**

**Geshe-la's answer:**

In the context of calm abiding meditation, if your mind is restless you apply such antidotes as contemplating the sufferings of cyclic existence. But that's not what you're referring to. When many thoughts are occurring in your mind, with worries and so on, you need to apply mindfulness and

alertness. Then while watching what's going on in your mind, you have to decide what is important, what it is that you have to accomplish, what can be done, or even if anything can be done at all. And if something is important, has to be accomplished, or can be done, then you do it. And if not, worrying is not going to help, so just decide there and then, with mindfulness and alertness, to stop thinking about it.

# 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.

**Friday Evenings: 7.30 to 9.30pm.**

**Facility fee: \$15 per session, \$120 for all sessions in a lecture series.**

Tea/coffee included

## Compassion in Action - Buddhism in Times of Terrorism

**September 5, 12, 19, 26 and October 3.**



Our second speaker is Robert Hattam, who is an Associate Professor at the Hawke Research Institute in the University of South Australia. Robert will be giving a series of

talks on how we might think about Buddhism in terms of a tradition that is socially engaged rather than world-denying. He will draw on scriptural sources and cases of famous socially-engaged Buddhists.

The talks will have the following titles:

1. Introduction to the idea of socially-engaged Buddhism
2. Scriptural justification for engaged Buddhism
3. The Dalai Lama and universal responsibility
4. Thich Naht Hanh and the Tiep Hien Order
5. Sulak Sivaraksa and a Buddhist vision for renewing society

6. Western reinterpretation of socially-engaged Buddhist praxis: Stephen Batchelor and the Think Sangha

7. The Beats

8. Living a socially-engaged Buddhist life?

Robert's research interests include school reform, social justice in education, critical pedagogy and socially-engaged Buddhism. He has recently published various papers on Buddhism and the book: *Awakening-Struggle: Towards a Buddhist Critical Social Theory.*



## Cultivating Wisdom in Leadership:

*Practical Adaptations of the Buddha's Teachings*

**October 17, 31 November 7, 21, 28 December 5, 12, 19 (there are no talks on Oct 24 or 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.

## Coming soon...

A weekend course  
**Making Friends with Death**  
November 29-30.



## Introduction to Buddhism



*with Ven. Jamyang*

**October 4, 11, 18 and 25**  
**- Saturday Morning: 10am to 12pm.**

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 per week: \$15 / \$12 conc / \$10 members, whole module: \$52 / \$42 / \$35.**

"Introduction to Buddhism" 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.

**These classes are ideal for new students!**

## 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, prescribed syllables, 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.

# Ultimate Healing

Weekend Workshop with Ven. Jamyang



September 27 and 28:  
9am to 4pm.

We experience illness on a physical or mental level. 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 weekend course is suitable for all interested in healing from a Buddhist point of view. Geshe Pema Tsering's teaching on Sunday morning will be part of the course but may be attended independently.

Please register through the Buddha House office. A 10% discount applies if registration and payment are made by September 22.

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

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

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

If you only come to come Geshe-la's teaching, you are welcome to participate in the lunch, but kindly bring some food to share.

## Buddha's Café

Saturday evenings fortnightly:  
7.30pm to 9.30pm.

13 September -  
*Relationships and Loving Kindness*  
27 September -  
*Different Paths, Same Destination?*  
11 October - *Mind and Emotions*  
25 October - *Active-Dharma*

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 4pm.**

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.**

## Dharma Kids Club

*"Much more than a creche"*



**Sunday Mornings: 10.30am.**

The Dharma Kids Club is coordinated by Gesar, who has been a Buddhist from birth and is a registered

high school teacher with primary experience in SA. It is now for Primary School Age children only.

Based on last year's attendance and on feedback from the children and parents, Gesar has created a year-long structured program. Children from 6 to 12 years old will be introduced to the teachings of the Buddha in interactive sessions involving such activities as games, stories, meditation and yoga.

In the Dharma Kids Club children will obtain a basic understanding of the Buddha's teachings and learn to apply positive human values in daily life.

The program structure is based on 'The 16 Guidelines for a Happy Life',

a text that forms the basis for Essential Education (EE), which is an initiative of Lama Yeshe, the founder of the FPMT and Buddha House. Essential Education shows people how to be kind and wise, and presents Buddhist ideas in everyday language. The '16 Guidelines for a Happy Life' is based on inspirational values "to make life better", which can be applied to how we think, act and relate to others and how we find meaning in life.

In the last session of the year we will organize an "end of year celebration", which may be an out-door excursion.

Dharma Kids Club is at 10.30am on the first Sunday of the month Parental supervision is not necessary. Cost is a gold-coin donation.

We realize that some parents with kids under 6 years old might be disappointed about this change in our program. Buddha House is looking for ideas and volunteers (!) to establish a dharma kids club for the youngest. If you can help please contact Ven.

Jamyang at [spc@buddhahouse.org](mailto:spc@buddhahouse.org) or though the office at 8333 2824.

**Note that there will be Dharma Kids Club on Fathers Day Sept 7.**



## Lam-Rim Meditation Retreat on Kangaroo Island

From 6pm September 28 until 6pm October 8, 2008\*

**\*This retreat is now full, but a waiting list is available.**

**For bookings and enquiries: [www.detongling.org](http://www.detongling.org) or phone: 08 8553 2670.**

*There will be no Buddha House October retreat.*



## Bushwalking

**Saturday 8.30am:  
September 20 and October 11.**

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.**

### Annual Cherry Gardens bushwalk and lunch:

On **September 20** join us for a pleasant walk in the scrub, enjoying the wild flowers and kangaroos, followed by a leisurely lunch.

If you live in the southern suburbs you may wish to meet closer to the location. Contact Becky for details on 83226164 (home). Otherwise meet at Buddha House at 8.30am.

Please bring something to share for the lunch.

## 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 **OM AH 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 **OM AH HUM**.

### Get the latest Program Information and Community News at

**[www.buddhahouse.org](http://www.buddhahouse.org)**

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

## Monday

### Classical Yoga

**11am - 12.15pm** 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 \$12/10 (conc).

### Learn to Meditate

**6pm** 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. Classes held at the following times and locations:

**BUDDHA HOUSE: 6 - 7pm** Facility Fee: \$5

**SEMAPHORE: 6 - 6.45pm**

253 Military Road, Semaphore (at the hall). BYO cushion (chairs provided).

*Classes at Semaphore not held on public holidays.*

### 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

**10am - 12.30pm** 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 breath & body. Led by Ven Jamyang. Facility Fee: \$5.

### The Way of the Bodhisattva (Bodhicharavatara)

**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).

## Wednesday

### Easy Stretches for Meditators

**9.15am** Yoga classes with Malgosia. \$5.

### 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. Free.

### Discovering Buddhism

**7.15pm** Presented by western teachers and experienced students. Includes a presentation of a topic, group discussion and a meditation. 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

### Introduction to Buddhism

**10am** An ideal starting point. See the description on page 2 of this program. Typically, this course is held every second month. Led by experienced students.

### 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!)

**10.30am** 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.

## Dharma Dates

### Guru Puja:

Wednesday September 10 at 3pm  
Wednesday September 24 at 3pm  
Thursday October 9 at 3pm  
Thursday October 23 at 3pm

### Tara Puja:

Sunday September 7 at 2pm  
Tuesday October 7 at 2pm

### Medicine Buddha Puja:

Sunday September 7 (do at home)  
Monday September 15 at 2pm  
Tuesday October 7 (do at home)  
Tuesday October 14 at 2pm

### 8 Mahayana Precepts Days:

September 7, 15, 29  
October 7, 14, 28

### Full Moon:

September 15, October 14

### New Moon:

September 29, October 28

### Prayer Flags:

September 2, 4, 8, 10  
October 4, 8, 11

### No Prayer Flags:

September 3, 16, 27, 30  
October 12, 23

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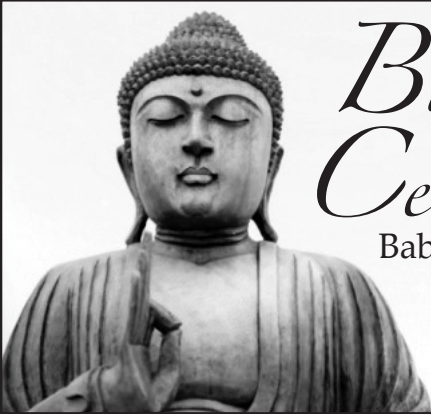
9.30 - 2.30pm weekdays,  
or see

[www.buddhahouse.org](http://www.buddhahouse.org)

or write to

[info@buddhahouse.org](mailto:info@buddhahouse.org)

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