



HAYAGRIVA BUDDHIST CENTRE Newsletter

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OCTOBER – DECEMBER 2012

Last chance:

One day retreat with Venerable Dondrub

Dec 16: Transforming problems

Not only within the FPMT, but also amongst western Sangha, Venerable Dondrub ranks as one of the most experienced western Buddhist teachers. He is able to present the traditional teachings of the Lam Rim in a framework accessible for our western minds.

This has resulted in Venerable Dondrub being appointed as the retreat leader at the one month Kopan course more than any other teacher.

As Venerable Dondrub's time at HBC comes to an end, this may be the last chance to experience being led through the Lam Rim topics by one so experienced in guiding groups. Don't miss out.

Seven-Limb Practice

Starts November 18 with Geshe Sonam

"As far as the actual process of accumulating merit, there is no better practice than the seven limbed practice. The purposes of accumulating merit are to achieve the highest enlightenment, a state free of all obscurations to omniscience and liberation. In order to achieve such a state one has to have a complete development of the wisdom realising emptiness. In order to advance emptiness realisation it is necessary to purify negativities and accumulate merit. These are the two activities of a Dharma practitioner.

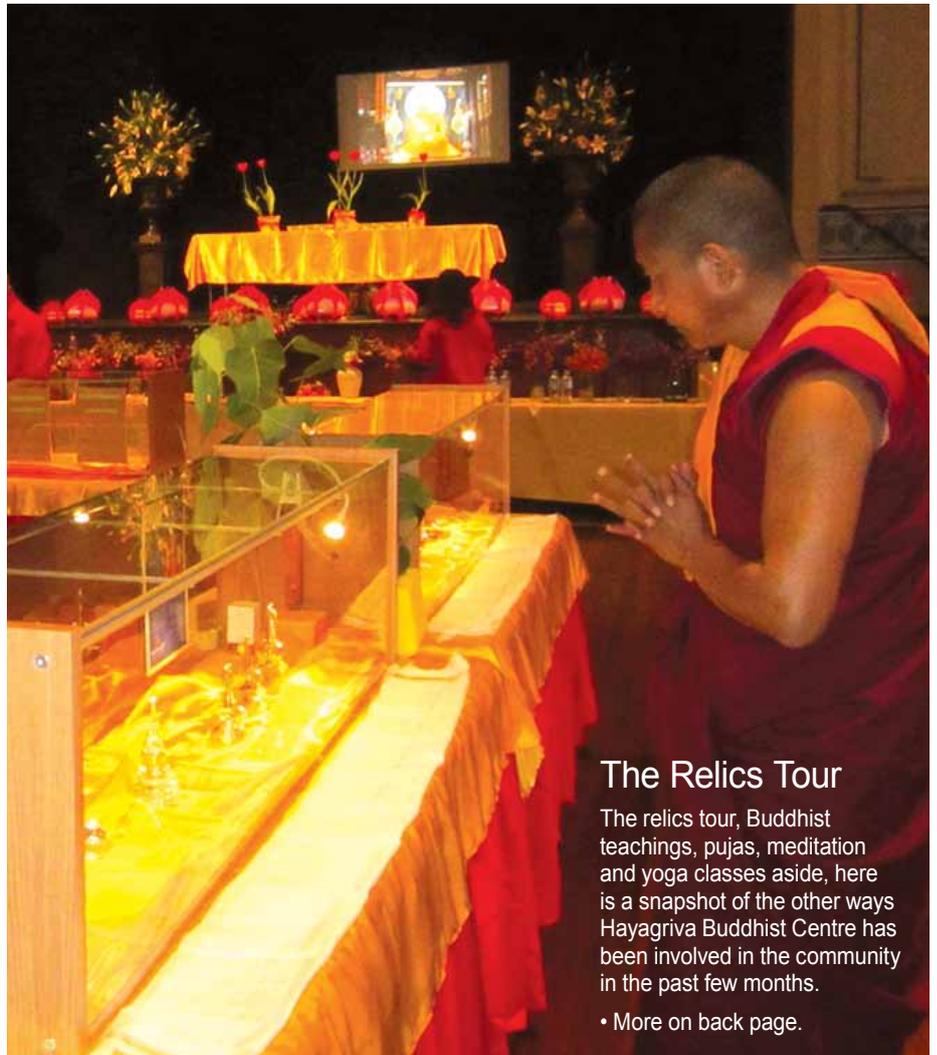
To elaborate slightly, we can talk of three activities: accumulation of merit, purification of negativities and increasing one's merit through rejoicing. When these activities are elaborated further, there is the seven limb practice." His Holiness the Dalai Lama.

Come and learn about these practices with Geshe Sonam.

Annual General Meeting

Sunday October 21, 11.30am - 12.30pm

Please bring a plate to share.



The Relics Tour

The relics tour, Buddhist teachings, pujas, meditation and yoga classes aside, here is a snapshot of the other ways Hayagriva Buddhist Centre has been involved in the community in the past few months.

• More on back page.



Animal blessing

Venerable Dondrub blesses animals at Rachel and Tony's place in the Swan Valley which included Rolly, a rescue that has spent his life as a work horse at Ascot Racecourse.

Rolly showed an immediate connection with Venerable; wanting to nestle his head into Venerable's chest and lap (something that he really only does with Rachel).

Venerable also blessed a herd of 'therapy' horses (who work to benefit people with special needs) - in total Venerable blessed 18 horses, 6 cats and one dog on that day.

Holy day**Descent from the 33:
Lha Bab Duchen: ‘The
Buddhist Mothers’ Day’****Tuesday, November 6****(Extensive practices at Centre
on Sun, Nov 4 – see calendar)**

Buddha Shakyamuni’s mother, Mayadevi, died during Buddha’s birth and had gone to “The Heaven of Thirty-Three” (Trayastrimsa). The Buddha later went to The Heaven of the Thirty-Three in order to give teachings to benefit the gods in the desire realms, and to repay the kindness of his mother by liberating her from Samsara. On Lha Bab Duchen day, the Buddha returned to earth.

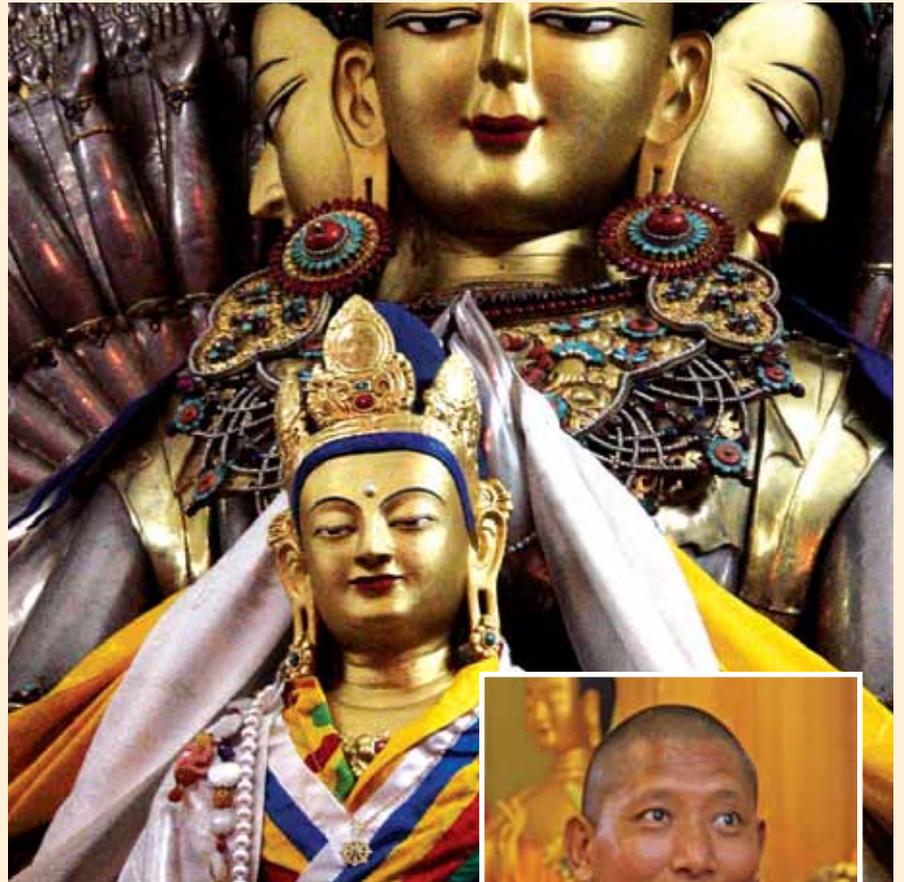
It is part of the Tibetan Buddhist tradition to engage in virtuous activities and prayer on this day.

In particular, Ven Dondrub asks that we take the day off work and celebrate this special holy day, when positive (and negative) actions are multiplied 100 million times.

Ven Dondrub says that we can regard Lha Bab Duchen as the Buddhist “Mothers’ Day” and it is good to take precepts on this day.

The tradition is that when the Buddha was in his 41st year, he participated in a great debate at Shravasti, and defeated all opponents by manifesting miracles. Immediately, some say to avoid being offered gifts and being treated as a god, he vanished.

He reappeared in the “The Heaven of Thirty-Three” and taught his mother. One of his Great Disciples, Anuruddha, could see the Buddha there and reassured the others. After three months, Maudgalyayana, another of the Great Disciples, begged the Buddha to return to earth. He descended on three ladders made of lapis lazuli, gold and crystal by Indra and Brahma.

**Loving kindness and
compassion in daily life
with Geshe Sonam****Sun, Oct 28 and Nov 11, 2.30-4.30pm**

“Although we are all the same in not wanting problems and wanting a peaceful life, we tend to create a lot of problems for ourselves.

Encountering those problems, anger develops and overwhelms our mind, which leads to violence.

A good way to counter this and to work for a more peaceful world is to develop concern for others. Then our anger, jealousy and other destructive emotions will

naturally weaken and diminish.”
- *His Holiness the Dalai Lama*

Learn how to develop the quality of being concerned with others through loving kindness and compassion with Geshe Sonam.

A great way to spend a spring afternoon. Also an opportunity to become familiar with the topics of loving kindness and compassion in preparation for His Holiness’s teachings on bodhicitta in Australia next year.

‘Transforming Problems’ with Ven Dondrub**Starting Wed, Nov 7 at 7.30pm**

“Make no mistake: the practice of thought transformation is not intended to eliminate problems but rather to enable you to use the problems you experience to train your mind to move step by step along the path to enlightenment and ultimate happiness. It is not that you will no longer receive harm from other people, or from circumstances, or from disease and old age; you will simply not be disturbed by anything that happens. The events that the untrained mind perceives as

problems cannot in and of themselves disturb your practice of Dharma, they cannot prevent your attainment of the realisations of the path to enlightenment, in fact, when you practice thought transformation, not only do problems not disturb you, they actually help you to develop your mind and continue your Dharma practice.” – Lama Zopa Rinpoche.

Come and learn techniques for transforming problems through thought transformation with Venerable Dondrub. Starting Wednesday evening at 7.30pm on November 7.

Interview with Venerable Dondrub

By Rob Milan

Q: How did you come to be at Hayagriva Buddhist Centre?

I first came here in 1997 when I was doing a tour of centres from where I was based in Nalanda monastery in France. That time I stayed for just three months. I visited again in 2001 for a brief time before the director at the time, Luba, requested a resident teacher. Lama Zopa Rinpoche selected me from the list of possible candidates. At that time there had not been a resident teacher here for a long time.

Q: What were your first impressions at that time?

I don't really remember (laughs). I do vaguely remember that there weren't many people and people were fairly quiet - not asking many questions. People still tend not to ask many questions, which is a bit unfortunate, I wish they did more.

Q: How does this compare to the Kopan courses you have led?

Well, at Kopan it's a younger bunch who are not shy with their questions. The crew here is generally a more mature age bunch who perhaps want to appear that they have understood, I don't know.

A good thing to see is that there are younger people coming now, a bit more of a mix, which I hope will continue in some way.

Q: Have you seen the demographic change through the years?

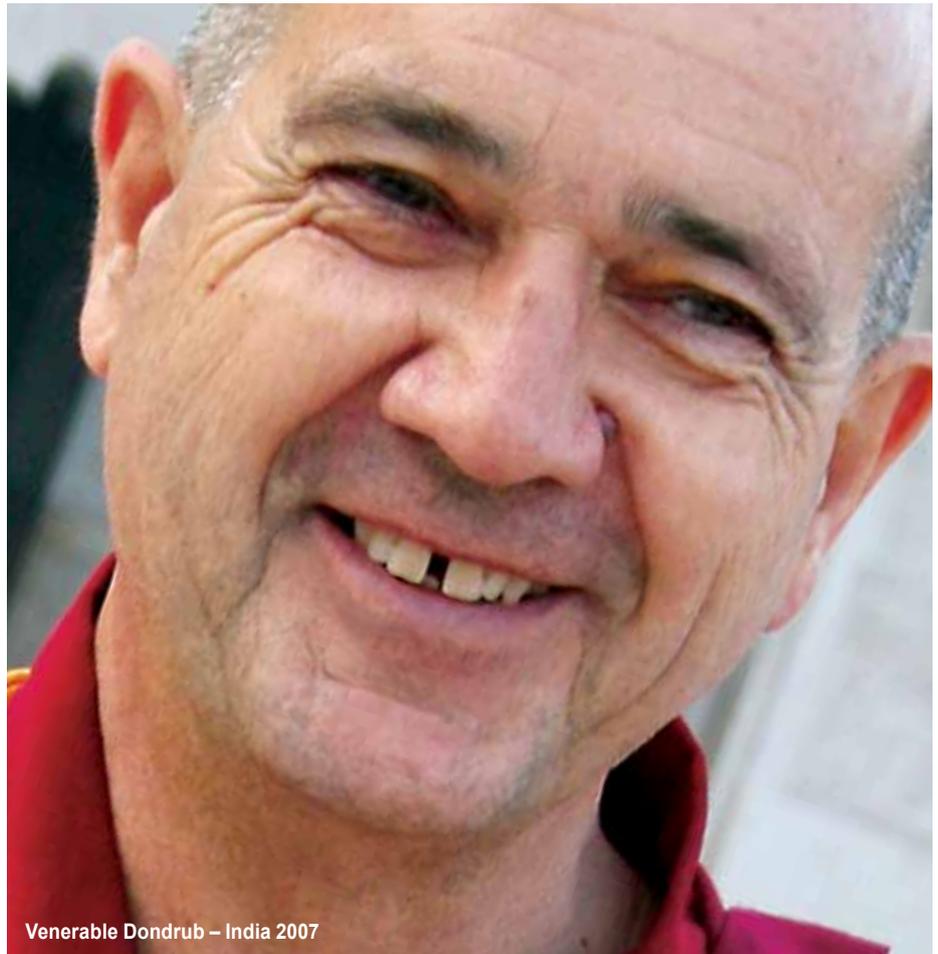
Not really, not here. The one thing I have seen change over time is that there is a sense of friendship and harmony amongst the regulars that come here.

When I first arrived I felt that feeling wasn't here. People would also say to me that they felt that Hayagriva wasn't a very warm and friendly place. These days, however, people often comment on the positive, warm and friendly feeling of the place. I think that is really great.

That is one thing that Lama Zopa Rinpoche said several times during his brief visit - that there was a feeling of harmony at the centre.

One thing I feel helped with this is the animal liberation events that we have had. Before we could do it, we had to go out to Kim and Penny's farm and build fences and create the paddocks. So then people spent time together, hang out, have lunch and then we did the animal liberation ceremony. Then the next time we had to fix and build more fences. Those events, there is something quite special about liberating animals.

One of the other things that has helped this



Venerable Dondrub – India 2007

sense of friendliness is that the centre is open six days a week with our welcome volunteers. When I got here there wasn't even a phone answering service.

I think that because people put energy into things, it is their centre, not just some abstract thing that people drop into and then leave, it builds some sense of connection.

“ To do some retreat, especially Lam Rim retreat, is the best holiday. I really try to encourage this and I am happy that we have continued to offer this each year. ”

Q: Are there any particular highlights of your time here?

Of course Lama Zopa Rinpoche's visit, though it was very brief, went very well. The animal liberation events that we have done, I am very happy that they happened.

The two pilgrimages we went on were great, there was a good feeling amongst the groups that participated.

Another highlight is the attendance on Sunday morning meditation. Just last year this started to increase significantly, and it has become the best attended event at the centre, which I am really happy about.

I am also happy about how people have got involved with the our holy days - which I have always encouraged.

As Buddhists I think it's important to have some sense of special days and to do rituals. I am really happy about that, that this has developed.

I am also very happy that Choden Rinpoche came here and gave the Yamantaka initiation and then a quite a few people completed the Yamantaka retreat with fire puja and that we continue to do the Yamantaka practice at the centre. I hope that the centre can continue to do this.

Q: Have you always travelled down to Hospice of Mother Tara since being here?

Yes, I have always enjoyed teaching down in Bunbury, though I have probably got to know the people in Perth a bit better than those in Bunbury as I am only there for the one night a week.

Continued over page

Interview with Venerable Thubten Dondrub

From previous page

Q: What about any advice for the centre in general?

I hope that we can build on what's been achieved so far. I particularly hope that the students at the centre and those that come to the centre continue to follow the advice of Lama Zopa Rinpoche. This is an FPMT centre and even though people may not have a close personal connection with Lama Zopa Rinpoche, that the centre, committee and staff and everyone put a lot of effort into following Lama Zopa Rinpoche's advice.

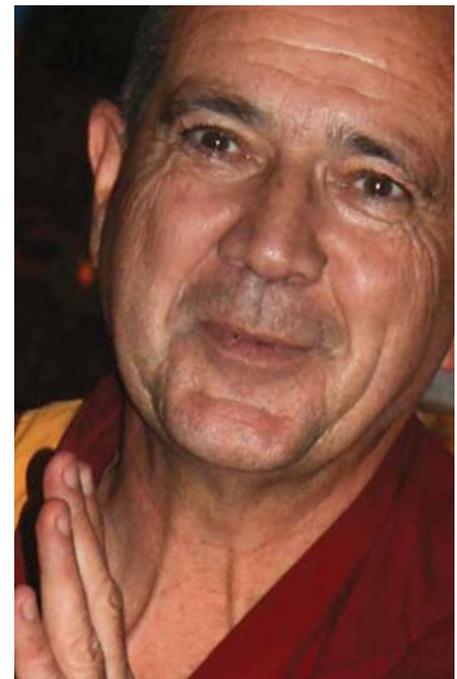
I also hope that people that have some connection with the centre continue to attend the centre. All of us can benefit from being together and practicing together. Of course it is important to practice in the home by yourself, but coming together to practice helps us and helps other people.

It is also great to contribute in any way one can to the running of the centre so that we make the centre more and more available

and beneficial to other beings. This is why Lama Yeshe set up the FPMT in the first place and the reason that Lama Zopa Rinpoche continues to put so much effort into guiding the organization now.

By coming together and creating an environment that attracts other people and by helping the centre, whoever needs the dharma will find a really welcoming centre of dharma practice. This is a really practical, down to earth way of overcoming our self cherishing and developing and practicing bodhicitta.

Another activity I would like to encourage is that people set aside time to do some retreat. In the past, weekend courses used to be well attended, but these days even one day retreats seem to be poorly attended, which is unfortunate. But to do some retreat, especially Lam Rim retreat, is the best holiday. I really try to encourage this and I am happy that we have continued to offer this each year.



October 2012

MON	TUES	WED	THUR	FRI	SAT	SUN
<p>1 Queens 'birthday Public Holiday - Animal blessing at York</p> <p>Beg yoga 6-7pm</p> <p>Meditation for all 7.15-8.15pm</p>	<p>2 Meditation Ven Drolma 10-11</p> <p>Hatha Vinyasa Yoga 6-7pm (begin/gen)</p> <p>Lam-Rim Geshe Sonam 7.30pm</p>	<p>3 Gentle Hatha Yoga 10-11am</p> <p>Yin Yoga and Meditation 6-7pm</p> <p>Discussion with Geshe Sonam 7.30pm on The 4 Noble Truths</p>	<p>4 Hatha Vinyasa Yoga 9-10am</p> <p>Vinyasa Yoga, 6-7pm - (gen/exper)</p> <p>Learn Tibetan 7.30pm</p>	<p>5 Film: Life of Chogyam Trungpa Rinpoche</p>	<p>6 Hatha Vinyasa Yoga 8-9am</p> <p>Busy bee 9-11am</p> <p>Wheel of Life Prayers for the Deceased 2-3pm</p>	<p>7 Sunday Meditation 10-11 am</p> <p>'4 Noble Truths' Geshe Sonam 2.30-4pm</p>
<p>8 Beg yoga 6-7pm</p> <p>Meditation for all 7.15-8.15pm</p>	<p>9 Meditation Ven Drolma 10-11</p> <p>Hatha Vinyasa Yoga 6-7pm (begin/gen)</p> <p>Lam-Rim Geshe Sonam 7.30pm</p>	<p>10 Gentle Hatha Yoga 10-11am</p> <p>Yin Yoga and Meditation 6-7pm</p> <p>Guru Puja 7.30- 9.30pm</p>	<p>11 Hatha Vinyasa Yoga 9-10am</p> <p>Vinyasa Yoga, 6-7pm - (gen/exper)</p> <p>Learn Tibetan 7.30pm</p>	<p>12</p>	<p>13 Hatha Vinyasa Yoga 8-9am</p> <p>Cake and Dharma with Geshe Sonam 2-3.30pm</p>	<p>14 Sunday Meditation 10-11am</p> <p>'4 Noble Truths' Geshe Sonam 2.30-4pm</p>
<p>15 Beg yoga 6-7pm</p> <p>Meditation for all 7.15-8.15pm</p>	<p>16 Meditation Ven Drolma 10-11</p> <p>Hatha Vinyasa Yoga 6-7pm (begin/gen)</p> <p>Lam-Rim Geshe Sonam 7.30pm</p>	<p>17 Gentle Hatha Yoga 10-11am</p> <p>Yin Yoga and Meditation 6-7pm</p>	<p>18 Hatha Vinyasa Yoga 9-10am</p> <p>Vinyasa Yoga, 6-7pm - (gen/exper)</p> <p>Learn Tibetan 7.30pm</p>	<p>19</p>	<p>20 Hatha Vinyasa Yoga 8-9am</p> <p>Wheel of Life Ultimate Healing Bookclub 2-4pm</p>	<p>21 Sunday Meditation 10-11am</p> <p>AGM 11.30-12.30 Please bring lunch to share</p> <p>'4 Noble Truths' Geshe Sonam 2.30-4pm</p>
<p>22 Beg yoga 6-7pm</p> <p>Meditation for all 7.15-8.15pm</p>	<p>23 Meditation Ven Drolma 10-11</p> <p>Lam-Rim Geshe Sonam 7.30pm</p>	<p>24 Guru Puja 7.30- 9.30pm Owen Cole</p>	<p>25 Vinyasa Yoga, 6-7pm - (gen/exper)</p> <p>Learn Tibetan 7.30pm</p>	<p>26</p>	<p>27</p>	<p>28 Sunday Meditation 10-11 am</p> <p>Loving Kindness & Compassion in Daily Life - Geshe Sonam 2.30-4pm</p> <p>Medicine Buddha (at home)</p>
<p>29 Beg yoga 6-7pm</p> <p>Meditation for all 7.15-8.15pm</p>	<p>30 Meditation Ven Drolma 10-11</p> <p>Hatha Vinyasa Yoga 6-7pm (begin/gen)</p> <p>Lam-Rim Geshe Sonam 7.30pm</p>	<p>31 Gentle Hatha Yoga 10-11am</p> <p>Yin Yoga and Meditation 6-7pm</p>	<p>Venerable Dondrub's Lam-Rim CDs available</p> <p>Don't forget that the Dharma Shop has CDs of the 17 topics covered by Venerable Dondrub at Hayagriva's 2008 Lam-Rim Retreat at Jhana Grove at Serpentine. Prices: \$10 (members \$8).</p>			

Clarification of terms with Geshe-la and Matt

Q: In English the word ignorance can carry the connotation of stupidity and foolishness. Does this exist in the Tibetan term 'marigpa' which is translated as ignorance?

Ignorance means a mistaken view (a consciousness which engages its object erroneously) or ignorance is that which obscures, obstructs us from seeing the true, final nature of things.

You could also say that "ignorance" or marigpa in Tibetan, doesn't just mean a kind of stupidity, but is a lot more subtle than that in that we can be ignorant of karma and ignorant of reality or "the final nature of things".

The way phenomena exist is as a product of causes and conditions, as dependent on other factors. When we do not see this, this is ignorance.

If we take the eye consciousness, for example. This consciousness perceives forms but does not perceive the final

nature of phenomena. However, the eye consciousness is not ignorance because it does not obscure from seeing. Ignorance is a mind that blocks seeing actuality.

Self grasping is ignorance but it is not stupid as intelligence is used to hold this view. There is a wisdom that holds this view. Wisdom can be positive or negative. The wisdom which grasps onto the transitory collection is a negative wisdom. We say that it is wisdom because consciousness engages by way of discriminating.

Q: The word love, in English is sometimes used in phrases such as 'I love chocolate cake'. What is the difference between the love for a chocolate cake and the love we try to develop for all sentient beings?

The difference seems to come from the fact that the objects are different. If love is mixed with attachment, then it is far more harmful when this is directed towards another sentient beings than if it were directed to chocolate.

To put it another way, it is far more difficult to separate the mix of love and attachment when it is directed towards sentient beings than if it is directed towards chocolate.

In Tibetan the words that we use for worldly love and the love required to generate bodhicitta are different. In English we qualify the love required to generate bodhicitta by using the term 'loving kindness'.

Q: When we use the term happiness it can be associated with a type of excitement. Could geshe-la say something about this?

This excitement is not alluded to in the happiness of nirvana. Nirvana is great contentment, great peace, liberation, a state of mind not perturbed by dissatisfaction. It is primarily a state of one's mind, it is the experience of cessation of dissatisfaction in one's mental continuum. Similarly samsara is not this world that we live in but rather our contaminated aggregates.



November 2012

MON	TUES	WED	THUR	FRI	SAT	SUN
			1 Hatha Vinyasa Yoga 9-10am <hr/> Vinyasa Yoga, 6-7pm - (gen/exper) <hr/> Learn Tibetan 7.30pm	2	3 Hatha Vinyasa Yoga 8-9am <hr/> Beg Yoga 9.15-10.15 <hr/> Busy bee 9-11am <hr/> Wheel of Life Prayers for the Deceased 2-3pm	4 Sunday Meditation 10-11 am <hr/> Lha Bab Duchon: (See story page 2) – Precepts at 5.30am. – Extensive offerings at 2pm. – Tsog starts at 4.30pm
5 Beg yoga 6-7pm <hr/> Meditation for all 7.15-8.15pm	6 Holy Day-Descent from the 33 (Lha Bab Duchon) <hr/> Hatha Vinyasa Yoga 6-7pm begin/gen) <hr/> Lam-Rim Geshe Sonam 7.30pm	7 Gentle Hatha Yoga 10-11am <hr/> Yin Yoga and Meditation 6-7pm <hr/> D/B 'Transforming Problems' 7.30-9.30pm Ven Dondrub	8 Hatha Vinyasa Yoga 9-10am <hr/> Vinyasa Yoga, 6-7pm - (gen/exper) <hr/> Learn Tibetan 7.30pm	9 Guru Puja Ven Dondrub 7.30-9.30pm	10 Hatha Vinyasa Yoga 8-9am <hr/> Beg Yoga 9.15-10.15 <hr/> Cake and Dharma with Geshe Sonam 2-3.30pm	11 Sunday Meditation 10-11 am with Ven Dondrub <hr/> Loving Kindness and Compassion in Daily Life Geshe Sonam 2.30-4pm
12 Beg yoga 6-7pm <hr/> Meditation for all 7.15-8.15pm	13 Hatha Vinyasa Yoga 6-7pm (begin/gen) <hr/> Lam-Rim Geshe Sonam 7.30pm	14 Gentle Hatha Yoga 10-11am <hr/> Yin Yoga and Meditation 6-7pm <hr/> D/B 'Transforming Problems' 7.30-9.30pm	15 Hatha Vinyasa Yoga 9-10am <hr/> Vinyasa Yoga, 6-7pm - (gen/exper) <hr/> Learn Tibetan 7.30pm	16	17 Hatha Vinyasa Yoga 8-9am <hr/> Beg Yoga 9.15-10.15 <hr/> Wheel of Life Ultimate Healing Bookclub 2-4pm	18 Sunday Meditation 10-11 am with Ven Dondrub <hr/> 'Seven Limbs' Geshe Sonam 2.30-4pm
19 Beg yoga 6-7pm <hr/> Meditation for all 7.15-8.15pm	20 Meditation Ven Drolma 10-11 <hr/> Hatha Vinyasa Yoga 6-7pm (begin/gen) <hr/> Lam-Rim Geshe Sonam 7.30pm	21 Gentle Hatha Yoga 10-11am <hr/> Yin Yoga and Meditation 6-7pm <hr/> D/B 'Transforming Problems' 7.30-9.30pm	22 Hatha Vinyasa Yoga 9-10am <hr/> Vinyasa Yoga, 6-7pm - (gen/exper) <hr/> Learn Tibetan 7.30pm	23 Guru Puja Ven Dondrub 7.30-9.30pm	24 Hatha Vinyasa Yoga 8-9am <hr/> Beg Yoga 9.15-10.15 <hr/> Yamantaka SI Ven Dondrub 2-7pm	25 Sunday Meditation 10-11 am with Ven Dondrub <hr/> 'Seven Limbs' Geshe Sonam 2.30-4pm
26 Beg yoga 6-7pm <hr/> Meditation for all 7.15-8.15pm	27 Meditation Ven Drolma 10-11 <hr/> Hatha Vinyasa Yoga 6-7pm (begin/gen) <hr/> Lam-Rim Geshe Sonam 7.30pm	28 Gentle Hatha Yoga 10-11am <hr/> Yin Yoga and Meditation 6-7pm <hr/> D/B 'Transforming Problems' 7.30-9.30pm	29 Hatha Vinyasa Yoga 9-10am <hr/> Vinyasa Yoga, 6-7pm - (gen/exper) <hr/> Learn Tibetan 7.30pm	30 Medicine Buddha Ven Dondrub 7.30-8.30pm	Did you know... That you can sponsor someone's membership at HBC? You benefit through generosity, they benefit with discounts on events and at the shop. Enquire with Heike.	

Lama Tsongkhapa Day – Saturday, Dec 8

Guru Puja

Saturday, December 8, 4.30-6.30pm
with Ven Dondrub

On Lama Tsongkhapa Day we celebrate and pay homage to the great Lama Tsongkhapa, who was a famous teacher of Tibetan Buddhism and whose activities led to the formation of the Geluk school.

He is also known by his ordained name Lobsang Drakpa or simply as Je Rinpoche. Tsongkhapa heard Buddha's teachings from masters of all Tibetan Buddhist traditions, and received lineages transmitted in the major schools.

His main source of inspiration was the Kadampa tradition, the legacy of Atisha. Based on Tsongkhapa's teaching, the two distinguishing characteristics of the Geluk tradition are:

- The union of Sutra and Tantra, and
- The emphasis on Vinaya (the moral code of discipline)

An excerpt of Lama Tsongkhapa's life-story from the berzin archives www.berzinarchives.com:

Lama Tsongkhapa was born in Tsongkha, Amdo, in 1357. Tsongkhapa was not like an ordinary child. He never misbehaved; he instinctively engaged in bodhisattva type actions; and he was extremely intelligent and always wanted to learn everything. At the age of three, he took lay vows from the Fourth Karmapa.

By the age of seven, he had completed the Chakrasamvara retreat, was already doing the self-initiation, and already had a vision of Vajrapani. He frequently dreamt of Atisha (982-1054), which was a sign that he would correct misunderstandings of the Dharma in Tibet and restore its purity, combining sutra and tantra, as Atisha had done. In all his studies, he only had to hear an explanation once and then he understood and remembered it perfectly – as was the case with His Holiness the Fourteenth Dalai Lama.

Tsongkhapa always had strong renunciation. He lived extremely humbly and kept his vows

purely. He easily achieved shamatha (a stilled and settled state of mind) and vipashyana (an exceptionally perceptive state of mind), but was never satisfied with his learning or level of realisation. He continued to travel and requested teachings over and over again even on the same texts.

One of his main teachers was Rendawa (1349-1412), a Sakya master. Tsongkhapa wrote the Migtsema praise to him, but this master rededicated it to Tsongkhapa. It later became the verse repeated for Tsongkhapa guru-yoga.

Based on his realizations, Tsongkhapa revised completely the understanding of the Prasangika-Madhyamaka teachings on voidness and related topics that the teachers and learned masters of his day had held. Tsongkhapa always based his reforms strictly on logic and scriptural references.

He attained enlightenment after his death by achieving an illusory body instead of bardo.



December 2012

MON	TUES	WED	THUR	FRI	SAT	SUN
Please join us on Sunday, December 9 at 4.30pm Venerable Dondrub 'Thank You for the last 10 Years'. Finger food, lights etc.					1 Hatha Vinyasa Yoga 8-9am Beg Yoga 9.15-10.15 Busy bee 9-11am Wheel of Life Prayers for the Deceased 2-3pm	2 Sunday Meditation 10-11 am with Ven Dondrub '7 Limbs' Geshe Sonam 2.30-4pm
3 Beg yoga 6-7pm Meditation for all 7.15-8.15pm	4 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga 6-7pm (begin/gen) Lam-Rim Geshe Sonam 7.30pm	5 Gentle Hatha Yoga 10-11am Yin Yoga and Meditation 6-7pm D/B 'Transforming Problems' 7.30-9.30pm Ven Dondrub	6 Learn Tibetan 7.30pm	7	8 Hatha Vinyasa Yoga 8-9am Beg Yoga 9.15-10.15 Lama Tsongkhapa Day - Cake and Dharma with Geshe Sonam 2-3.30pm Guru Puja Ven Dondrub 4.30-6.30pm	9 Sunday Meditation 10-11 am Ven Dondrub Lama Yeshe Christmas message - Geshe Sonam with tea - 2.30-4pm Ven Dondrub THANK YOU 4.30pm - Finger food etc, lights
10 Beg yoga 6-7pm Meditation for all 7.15-8.15pm	11 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga 6-7pm (begin/gen) Lam-Rim Geshe Sonam 7.30pm	12 Gentle Hatha Yoga 10-11am Yin Yoga and Meditation 6-7pm D/B 'Transforming Problems' Ven Dondrub 7.30-9.30pm	13 Learn Tibetan 7.30pm	14	15 Hatha Vinyasa Yoga 8-9am Beg Yoga 9.15-10.15 Wheel of Life Ultimate Healing Bookclub 2-4pm	16 Final 2012 Sunday Meditation 10-11 am with Ven Dondrub DB Retreat 10-4.30pm Ven Dondrub
17 Beg yoga 6-7pm Meditation 7.15-8.15pm	18 Meditation Ven Drolma 10-11 Final Lam-Rim Geshe Sonam 7.30pm	19 Centre CLOSED until Jan 8, 2013	20	21	22	23
24	25	26	27	28 Medicine Buddha (Done at home)	29	30
31 New Year's Eve Puja 7.30pm. Bring food to offer and share		May all members and friends have a happy and Dharma filled New Year				

Wheel of Life Palliative Care Support Group

Simple practice when you are very sick

Recently, the Wheel of Life Palliative Care Support Group has had several requests from people who are very ill for a simple practice that they can do.

The requests don't always come from committed Buddhist students, so we have modified the 'white light visualization' so that it can be of benefit to all. You just choose which aspects mean most to you.

The practice ends by turning the mind outwards, into compassion for others. In addition, the practice in its basic form is quite short, because we have found that when you are not well, and when you are also taking strong pain killers, your concentration span is much reduced, typically about 15 minutes at most.

Visualize the Buddha Shakyamuni, or Guru Medicine Buddha, or God, or whichever holy being you are connected with, above your head. Imagine the holy being as golden transparent light, the essence of unconditional love and compassion.

For non-believers, you may imagine a ball of white light, containing all the goodness and kindness of this world, above your head.

Now imagine that, from the heart of the holy being, rays of white light/nectar stream down into your body, completely filling you with brilliant white light, love and compassion, and purifying all your negative karma and disturbing thoughts. Continue till you feel that

you are completely purified and filled with pure, white light nectar. Now imagine strongly that you are clean and whole and at peace. In this state, any chance of healing and recovery will be greatly increased.

If you are Buddhist, you may wish to say the mantra of the Buddha of Compassion, OM MANI PADME HUM, quietly or under your breath, feeling that not only that you but all living beings are blessed and purified.

Now focus your mind on someone else who is sick or dying or who has recently died, and say a prayer like this:

May all beings everywhere,

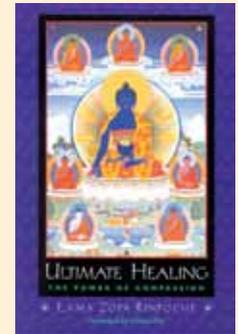
And especially my dear

Plagued with sufferings of body and mind,

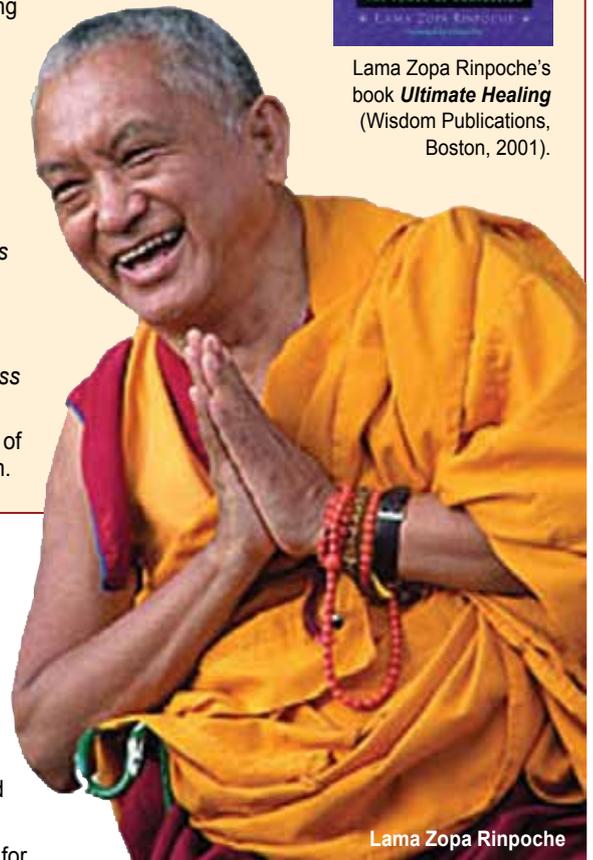
Obtain an ocean of happiness and joy,

By virtue of the kindness of myself and others.

Len Warren, on behalf of the Wheel of Life Team.



Lama Zopa Rinpoche's book **Ultimate Healing** (Wisdom Publications, Boston, 2001).



Lama Zopa Rinpoche

Opportunities for Volunteers

The Wheel of Life Palliative Care Support Group is expanding and we need help. Currently we have three main activities:

1. Training Program: Preparing for your own death, helping others who are dying, dealing with pain, loss, and grief.

Training team is currently Arie Haneveld, Bobbie Lees, Wee Kee Ng, Len Warren, Lesley McSharry.

2. Home & Hospital Visits: On request, visit the very sick and/or dying, providing emotional & spiritual support as appropriate.

Trained Visitors are currently Arie Haneveld, Phil Auty, Bobbie Lees, Wee Kee Ng, Fiona Robins, Lorna Carroll, Len Warren.

3. Pure Land Project: Creating a one-bed facility for those who want to maintain their spiritual practices leading up to death, or have them done on their behalf.

Current Steering Team comprises Angela Doyle & Len Warren.

With respect to the Training Program, in 2013, we are thinking of running a comprehensive training course over three months, like the one we ran in 2009. We

will need help to organise and present the training modules. So there are opportunities both for those who can help with the administrative aspects, and for those who may be able to help with the presentations, meditations and discussions.

This year, we have had more requests for home and hospital visits than ever before, and our current Trained Visitors are not able to provide all the help requested. Generally speaking, Visitors need to have completed our comprehensive training and to have attended our group for several years before they are qualified to visit patients. But you may be close to that or wish to start the training.

With the Pure Land Project, we are currently preparing a preliminary business plan, and have just run a Focus Group meeting to get feedback on our basic model. This included people from inside and outside Hayagriva. Soon we will be seeking volunteers to form a Steering Committee. If you are interested, we would love to hear from you.

Len Warren, on behalf of the Wheel of Life Team.

Wheel of Life Palliative Care Support Group

Program of events Oct-Dec 2012

October

Sat, 6 Oct, 2-3pm: Prayers for the Deceased

Sat, 20 Oct, 2-4pm: Everything comes from the mind through karma

November

Sat, 3 Nov, 2-3pm: Prayers for the Deceased

Sat, 17 Nov, 2-4pm: Transforming illness into happiness & the benefits of illness

December

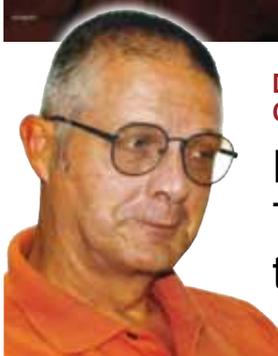
Sat, 1 Dec, 2-3pm: Prayers for the deceased

Sat, 15 Dec, 2-4pm: The ultimate benefits of illness

CONTACT: Hayagriva Buddhist Centre 9367 4817.



Perth Town Hall – July 2012



Director's Column

Relics Tour thanks

The Relics Tour went quite well; I'd like to thank AK, Marlene and Ros Charron and the many volunteers for their work on this project.

It's always nice to work with Sonny Tan, Victor Ngu and their families and members of their centres on these events; we learn a lot, and receive great benefit, from working together.

I'd also like to thank the various donors for their generosity; we very much appreciate their support that makes it possible to put these events on.

The event attracted people who benefited from coming; for some the event happened at just the right time to help them with various issues and for others this was their first contact with the dharma.

We managed to put the event on without costing the centre anything and even making a bit to offer to the great Stupa, another small donation will be made to Sera Je Food fund, Rinpoche's amazing project to feed the whole monastery well.

It seems that when we run these events they trigger benefit for the centre both in people wanting to be part of the centre and offers of assistance being made to the centre.

Impermanence:

Cindy is resigning as Secretary due to Ian's health deteriorating. It's been lovely having Cindy back working with us; we wish both of you all the best and look forward to working together again. Marlene has been away after

her hip operation but will be back on board soon, much the better for getting that sorted out.

Geshe Sonam's mother

We are starting a fund to raise money to look after Geshe Sonam's mother; she cannot get to a doctor and needs home visits and help with costs for her medicine. We are very fortunate to have Geshe Sonam here; helping with this project enables him to relax, knowing that his mother is being properly looked after. If you want to help with this project please make a donation at the centre, specifying your intention to help in this way.

– John Waite



Baby blessing

Joanne Thorpe's home was the venue to bless her second grand daughter baby Margot on Saturday. There were many young families at the ceremony, the children mostly too young to understand - but it was a positive event for all involved.



Hayagriva Buddhist Centre

Spiritual Director:

Kyabje Thubten Zopa Rinpoche.

Resident Teachers:

Geshe Sonam and Ven Thubten Dondrub.

Sangha: Ven Losang Chodron and Ven Thubten Drolma.

Director: John Waite.

Assistant Director: Karl Matacz

Spiritual Program Coordinator: Susan di Bona.

Meditation & Puja Leaders:

Ven. Thubten Dondrub, Ven. Thubten Drolma, Greg Carr, Owen Cole, Dave Webb, Christine Turley, Jude Carter, Rob and Kirsty.

Secretary: Cindy Armstrong.

Office Manager: Pat Moss.

Treasurer: Ling Lee.

Librarian, PR: Marlene Robins

Executive Committee:

John Waite, Dave Webb, Susan di Bona, Cindy Armstrong, Ling Lee, Pat Moss, Marlene Robins & Karl Matacz.

Wheel of Life Hospice Service:

Len Warren.

Building and Grounds Coordinator:

Paul Turner.

Gompa Care: Lorna Carroll.

Teacher Care:

Felicity Westcott & Sandy Willoughby.

Welcome Volunteers Roster:

Pat Moss (Acting)

IT and Website:

Mike Glance & Geoff Hitchmough.

Membership Coordinator:

Heike Behrbohm.

Hayagriva Shop: Lewanna Newman.

Newsletter: Rob Milan (Editor) and Rob Fewster (layout).

For other enquiries contact the Centre by email: welcome@hayagriva.org.au
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