

# the program at a glance

Tibetan Buddhist Institute  
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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 Kyabje Khensur Kangurwa Rinpoche and his heart disciple, Geshe Jampa Gyaltzen.

## 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 Gompa. 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

## 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 Kyabje Khensur Kangurwa 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

## 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 Days** (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

## 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.

# Tibetan Buddhist Institute

# February 2012

| Mon  | Tue | Wed   | Thu  | Fri   | Sat   | Sun   |
|--|-----|---|--|---|---|---|
|  |     | <p>1<br/>9.30 to 12pm Classical Tibetan Intensive</p> <p>7pm Geshe Jampa Gyaltsen<br/>The Four Noble Truths</p> | <p>2<br/>9.30 to 12pm Classical Tibetan Intensive</p> <p>7pm Guru Puja</p> | <p>3<br/>9.30 to 12pm Classical Tibetan Intensive</p> <p>6pm Vajrasattva Practice<br/>7pm Vajrayogini Practice (Initiates only)</p> | <p>4<br/>9.30 to 12pm Classical Tibetan Intensive<br/>2-3pm Meditation for Healing<br/>3.30-4.30pm Medicine Buddha Practice</p>         | <p>5<br/>9am Meditation<br/>9.45am Chenrezig Practice</p>   |
| <p>6<br/>6.30-7.15pm Learn to Meditate (Marika Lontis)<br/>7.30 Intro to Buddhism (Joe Beresford)</p>  | 7   | <p>8<br/>7pm Geshe Jampa Gyaltsen<br/>The Four Noble Truths</p>   | 9  | <p>10<br/>6pm Vajrasattva Practice<br/>Yamantaka Practice (Initiates only)</p>  | <p>11<br/><b>CALM ABIDING DAY</b><br/><b>with Ven Jampa Tenzin</b><br/><b>9.30 TO 4.30pm</b><br/><b>Please bring lunch to share</b></p> | <p>12<br/>9am Meditation<br/>9.45am Green Tara Practice<br/>10.30am to noon<br/>Geshe Jampa Gyaltsen<br/>Mind Training like the Rays of the Sun<br/>1.30—3pm Lam Rim Discussion Session</p> |
| <p>13<br/>6.30-7.15pm Learn to Meditate (Marika Lontis)<br/>7.30 Intro to Buddhism (Joe Beresford)</p> | 14  | <p>15<br/>7pm Geshe Jampa Gyaltsen<br/>7pm The Lam Rim</p>  | <p>16<br/>7pm Guru Puja</p>  | <p>17<br/>6pm Vajrasattva Practice<br/>7pm Vajrayogini Practice (Initiates only)</p>  | <p>18<br/>2-3pm Meditation for Healing<br/>3.30-4.30pm Medicine Buddha Practice</p>   | <p>19<br/>9am Meditation<br/>9.45am Chenrezig Practice<br/>10.30am to noon<br/>Geshe Jampa Gyaltsen<br/>Mind Training like the Rays of the Sun<br/>1.30—3pm Lam Rim Discussion Session</p>  |
| <p>20<br/>6.30-7.15pm Learn to Meditate (Marika Lontis)<br/>7.30 Intro to Buddhism (Joe Beresford)</p> | 21  | <p>22<br/>7pm Geshe Jampa Gyaltsen<br/>7pm The Lam Rim</p>  | <p>23<br/>7pm Classical Tibetan Class</p>                                  | <p>24<br/>6pm Vajrasattva Practice<br/>Yamantaka Practice (Initiates only)</p>  | <p>25<br/><b>SEMINAR</b><br/><b>with Ilia Durovic</b><br/><b>2—4pm</b><br/><b>Why be religious at all?</b></p>                          | <p>26<br/>9am Meditation<br/>9.45am GreenTara Practice<br/>10.30am to noon<br/>Geshe Jampa Gyaltsen<br/>Mind Training like the Rays of the Sun<br/>1.30—3pm Lam Rim Discussion Session</p>  |
| <p>27<br/>6.30-7.15pm Learn to Meditate (Marika Lontis)<br/>7.30 Intro to Buddhism (Joe Beresford)</p> | 28  | <p>29<br/>7pm Geshe Jampa Gyaltsen<br/>7pm The Lam Rim</p>  |  |   |   |   |

# Tibetan Buddhist Institute

# March 2012

| Mon  | Tue | Wed  | Thu                               | Fri  | Sat   | Sun  |
|--|-----|--|-----------------------------------|--|---|--|
|  |     |  | 1                                 | 2<br>6pm Vajrasattva Practice<br>7pm Vajrayogini Practice<br>(Initiates only)  | 3<br><b>MEDICINE<br/>BUDDHA DAY<br/>with Ven Jampa Tenzin<br/>9.30 TO 4.30Ppm<br/>Please bring lunch to</b> | 4<br>9am Meditation<br>9.45am Chenrezig Practice<br>10.30am to noon<br>Geshe Jampa Gyaltsen<br>Mind Training like the<br>Rays of the Sun   |
| 5<br>6.30-7.15pm Learn to<br>Meditate (Jasmine<br>Ridley)<br>7.30 Intro to Buddhism<br>with Joe Beresford        | 6   | 7<br>7pm Geshe Jampa<br>Gyaltsen<br>The Lam Rim  | 8<br>7pm Classical Tibetan Class  | 9<br>6pm Vajrasattva Practice<br>Yamantaka Practice<br>(Initiates only)        | 10  | 11<br>9am Meditation<br>9.45am Green Tara Practice<br>10.30am to noon<br>Geshe Jampa Gyaltsen<br>Mind Training like the Rays of<br>the Sun<br>1.30—3pm Lam Rim<br>Discussion Session |
| 12<br><b>Public Holiday</b>  | 13  | 14<br>7pm Geshe Jampa<br>Gyaltsen<br>The Lam Rim | 15<br>7pm Classical Tibetan Class | 16<br>6pm Vajrasattva Practice<br>7pm Vajrayogini Practice<br>(Initiates only) | 17<br>2-3pm Meditation for<br>Healing<br>3.30-4.30pm Medicine   | 18<br>9am Meditation<br>9.45am Chenrezig Practice<br>10.30am to noon<br>Geshe Jampa Gyaltsen<br>Mind Training like the Rays of<br>the Sun 1.30—3pm Lam<br>Rim Discussion Session     |
| 19<br>6.30-7.15pm Learn to<br>Meditate (Jasmine<br>Ridley)<br><b>7.30 Intro to Buddhism<br/>with Pamela Lyon</b> | 20  | 21<br>7pm Geshe Jampa<br>Gyaltsen<br>The Lam Rim | 22                                | 23<br>6pm Vajrasattva Practice<br>Yamantaka Practice<br>(Initiates only)       | 24<br><b>SEMINAR<br/>Ilija Durovic<br/>2—4pm<br/>Death and its<br/>aftermath</b>                            | 25<br>9am Meditation<br>9.45am Green Tara Practice<br>10.30am to noon<br>Geshe Jampa Gyaltsen<br>Mind Training like the Rays of<br>the Sun 1.30—3pm Lam<br>Rim Discussion Session    |
| 26<br>6.30-7.15pm Learn to<br>Meditate (Jasmine<br>Ridley)<br>7.30 Intro to Buddhism<br>with Pamela Lyon         | 27  | 28<br>7pm Geshe Jampa<br>Gyaltsen<br>The Lam Rim | 29                                | 30<br>6pm Vajrasattva Practice<br>7pm Vajrayogini Practice<br>(Initiates only) | 31<br>2-3pm Meditation for<br>Healing<br>3.30-4.30pm Medicine<br>Buddha Practice                            |  |

# 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  | Thu  |
|--|--|--|
| 6th (Salisbury)<br>6.30—7.30pm Meditation  | 7th (Largs Bay)<br>6–7pm Meditation<br>7.15—8.30pm Discussion on The Heart Sutra | 9th (Gilles Plains)<br>1pm—2pm Meditation  |
| 13th (Salisbury)<br>6.30—7.30pm Meditation | 14th (Largs Bay)<br>6–7pm Meditation   | 16th (Gilles Plains)<br>1pm—2pm Meditation |
| 20th (Salisbury)<br>6.30—7.30pm Meditation | 21st (Largs Bay)<br>6–7pm Meditation<br>7.15pm Vajrayogini Practice              | 23rd (Gilles Plains)<br>1pm—2pm Meditation |
| 27th (Salisbury)<br>6.30—7.30pm Meditation | 28th (Largs Bay)<br>6–7pm Meditation   |  |
|  |  |  |

| Mon  | Tue  | Thu  |
|--|--|--|
| 5th (Salisbury)                            | 6th (Largs Bay)<br>6–7pm Meditation<br>7.15—8.30pm Discussion on The Heart Sutra | 8th (Gilles Plains)<br>1pm—2pm Meditation  |
| 12th (Salisbury)<br>6.30—7.30pm Meditation | 13th (Largs Bay)<br>6–7pm Meditation   | 15th (Gilles Plains)<br>1pm—2pm Meditation |
| 19th (Salisbury)<br>6.30—7.30pm Meditation | 20th (Largs Bay)<br>6–7pm Meditation<br>7.15pm Vajrayogini Practice              | 20th (Gilles Plains)<br>1pm—2pm Meditation |
| 26th (Salisbury)<br>6.30—7.30pm Meditation | 27th (Largs Bay)<br>6–7pm Meditation   | 27th (Gilles Plains)<br>1pm—2pm Meditation |
|  |  |  |

**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)