



His Holiness the Dalai Lama



Lama Yeshe



Kyabje Lama Zopa Rinpoche



Geshe Sonam

Welcome to

Hayagriva Buddhist Centre

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Lama Thubten Yeshe

1935 – 84, Founder of the FPMT

Lama Yeshe was a charismatic teacher who was ordained as a monk when he was eight but forced to flee Tibet in 1959 when, as he said: "In that year the Chinese kindly told us that it was time to leave Tibet and meet the outside world." He established Kopan Monastery in Nepal and started teaching westerners in the early 1970s. In 1975, he established the Foundation for the Mahayana Tradition (FPMT) to which a growing number of international centres would become affiliated.

Kyabje Lama Zopa Rinpoche,

Spiritual Director of the FPMT

Rinpoche was the leading disciple of Lama Yeshe. Born near Mt Everest in Nepal in 1946, he was recognised at a young age as the reincarnation of a highly-realised lama. Since first visiting the west with Lama Yeshe in 1974, Rinpoche has travelled tirelessly teaching and inspiring students in the growing number of FPMT centres around the world. (Kyabje is an honorific title given rarely to very high lamas).

Geshe Ngawang Sonam,

Resident Teacher at Hayagriva

The title Geshe is a monastic degree awarded after many years' study and practice. In Geshe Sonam's case, he became a monk at 12 and studied and rigorously debated the great Tibetan Buddhist texts in the Gelugpa (yellow hat) tradition for 22 years at Sera Jey Monastery in southern India.

About Hayagriva

Hayagriva Buddhist Centre is a Centre for Buddhist learning and practice in Kensington following the Tibetan Gelugpa Buddhist tradition.



Our Centre has been operating for more than 25 years, is a not-for-profit organisation incorporated under the Associations Incorporation Act 1987 (WA). It is financed by donations, and run by volunteers.

The Foundation for the Preservation of the Mahayana Tradition (FPMT)



Hayagriva Buddhist Centre is affiliated with the FPMT, an international, non-profit organization founded in 1975 by the late Lama Thubten Yeshe and our Spiritual Director, Kyabje Lama Zopa Rinpoche. The Foundation is devoted to preserving and spreading Mahayana Buddhism worldwide and follows the advice of His Holiness the Dalai Lama. It consists of about 160 affiliated monasteries, nunneries, centres, retreat facilities, publishing houses, online teaching programs, a prison project, health facilities and charities in 41 countries. Our Centre is also affiliated with FPMTA which represents the 26 FPMT centres and projects in Australia.

Contact details

Address: 64 Banksia Terrace
Kensington WA 6151
Telephone: (08) 9367 4817
Email: welcome@hayagriva.org.au
Web: www.hayagriva.org.au
Facebook and Twitter: See links on our webpage.

Our Purpose:

"The purpose of Dharma centre organization is for you and your friends to learn more, to deepen your understanding, to help each other, to inspire each other and most importantly, to develop realizations of the path to enlightenment." Kyabje Lama Zopa Rinpoche, Spiritual Director of the FPMT.

Membership

Membership is one of the most practical ways to support our Centre. Our Members are the heart of our Centre and provide a stable financial base to ensure the continuation of our work.

Members receive discounts on courses, discounts from our bookshop, library borrowing rights and invitations to Members' events.

Individual Membership costs \$155 a year, families \$230. Details at hayagriva.org.au/membership

Office Hours

10am - 2pm Mon - Sat subject to volunteer availability.
Please phone 9367 4817 before visiting to confirm the Centre is open



Our Program

We offer teachings by a Tibetan lama, meditations, yoga, pujas and special events including visiting teachers. Except for visiting teachers, we do not charge for Buddhist-based events at our Centre but, as we are entirely dependent on the generosity of students, donations after teachings, meditations, etc. are appreciated.



Geshe Sonam

Teachings with Geshe Sonam

"FPMT is extremely fortunate, unbelievably fortunate that we have many qualified teachers, resident teachers who have spent their lives in a monastery on the basis of living in vinaya, guarding one's vows, one's mind. And then extensively studied Buddhist philosophy, the whole path to enlightenment, the four noble truths and who are not only scholars but are living in practice; that is an extremely important moral for us." Kyabje Lama Zopa Rinpoche.

7.30pm Tuesday

These teachings can be attended on a casual basis or done as part of a multi-text *Basic Program* over five years involving discussions, homework, tests and retreat which intensifies the experience of the teachings. By donation.

2pm Sunday

General teaching suitable for new or more experienced students. By donation.

3:30pm Cake with Geshela

The **last Sunday of each month** following the teaching. Ask any questions, bring up any issues you would like to raise with Geshe Sonam. All welcome.

Meditation

"Through meditation, you learn about the nature of your mind rather than the sense world of desire and attachment." Lama Yeshe (1935 - 84), founder of the FPMT.

As it is easier to meditate in a group led by an experienced student

10am Sunday

Led by an experienced western student. A general guided meditation on developing mindfulness and aspects of the Buddhist path.

10am Tuesday

Led by Venerable Drolma. Venerable Drolma has been ordained as a nun since 1999 and for 14 years taught meditation in six prisons. Involves relaxation and meditation on Buddhist concepts.

7pm Thursday

Led by Greg Carr, a buddhist for over 40 years. Meditations on breath and important topics of the buddhist path.

All sessions suitable for new or experienced students. By donation.

Pujas

Pujas are traditional chanting ceremonies in English and Tibetan, the merit of which can be dedicated to help bring about particular goals.

It is traditional to bring an offering of food or flowers to pujas. Individuals can also sponsor pujas for particular purposes. Contact our office for details.

Guru Puja

Helps create or strengthen the link with a spiritual teacher. Generally held twice a month. Check our eNews or website for dates.

Tara Puja

2pm on the last Saturday of the month
Tara is the female manifestation of Chenrezig, the Buddha of compassion, and helps to quickly bring about requested aims.

White Tara Long Life Practice

4pm on the last Saturday of the month.
Includes a short meditation and recitation of the White Tara mantra which can assist in countering illnesses and life hindrances.

Medicine Buddha Puja and Prayers for the Deceased

2pm on the first Saturday of the month.

The Medicine Buddha puja is said to be particularly effective in helping to cure illness or removing life hindrances.

Dharma Protector Prayers

4pm on the last Sunday of the month.

These practices invoke wrathful aspects of the Buddha's mind to help remove hindrances to our spiritual practice and to the success of our Centre. They involve chanting in Tibetan.

All sessions suitable for new or experienced students. By donation.

Yamantaka Self Initiation

(initiates only).
1pm set up for 2pm start on Saturday afternoons as advised.

Wheel of Life

The Wheel of Life group run workshops to help people deal with grief and loss in a Buddhist context as well as monthly Medicine Buddha pujas.

Pure Land of the Indestructible Buddha

This project is working towards building a centre for end-of-life spiritual and emotional care.

Yoga

Regular yoga classes are held throughout the year by two experienced and qualified yoga teachers who offer a variety of yoga styles to cater for students from beginners to experienced practitioners. Check our eNews or website for times.

For class information:

Jude: 0406 260 857 www.pemayoga.com.au

Lewanna: 0407 448 335 www.vitalyoga-meditation.com