

# the program at a glance

8 Ross Ave Flinders Pk.  
08 8351 8788  
tbi@internode.on.net

## mondays

### 6.30pm Mindfulness Meditation

Stressed? Want to learn how to meditate? Anyone can come and relax the mind and body in a peaceful environment with others. Know how to meditate? Experience meditating in a group to strengthen your practice, and soak up the beautiful and tranquil surrounds of our Gomba. Mindfulness meditation was recommended by the Buddha as one of the best meditations we can do. Most welcome to stay for a cuppa afterwards. Lead by experienced meditators on a monthly rotation.

### 7.30pm Introduction to Buddhism

Explaining the basic principles and philosophies of Buddhism and exploring some of the beliefs and values. Lead by experienced Buddhist practitioners in an easy light manner, who have loads of knowledge and are happy to share that with others.

All Welcome

## Guru Puja's

Within the Tantra tradition, reliance upon and devotion to one's Guru, is of paramount importance - without this progress upon the path to enlightenment cannot be made. Thus, Guru Yoga is the foundation of Mahayana Tantric practice. Please bring healthy celebratory food to share for an offering to the Guru.

## wednesdays

### 7:00pm Teaching by Ven Geshe Jampa

Pabonka Rinpoche's Liberation in the Palm of your Hand. This magnificent Lam Rim text is the best possible foundation to start a solid Buddhist practice and as Khensur Rinpoche's disciple, Geshe Jampa is superbly qualified to impart it. **Suitable for everyone and not to be missed!**

## sundays

### 9.00am Meditation Class

### 9.45am Alternating Green Tara and Four Arm Chenrezig

**Deity Practices** 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 to Noon Teaching with Geshe Jampa— Mind Training like the Rays of the Sun:** The Mind training teachings are a great vehicle instruction, because they are mostly concerned with developing the awakening mind, the altruistic mind of enlightenment. These teachings are directed primarily towards transforming our mental attitudes.

**1.30-3.00pm Lam Rim Discussion Sessions.** Most Sundays These classes focus on the practicalities of putting the Buddhist Teachings into practice. Begins with brief outline of the topic followed by discussion. Led by Jampa Tenzin

Everyone Welcome

We offer programs to suit beginners and advanced students aspiring to gain inner peace, for the benefit of all sentient beings, through the study and practice of Mahayana Buddhism. We do this through the guidance and insight of Venerable Khensur Kangurwa Rinpoche, and Geshe Jampa Gyaltzen.

## saturdays

### 2:00pm—3:30pm Meditation for Healing.

Mindfulness meditation followed by a meditation on a health related theme. With Ven Jampa Tenzin. Every 2nd Saturday

### 3:30pm—4.30pm Medicine Buddha Meditation Practice

With Ven Jampa Tenzin. Every 2nd Saturday




**9.30am—4pm Compassion Day** (a day of meditation and practice to develop the awakening heart of compassion) every few months

**9.30am to 4.30am Medicine Buddha Days** (a day of meditation on the Buddha of Healing) every few months

**9.30am to 4pm Calm Abiding Day** (Stabilisation of your mind on the basis of genuine concentration is serenity (Calm Abiding) every few months












# Tibetan Buddhist Institute

# December 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
The office will be closed from 5th December opening again on 16th January, however, there will still be some classes held. For any inquiries, please leave a message on the answering machine or if urgent, please ring Carole 0404 839 293			1 	2 Tara Day  6pm Vajrasattva Practice—All welcome 7pm Yamantaka Practice HYT Initiates only	3 	4 9am Meditation 9.45am Chenrezig Practice 1.30pm Lam Rim Discussion Session  5pm Guru Puja
5 Centre Closed 6.30-7.15pm Learn to Meditate (Diana Houston) 7.30 Intro to Buddhism (Joe Beresford)	6  Centre Closed	7  Centre Closed	8  Centre Closed	9 Centre Closed  6pm Vajrasattva Practice—All welcome 7pm Vajrayogini Practice HYT Initiates only	10 <sup>Full Moon</sup> Centre Closed <b>MEDICINE</b> <b>BUDDHA DAY</b> 9.30 to 4.30pm (includes Healing Group at 2pm)	11 9am Meditation 9.45am Green Tara Practice  Centre Closed
12 Centre Closed 6.30-7.15pm Learn to Meditate (Diana Houston) 7.30 Intro to Buddhism (Joe Beresford)	13  Centre Closed	14  Centre Closed	15  Centre Closed	16 Centre Closed  6pm Vajrasattva Practice—All welcome 7pm Yamantaka Practice HYT Initiates only	17  Centre Closed	18 9am Meditation 9.45am Chenrezig Practice  Centre Closed
19 Centre Closed 6.30-7.15pm Learn to Meditate (Diana Houston) 7.30 Intro to Buddhism (Joe Beresford)	20  <b>Tsong Khapa Day</b> 7pm Guru Puja	21  Centre Closed	22  Centre Closed	23  Centre Closed	24 Centre Closed 2-3pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice	25 <sup>New Moon</sup>  <b>Christmas Lunch</b>  (Bookings Essential)
26 Centre Closed  Public Holiday	27  Library Working Bee 9.30—12noon 1.30—4pm	28  Library Working Bee 9.30—12noon 1.30—4pm	29  Library Working Bee 9.30—12noon 1.30—4pm	30  Library Working Bee 9.30—12noon 1.30—4pm	31  Centre Closed	

# Tibetan Buddhist Institute

# January 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Please note that Geshe Jampa Gyaltsen will be teaching The Four Noble Truths on 18th, 25th Jan and 1st, 8th February. Geshela will resume Liberation in the Palm of your Hand on 15th February						1 Tara Day Centre Closed
2 Public Holiday 6.30-7.15pm Learn to Meditate (Diana Houston)	3 Centre Closed  6.00pm Guru Puja	4 Centre Closed	5 Centre Closed	6 Centre Closed	7 Centre Closed  2-3pm Meditation for Healing 3.30-0pm Medicine	8 Centre Closed
9 Full Moon Centre Closed  6.30-7.15pm Learn to Meditate (Diana Houston)	10 Centre Closed	11 Centre Closed	12 Centre Closed	13 Centre Closed	14 <b>COMPASSION DAY</b> 9.30AM TO 4.30PM	15 Centre Closed
16 6.30-7.15pm Learn to Meditate (Diana Houston)	17 	18 5pm Guru Puja <b>7pm Geshe Jampa Gyaltsen</b> <b>The Four Noble Truths</b>	19 	20 6pm Vajrasattva Practice—All welcome 7pm Vajrayogini Practice HYT Initiates only	21 2-3pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice	22 9am Meditation 9.45am Green Tara Practice 1.30pm Lam Rim Discussion Session
23 6.30-7.15pm Learn to Meditate (Diana Houston) 7.30 Intro to Buddhism (Joe Beresford)	24 New Moon 	25 <b>7pm Geshe Jampa Gyaltsen</b> <b>The Four Noble Truths</b>	26 Public Holiday 9am to 12 noon Private Booking	27 9am to 12 noon Private Booking 6pm Vajrasattva Practice—All welcome 7pm Yamantaka Practice	28 9am to 12 noon Private Booking 2—4.30pm Setting up an Altar	29 Sorry, No Meditation or Deity Practice 9am to 12 noon Private Booking 1.30pm Lam Rim Discussion Session
30 9am to 12 noon Private Booking 6.30-7.15pm Learn to Meditate (Diana Houston)	31 9am to 12 noon Private Booking					

# OUTREACH PROGRAM

Meditation and Discussion Classes with Jampa Tenzin 8449 1290 at Largs Bay 103 Woolnough Rd, Largs Bay

Meditation with Karen p: 8395 8571 at Wadana Community Centre 14 Blacks Rd, Gilles Plains

Meditation with Ann 0402 409 259 at Salisbury at Bagster Community Centre 17 Bagster Rd, Salisbury North

Mon	Tue	Tue
5th (Salisbury) 6.30—7.30pm Meditation	6th (Largs Bay) 5.45—6.45pm Meditation 7.15—8.30pm Discussion on The Six Perfections	6th (Gilles Plains) 1pm—2pm Meditation
12th (Salisbury) <b>No Class</b>	13th (Largs Bay) 5.45—6.45pm Meditation	13th (Gilles Plains) 1pm—2pm Meditation
19th (Salisbury) <b>No Class</b>	20th (Largs Bay) <b>No Class</b>	20th (Gilles Plains) <b>No Class</b>
26th (Salisbury) <b>No Class</b>	27th (Largs Bay) <b>No Class</b>	27th (Gilles Plains) <b>No Class</b>

Mon	Tue	Tue
2nd (Salisbury) <b>No Class</b>	3rd (Largs Bay) 5.45—6.45pm Meditation 7.15—8.30pm Discussion on The Six Perfections	3rd (Gilles Plains) <b>No Class</b>
9th (Salisbury) <b>No Class</b>	10th (Largs Bay) 5.45—6.45pm Meditation	10th (Gilles Plains) <b>No Class</b>
16th (Salisbury) <b>No Class</b>	17th (Largs Bay) 5.45—6.45pm Meditation	17th (Gilles Plains) <b>No Class</b>
23rd (Salisbury) <b>No Class</b>	24th (Largs Bay) 5.45—6.45pm Meditation	24th (Gilles Plains) <b>No Class</b>
30th (Salisbury) 6.30—7.30pm Meditation	31st (Largs Bay) 5.45—6.45pm Meditation	31st (Gilles Plains) <b>No Class</b>

**DISCUSSION ON LAM RIM TOPIC:** The Lam Rim (Graduated Path to Enlightenment) is a text by Je Tsong Khapa, founder of the Gelugpa school of Tibetan Buddhism, and as Tibetan Buddhist Institute is in the lineage of the Gelugpa school we follow in this tradition. The topics discussed follow the outline of the Lam Rim from Lower, through Middling, to Great Scope. Lead by Ven Jampa Tenzin on the first Tuesday of the month.

**MEDITATION:** "Without calm-abiding, our mind is drenched in afflictions and delusions. It is just wandering left and right. The object of meditation does not appear in a clear or stable way and we cannot do anything with our mind. The goal of calm-abiding is to bestow power to our mind, and remove it from our body and the afflictions that are just leading our mind left and right. Once we have attained calm-abiding, the mind becomes powerful. It is autonomous and at that point we are in control. When we have generated fully qualified calm-abiding, the mind abides fully on the 'object' we place it upon without budging. The mind will remain there with the stability and power of a mountain. It is like a servant and we are like its lord. We tell the mind where to go and it does so without complaint". Khensur Kangurwa Rinpoche (Singapore 2006)