



HOSPICE of MOTHER TARA

Buddhist Meditation and Healing Centre

HMT is affiliated with the Foundation for the Preservation of the Mahayana Tradition founded in 1975 by two Tibetan Lamas, Lama Thubten Yeshe and Lama Thubten Zopa Rinpoche.

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July - October 2011

Service as a Path to Enlightenment

Part 1: Cultivating a Skilful Attitude by Lama Zopa Rinpoche



This short text is a compilation of two letters dictated by Lama Zopa Rinpoche for FPMT staff members concerning how to make working for an FPMT centre, project or service the best kind of service. Over the coming months extracts from the text will be published in our newsletter and is also available to read at Hospice of Mother Tara.

The advice is about how we should practice Dharma and meditate on the path, as well as how we should work at the centre. If we understand this, we can understand how to live our whole life and how to do everything - whether we work for the government or for a company; whatever it is we do.

This first extract encourages us to remember the kindness of sentient beings and helps us to generate the mind wishing to repay that kindness.

The Four Kindnesses of the Mother

Why do we need to achieve enlightenment for sentient beings? Because every sentient being has been our mother numberless times. "Mother" means not only our human mother, but also our mother when we were a hungry ghost or an animal. Our birth depends

on a mother, and all these beings have been our mother numberless times. Besides devas, who have an entering birth (spontaneous) and so don't have a mother, all sentient beings have been our mother numberless times, from beginningless rebirths until now.

There are four kindnesses of the mother. The first is the kindness of giving us a body, especially a human body that allows us to practice Dharma numberless times from beginningless rebirths.

The second kindness is that our mother protects us from the hundreds of dangers each day. If a baby is not watched by its mother for five minutes, its life is in danger. It may put a knife or a dangerous object in its mouth, or it may be in danger of falling down. We don't remember our own early life or babyhood, but if we look at other babies and other families, we can completely understand.

The third kindness is giving us infinite kindness, such as education, from beginningless rebirths, and leading us in the path of the world. Our mother bears so much hardship for us. If each sentient being has been our mother, they have all born so much hardship, exhaustion, worry and fear for us. They created so much negative karma for our wellbeing.

The numberless sentient beings have offered us these four kindnesses numberless times, from beginningless rebirths. Wow! We just can't imagine this. It's impossible to imagine.

Repaying the Kindness

How can we repay this kindness? How can we repay each of the four kindnesses each sentient being has shown us throughout our countless rebirths? Even

COMING EVENTS

Bodhisattva's Way of Life cont...

The Joyous Attitude of Great Compassion with Venerable Dondrub
18 July to 26 Sept



Nyung Nä Retreat lead by Venerable Dondrub
Ferguson Valley
9 - 12 September

International Sangha Day
Precepts: Wednesday 3 August
Extensive Offerings & Shared Dinner:
Thursday 4 August

Statue Consecration
1 - 2 October

Ian Coughlan teaching in October
at HMT
Dates & Teachings TBA



if we sacrificed each of our lives to our mother, equalling the number of the atoms of the earth, or equalling the number of the drops of the ocean; that is nothing - we still wouldn't be able to repay the kindness. We still couldn't finish repaying each of those kindnesses. That's one thing we need to understand - how those numberless sentient beings have been so kind to us.

Every one of the hell beings, hungry ghosts, animals, human beings, suras and asuras has been our mother numberless times. They have been kind in four ways numberless times from beginningless rebirths, and we need to repay their kindness.

While this advice was initially given to those working in FPMT centres, it can be happily applied to all situations of life. Part 2 will follow in the next newsletter.

Teachings

THE WAY OF THE BODHISATVA

Maintaining the Joyous Attitude of Great Compassion with Venerable Dondrub

Mondays 7 - 8.30pm, 25 July - 26 September

Thinking and acting with Great Compassion requires skill and understanding. This continuing series of teachings looks at how to develop and maintain a compassionate attitude. Helping us to bring loving kindness, compassion and mindfulness of the needs of others into everyday life.

Based on The Bodhisattva's Way of Life, composed in the eighth century by the great Indian Scholar, Shantideva.

Recordings of previous teachings available.

Facilitation Fee: \$15 per class / \$12 members & conc

ENGAGING WITH THE WISDOM OF EMPTINESS

with Ian Coughlan

Mondays 7 - 8.30pm, 3 - 17 October

Nothing exists independently, yet in our daily lives we don't apply this seemingly simple understanding.

With practice, the Buddha's teachings on Wisdom and Emptiness allow us to enjoy, and more fully experience every aspect of our lives regardless of the changing world we live in.

Ian Coughlan was a monk for twenty years and studied at Sera Je Monastery in Southern India to become a Geshe, the equivalent of a PhD in our system. Ian is employed as a translator for the Institute of Tibetan Classics, is a research fellow at Monash Asia Institute in Melbourne, has been a keynote speaker at the Mind and It's Potential conferences, and has taught at many centres around Australia. Ian has taught at HMT in 2007 and 2009.

Suitable for students with some experience, but all interested students are welcome.

Course Facilitation Fee: \$45 / \$36 members & conc
\$15 / \$12 per session

THIS PRECIOUS LIFE

One Day Retreat with Ian Coughlan

Sunday 16 October, 9am - 4pm

*“The perfect human form, more precious than jewels,
Is only to be gained at this present time
Passing like a lightening flash in the sky
It is necessary to take its essence
Throughout the day and the night”*

Lama Tsong Kapa

How can the principles of Tibetan Buddhism help us appreciate and make the most of our precious life?

This one day retreat will combine some simple teachings and meditations on the topic of This Precious Human Life.

Course Facilitation Fee: \$50 / \$40 members & conc

HMT Library

The centre's library is a free service offering a variety of books, CDs and Discovering Buddhism videos.

You don't need to be a member to use the library, it is open to everyone.

Please help us to keep our free library service up to date by returning all items by their due date. Thank you.

Practices

GURU PUJAS

August: Monday 8 with Venerable Dondrub at 3.30pm;
Wednesday 24 at 5pm

September: Wednesday 7 & Thursday 22 at 7pm

The Guru Puja practice provides us with a unique opportunity to come together in Dharma friendship and share in the joyful and meritorious activity of offering thanksgiving to all our most kind teachers. It is also the quickest way to accumulate merit and purify negative karma.

The puja text is available at HMT.

Offerings of food, flowers or candles are appreciated.

MEDICINE BUDDHA PUJAS

August: Saturday 6 at 9.30am

September: Saturday 3 at 9.30am

“Medicine Buddha is powerful purification.”

Lama Zopa Rinpoche

Lama Zopa Rinpoche is advising all the centres that it would be extremely good to practice the Medicine Buddha Puja.

The Seven Medicine Buddhas made special prayers to benefit beings of degenerate ages, so the practice is considered amongst the most powerful and brings great blessings quickly. This practice purifies and heals on all levels – physical, mental, spiritual and environmental.

The Medicine Buddha Puja is conducted primarily in English and is suitable for people who are new to Buddhism. This is a monthly event and all are welcome. Offerings of food, flowers or candles are appreciated.

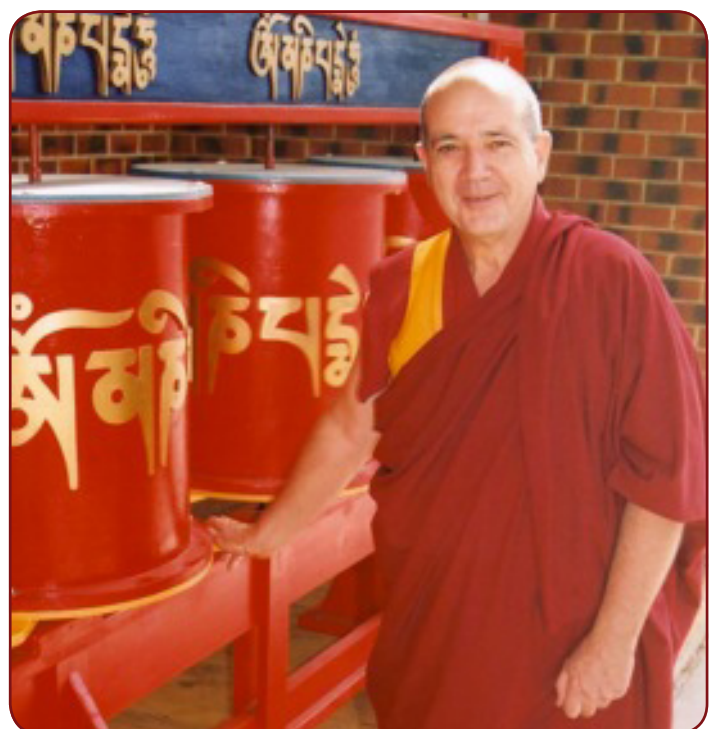
PRAYERS FOR THE DECEASED

Sunday 7.45am: Sunday 7 August; Sunday 4 September

Prayers for the deceased is a wonderful practice. Many people feel greatly comforted to know that so many holy and other beings are praying for their deceased loved ones.

All welcome.

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JULY 2011

MON	TUES	WED	THUR	FRI	SAT	SUN
25 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	26	27 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	28	29	30	31 Sunday Meditation 9.00 - 10.00am

AUGUST 2011

MON	TUES	WED	THUR	FRI	SAT	SUN
1 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	2	3 First Turning of the Wheel of Dharma & International Sangha Day Precepts 6.00am Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	4 Extensive Offering Practice followed by dinner 6.30pm	5	6 Medicine Buddha Puja 9.30am	7 Prayers for the Deceased 7.45am Sunday Meditation 9.00 - 10.00am
8 Guru Puja with Ven Dondrub 3.30pm Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	9	10 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	11	12	13	14 Sunday Meditation 9.00 - 10.00am
15 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	16	17 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	18	19	20	21
22 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	23	24 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm Guru Puja 7.00pm	25	26	27	28 Sunday Meditation 9.00 - 10.00am
29 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	30	31 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm				

Nyung Nä Purification Retreat

Led by Venerable Dondrub, 9 - 12 September 2011

Venerable Dondrub is a respected and popular senior teacher in our tradition with many years experience in leading retreat.

The Nyung Nä is a powerful technique to purify negative karma. It involves taking the 8 Mahayana precepts, fasting, doing prostrations and reciting the mantra of the Buddha of Compassion, Chenrezig.

DATES:

Friday 9 September 9, 6pm - Monday 12 September, 8am (Arrivals from 3 to 6pm on Friday for a 7pm dinner)

PREREQUISITE:

To have taken refuge and full empowerment of 1,000 Armed Chenrizig or a highest yoga tantra empowerment.

COST:

Shared accommodation in a house or caravan: \$250 full price / \$225 members. (Places limited to 10)

Bring your own tent or van: \$200 non members / \$180 members

All accommodation has shared bathroom. All vegetarian meals are provided. Please advise if you have special dietary needs.

WHERE:

Retreat in the peaceful surroundings of Wellington Mills in the heart of Ferguson Valley.

REGISTRATION:

To register, contact Hospice of Mother Tara by 9 August on 08 9791 9798 or email welcome@hmt.org.au. More information will be given once you have registered. Enquiries welcome. Please register early as places are limited.



SEPTEMBER 2011

MON	TUES	WED	THUR	FRI	SAT	SUN
			1	2	3 Medicine Buddha Puja 9.30am	4 Prayers for the Deceased 7.45am Sunday Meditation 9.00 - 10.00am
5 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	6	7 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm Guru Puja 7.00pm	8	9	10	11 Sunday Meditation 9.00 - 10.00am
			Nyung Nä Purification Retreat led by Venerable Dondrub, 9 - 12 September, Ferguson Valley.			
12 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	13	14 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	15	16	17	18 Sunday Meditation 9.00 - 10.00am
19 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	20	21 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	22 Guru Puja 7.00pm	23	24	25 Sunday Meditation 9.00 - 10.00am
26 Teaching with Ven Dondrub Bodhisattvas Way of Life 7.00 - 8.30pm	27	28 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	29	30		

OCTOBER 2011

MON	TUES	WED	THUR	FRI	SAT	SUN
31					1	2 Sunday Meditation 9.00 - 10.00am
			Statue Consecration 1 - 2 October			
3 Wisdom of Emptiness with Ian Coughlan	4	5 Guided Meditation 5.45 - 6.30pm	6	7	8	9 Sunday Meditation 9.00 - 10.00am
10 Wisdom of Emptiness with Ian Coughlan	11	12 Guided Meditation 5.45 - 6.30pm	13	14	15	16 Sunday Meditation 9.00 - 10.00am Wisdom of Emptiness with Ian Coughlan One Day Retreat
17 Start of term 4	18	19 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	20	21	22	23 Sunday Meditation 9.00 - 10.00am
			Spring Retreat 21 - 23 October			
24	25	26 Healthy Mind/Healthy Body 10.00 - 11.15am Guided Meditation 5.45 - 6.30pm	27	28	29	30 Sunday Meditation 9.00 - 10.00am

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Special Events

FIRST TURNING OF THE WHEEL OF DHARMA & INTERNATIONAL SANGHA DAY

Precepts: Wednesday 3 August, 6 am

The Lord Buddha's 'First Turning of the Wheel of Dharma' commemorates his agreeing to teach for the first time after achieving enlightenment. We also celebrate the FPMT international sangha on this day.

It is said the karmic effects of actions performed on this day, are multiplied many times, so join us in taking precepts at 6am.

EXTENSIVE OFFERING PRACTICE

Followed by dinner at the White Elephant Thai Restaurant

Thursday 4 August 6.30 pm

A short and beautiful practice that anyone can attend to offer thanks for our precious teachers and the Sangha living in the vows of monks of nuns.

The offering practice will be followed by a dinner at the White Elephant Thai Restaurant. Please RSVP so that bookings can be made by Monday 1 August.

NYUNG NÄ PURIFICATION RETREAT

9 - 12 September, led by Venerable Dondrub.

Venerable Dondrub is a respected and popular senior teacher in our tradition with many years experience in leading retreat.

The Nyung Nä is a powerful retreat to purify negative karma. It involves taking the 8 Mahayana precepts, 1 day with one meal and 1 day of fasting, prostrations and recitation of mantra of the Buddha of Compassion, Chenrezig.

STATUE CONSECRATION

Saturday 1 & Sunday 2 October

Venerable Thupten Lodey will consecrate our White Tara and Medicine Buddha statues. The weekend will start with a puja to bless the statues, mantras and precious objects that will fill the statues.

More information will be given closer to the event.

Meditation

HEALTHY MIND/HEALTHY BODY

Wednesday 10.00 - 11.15am

Introducing ancient and simple meditation and relaxation techniques to help with emotional difficulties, stress, pain and illness for the purpose of developing increased awareness, balance, vitality and meaning in everyday life.

By donation. All welcome.

GUIDED MEDITATION

Foundational and analytical mediation

Wednesday 5.45 - 6.30pm

Take the opportunity to learn about the nature of one's mind and to practise simple and safe techniques to calm the mind, eliminate tension and develop concentration. Analytical meditation enables us to develop insight and wisdom. Suitable for both the beginner and more advanced practitioner.

By donation. All welcome

SUNDAY MEDITATION

Mind caring meditation

Sunday 9.00 - 10.00am

The meditations are based on universal themes like compassion, respect, mutual understanding and happiness. These sessions will include meditational techniques such as focusing on the breath, visualization and experiential themes. Suitable for both the beginner and more advanced students and practitioners.

By donation. All welcome.

Yoga

HATHA YOGA: TERM 3 2011

with Fran Rowley, Delphine Shea and Judy Hawkesly

Monday 25 July to Friday 30 September

The HMT yoga classes run in a 10 week term. All levels are welcome.

Registrations are taken for the term (and you get a discount for paying at the start of term!) or you can pay on a casual class-by-class basis.

Please contact the office on 9791 9798 for enquiries and registration.

Term Fee: \$140 non-members (\$120 members) OR

Class Fee: \$16 non-members (*casual basis*)

\$10 Thursday lunch time class

Join a class and have a positive effect on your health today!

ANNUAL SPRING RETREAT 21 - 23 OCTOBER

Refresh and reinvigorate with a weekend retreat for body and mind.

Enjoy healthy, delicious vegetarian ayurvedic meals, Hatha yoga and meditation.

From 6pm Friday 21 October to Sunday 23 October

Cost: \$250 / \$225 members

Bookings and enquiries to HMT on 08 9791 9798 or email welcome@hmt.org.au

GET IN EARLY AS PLACES FILL QUICKLY!

SPACES ARE LIMITED!

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FROM THE DIRECTOR

In June, members from HMT travelled to Melbourne for teachings with His Holiness in June. The teachings were amazing and included an opportunity to take Bodhisattva Vows with him. Many more of our students had the chance to see His Holiness in Perth at a public talk along with 14,000 others. Thank you to HMT members helping out with volunteer tasks on the day and to those running a very successful HMT stall. The Dalai Lama has said he will return to Australia in a year or two.

Our Spiritual Director, Lama Zopa Rinpoche is currently recovering from the effects of a stroke that occurred during the teachings in Bendigo in April. Rinpoche, quite incredibly, continued to teach on the day of the stroke. That, coupled with Khen Rinpoche Lama Lhundrup's cancer continuing to advance reminds us how we should never take this life for granted. We are very fortunate to have met these Buddhist masters, but their presence in our life is in reality as tenuous 'as the flame of a butter lamp' and will only last as long as the causes and condition remain. On retreat, Lama Zopa Rinpoche stressed the importance of practice, gathering merit, developing our wisdom and rejoicing in our own and others efforts. This is certainly a time to put this into practice. Pujas at the centre are being dedicated to Rinpoche and Lama Lhundrup.

We will be welcoming Thupten Lodey to our centre again in early October to consecrate our White Tara and Medicine Buddha Statues. We can all rejoice in the generosity of members who have donated the money to build our altar and purchase the statues. This was done entirely through donations for the benefit of everyone who comes into the centre.

We will be sending out a member survey soon to help the committee determine future needs and help us in our search for just the right place to take Hospice of Mother Tara in to the future.

Jim Aherne, after many years of supporting the centre and leading Sunday morning meditations, is moving to Perth. We wish him and Ann well and will miss his presence in the centre.

Christine Chalmers has taken on the role of centre Bookkeeper and Annette Karlsen has rejoined the shop volunteers and is helping Jean and Jodie on the cleaning roster. Clint Massingham has been helping out with maintenance jobs that seem to be never ending. Many thanks for your efforts at the centre. We have a fabulous 'near' new photocopier that is making life easier for everyone in the office thanks to Graham and Ruth Donald and Wier Minerals, Bunbury.

With best wishes to everyone,

Julie

Julie Halse, Director



Class Times

Monday	5.00 - 6.30pm	Fran
Tuesday	10.00 - 11.30am	Fran
Tuesday	5.00 - 6.30pm	Fran
Tuesday	7.00 - 8.30pm	Delphine
Wednesday	7.00 - 8.30pm	Judy
Thursday	9.00 - 10.30am	Fran
Thursday	12.30 - 1.30pm Lunch Time Class	Fran
Thursday	5.00 - 6.30pm	Fran
Friday	9:30-11:00am	Delphine

“The more we care for the happiness of others, the greater our own sense of well-being becomes.”

His Holiness the Dalai Lama



Dharma Material

HMT newsletters contain sacred images and Dharma teachings.

Dharma material should be burned, not thrown out. Please cut out any pictures of holy teachers or images and return to HMT reception.

At the request of Kyabje Thubten Zopa Rinpoche these images will be included inside stupas. While burning recite OM AH HUNG and visualise that the printed words absorb into AH and the AH absorbs into you.

HOSPICE of MOTHER TARA

Buddhist Meditation and Healing Centre

SPIRITUAL DIRECTOR:

Venerable Lama Thubten Zopa Rinpoche

TEACHER: Venerable Thubten Dondrub

DIRECTOR: Julie Halse

RESIDENT SANGHA: Venerable Chodron

SPIRITUAL PROGRAMME COORDINATORS:
Glynis Jeffery, Jane Tayler & Fran Rowley

SECRETARY: Glynis Jeffery

TREASURER: Peter Manolas

COMMITTEE MEMBERS:
Venerable Chodron & Helen Punch

YOGA COORDINATOR: Fran Rowley

SHOP COORDINATOR: Jane Tayler

MEMBERSHIP & LIBRARY OFFICER: Fran Steele

MERIT BOX COORDINATOR & MONK

SPONSORSHIP: Ruth Donald

BOOKKEEPER: Christine Chalmers

WEBSITE: Michael Glance & Rob Milan

NEWSLETTER EDITOR: Vacant

NEWSLETTER: Joanne Yorath

CENTRE OPENING HOURS: Please note the HMT office and shop will now be open Monday to Friday from 12 noon to 4pm.