



HAYAGRIVA BUDDHIST CENTRE Newsletter

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JANUARY - MARCH 2013



TARA Jenang with Geshe Sonam

13 January 2013, Sunday 2.30-4pm
(bring afternoon tea to share)

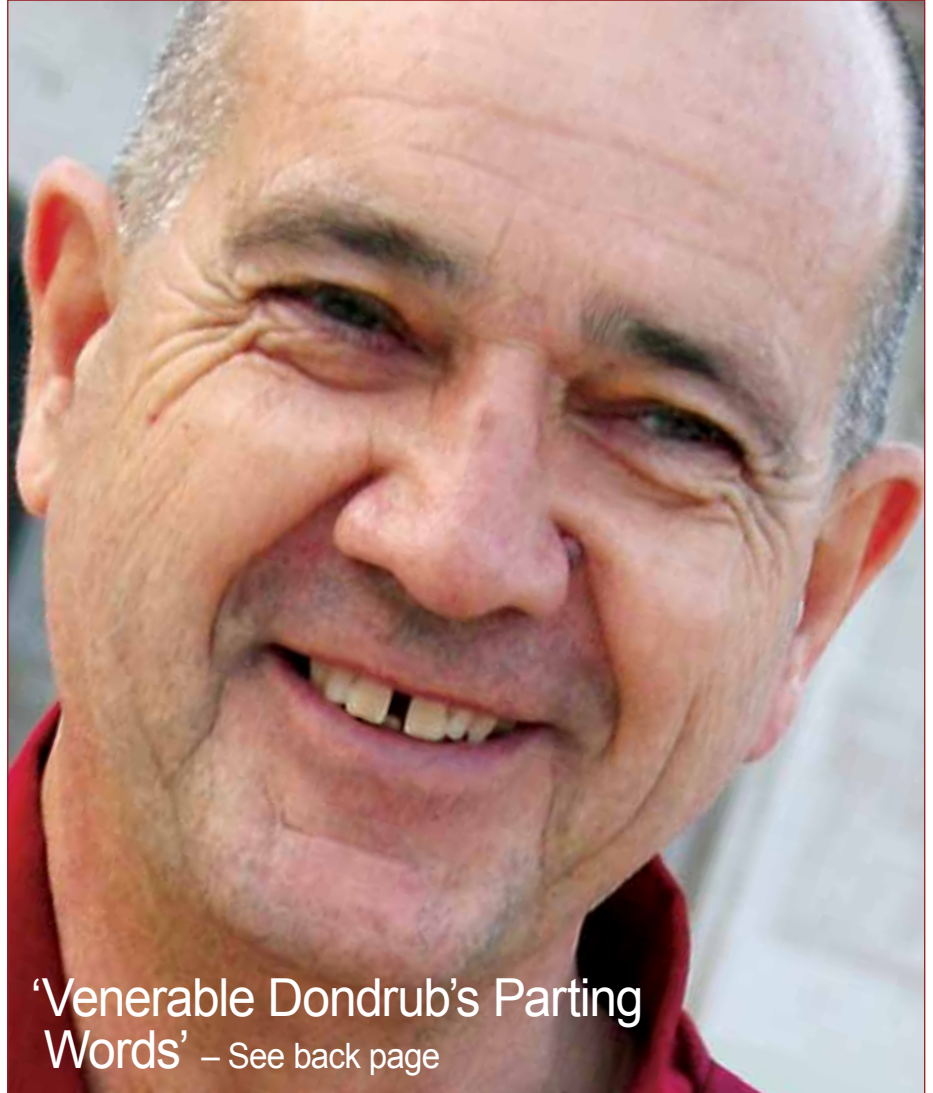
Commentary to follow from 20 January to
24 February, Sunday 2:30 to 4pm

There is an expectation to attend the
commentary if you take the Jenang,
alternatively you can take the Jenang as a
blessing.

Geshe Sonam explains what a jenang is and
the benefits and purpose of the Tara jenang:
“The word ‘jenang’ in Tibetan translates
into making a connection. So the students
will make a connection with Tara due to the
blessing that is bestowed.

The connection is in the sense that one
gets the chance to practice the deity and
to meditate on the deity. It gives one a
connection and a potential to practice
the Tara sadhana, which has come down
from Shakyamuni Buddha in an unbroken
transmission. Generally if one attends and
gets the transmission of the jenang there is a
blessing there, one gets a blessing.’

‘By getting the blessing of the deity, one’s
mind becomes more peaceful, primarily
because the three disturbing emotions are
reduced. This benefit depends mainly on



‘Venerable Dondrub’s Parting Words’ – See back page

one’s faith/belief. If one has no faith, one
can’t receive the blessings from Shakyamuni
Buddha. If one has faith, the blessing of
the deity enters ones mind and ones mind
becomes more peaceful as the disturbing
emotions are reduced. This is the main
benefit and purpose.’

**Tara mantra - OM TARE TUTTARE
TURE SVAHA**

‘The enlightened activity of the yidam Tara,
the deity, is faster than the other aspects of
the Buddha’s. So there is a speed of the
result of activity when one practices Tara.
That is the particular quality of Tara, speed.
So it is faster than the enlightened activity of

the other Buddha’s, of the other enlightened
manifestations.

Tara is particularly useful to practice in
times of need, as she grants protection
from fear, and is a manifestation of the wind
element in enlightened form, hence swift
accomplishment. One of the syllables of the
mantra, ‘TUTTARE’, means quickly, quickly so
accomplishing the activity quickly. That’s the
main point.”



Hayagriva Open Day

Saturday, March 9 – 10.30am to 4.30pm

Mark it in your calendar!

Losar: Tibetan New Year and Lama Yeshe Day

11 February 7:30pm
Maitreya Buddha Puja

Losar is the first day of the Tibetan New Year. Within the FPMT, celebrations are held to commemorate the founder of the FPMT, Lama Thubten Yeshe on this day.

Lama Thubten Yeshe was born in Tibet in 1935. At the age of six, he entered Sera Monastic University in Tibet where he studied until 1959, when as Lama Yeshe himself has said, "In that year the Chinese kindly told us that it was time to leave Tibet and meet the outside world." Lama Thubten Yeshe and Lama Thubten Zopa Rinpoche, together as teacher and disciple since their exile in India, met their first Western students in 1965.

By 1971 they settled at Kopan, a small hamlet near Kathmandu in Nepal. In 1974, the Lamas began touring and teaching in the West, which would eventually result in The Foundation for the Preservation of the Mahayana Tradition. Lama Yeshe died in 1984.

Some twenty minutes before dawn on the first day of the Tibetan New Year — March 3rd 1984 — the heart of Lama Thubten Yeshe stopped beating. He was forty-nine years old. Lama had been seriously ill for four months, although according to Western medical reports since 1974 it was a miracle that he was alive at all.

Two valves in his heart were faulty and because of the enormous amount of extra work it had to do to pump blood it had enlarged to about twice its normal size. And he himself had said ten years before that he was alive "only through the power of mantra."

In keeping with the topic of meditation that Geshe Sonam will be presenting earlier in the year, below is an excerpt from Lama Yeshe on this topic as presented in Bloomington, Indiana, 1975 and edited from the Lama Yeshe Wisdom Archive by Dr. Nick Ribush.

"Meditation is very simple. When hearing about meditation for the first time, you might think, "That must be very special; meditation couldn't be for me but only for special people." This just creates a gap between you and meditation.

Actually, watching television, which we all do, is a bit like meditating. When you watch television, you watch what's happening on the screen; when you meditate, you watch what's happening on the inner screen of your mind - where you can see all your good qualities, but all your inner garbage as well. That's why meditation is simple.

The difference, however, is that through meditation you learn about the nature of your mind rather than the sense world of desire and attachment. Why is this important?



■ Lama Thubten Yeshe – Photo: Jacie Keely - used by permission

We think that worldly things are very useful, but the enjoyment they bring is minimal and transient. Meditation, on the other hand, has so much more to offer - joy, understanding, higher communication and control. Control here does not mean that you are controlled by somebody else but rather by your own understanding knowledge-wisdom, which is a totally peaceful and joyful experience. Thus, meditation is very useful.

“ When hearing about meditation for the first time, you might think, “That must be very special - meditation couldn't be for me but only for special people.” ”

Also, if you exaggerate the value of external objects, thinking that they are the most important things in life, you ignore your inner beauty and internal joyful energy; if you look only outside of yourself, you neglect your most precious human qualities - your intellect and your potential to communicate in higher ways. Thus, meditation shows you clean clear which objects of attachment confuse you and with which kinds of mind you relate to them.

Furthermore, meditation is a very quick method of discovering the nature of reality. It's just like a computer. Computers can check many things extremely quickly, put them together and all of a sudden, pow! - we're on

the moon. Similarly, meditation can quickly make things clean clear, but we don't have to go to the trouble of learning by trial and error through laboratory experiments. Many people seem to think that making mistakes is a very important part of learning. My point of view is that this is a misconception. "To learn the reality of misery, you have miserable experiences" - I say that this is not so. Through meditation we can learn things clean clear, without having to experience them.

Thus, meditation does not mean the study of Buddhism philosophy and doctrine. It is learning about our own nature: what we are and how we exist. Some books say that the purpose of meditation is to make us conscious, but despite the usual Western connotation, the terms "awareness" and "consciousness" are not necessarily positive. They can be selfish functions of the ego. Awareness and consciousness do not mean the fully awakened state of knowledge-wisdom.

Awareness can be simply an ego-trip. I mean, many times we're aware and conscious, but since we possess neither wisdom nor understanding, our minds are still polluted. We think that we're conscious, but our minds are foggy and unclear. Therefore, awareness and consciousness are not exclusively the result of meditation. What has to happen is that through meditation, awareness and consciousness must become knowledge-wisdom.

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Day of Miracles 25 February

Schedule at HBC:

5.00am Precepts

2.00pm Extensive Offerings

7-8:30pm Shakyamuni Buddha Puja

The Day of Miracles

On these Buddha multiplying days karmic results are multiplied by one hundred million, as cited by Lama Zopa Rinpoche from the Vinaya text 'Treasure of Quotations and Logic'.

Advice from Lama Zopa Rinpoche on how to make the 15 Days Of Miracles Most Beneficial:

"This is the best and most exciting time, whatever practice or virtue we do, the merit is increased 100 million times. So please especially do recitations of the Arya Sanghatastra as much as you can, when you can. (Available in various languages at: <http://www.fpmt.org/teachers/zopa/advice/sanghatastra.asp>)"

Rinpoche requests that we dedicate our virtuous actions to His Holiness long life and health, to the success of the many FPMT projects and to all sentient beings.

The purpose the Buddha displayed the miracles – Geshe Sonam

'Before Lord Buddha came to this world there were many types of what are called forders, Buddhist outsiders or non-Buddhist, and also at that time there were many sponsors, like Kings that asked the Buddha to do various things.

The sponsors had different requests. In short, at the time of the Buddha, these non-Buddhists, would perform certain types of feats because they had developed worldly calm abiding and special insights that enable them to do these miracles. Now Buddha's



■ Sam making light offerings, as part of extensive offerings, on a previous Buddha Multiplying Day

motivation was not to show that Buddhism was better, certainly not, but these non-Buddhists did not have the intent or motivation to bring all beings to Buddhahood.

On the first to the eighth of the fifteen days there was a competition between the Buddha and the non-Buddhist in terms of the miracles.

The later seven days were the feats that Buddha showed that he was victorious in these states of mind manifesting as these

miracles. This was to show the outsiders the correct path. It was not the motivation to show that we are better but Buddha's intension is to lead the beings to the state of Buddhahood.'

The significance of the dates in the Buddhist calendar – Geshe Sonam

'The Buddha blessed these dates, of the full moon, the 15th, the 8th and the new moon specifically. They carry Buddha's blessing because at these times the wild animals such as alligators take more life at these times. They kill more sentient beings at these times so because of that, if you abstain from negativity on those dates, the virtue is increased and is much more powerful. Conversely the negativity is much more powerful.'

Hayagriva will be collecting packaged and dry foods to offer at the puja, and then donating these goods to a local charity, 'Food Bank' who distribute food to those in need around Western Australia. Please place your donations in the marked box that will be at the centre from January.



Harmonious Relationships with Venerable Tony

Sat, Feb 9 – 10.30-4.30

'In order to be harmonious, generally, you should not look for any faults in others, but look for the positive, the inner qualities.

Thinking negatively like, "He is bad, she is bad", will not lead to harmony. Try to see the qualities in others and try to work harmoniously.'

– Lama Zopa Rinpoche advice 8 March 2012





How to Meditate with Geshe Sonam

9 Jan to 13 Feb

Wednesday 7:30 to 9:30pm

‘We are under the control of our minds and our minds are under the control of the disturbing emotions so the main purpose of meditating, at our level, is to transform our negative states of mind, to subdue the mind. To gain control over our mind by subduing the negative states, this is the purpose of meditation.’ – Geshe Sonam

Learn the foundations of meditation practice with Geshe Sonam Wednesday evenings, 9 January to 13 February. All welcome.

‘Buddhist meditation doesn’t necessarily mean sitting cross-legged with your eyes closed. Simply observing how your mind is responding to the sense world can be a really perfect meditation and bring a perfect result.’

– Lama Zopa Rinpoche

January 2013

MON	TUES	WED	THUR	FRI	SAT	SUN
	1 Picnic with Geshe Sonam 11.30am at Deep Water Point	2	3	4	5	6
7 CENTRE OPENS Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Guru Puja 7.30- 9.30 pm Owen Cole	8 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm	9 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Buddhism Discovered How to Meditate 1 Geshe Sonam 7.30-9.30pm	10 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm	11	12 Hatha Vinyasa Yoga Jude 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am	13 Sunday Meditation 10-11am TARA Jenang 2.30pm Geshe Sonam (bring afternoon tea to share)
14 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Meditation for all 7.15-8.00pm	15 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm	16 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Buddhism Discovered How to Meditate 2 Geshe Sonam 7.30-9.30pm	17 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm	18	19 Hatha Vinyasa Yoga Jude 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am	20 Sunday Meditation 10-11am TARA Commentary 2.30-4pm Geshe Sonam
21 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Guru Puja 7.30- 9.30 pm Owen Cole	22 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm	23 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Buddhism Discovered How to Meditate 3 Geshe Sonam 7.30-9.30pm	24 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm	25	26 Hatha Vinyasa Yoga Jude 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am Medicine Buddha 4.30pm-6pm	27 Sunday Meditation 10-11am TARA Commentary 2.30-4pm Geshe Sonam
28 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Meditation for all 7.15-8.00pm	29 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm	30 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Buddhism Discovered How to Meditate 4 Geshe Sonam 7.30-9.30pm	31 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm			

Tibetan New Year and Lama Yeshe Day - February 11

Continued from page 2

Another idea that many people have is that meditation is beautiful because it produces calm and relaxation.

But calm and relaxation are not necessarily the result of meditation. For example, when we are asleep and our mind has sunk to an unconscious level, we are relaxed. Of course, this is not the same relaxation that meditation brings.

Meditation releases us from the uncontrolled, polluted mind. Automatically, we become joyful and can see meaning in our life. Hence, we can direct the energy of our body, speech and mind in beneficial directions instead of wasting it through not knowing what we want. In fact, most of the time we don't know what we want.

We try something, but then, "Oh, I don't want this." So we try something else, but again, "I don't want this either." Our life is constantly

changing, changing, changing; again and again, our energies are sublimated into one thing, then another, and we reach nowhere - doesn't this sound familiar?

We should make sure we understand our behaviour. We put ourselves on so many different trips and into so many life-situations with no understanding of what direction is really worth going in, thus wasting enormous amounts of time.

Meditation purifies and clarifies our view, enabling us to understand the different life-styles and beliefs of basically every sentient being in the universe. Thus we can see which are worthwhile and which are not.

A human being, sitting at one place in meditation, can see all this. It is definitely possible.

When our minds are clean clear, we can choose a beneficial way of life.'



■ Lama Thubten Yeshe

February 2013

MON	TUES	WED	THUR	FRI	SAT	SUN
<p>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.</p>				<p>1</p>	<p>2 Hatha Vinyasa Yoga 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am Wheel of Life Prayers for the Deceased 2-3pm Tara Puja 4.30pm</p>	<p>3 Sunday Meditation 10-11am TARA Commentary 2.30-4pm Geshe Sonam</p>
<p>4 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Meditation for all 7.15-8.00pm</p>	<p>5 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Guru Puja 7.30-9.30pm Owen Cole</p>	<p>6 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Buddhism Discovered How to Meditate 5 Geshe Sonam - 7.30-9.30pm</p>	<p>7 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm</p>	<p>8</p>	<p>9 Hatha Vinyasa Yoga Jude 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am Venerable Tony Beaumont Harmonious Relationships 10.30-4.30</p>	<p>10 Sunday Meditation 10-11am TARA Commentary 2.30-4pm Geshe Sonam</p>
<p>11 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Losar Lama Yeshe Day Maitreya Buddha Puja 7.30-9pm Owen Cole</p>	<p>12 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm</p>	<p>13 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Buddhism Discovered How to Meditate 6 Geshe Sonam - 7.30-9.30pm</p>	<p>14 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm</p>	<p>15</p>	<p>16 Hatha Vinyasa Yoga 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am Wheel of Life 'Living & Dying 1' Understanding Pain & Suffering 2-5pm</p>	<p>17 Sunday Meditation 10-11am TARA Commentary 2.30-4pm Geshe Sonam</p>
<p>18 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Meditation for all 7.15-8.00pm</p>	<p>19 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm</p>	<p>20 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Guru Puja 7.30-9.30pm Owen Cole</p>	<p>21 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm</p>	<p>22</p>	<p>23 Hatha Vinyasa Yoga Jude 8-9am</p>	<p>24 Sunday Meditation 10-11am TARA Commentary 2.30-4pm Geshe Sonam</p>
<p>25 Day of Miracles Precepts 5am Extensive Offerings at 2pm Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Shakyamuni Buddha Puja 7-8.30pm Owen Cole</p>	<p>26 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm</p>	<p>27 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Discovering Buddhism Refuge in the Three Jewels 1 Geshe Sonam - 7.30-9.30pm</p>	<p>28 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm</p>			



Refuge in the Three Jewels

With Geshe Sonam
27 Feb to 3 April
Wednesday, 7:30 to 9:30pm

‘Going for refuge in the three objects of Buddha, Dharma and Sangha reduces the suffering of this life and increases the happiness of this and future lives. This is because the happiness of this and future lives, and the happiness of this world and the worlds beyond, depends on understanding the law of cause and effect. Understanding the law of cause and effect and practicing that understanding means that you reduce the causes for suffering and increase the causes for happiness.’

– Geshe Sonam

‘In general, there are four points to the practice of Dharma. One should rely upon holy beings, listen to the holy Dharma and after correctly comprehending, follow the Dharma and practise it. One should not let one’s senses become excited (i.e. control the senses when in danger of creating negative karma) and take as many vows as one is capable of keeping. Have a compassionate attitude towards sentient beings. Whenever you eat or drink make effort to offer to the rare Sublime Ones (Triple Gem), and train well in the refuge precepts, including exerting oneself to make offerings to the Triple Gem.’

– Lama Zopa Rinpoche

March 2013

MON	TUES	WED	THUR	FRI	SAT	SUN
				1	2 Hatha Vinyasa Yoga Jude 8-9am Wheel of Life Prayers for the Deceased 2-3pm Tara Puja 4.30pm	3 Sunday Meditation 10-11am Teaching 2.30-4pm Geshe Sonam DTA
4 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Meditation for all 7.15-8.00pm	5 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm	6 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Discovering Buddhism Refuge in the Three Jewels 2 Geshe Sonam 7.30-9.30pm	7 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm Guru Puja 7.30-9.30pm Owen Cole	8	9 Hatha Vinyasa Yoga Jude 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am OPEN DAY 10.30am-4.30pm	10 Sunday Meditation 10-11am Teaching 2.30-4pm Geshe Sonam DTA
11 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Meditation for all 7.15-8.00pm	12 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm	13 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Discovering Buddhism Refuge in the Three Jewels 3 Geshe Sonam 7.30-9.30pm	14 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm	15	16 Hatha Vinyasa Yoga Jude 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am Wheel of Life 'Living & Dying 2' Transforming Suffering 2-5pm	17 Sunday Meditation 10-11am Teaching 2.30-4pm Geshe Sonam DTA
18 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Meditation for all 7.15-8.00pm	19 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm	20 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Discovering Buddhism Refuge in the Three Jewels 4 Geshe Sonam 7.30-9.30pm	21 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm	22 Guru Puja 7.30-9.30pm Owen Cole	23 Hatha Vinyasa Yoga Jude 8-9am 6 Weeks beginner Yoga Rob 9.15-10.15am	24 Sunday Meditation 10-11am Teaching 2.30-4pm Geshe Sonam DTA
25 Hatha Vinyasa Beginners Yoga Lewanna 6-7pm Meditation for all 7.15-8.00pm	26 Meditation Ven Drolma 10-11 Hatha Vinyasa Yoga Jude 6-7pm Emptiness continues Geshe Sonam 7.30-9.30pm	27 Gentle Hatha Yoga Jude 10-11am Yin Yoga and Meditation Jude 6-7pm Discovering Buddhism Refuge in the Three Jewels 5 Geshe Sonam 7.30-9.30pm	28 Hatha Vinyasa Yoga Jude 9-10am Yoga (gen/exper) Lewanna 6-7pm	29 Good Friday	30	31 Easter Sunday Sunday Meditation 10-11am Teaching 2.30-4pm Geshe Sonam DTA

The Wheel of Life Palliative Care Support Group

Jeffrey Hopkins – Death of My Father

Jeffrey Hopkins, the well-known Buddhist practitioner, academic, and translator for His Holiness the Dalai Lama, has written about his father's death, noting that he gained much from the Dalai Lama's teachings that helped at the time.

"My father had a stroke when he was 81. We were all very relieved when he rose from his comatose state and even returned home. However, by the time I arrived a few weeks later my father was back in hospital, comatose again.

One day he was lying on his back and he opened his eyes. He turned and we began gently talking. At one point with a playful gleam in his eyes he said, "You wouldn't believe what's going on in this hospital."

Wondering what he meant, I happened to look up at the TV at the foot of his bed. A steamy hospital soap opera was on, and I noticed that the hospital had put a small speaker by his pillow.

While in his coma he had heard all those shows! I later turned off the speaker, remembering that at the time of death it is most valuable to have someone remind you of virtuous thoughts.

A few days later when he again regained consciousness, I turned off the TV that was blasting out a quiz show, and we went on to have a nice conversation. He died during the night. How relieved I was that before he died, he had come to his senses with his spirits restored. And that the TV was silent.

I sat beside his body, and kept silent because I did not know his particular vocabulary of religious belief. Just by being there I felt I could support him on his journey."

– (Extracts from the Introduction to Advice on Dying and Living a Better Life by His Holiness the Dalai Lama)

The Wheel of Life Palliative Care Support Group has prepared the following comments based on Jeffrey Hopkins' story:

Did you know that near death, people can hear and know what's going on, even though they may appear unconscious?

To have a better chance of being peaceful at the time of death it is important to practise being peaceful from moment to moment well beforehand. At death, it is important to try to recall the good things you've done, and to help others do likewise. Naturally, it helps to be clear about what is good and virtuous and to have created some virtue during your life.

Did you know that a person who has just died can sense your thoughts and will be



■ Jeffrey Hopkins – Buddhist practitioner, academic and translator for His Holiness the Dalai Lama

supported by silent prayer? You need first to believe in the power of prayer and of course it helps to know how to pray and what to pray for.

To find out more, prepare for your own death, and know how to help others who are dying, Wheel of Life will present a comprehensive training course entitled Living and Dying in 2013.

Consult the Wheel of Life website in the new year to get full details of times and registration.

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



1 April – Animal Liberation program to be announced soon.

Wheel of Life Presents in 2013

Living and Dying:

How to Prepare Yourself to Care for the Dying

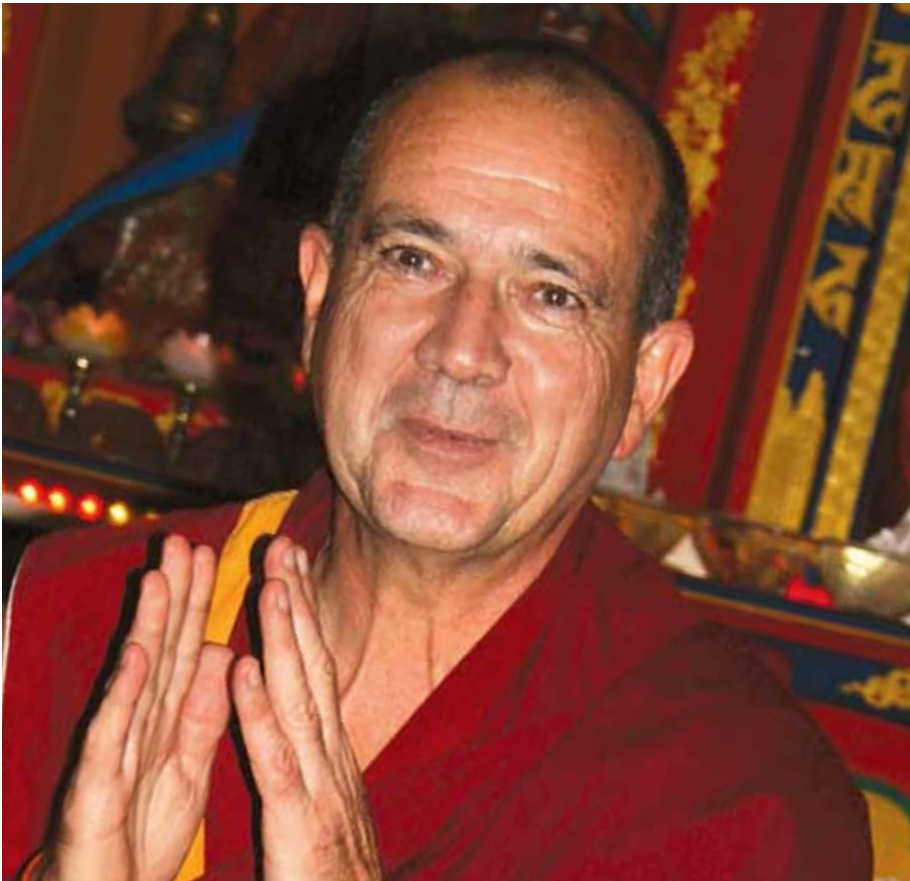
A comprehensive course of ten sessions spread over 10 months that will enable you to visit and care for a dying person.

2-5 pm Sat 16 Feb 2013:

- Understanding Pain and Suffering
- Types of suffering
- The nature of suffering
- The causes of suffering
- Coping with pain
- Medication in palliative care

2-5 pm Sat 16 Mar 2013:

- Transforming Suffering
- Hearing, reflecting and meditation
- Loving-Kindness
- Compassion
- Transforming end-of-life fears and pain



■ Venerable Thubten Dondrub

Venerable Dondrub's parting words

“ The two things I try to be motivated by when teaching, is to make the dharma accessible and understandable to people. I hope I have done that a little for you.

The second thing is that through meeting the dharma at this centre, I hope that people come to meet with Lama Zopa Rinpoche and make a strong connection with him because he is truly an authentic master of the Tibetan tradition, who is a Bodhisattva on this earth. He may be a Buddha, I don't know, but definitely a Bodhisattva. Someone who has definitely given up the self cherishing thought and only cherishes others. His whole life, 100% dedicated to sentient beings through the dharma.

Lama Zopa Rinpoche's life is dedicated to the FPMT and all the centres. Lama Yeshe started these centres in his great wisdom and compassion because these centres are a way for us to meet the dharma and practice it. And by having this centre other people can meet the dharma. This becomes a way that we can actually practice – by helping dharma centres. It is a way to develop our love compassion and Bodhicitta, to dedicate to others.

I would encourage people, if you have found any benefit from coming to Hayagriva Buddhist Centre, even one time, to see this as your Dharma home and come as often as you can, study the teachings and practice them

and join in with different teachings, retreats and pujas. If you can, it is good to help the centre. By helping the centre you are helping people meet the Dharma. This is the best thing you can do. If you feel the Dharma has started to help you, the best thing we can do is help other people meet the Dharma through places like this.

This place is not perfect but because of the blessings of Lama Zopa Rinpoche it is a proper Dharma centre. It is making the Dharma available, not in a watered down version but the real Buddha Dharma with good motivation by many people.

By taking part you are actually helping Lama Zopa Rinpoche and that creates skies of merit. Because helping a Bodhisattva do Bodhisattva actions - you can't do anything better than that. So just cleaning the toilet bowl at Hayagriva, with the thought that this is helping the centre and sentient beings to meet the Dharma, skies of merit. Incredible purification. Anything you do for a Dharma centre is just amazing.

In the whole history of the Dharma centre, if one person benefits, it is worth it. The chance of actually meeting the Dharma for any sentient being is unbelievably rare so to help even one person meet the Dharma, there is nothing better, there is nothing better to do.



Hayagriva Buddhist Centre

Spiritual Director:

Kyabje Thubten Zopa Rinpoche.

Resident Teachers:

Geshe Sonam.

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 Drolma, Greg Carr, Owen Cole, Dave Webb, Christine Turley, Angela Doyle, Laure Musy, Jude Carter, Rob Milan and Kirsty Kilbane.

Secretary: Cindy Armstrong.

Office Manager: Pat Moss.

Treasurer: Ling Lee.

Librarian, PR: Marlene Robins

Executive Committee:

John Waite, Susan di Bona, Ling Lee, Pat Moss, Rob Milan, Carolyn Hofmeester & 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: Jude Carter (Editor) and Rob Fewster (layout).

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