



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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January - April 2017

The Power of the Mind: the Life of Geshe Lama Konchog

Extracted from an article by Venerable Robina Courtin, Mandala March - May 2002

Geshe Lama Konchog was the guru of our recent visiting teacher Geshe Tenzin Zopa. The film *Unmistaken Child* documents Tenzin Zopa's search for the reincarnation of his teacher and their early years together as the disciple becomes the teacher.

Below is a short summary of the life of this extraordinary man. Such meditators use the full power of the mind to achieve happiness in what seem to us to be very uncomfortable circumstances. From them we see how we could use this transforming power when we have problems in our lives.

Losang Puntsog was born in 1927, in the village of Shangbu, near Lhasa. At the age of 6 he entered Sera monastery in the care of his uncle, who actively discouraged the young boy's wish to study and practice and would beat him regularly. But nothing could deter Losang Puntsog. Aged 9 he joined a group waiting for a tantric initiation. One of his classmate's reports: "But when we arrived for the initiation, seven of us discovered we were not yet qualified to receive it and had to leave. The rest of us didn't mind, but Losang Puntsog was distraught. He cried all the way back to his room. 'How unfortunate we are,' he lamented. 'How unlucky! What a terrible loss! What kind of negative karma must we have created in the past?' He cried the whole night and was moody and sad and didn't eat for three days. We thought he was crazy." Now, the abbot is full of admiration for his schoolmate. "To have such wisdom at the age of nine, and to have such a strong emotional feeling for receiving an initiation, is extraordinary."

Between the ages of 11 and 15, Losang Puntsog - now known to his classmates as "Lama Konchog" [the Lama Refuge] because of his straightforwardness and single-minded devotion to study and practice - attended all the major initiations offered by the high lamas. He was renowned for putting everything into practice immediately. During this time he travelled to various places around Tibet to take into his exceptional mind a range of skills, rarely found all in one person. "He was expert in so many fields," says Tenzin Zopa. "Apart from the sutra and tantra teachings of all the four traditions of Tibet, he also accomplished cham dancing, rituals, sand mandalas, astrology, making divinations, architecture according to the Vinaya - his knowledge was astonishing." During his twenty-five years of studying at Sera Je, Geshe Lama Konchog mastered all the texts required. "He was so humble," says Jampa Tseten, "yet when he debated he was fierce! No one could defeat him!"

Early in 1959, 32-year old Lama Konchog had a dream that predicted the uprising and its violent aftermath. He told his friends

and said he was leaving. He left Tibet carrying "a leaky pot," - as he told Tenzin Zopa later - "a bowl, a set of robes, a small sheepskin and essential texts." His route took him to the village of Tsum, just over the border into Nepal, and to the cave of Tibet's beloved yogi and saint, Milarepa. During the first few months he trained himself to have an empty stomach. He lived on nettles, and gradually was able to practice 'wind chulen' - a method whereby the meditator can "take the essence" (chulen) from nature. From two in the morning until eight in the evening he would meditate on the various deities, and from eight in the evening until two the following morning he would prostrate. "I can't even imagine how hard he worked," says Tenzin Zopa.

Lama Konchog lived like this for some nine years: full of utter determination to achieve realizations, compelled by great compassion, and delighting in his solitude, with only the tigers and deer for friends. Asked later how he felt about conditions in the West, he said, "It is all contaminated! The best food I ever had was in the cave. The best place I've ever lived in was the cave. The best friends I ever had were in the cave." The cave needed to be climbed into, and the deer "would support each other in order to get in. Some-times they would sit all day and night. We'd stay peacefully together with no fear. For me, that was a pure land!" To some local shepherds he appeared differently: "They thought he was a demon or even a yeti!" says Tenzin Zopa. "There he was, this wild, skinny person, with long hair and beard, and scanty rags to cover only his secret parts. At first they ran away!" Lama Konchog went on to spend another 15 years in retreat in various caves.

In 1969, now out of his strict retreat and visiting Kathmandu, Geshe Lama Konchog met Lama Yeshe again for the first time since their days together at Sera Je. "We were not just ordinary friends, who shared food with each other," Geshe Lama Konchog said later. "We were Dharma friends." Lama Yeshe asked him to join him at Kopan, but he said no, he had his own things to do. He



Geshe Lama Konchog,
an extraordinary Buddhist yogi

did, however, visit Kopan. In 1984, after Lama Yeshe passed away, Lama Zopa Rinpoche again requested him to come. This time he accepted. "When Lama Yeshe passed away," said Rinpoche, "the smiles at Kopan went away. But when Geshe Lama Konchog came, the smiles came back." For eighteen years, he lived at Kopan, devoting himself to the monks and nuns and giving them the gift of his unbelievable qualities and knowledge. "He was our father," says Tenzin Zopa.

COMING EVENTS



The 4 Noble Truths
with Geshe Sherab
2, 4 & 5 January
BE QUICK!



The Eight Worldly Concerns
with Venerable Dekyi
20 February, 6 & 13 March



Intro to Buddhism Lunch
with Venerable Dekyi
Saturday 25 February

Losar and Lama Yeshe Day
Monday 27 February

Day of Miracles
Sunday 12 March



Returning in March & April
Geshe Sonam with teachings
on the 37 practices of a
Bodhisattva

Teachings

THE 4 NOBLE TRUTHS

with Geshe Sherab

Monday 2 January, 10-4 pm

Wed 4 and Thurs 5 January, 7 pm

Talk Only: \$18/15 per session

Day Teaching Only: \$65/55 mem & conc

All Sessions: \$90/80 mem & con

Do you ever wonder why you're not happy? When things go wrong do you still blame others, the world or yourself? Think again!

The four noble truths were the Buddha's first teaching after attaining enlightenment. They contain an overview of his path to free all beings from suffering. This makes them a great teaching for those who want an introduction to Buddhism.

Geshe Sherab is an experienced teacher, mostly based in Santa Fe in the US, and is very able to help us understand these important truths at whatever level is appropriate for us.



FINDING PURPOSE IN LIFE

with His Holiness the Dalai Lama (recorded)

31 January, 7 pm

Cost: By donation

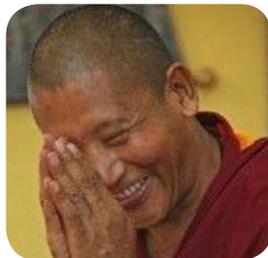
Listen to this public talk, recorded in 2008 on a visit to Sydney.

His Holiness talks about the importance of finding compassion in our lives.

GESHE SONAM

Each month we are very blessed to have Geshe Sonam join us at HMT.

Geshe Sonam is the resident teacher at Hayagriva Buddhist Centre and he brings many years of learning and debating to our centre.



THE 37 PRACTICES OF A BODHISATVA

with Geshe Sonam

Mondays, 7.00 - 9.00 pm

20 March, 24 April

Cost: \$20 per session

Geshe Sonam will continue the 37 practices of a Bodhisattva.

Join us for these teachings about how to live our lives to benefit others. Anyone can join in as Geshe –la always explains where we are at, and each teaching can stand alone as aspects of advice for life. For example, learn how a great being responds to criticism, and how we might change our own responses to our critics.

VENERABLE DEKYI

The irrepressible Venerable Dekyi is with us again. With her warm enthusiasm, she will help us understand more about our minds and hearts



THE EIGHT WORLDLY CONCERNS

with Venerable Dekyi

Mondays, 20 Feb, 6 & 13 Mar, 7-8.30 pm

Cost: \$18/15 members & concessions

The Eight Worldly Concerns, which we might also call the eight anxieties or "hang-ups." Jetsunma Tenzin Palmo lists them as gain and loss, praise and blame, good reputation and bad reputation, and pleasure and pain. Overcoming our anxieties about these worldly concerns liberates tremendous amounts of energy for finding our true purpose in life, and our innate perfection.

Note: No teaching on Monday 27 February as we are celebrating Losar.

INTRODUCTION TO BUDDHISM LUNCH

with Venerable Dekyi

Saturday 25 February, 10-1 pm

Cost: \$25/20 members & concessions

For those who would like a brief introduction to what Buddhism is about. Venerable Dekyi will answer questions you may have.

Vegetarian lunch provided

HOW TO PRACTICE BUDDHISM: A DAY BY DAY APPROACH

with Venerable Dekyi

Thursdays, 23 February, 2, 9 and 16 March, 7 pm

- 23/2 Developing the 4 immeasurable thoughts: great love, great compassion, great joy, great equanimity
- 2/3 Living the dharma every day; how to walk, talk and sleep for the benefit of others
- 9/3 Purifying negative karma: regret, reliance, remedy and resolve
- 16/3 Living with ethical conduct (includes the value of taking vows)

PRACTICING A DAILY MEDITATION

with Venerable Dekyi

Saturday 18 March, 9-5 pm

Cost: \$50/45 members & concessions

This day will be devoted to practicing the prayers recommended by Lama Zopa for our daily meditation. Everyone can come along and complete their commitments in a group environment with Venerable Dekyi, or just join in if you are new.

DISCOVERING BUDDHISM

with Venerable Dekyi

For those wishing to complete the DB unit on Establishing a daily practice, you can attend the 4 talks and practice day detailed above, and take precepts on the Day of Miracles. A certificate of completion is available at the end of the unit.

Events

ANIMAL BLESSING PICNIC HARVEY DAM

Saturday 4 March, From 11 am

Picnic at Harvey Dam, bring along any pets and animals (such as crickets) that you would like to liberate. We will set up a stupa and say prayers. We will also offer mantra to beings in the waters.

Ice cream and camel blessing at Harvey Cheese are also a possibility.

Donations welcome

BUDDHIST MEDITATION DAYS

6 February, 27 March, 3 and 10 April, 7 pm

By donation

Visualisation of deities can be a powerful way of developing calm abiding while focussing on an object that promotes a positive mind. Over several evenings between teachings we will practice these meditations from How to Meditate by Kathleen McDonald.

You do not need to be Buddhist to come along.

- 6/2 Meditation on Chenrezig the Buddha of compassion
- 27/3 Meditation on thought transformation
- 3/4 Meditation on White Tara, deity of healing
- 10/4 Meditation on Vajrasattva, purification of karma

ANXIETY IN THE NUCLEAR AGE

DVD, Lama Yeshe

Monday 13 February, 7 pm

Think that 2017 is a dangerous time in an uncertain world? Lama Yeshe was talking to students in 1983 who were concerned about the possibility of nuclear war. This teaching is still relevant now.

Learn how you can not only manage your anxiety but also turn it to good use to fire your enthusiasm for helping others.

COMPASSION IN ACTION ACTIVITY

Saturday 11 February, 2-4 pm

Tibetan Book of the Dead: As a 'meditation' on death we will show the movie "The Great Liberation" which tells the story of a Tibetan monk and his pupil as they guide a recently deceased man on his journey to a new life. Followed by discussion.

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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.

JANUARY 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
						1 Sunday Meditation 9-10 am
2 Teachings with Geshe Sherab The 4 Noble Truths 10-4 pm	3	4 Teachings with Geshe Sherab The 4 Noble Truths 7 pm	5 Teachings with Geshe Sherab The 4 Noble Truths 7 pm	6	7 Guru Puja 10 am	8 Sunday Meditation 9-10 am
9	10 Holiday Yoga Ashtanga Vinyasa 6-7.30 am Hatha Yoga 5-6.30 pm	11 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	12 Medicine Buddha Puja 5 pm	13	14	15 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
16	17 Holiday Yoga Ashtanga Vinyasa 6-7.30 am Hatha Yoga 5-6.30 pm	18 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	19	20	21	22 Sunday Meditation 9-10 am Guru Puja 11 am
23	24 Holiday Yoga Ashtanga Vinyasa 6-7.30 am Hatha Yoga 5-6.30 pm	25 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	26	27	28	29 Sunday Meditation 9-10 am
30 <i>Term 1 Commences</i>	31 Public Talk (recorded) with HH Dalai Lama Finding Purpose in Life 7 pm					

FEBRUARY 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
		1 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	2	3	4 Tara Puja 10 am	5 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
6 Buddhist Meditation 7 pm Guru Puja 7 pm	7	8 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	9	10	11 Compassion in Action: Tibetan Book of the Dead 2-4 pm	12 Sunday Meditation 9-10 am
13 DVD: Anxiety in the Nuclear Age 7 pm	14	15 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	16	17	18	19 Sunday Meditation 9-10 am
20 Teachings with Ven Dekyi The 8 Worldly Concerns 7 pm	21 Guru Puja 5 pm	22 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	23 Teachings with Ven Dekyi How to Practice Buddhism 7 pm	24	25 Intro to Buddhism Lunch with Ven Dekyi 10-1 pm	26 Sunday Meditation 9-10 am
27 <i>Losar</i> <i>Lama Yeshe Day</i> Extensive Offering & Lama Chopa 7 pm	28					

MARCH 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
		1 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	2 Teachings with Ven Dekyi How to Practice Buddhism 7 pm	3	4 Animal Blessing Picnic From 11 am	5 Sunday Meditation 9-10 am
6 Teachings with Ven Dekyi The 8 Worldly Concerns 7 pm	7 Guru Puja 5 pm	8 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	9 Teachings with Ven Dekyi How to Practice Buddhism 7 pm	10	11	12 Day of Miracles Precepts & Golden Light Sutra Reading 6 am Medicine Buddha Puja 10.30 am Shared Lunch 11.30 am
13 Teachings with Ven Dekyi The 8 Worldly Concerns 7 pm	14	15 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	16 Teachings with Ven Dekyi How to Practice Buddhism 7 pm	17	18 Workshop with Ven Dekyi Practicing a Daily Meditation 9-5 pm	19 Sunday Meditation 9-10 am
20 Teachings with Geshe Sonam The 37 Practices of Bodhisattvas 7 pm	21	22 Healthy Mind/Healthy Body 10-11.15 am Guru Puja 5 pm Guided Meditation 5.45 - 6.30 pm	23	24	25	26 Sunday Meditation 9-10 am
27 Buddhist Meditation 7 pm	28	29	30	31		

APRIL 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
					1	2 Sunday Meditation 9-10 am
3 Buddhist Meditation 7 pm	4	5 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	6 Term 1 Concludes Guru Puja 7 pm	7	8 Tara Puja 10 am	9 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
10 Buddhist Meditation 7 pm	11	12 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	13	14	15	16 Sunday Meditation 9-10 am
17	18	19 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	20	21 Guru Puja 4 pm	22	23 Sunday Meditation 9-10 am
24 Teachings with Geshe Sonam The 37 Practices of Bodhisattvas 7 pm	25	26 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	27	28	29	30 Sunday Meditation 9-10 am

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Holy Days

LOSAR AND LAMA YESHE DAY

Monday 27 February, 7 pm

Extensive offering and Lama Chopa

Please Note: No teaching on this date

This year, Tibetan New Year or Losar, falls on Monday 27 February. This day also marks the passing of Lama Yeshe, the founder of the FPMT.

In 1984, twenty minutes before dawn on the first day of the Tibetan New Year, the heart of Lama Thubten Yeshe stopped beating. He was forty-nine years old. In the FPMT-world, Losar has since become Lama Yeshe Day.

Join us to remember and pay tribute to the founder of the Foundation for the Preservation of the Mahayana Tradition, the international organisation that our Centre is a part of. Lama Yeshe was a great yogi and teacher, an extraordinary man who moved the hearts of thousands during his fifteen brief years among Westerners.

We will set up the light offerings during the afternoon if you would like to come along and help.

DAY OF MIRACLES

Sunday 12 March

Precepts, 6.00 am, followed by Golden Light Sutra Reading

Medicine Buddha Puja, 10.30 am

Lunch, 11.30 am

Chotrul Düchen, the Day of Miracles, commemorates one of the four great deeds of the Buddha. It marks the end of a fifteen day period during which the Buddha performed numerous inspiring feats in order to overcome the sceptics, and help increase the faith and diligence of his students.

It is part of the Buddhist tradition to engage in virtuous activities and prayer on Buddha days as a way of accumulating merit.

Please bring a vegetarian lunch to share. For those with precepts, there are no black foods (garlic, onion, mushroom, egg and meat).

Practices

GURU PUJAS

January : Saturday 7, 10.00 am
Sunday 22, 11.00 am

February: Monday 6, 7.00 pm
Tuesday 21, 5.00 pm, Tsog only, front room

March: Tuesday 7, 5.00 pm, Tsog only
Wednesday 22, 5.00 pm, front room

April: Thursday 6, 7.00 pm
Friday 21, 4.00 pm

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

January: Thursday 12, 5.00 pm

March: Sunday 12, 10.30 am, Day of Miracles

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.

TARA PUJAS

February: Saturday 4, 10.00 am

April: Saturday 8, 10.00 am

The Buddha Tara embodies the wisdom and the compassion of all enlightened beings. In this ceremony, meditational prayers are offered to the Buddha Tara to request her blessings or help.

Lama Zopa Rinpoche advises that there are many benefits from reciting the Tara mantra or Praise to the Twenty-One Taras and that Tara is particularly quick to grant help.

This is a bi-monthly event and all are welcome.

PRAYERS FOR THE DECEASED

January: Sunday 15, 7.30 am

February: Sunday 5, 7.30 am

March: No PFD as we are doing prayers as part of the Day of Miracles, 12 March

April: Sunday 9, 7.30 am

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.

Meditation

HEALTHY MIND/HEALTHY BODY

Wednesday 10.00 - 11.15 am

Resumes 11 January

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 meditation

Wednesday 5.45 - 6.30 pm

Resumes 11 January

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 – 10.00 am

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.

Reiki

REIKI ON SUNDAYS

Sundays, 11.00 am - 12.00 noon

\$35 per session

Janet Innes (0418 955 088) and Jane Sara (0417 986 844) are organising Reiki sessions from 11.00 am to 12.00 pm on Sundays. The cost is \$35 and concessions may be available on request.

Please phone to book a session.

All proceeds go to HMT. Please come along and be pampered.

Yoga

YOGA NEWS

Taking a look back on 2016, it has been a wonderful and successful year in so many ways.

We have seen:

- A new class and teacher added to the timetable - 11 opportunities weekly now to practise.
- The appearance of many new faces in class - both students returning to the centre after a period of absence as well as first time visitors.
- Students totally new to yoga beginning their practise and forming a commitment to it.
- Regular Friday evening workshops bringing new yoga styles and teachers to our centre.
- Over 150 students realising the benefits yoga gives them and prioritising their practise, improving their health and wellbeing.

Well done to you all for your contribution to the above. I'd like to especially thank all our students for your commitment to your yoga practise; your support is integral to the Hospice of Mother Tara, with funds raised greatly assisting with the ongoing establishment of the centre. Of course, thank you so much to our lovely teachers for your caring guidance sharing your knowledge.

Going forward into next year, all our teachers have committed to returning so we are pleased to be able to continue with our existing offering of classes. We will also be looking to offer two additional classes,

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as both Gyani and myself are doing further studies over the break in specialised areas. Gyani will be teaching Yin Yoga classes, and I will be offering a series of Yoga classes for people affected by arthritis. We are yet to work out the finer details however if you'd like to register your interest (or for someone you know) please contact the centre and we will keep you informed.

I wish you a happy and relaxed end to your year and look forward to seeing you in 2017.

Namaste,

Rosemary

SCHOOL HOLIDAY YOGA

with Rosemary & Gyani

Tuesdays, 10, 17 & 24 January

Cost: \$16/\$14 per class

If you just can't wait for the new term, join us for a series of yoga classes during the January holidays.

Registrations are essential.

6.00 - 7.30 am	Ashtanga Vinyasa Yoga	Rosemary
5.00 - 6.30 pm	Hatha Yoga	Gyani

HATHA YOGA: TERM 1 2017

with Rosemary, Judy, Mo & Gyani

Monday 30 January to Thursday 6 April

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

Registrations are taken for the term. You can pay on a casual class-by-class basis in some classes. Please contact HMT for registration.

Please Note: Gyani will commence Yin Yoga on Tuesday nights, beginning in Week 3; Pranayama will continue as workshops on Fridays. Dates to be advised.

Term Fee:	90 min	\$140/\$120 (members or conc)
	60 min	\$100/\$90
Class Fee:	90 min	\$16/\$14 (members or conc)
	60 min	\$12/\$10

YOGA CLASS TIMES

Monday	5.00 - 6.30 pm Non-beginner class	Rosemary
Tuesday	6.00 - 7.30 am Ashtanga Vinyasa	Rosemary
Tuesday	10.00 - 11.30 am	Rosemary
Tuesday	5.00 - 6.30 pm	Rosemary
Tuesday	7.00 - 8.00 pm Pranayama & Yoga Nidra	Gyani
Wednesday	8.30 - 9.30 am Men's Class	Rosemary
Wednesday	4.15 - 5.15 pm	Rosemary
Wednesday	7.00 - 8.30 pm	Judy
Thursday	6.00 - 7.30 am Ashtanga Vinyasa	Rosemary
Thursday	9.00 - 10.30 am	Rosemary
Thursday	5.00 - 6.30 pm	Mo



FROM THE DIRECTOR

Dear Members and Friends,

This last year has seen work continue on our new centre. We now have a fabulous shed out the back thanks to Kevin, Paul and Glynis; drainage work was completed in the driveway that was well tested with this year's winter rains thanks to Robert at Gelorup Drainage; our side fence was straightened and painted thanks to Paul, Tim and Glynis; and a fence constructed across the driveway to secure the back of the building thanks to Kevin, Jodie and Paul.

Going forward we aim to put double glazed windows in the gomba, a fence on the western side to create a courtyard off the western veranda and get a little more serious about a garden.

Our team of people that keep the centre running have done a fantastic job looking after our visiting teachers, making them feel welcome and well cared for. Many thanks to Fran, Glynis, Jodie, Kaye, Ed, Therese, Beth and Juliet.

This year we have been able to offer a rich programme of teachings with Geshe Sonam, Geshe Sherab, Venerable Dekyi, Venerable Lhundrup, Corey Jackson, Venerable Robina, Venerable Tony and Geshe Zopa. Amazing and well done to Fran for organising such a full and wonderful programme.

Rosemary has continued to coordinate and be the main teacher for our yoga programme, bringing lots of people into the centre. Many thanks for her hard work and dedication. The yoga programme is a major contributor to the running costs of the centre.

HMT's meditation classes have continued to bring the joys and benefits of meditation to many people, both at our centre meditation sessions and at Solaris Care, the Eaton Library and Bunbury Regional Prison. Our meditation leaders continue to do a great job.

Janet and Jane have started offering Reiki on Sunday, with all proceeds going to the centre.

The centre is here thanks to everyone who has supported it in the past and who do so now. It never ceases to amaze me that together we are able to maintain a Buddhist teaching and meditation centre here in Bunbury, bringing a little peace and happiness to the people who come for any of our activities.

Wishing you all health and happiness and hope to catch up with you during the coming year.

Julie

Julie Halse, Director

HOSPICE of MOTHER TARA

Buddhist Meditation and Healing Centre

SPIRITUAL DIRECTOR:
Venerable Lama Thubten Zopa Rinpoche

DIRECTOR: Julie Halse

SPIRITUAL PROGRAMME COORDINATOR:
Fran Steele

SECRETARY: Glynis Jeffery

TREASURER: Beth Golden

COMMITTEE MEMBERS:
Ed Cawdell & Paul Kersten

YOGA COORDINATOR: Rosemary Harding

SHOP COORDINATOR: Fran Steele

MEMBERSHIP COORDINATOR:
Maria Raper

LIBRARY OFFICER: Juliet Harrop

MONK SPONSORSHIP & MERIT BOX
COORDINATOR: Sonia Burns

BOOKKEEPER: Beth Golden

WEBSITE: Fran Steele & Derek Martin

NEWSLETTER EDITOR: Fran Steele

NEWSLETTER: Joanne Flatt



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.

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.