



# Day of Miracles

## Sun 28th feb

9am Meditation  
9.45am 1000 Armed Chenrezig Practice  
10.30am Ven Geshe Jampa Gyaltsen  
Teachings: Essence of Nectar-Lam Rim  
7.00pm Guru Puja

The first full moon of the year is celebrated in the Vajrayana as the Day of Miracles, or Chotr! Duchon, to commemorate the final day of miraculous display by the Buddha which lasted 15 days. He performed these numerous miracles to overpower the six heretical teachers who challenged the Buddha. When the Buddha first received the challenge, he moved to another kingdom of India and he continued to avoid the teachers until he had visited all the kingdoms. Finally, he had the kings of these lands and their retinues accompany him to the final kingdom. There, at an arranged field, he displayed his miraculous powers for 15 days, it is said, to increase the devotion and merit of future disciples. Through these acts of this 15 day period, which are every year observed by the great prayer festival of the Gelugpa Monlam Chempo. The Buddha defeated the heretical teachers and introduced all in the audience to the path of Dharma.



The victory banner originates from the victory banner that was a military standard carried in Indian warfare. It was adopted as the symbol of Buddha's enlightenment. In Tibetan Buddhism

it is said to symbolise the methods for overcoming the defilements-the development of knowledge, wisdom, compassion, meditation, and ethical vows.

# HAPPY TIBETAN NEW YEAR (LOSAR)

## Sun 14th feb

6am Guru Puja with Ven Rinpoche and khata offerings to him, followed by prayers for His Holiness, Chema Offering, Tea, sweet rice, khapsey.

Bring lunch to share at 12 noon  
7pm dvd- The Cup, chai and cake

See page 8 for information about Losar

MON	TUE	WED	THU	FRI	SAT	SUN
1  6.30-7.15pm Learn to Meditate 7.30 Intro to Buddhism	2	3  7pm Ven Khensur Rinpoche teachings	4  7pm Ven Geshe Jampa Gyaltsen (Mind & Mental Functions—Lorig)	5	6 6.30am Yamantaka Practice  2-3.00pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice 5-6.30pm Opportunity to Clarify	7 9am Meditation 9.45am 1000 arm Chenrezig <b>10.30am Ven Geshe Jampa Gyaltsen (Essence of Nectar-Lam Rim)</b>
8  6.30-7.15pm Learn to Meditate 7.30 Intro to Buddhism 7pm Guru Puja	9	10  7pm Ven Khensur Rinpoche teachings	11  7pm Ven Geshe Jampa Gyaltsen (Mind & Mental Functions—Lorig)	12	13 6.30am Yamantaka Practice  <b>Ilia Durovic 2—4pm</b> <b>A Pure Life: Living in the light of Karma and Causality</b>	14 <i>New Moon</i> <b>LOSAR</b> <b>6am Guru Puja with special offerings</b> 9am Meditation 9.45am Tara Practice <b>10.30am Ven Geshe Jampa Gyaltsen (Essence of Nectar-Lam Rim)</b> <b>12.30 Lunch to Share</b> 1pm Vajrayogini Study Group 7pm DVD 'The Cup'
15  6.30-7.15pm Learn to Meditate 7.30 Intro to Buddhism	16	17  7pm Ven Khensur Rinpoche teachings	18  7pm Ven Geshe Jampa Gyaltsen (Mind & Mental Functions—Lorig) Last teaching on this topic	19	20 6.30am Yamantaka Practice  2-3.00pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice 5-6.30pm Opportunity to Clarify	21 9am Meditation 9.45am 4 Arm Chenrezig <b>10.30am Ven Geshe Jampa Gyaltsen (Essence of Nectar-Lam Rim)</b>
22  6.30-7.15pm Learn to Meditate 7.30 Intro to Buddhism	23	24  5.30pm Guru Puja 7pm Ven Khensur Rinpoche teachings	25  NO TEACHINGS	26	27 6.30am Yamantaka Practice  <b>Calm Abiding Meditation Day 9.30am to 4.30pm</b> <b>Please bring veg. lunch to share</b>	28 <i>Full Moon O</i> <b>DAY OF MIRACLES</b> Precepts Day 9am Meditation 9.45am 1000 Arm Chenrezig 10.30am Ven Geshe Jampa Gyaltsen (Essence of Nectar-Lam Rim) 7pm Guru Puja

# TIBETAN BUDDHIST INSTITUTE

# MARCH 2010

MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b> 6.30-7.15pm Learn to Meditate 7.30 Intro to Buddhism	<b>2</b>	<b>3</b> NO TEACHING	<b>4</b> NO TEACHING	<b>5</b>	<b>6</b> 6.30am Yamantaka Practice 2-3.00pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice 5-6.30pm Opportunity to Clarify	<b>7</b> 9am Meditation 9.45am Tara Practice <b>10.30am Ven Geshe Jampa Gyaltzen (Essence of Nectar-Lam Rim)</b>
<b>8</b> PUBLIC HOLIDAY (Adelaide Cup)	<b>9</b>	<b>10</b> 5pm Guru Puja 7pm Ven Khensur	<b>11</b> 7pm Ven Geshe Jampa Gyaltzen (Paths &	<b>12</b>	<b>13</b> 6.30am Yamantaka Practice <b>Ilija Durovic 2-4pm Buddhism in the forthcoming Dark Ages</b>	<b>14</b> 9am Meditation 9.45am 4 Arm Chenrezig <b>10.30am Ven Geshe Jampa Gyaltzen (Essence of Nectar-Lam Rim)</b> 1pm Vajrayogini Study Group
<b>15</b> 6.30-7.15pm Learn to Meditate 7.30 Intro to Buddhism	<b>16</b> <i>New Moon •</i>	<b>17</b> 7pm Ven Khensur Rinpoche teachings	<b>18</b> 7pm Ven Geshe Jampa Gyaltzen ( Paths &	<b>19</b>	<b>20</b> 6.30am Yamantaka Practice 2-3.00pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice 5-6.30pm Opportunity to Clarify	<b>21</b> 9am Meditation 9.45am 1000 arm Chenrezig <b>10.30am Ven Geshe Jampa Gyaltzen (Essence of Nectar-Lam Rim)</b>
<b>22</b> 6.30-7.15pm Learn to Meditate 7.30 Intro to Buddhism	<b>23</b>	<b>24</b> 7pm Guru Puja <b>7pm Study Program for Khensur Rinpoches Teaching (Commentary on Mind of Enlightenment)</b>	<b>25</b> 5pm Guru Puja <b>7pm Ven Geshe Jampa Gyaltzen (Paths &amp; Grounds)</b>	<b>26</b>	<b>27</b> HERUKA INITIATION	<b>28</b> HERUKA INITIATION
<b>29</b> 6.30-7.15pm Learn to Meditate 7.30 Intro to Buddhism	<b>30</b> <i>Full Moon ◦</i>	<b>31</b> <b>7pm Study Program for Khensur Rinpoches Teaching (Commentary on Mind of Enlightenment)</b>				

# OUTREACH PROGRAM

FEBRUARY		Mon	Tue
1 (Salisbury)	2 (Largs Bay)	6.30—7.30pm Meditation	6—7pm Meditation 7.15-8.30pm Discussion Group
8 (Salisbury)	9 (Largs Bay)	6.30—7.30pm Meditation	6—7pm Meditation
15 (Salisbury)	16 (Largs Bay)	6.30—7.30pm Meditation	6—7pm Meditation
22 (Salisbury)	23 (Largs Bay)	6.30—7.30pm Meditation	6—7pm Meditation

MARCH		Mon	Tue
1 (Salisbury)	2 (Largs Bay)	6.30—7.30pm Meditation	6—7pm Meditation 7.15-8.30pm Discussion Group
8 (Salisbury) <b>Public Holiday No Class</b>	9 (Largs Bay)		6.00—7.00pm Meditation 7.15 to 8.30pm Intro to Buddhism
15 (Salisbury)	16 (Largs Bay)	6.30—7.30pm Meditation	6.00—7.00pm Meditation 7.15 to 8.30pm Intro to Buddhism
22 (Salisbury)	23 (Largs Bay)	6.30—7.30pm Meditation	6.00—7.00pm Meditation 7.15 to 8.30pm Intro to Buddhism
29 (Salisbury)	30 (Largs Bay)	6.30—7.30pm Meditation	6.00—7.00pm Meditation 7.15 to 8.30pm Intro to Buddhism

Meditation with Ann 0402 409 259 at Salisbury: Bagster Community Centre 17 Bagster Rd, Salisbury Nth. Meditation and Discussion Classes with Jampa Tenzin 8449 1290 at Largs Bay: 103 Woolnough Rd, Largs Bay

## the program

### wednesdays

7:00pm Teaching by Ven Khensur Rinpoche "Nagarjuna's Commentary on the Mind of Enlightenment" (Bodhicitta-Vivarana) Study Program every 5th week. Questions and answers with Geshela.

### saturdays

Every 2nd Saturday

**2:00pm—3:30pm Meditation for Healing.** Every second Saturday. Mindfulness meditation followed by a meditation on a health related theme. All welcome. Led by Venerable Jampa Tenzin  
**3:30pm Medicine Buddha Meditation Practice** Every second Saturday. All Welcome Led by Venerable Jampa Tenzin  
**5.00-6.30pm** Opportunity to Clarify with Jampa Tenzin

### mondays

#### MONDAYS

##### 6.30pm Mindfulness Meditation

Stressed after a long days work? Come along and relax the mind and body and meditate in a peaceful environment with others. Take a step back from the hustle and bustle and slow down for a while. Mindfulness meditation was recommended by the Buddha as one of the best meditations we can do. Most welcome to stay for a cuppa afterwards.

Everyone Welcome

##### 7.30pm Introduction to Buddhism

Explaining the basic principles of Buddhism and exploring some of the beliefs and values. Led by experienced Buddhist practitioners, who have loads of knowledge and are happy to share that with others. All Welcome

## at a glance

### thursdays

7pm Ven Geshe Jampa Gyaltzen Mind & Mental Faculties finishing February. Grounds & Paths starting March.

A general presentation of all the levels of Buddhist spiritual practice....a template showing exactly what practices are necessary at what level, and what the signs of realization of meditations, (ie emptiness) are.

10.30am Yoga with Sandy (TBA)

### sundays

9.00am Meditation

9.45am Alternating Green Tara; Chenrezig Four Armed and Chenrezig Thousand Armed Deity Practices

(Led by Venerable Jampa Tenzin)

Compassion is indispensable on the path to enlightenment and these practices allow us to develop the compassion within ourselves through the recitation of the Mantra OM MANI PADME HUNG and meditation on Chenrezig. Green Tara helps to dispel obstacles to our practice.

10.30am Essence of Nectar—Lam Rim Teaching by Ven Geshe Jampa Gyaltzen

A very rare transmission. Easy to understand and put into practice, and leads quite easily into the great teachings. We heartily encourage all newcomers who want a taste of Buddhism, as well as older and more experienced students who realize the importance of a return to the basics.

Everyone Welcome