



# Hayagriva Buddhist Centre

## NEWSLETTER

### Upcoming Events

- Vajrasattva purification practice
- Recitation for LZR health and long life
- Samsara and Nirvana
- Cultivating Emotional Balance
- Holy Day - Lha Bab Duchon
- Meditation, Puja, Yoga, Tai Chi
- Annual General Meeting

## I have a dream

His Holiness the Dalai Lama speaks from Dharamsala, India in honour of the 50th anniversary of Martin Luther King Jr's "I have a dream" speech on 28 August 2013. The following is the transcript from the coverage of NBC News.



*"I always have one dream, that is that within this century, the world truly becomes a real happy human family. In order to achieve that, we really need some sort of oneness of humanity through education, through more holistic, realistic sort of thinking. I feel I have confidence through education through awareness, I think we can develop oneness, sense of oneness of humanity. Then the very basis of violence, the very basis of war are no longer there. Then this century can be a century of peace, a century of non-violence."*

### 30 DAYS MANI RETREAT IN THE LAND OF GENGHIS KHAN

- by Matthew Whiston

"Chenrezig is here" retreat leader Ven Tsepel uttered as the malas stopped whirring to end the first session of the Mani retreat. I don't know if Owen and I, nor Oi Loon knew what was in store for us the coming days.

Ganden Khidd monastery complex is located on the northern slopes of Ulaan Baatar, Mongolia capital of about one million people and was host to the retreat we had just begun quite unique in that, we would be retreating in this city location, one wouldn't say was peaceful. It was attended by 60 international guests, and around 250 locals, who were to be our dharma family for the next month. There are three

temples in the vicinity, the largest of which houses a 100 foot high standing Chenrezig, and is one of the most frequented sights in U.B....A place for newly weds to get blessed.

U.B itself is surrounded by rolling hills, intense green and, on a clear day is jet sky blue; many of the companies bear the trademark "blue sky" as a result. Not to mention Genghis Khan whose name and proud portrait seems to be on every sign, dug rig (local currency) and memorabilia. It seems as local heroes go, he is still the man..... to be continued see page 3.

## TEACHING PROGRAM WITH GESHE NGAWANG SONAM

### Insight Teachings

#### Tuesday evenings

7:30pm - 9:30pm

Longer Q&A sessions with a break at 9.00pm

Cost by Donation



### Samsara and Nirvana

#### Wednesday evenings

7:30pm - 9:00pm

🕒 Investigate what is samsara and how we are stuck in it.

🕒 Find out what is nirvana and how to achieve it.

🕒 Develop the determination to be free from suffering and empower yourself with practical tools to deal with and eliminate disturbing emotions forever.

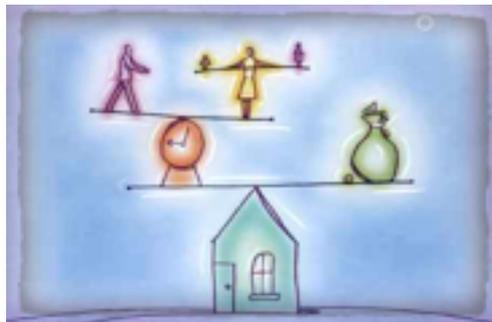
### 37 Practices of a Bodhisattva

#### Sunday afternoons

2:30pm - 4:30pm

Based on the text by Gyaltsen Thongme Sangpo, this teaching explains how to practice and engage in Bodhisattva activities, as well as addressing how to practice as an aspiring Bodhisattva.

## CULTIVATING EMOTIONAL BALANCE



CEB is an evidence-based emotion training program, with integration of secular, ancient contemplative techniques and modern science. Using mindfulness and contemplative techniques, participants will gain skills to reduce destructive emotional responses and develop positive states of compassion, empathy, altruism and pro-social behaviour. This is a unique program developed in response to a dialogue between His Holiness, the Dalai Lama; Dr B. Alan Wallace, a highly respected Buddhist scholar; and Professor Paul Ekman, a world renowned psychologist within the field of emotions.

Corey Jackson is an accredited teacher of CEB. He is passionate in teaching CEB in Sydney and around the

country, being inspired by the benefits meditation had on all aspects of his personal life. Corey is also a talented jazz musician, however, he left his musician career in 2003 in Toronto to further his study in Buddhism and Tibetan language in India. Currently, Corey is a Tibetan interpreter at Vajrayana Institute and majoring in Psychology and Sanskrit at the University of Sydney.

Kirsti Kilbane, is also an accredited CEB teacher. She has been practicing various tradition of Buddhist meditation for 20 years. She is committed to promote His Holiness, the Dalai Lama's emphasis on secular ethics, ethics not based on a religious point of view but those that are grounded in basic values such as tolerance, love and compassion. Kirsti is a senior social work practitioner; supervisor in an emergency mental health service; and a post graduate student at Curtin University; spending two years as the Spiritual Program Coordinator in a Tibetan Buddhist centre in India.

#### The schedule for CEB at HBC

**Friday, 1 November 7pm:** Introduction evening (Free)

**Saturday, 2 November 9am-5pm:** CEB program

**Sunday, 3 November 9am-12pm:** CEB program (\$120 for both days)

## 30 DAYS MANI RETREAT IN THE LAND OF GHINGIS KHAN

- by Matthew Whiston

The city sky-scape has a distinct Russian\communist tone, as a lot of the high rise apartments were built by them in the 1930's, and living in one was an interesting experience as Owen and I discovered. Every day early in the morning we would make our way through the high rise maze of urban apartments, up the hill to Ganden. It was a blessing to be up early on retreat, as negotiating the intersections and driving habits of the locals is no easy wicket for the pedestrian.

The retreat proper had begun and with four daily sessions, with precepts on alternate days, we soon had very full days, it took some adjusting for body and mind. Perhaps it was all part of the purification..... Lama Zopa Rinpoche was not due until the 13th of August, so when he did arrive, it felt like we had laid



**From left to right Owen Cole, Oi Loon, Matthew Whiston and Frances Rowley.**

quite a good foundation, and welcomed the blessings and high energy as Rinpoche began to teach and inspire us all.

From Guru Devotion to the importance, almost urgency of bodhicitta, Lama Zopa inspired us "to be able to bear" our bodily discomforts, mental tiredness, thinking that if I am sick,

may I be sick for all sentient beings.

The devotion and constancy of the Mongolian practitioners was moving, and despite some mobile phones jangling and city traffic blasting, we were able to complete 108 million manis to offer to Rinpoche by the 29th of August!

Rinpoche said he was impressed with the attendance of the locals and their beautiful chanting, and, in a touching speech to thank us all, Rinpoche offered each of them a copy of the Sanghata sutra, Diamond cutter sutra, making the aspiration that the million mani retreat be done every second year in Ganden, see you there!

As Rinpoche would say like a mantra.....wow wow wow wow wow wow! Just saying one Om Mani Padme Hum is so unbelievable! Can you imagine.....

## PEST CONTROL

- by Naveen Tan

Lee Chew and I were car pooling to attend Venerable Antonio's meditation retreat. On the way back we were talking about how pests invade people's homes and how difficult it is for us as Buddhists to get rid of them but without harming them at the same time. We probably need a pied-piper to play the flute and lure the pests out of the house. While we are searching for the pied-piper, meanwhile we need to use some other methods to get rid of the pests.

Pauline Chia suggests two methods for deterring household ants. Add a few drops of pure lavender essential oil to a litre of water. Wipe on the kitchen bench and window sills with this solution will keep ants away. Another method is the use of eucalyptus essential oil to mop the floor especially at entry ways.

Do you know that eucalyptus oil could also repel cockroaches? Mix 10 drops of eucalyptus oil with 85 grams of water and spray on the area where you find cockroaches active. But be careful. If you spray the eucalyptus mixture directly on the cockroaches, it will kill them. Precaution also is needed to keep young children and pets away

although it is generally safe. Eucalyptus essential oil is more expensive than multi-purpose eucalyptus oil. You can find this multi-purpose oil in supermarkets and pharmacies.

Ven. Robina advised us during her teachings at our centre that we do daily practice of Vajrasattva. The benefits for doing this practice are two fold. One is we can purify our past actions of killing sentient beings and two is we are committing to not kill them again.

Some people believe that placing bay leaves, cucumber slices or garlic in infested areas would deter cockroaches from further infestation. I am interested to know if any of these methods work for you, or if you have other solutions to pest infestation please write to me [jeans6698@yahoo.com](mailto:jeans6698@yahoo.com)



## REGULAR ACTIVITIES

### Meditation

**Monday** 7.15pm - 8.00pm

Led by various senior students. Participants need not be Buddhists. It is a session where participants have the opportunity to soothe the body and mind and gain some clarity and concentration.

**Tuesday** 10.00am - 11.00am

Led by Venerable Drolma. The purpose is to calm and clear our mind. The session includes walking meditation. Please note that the last meditation led by Venerable Drolma is on the 17th December, and will commence on the 7th January 2014.

**Sunday** 10.00am - 11.00am

Led by various senior students. The one hour session includes two guided meditations drawing from the rich contemplative tradition of Tibetan Buddhism. It is suitable to both experienced and newcomers to Buddhism.

### Yoga Classes

There are Hatha Yoga, Yin Yoga and Vinyasa Yoga classes offered on different days of the week. The time and dates are available at HBC website and calendar. If you need more information please contact:

Lewanna 0407 448 335 [vitalyoga@gmail.com](mailto:vitalyoga@gmail.com)

Jude 0406 260 857 [info@pemayoga.com.au](mailto:info@pemayoga.com.au), or visit [www.pemayoga.com.au](http://www.pemayoga.com.au)

### Tai Chi Classes

Tai Chi is a form of Chinese martial arts, practiced for fitness and health purposes. It promotes mental alertness and improves mobility through slow and gentle movement. It is an activity that suits all ages and does not require previous experience. Participation is free of charge but generous donation to Hayagriva Buddhist Centre is greatly appreciated. Please wear sports clothing, and bring a notepad and a pen for note taking. Please feel free to contact Thomas To for enquiry and registration on 0430 962 388 or [thomas.pc.to@gmail.com](mailto:thomas.pc.to@gmail.com)

### Busy Bee

It is spring cleaning season. Please come and help to create an inviting environment for visitors to learn the Dharma. It is not necessary to stay the whole time, even just an hour of your time is greatly appreciated. There is one Busy Bee on the first Saturday of the month. All Busy Bee events start at 10am.

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## WHAT ELSE IS HAPPENING

### New products available at the Dharma Shop

We have a new range of hand-made essential oil soap and personal care products available at our Dharma shop. All product sales contribute to fundraising for the Wheel of Life Pure Land Project (see page 9 for details).

### Vajrasattva purification practice

Thursdays

7.30pm to 8.30pm

It is a purification practice as recommended by Venerable Robina. We will be reading the Vajrasattva mantra available from the Hayagriva Buddhist Centre.

Cost: by donation

### Hayagriva Mantra Recitation for Lama Zopa Rinpoche's health and long life

11 October 2013

Friday

7.30pm to 9.00pm

## WHAT ELSE IS HAPPENING

### Annual General Meeting

27 October 2013

Sunday

11.30am

### Lha Bab Duchen “Descent from Tushita day”

24 November 2013

Sunday

Lha Bab Duchen is one of four holy days in the Buddhist calendar that commemorates the life of Shakyamuni Buddha. On this day, Shakyamuni Buddha returned to earth after spending 3 months in Tushita (Pure Realm) teaching Dharma to his mother as a gesture of repaying her kindness and to liberate her.

The picture on the right shows that one of his great disciples, Maudgalyayana, begged the Buddha to return to earth. The Buddha descended on three ladders made of lapis lazuli, gold and crystal by Indra and Brahma. It marks the day when the Buddha's disciples rejoice on His return. In the Tibetan tradition, it is a day for reciting prayers and practicing virtue as all merits created on this holy day will be multiplied 100 million times.

Geshe Sonam will give the 8 precepts on the day 24 November starting at 4.45am. Free vegetarian lunch will be provided at 11am at the centre. Please email Nim Dissa [nim.dissa@googlemail.com](mailto:nim.dissa@googlemail.com) if you wish to join us for lunch. At 2pm there is extensive water bowls and light offerings set up. At 6pm there will be a Shakyamuni Buddha Puja and participants are welcome to make offerings.

### Lama Tsongkhapa Day - Guru Puja

27 December 2013

Friday

7.30pm to 9.30pm

All Merit Box donations are collected on this day. Please bring you Merit Box back to the centre. For Lama Tsongkhapa's detailed biography please visit Lama Yeshe Wisdom Archive, the link is

<http://www.lamayeshe.com/index.php?sect=author&subsect=bio&id=37>



## INSPIRATIONAL VOLUNTEERS AT HAYAGRIVA



John Waite, the centre director asked **Ros Charron** to take on the cleaning job. Consequently, **Dennis** also become involved because he wants to help Ros. This Charron couple felt that they were most capable of this task as it gives them a great joy. They clean the Gomba every Friday. Their task includes dismantle the alter, take down the flowers, wash the water bowls, dust and vacuum the centre.

Dennis thoroughly enjoys dusting and vacuuming at the centre. He finds satisfaction to see the Gomba clean and fresh. Dennis believes that a clean place brings in positive energy. People will have greater respect for the centre as a result of the clean environment. A clean place makes people's mind feel brighter and makes a brighter place for people to come and learn dharma. When I asked what sort of feeling that he has after

completing the task, he said he tends to avoid seeking feelings of pride from the activity that he does because it will result in disappointment.

Ros said that when she is carrying out the cleaning task, it is an opportunity for purification process, equivalent to mental prostration. While she cannot do a lot of physical prostrations, the cleaning task is like cleaning away her negative karma. Both Ros and Dennis agree that although the task is repetitious, but it is like a meditation for them.

Apart from cleaning Ross and Dennis also in charge of kitchen supplies. Make sure enough paper, beverages supplies, as well as organise fresh flowers. Ros express her gratitude and feel fortunate that there are a lot of generous people who offer flowers.

Ros reckons that new comers volunteering is all about training to help others, she said “just do whatever you see that needs to be done, even if it is just picking up a leaf that is on the ground, when you see it and do it. This is a good way to kick start your dharma practice at hayagriva”.

## WHEEL OF LIFE: SPIRITUAL PREPARATION FOR DEATH

- by Len Warren

At the August workshop of the Living & Dying Course 2013, we continued our considerations of how to prepare spiritually for death. Since most of the dying people we visit are not Buddhists, we spent some time looking at the beliefs of Muslims, Sufis, Christians, and other Buddhist traditions. For the genuine practitioners of all the major religions, there are many similarities - as well as some fundamental differences - to Mahayana Buddhist beliefs, for example, read these moving words from Mother Teresa:

**"Dying is not the end, it is just the beginning. Death is a continuation of life. This is the meaning of eternal life; it is where our soul goes to God, to be with God, to see God, to speak to God, to continue loving him with greater love. We only surrender our body in death - our heart and soul live forever. Yesterday is gone and tomorrow has not yet come; we must live each day as if it were our last so that when God calls us we are ready, and prepared, to die with a clean heart."**

Mother Teresa, Meditations from a Simple Path, Ballantine: New York 1996, p50.

We then spent some time reflecting on the various aspects that characterize our Mahayana Buddhist ap-

proach. Christine Longaker in her book, Facing Death & Finding Hope, Chapter Nine, page 113, Broadway Books: New York 2001, summarizes our journey in six steps without dogmatism, but with profound meaning:



1. If we use our entire life and the time of dying to prepare meaningfully for death, our potential for freedom is heightened - as is our potential for magnified suffering if negative habits hold sway in our mind and heart.

2. The secret to traversing the bardo of dying is recognizing that we are in a crucial transition and deciding on the outcome we want, thereby giving ourselves a direction through the seemingly dangerous upheavals of dying.

3. Yet this direction - our ultimate hope and highest spiritual potential - is the same hope that we must nur-

ture in our heart and mind throughout life.

4. Every spiritual tradition emphasizes that to prepare spiritually for death it is vital that we establish right now a daily spiritual practice, a practice so deeply ingrained that it becomes part of our flesh and blood, our reflexive response to every situation in life, including our experiences of suffering.

5. People often die the way they lived. Yet we can help the dying see that, even at the crossroads of death, it is possible to change their attitudes and the course of their life. If they choose to, those facing death can use their last weeks or days to transform their habits, purify regrets, heal relationships and deepen their compassion.

6. We must be willing to understand the person's spiritual beliefs, and offer reassurance with words and concepts that support their way of thinking, being careful not to impose our own beliefs.

The Wheel of Life website also has a range of useful articles to help you prepare spiritually for your own death, and in so doing, gain the knowledge and confidence to be able to help others.

[http://hayagriva.org.au/?page\\_id=9](http://hayagriva.org.au/?page_id=9)

## WHEEL OF LIFE: REJOICE THE BIRTH OF CASTIEL TASHI



On behalf of HBC, we would like to extend our

to our students, Rachel and Tony as they have added Castiel Tashi to their family.



## INSPIRATIONAL VOLUNTEERS AT HAYAGRIVA (CONTINUED FROM PAGE 5)

**Michael Ashby** has been a Busy Bee participant for 2 years. He usually helps out twice a week during Spring and less during Winter. He enjoys undertaking this task alone because sometimes he is unable to leave his house for health reasons. So gardening on his own at the centre is ideal as he can work at his own pace.

Michael has been practicing Buddhism for 20 years and has been attending the centre for a long time. He does prayers and meditation at his home regularly. However, His Holiness The Dalai Lama has said that it carries much more merit to do prayers and meditation in a group and Michael feels like he has been missing out. He tries to attend meditation classes but due to his health condition, cannot attend teaching in the evenings. So decided he could best contribute to the centre by doing gardening and tidying up during the day.

Michael's ambition is to be able to involve himself in the regular teachings and intends to start this when Geshe Sonam returns in September.

As Michael suggests for those who do not have enough time to assist at the centre regularly then the busy bees, which happen on a Saturday morning, are ideal. For example, the kitchen may need a bit of tidying. Gardening is only one of the tasks. He adds if more people spare

some time to attend a busy bee we can achieve a lot together. He continues to say "or you can just come along and give moral support. Maybe just make cups of tea for the others. All this gains merit".

When asked about what benefit he has gained being a volunteer, Michael said that he gained the opportunity to connect with the virtuous friends and the Dharma indirectly. Due to his health condition, working in the garden gave him the opportunity to connect with the centre. He said there was a day when he and Geshe Sonam put up the prayer flags in the centre, Geshe-la did a little ceremony before lifting up the flags. It was an eye opening experience, because it is not an event that people get to see very often. Geshe-la also explained to him the significance of different flags which was very educational for him.

**Christine Turley** started volunteering at HBC 8 years ago helping in the office on Saturdays and helping people who are searching for books on Buddhism, meditation or seeking peace of mind. She has been Office manager, Medicine Buddha Puja leader, meditation leader and on the Hayagriva executive team.

Over the years this practice has taught her acceptance, tolerance and patience from many people. She likes to offer encouragement to new

comers to listen to the Venerable teachers. Christine finds volunteering very joyful as it enables her to help others and to feel at peace. People who go to the centre regularly are all very kind. She often comes to sit at the centre with the trees, birds and prayer flags as it is very welcoming .

Eight years ago Christine was not a Buddhist, so began with the Discovering Buddhism module called "Mind and its Potential" led by Venerable Dondrub. She found this topic interesting and continued over 2 years to study the other Discovering Buddhism Modules.

Christine said: "The centre altar is beautiful and well taken care of. So you do not have to be knowledgeable about Buddhism to be a volunteer, it is important to have a good heart." She adds "There are lots of people to help you to learn about the centre. There is a good volunteer manual and a hand over process to help you, as a new volunteer."

Christine clarifies that to be a volunteer you may not necessarily need to commit over a long period of time. It can be once in a while or every second week. "Whatever you can give this centre is great. What you can give is all you need to give, no matter how small. None of it is insignificant. You may just come to water the garden, even making a cup of tea, helps everyone with your good heart."

## NON-RESIDENTIAL RETREAT WITH VENERABLE ANTONIO

- by Christine Turley

Over two weekends during August 2013, Ven Antonio presented a non-residential retreat on Shamatha (Calm Abiding) and Vipassana.

Many are familiar with analytical meditation where the concentration is placed on the breath or an object/topic. The above two retreats would provide participants with an understanding of Insight about our distracted minds which create unhappiness, desire, craving, pain and suffering.

Ven Antonio requested the retreat be held in silence and this enhanced further the emphasis of mindfulness, con-

centration and observation of how our thoughts may scatter and create tension, obstructions and distraction. During the break time, people walked around the Centre building or reflected whilst sitting inside and this enabled people to refresh and prepare for the next meditation.

By observing the breath from the abdomen or the two nostrils, whichever method the participant was comfortable using, a sense of unity and calm became evident. The 40 minute meditation allowed people to understand their mind and to acknowledge

the antidotes that achieve calm and insight.

Ven Antonio retreat weekends allowed people to reflect and take time out from the "busy" life created.



Group photo with Venerable Antonio Satta at the non-residential retreat

## VENERABLE ROBINA'S TEACHINGS AND RETREAT

- by Pauline Chia



Group photo with Venerable Robina Courtin at Jhana Grove Retreat Centre

About 48 participants attended Ven Robina's retreat at Serpentine. All experienced the vibrant energy, clear wit and direct talking of Ven Robina.

Ven Robina's style of responding to questions with yet another question, a Socratic methodology of investigating truth, with emphasis on the need to think deeply on an issue and to come to grips with the essential teaching.

At the end of the various teaching sessions and the 5 day retreat I was more resolute in the following areas:

- The need to check my **motivation** in my actions and to know that this is of prime importance in relation to karma.
- Not to be attached to an outcome of my actions - even if this is related to so called "good works" such as, an act of charity or a fund raising event. (ie when the fund raising event appears to be poorly supported) Such an attachment (a self grasping) to a particular outcome leads to disappointment and a lack of rejoicing in what can otherwise be described as a "virtuous" action. Hence it has implications for a fully ripened karmic act. (Hence check the motivation, the action, the

result, the rejoicing or the regret in the result).

- To be more conscious of the times where I may be involved in indiscriminate killings of household ants or termites and to look for solutions, especially since *I was identified as a mass murderer* when I admitted to having called in the pest control service to spray the termite infested areas. My nervous laughter about this drew a direct reprimand from Ven Robina - it is of course no laughing matter!!!

Ven Robina has advised the daily practice of Vajrasattva to purify past acts of killings. Ven Robina said that having done so, not to be surprised if the termites (or rats) no longer appear! Thank You Ven Robina and to HBC for making it possible for us to have access to such pragmatic and clear teachings on the Dharma.

## THE PURE LAND WOULD SUIT ME

On Tuesday 27 August, at Hayagriva Buddhist Centre, Angela Doyle and Len Warren presented the concept of the Pure Land Project. The Pure Land Project is a social outreach initiative of the Wheel of Life Palliative Care Support Group.

About two years ago, the Wheel of Life Management Team decided to commit to building a physical centre, a place where the emotional and spiritual needs of the terminally ill can be met in a peaceful, caring and virtuous environment.

The Buddha taught that dying and death is a very important transition to the next life, and that if we want the best chance to return with a precious human rebirth, that we should try to die peacefully and with virtuous thoughts, for example, feeling gratitude for the help your carers have given so selflessly in your last weeks.

Also, the spiritual leader of our tradition, Lama Zopa Rinpoche, says that many people can offer physical and medical care during dying, but that there are few who know how to offer emotional and spiritual care, and that is where Buddhists should focus their efforts.

Lama Zopa Rinpoche has given his support to the project and has recommended a name - the Pure Land of the Indestructible Buddha. For many purposes we have shortened this to the Pure Land Centre or, simply, the Pure Land. Mitrugpa is the indestructible or immovable buddha, so-called because when he was a monk, he vowed not to get angry again until he became enlightened, a vow that he kept! So those entering the Pure Land as helpers or patients can rely on a patron saint of great strength and dependability.

Angela and Len have prepared a draft business plan, ready to share with stakeholders where relevant, and are now in the process of seeking feedback on the project concept.

The environments in hospitals, hospices, nursing homes, and home itself, were carefully reviewed. It was found that emotional and spiritual care was often lacking. And more often than not, there was intrusive

noise, interruptions and tension. So in some cases, the patient or their carers may be looking for a place more conducive to a peaceful and virtuous death.

This is just what the Pure Land aims to provide. The peaceful, spiritual, and homely atmosphere will be particularly suitable for those with a Buddhist background. However, the Pure Land will be open not only to Perth Buddhists of all traditions, but also to their families, whatever their beliefs. It will also be available to others who wish for a peaceful and spiritual death. There will of course be admission criteria and these are still under development.

The concept at this stage includes a resident manager with their own apartment, two well-equipped rooms for patients, and a separate apartment for the family or the carers so that they can live in to care for their loved one. Training in aspects of dying, death, loss and grief will be available, on request, by the Wheel of Life Training Team.

A key feature of the Pure Land is that it is not a hospice. Instead, all nursing and medical needs will be met by visiting professionals, such as the in-home services provided by the Silver Chain Group. Trained volunteers will staff the centre 24/7. In fact, the centre will not operate without volunteers, who will be a critical part of the success of the concept.

So what's next? First, after the initial presentations Angela and Len will work on improving the project concept and the Pure Land business plan. Sometime after this, they will put together a Steering Committee for which they will need to draw on relevant areas of expertise and spiritual guidance. This project will take quite some time to develop, but at some stage, the Steering Committee will need to start fundraising and asking for volunteer help, and that is why any indications of support now would be most welcome.

If you would like to know more, or if you would like to offer your support to the project, please contact Angela or Len via the Hayagriva Buddhist Centre 9367 4817 or [welcome@hayagriva.org.au](mailto:welcome@hayagriva.org.au)

## ONE FINAL NOTE

**Hayagriva Buddhist Centre will be closed on the 22nd December 2013 and open on the 7th January 2014.**