



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.

18 Clifton Street Bunbury WA 6230 t: 9791 9798 w: www.hmt.org.au e: welcome@hmt.org.au

January - April 2018

An Australian Haven for Retreat and the Environment

By Fran Steele



Fran Rowley at De-Tong Ling on Kangaroo Island

Our former yoga teacher Fran Rowley, pictured above, is currently volunteering at the FPMT centre on Kangaroo Island, De-Tong Ling Retreat Centre (DTL). Pictured also is the sheep that Fran helped rescue during her stay last summer. The sheep has to live 40 km away as the area around DTL is a wildlife sanctuary. Kangaroo Island is very beautiful, and the wildlife is amazing, especially the little Tamar wallabies that hop around everywhere. The island is free of feral animals and has unique plants, including lots of wildflowers and the prehistoric Yacca palms. The area around the centre left undisturbed and be preserved for the future.

DTL is dedicated for retreat. The centre already has a number of retreat huts which are available for long retreats. Our former teacher Venerable Dondrub has been in retreat there for about 18 months, while occasionally acting as director of DTL.

I attended the Lam Rim retreat there this October with Venerable Tsapel. We stayed in The Lodge, which has panoramic views of the ocean, and did all our prayers and meditation under the Enlightenment

stupa (pictured below). De Tong Ling means *Land of Bliss and Void* and it truly felt that one could reach such a state in that environment.

DTL is currently building 40 retreat huts. The slabs are laid down and the next phase is to build rammed earth walls. These will be across the lake from the stupa, so retreatants can easily get from accommodation to the retreat space. Because of it's isolation, the centre is pioneering ways to use renewable energies and design buildings in passive ways. Lots of help from volunteers has been needed during the building phase. If anyone wishes to visit the island and be part of the projects, they can contact the manager at DTL about times. You can also donate funds to the giant prayer wheel at www.detongling.org.

Lama Zopa Rinpoche has great plans for the centre in the future. There will be a large statue of Maitreya, a café to attract those visitors who travel around the island and will visit the stupa, and more long stay retreat huts. This is a long term vision but what has been done so far shows what can be accomplished for the spread of the dharma in the future by the generosity, will and determination of members of the FPMT community and their friends.

www.detongling.org



Enlightenment Stupa at De-Tong Ling on Kangaroo Island

COMING EVENTS



JANUARY
Venerable Tony Beaumont teaching at HMT



FEBRUARY
Ven Deyki teaching at HMT



FEBRUARY
Geshe Sherab teaching at HMT



MARCH
Venerable Chokyi teaching at HMT



MARCH
Ling Rinpoche visiting HBC



APRIL-MAY
Lama Zopa Retreat, Bendigo

Merit Boxes

In order to cultivate generosity as part of a daily practice, as well as foster an international spirit of harmony and cohesion amongst the FPMT community, FPMT International Office is happy to present the International Merit Box Project. The original Merit Box Project began in 2001, and every year thousands of dollars are collected from FPMT students, centres and projects worldwide, and disbursed through grants to eligible FPMT projects and initiatives.

Hospice of Mother Tara sends money collected to FPMT International Office on Lama Tsong Kapa Day each year. If you have a merit box at home you can bring your money in any time before 8 December. Please convert your coins to notes or a cheque as lots of change is difficult to handle. If you would like to join the merit box project, call in or contact the office.

Teachings

VENERABLE TONY BEAUMONT

Venerable Tony's first intensive contact with Buddhism was in Nepal and India in 1976-77.

He returned to Australia, working as a psychiatric nurse for four years before moving to Queensland's Chenrezig Institute where he lived and worked for most of the 80's.

Venerable Tony gained full ordination in 1993. Since then he has been based at Nolandia Monastery in France and Thubten Shedrup Ling Monastery in Bendigo, where he was director for 4 years. Venerable Tony is currently teaching at the Chenrezig Institute. He has taught Lam-Rim courses, the Discovering Buddhism Programme, led various retreats and taught in prisons and schools.



MIND AND EMOTIONS

with Venerable Tony Beaumont

Saturday 6 January, 2.00 - 4.00 pm

Facilitation fee: \$20 / \$18 members & concessions

An introduction to how our mind mediates the emotions we experience. By working with our mind we can come to see that we don't have to identify with these emotions. For example, we can't say 'I am an angry person,' just that angry thoughts come and go. Venerable Tony will elaborate on the Buddha's theory of mind. Tony brings to us his many years of experience in living and teaching the dharma.

This talk can be seen as an introduction to a series of evening teachings on The meaning of Life, or as a stand-alone session about the nature of mind.

THE MEANING OF LIFE

with Venerable Tony Beaumont

Monday 8 and 15 January, and Thursday 11 and 18 January, 7.00 pm

Facilitation fee: \$18 / \$15 members & concessions

His Holiness the Dalai Lama is often asked about the meaning of life, to which he replies that the meaning is to be happy. If happiness meant having lots of nice things and a family life then all of us would be happy by now. Even when we have these things we are not truly happy. Change, grief and death happen and then we are not happy. We are unhappy because we perceive these events with a mind that is not in tune with the true nature of reality. Venerable Tony will present the Buddha's view of how our mind creates our reality, and how we can reduce suffering by examining the true nature of our experience.

MEDITATIONS TO REDUCE SUFFERING

with Venerable Tony Beaumont

Saturday 20 January, 10.00 am - 4.00 pm

Facilitation fee: \$65 / \$55 members & concessions

A weekend workshop on identifying the afflictive emotions that cause suffering and applying their antidotes. For example we can meditate on patience to reduce anger. We will have a shared vegetarian lunch.

COMPASSION IN ACTION: DEALING WITH LOSS

with Venerable Tony Beaumont

Saturday 13 January, 2.00 - 4.00 pm

By donation

This will be around table discussion about aspects of emotions associated with loss. We try to provide a safe environment for everyone to share experiences. Venerable Tony will facilitate and share from his experience at Karuna Hospice and dealing with the suicide of his brother at a young age. Afternoon tea provided

VENERABLE DEKYI

The bubbly, always smiling Venerable Dekyi will visit us in February. This is a chance to catch up with her while she is in WA at Hayagriva Centre during Geshe Sonam's break.

After living in the Solomon Islands for many years and raising a family, Venerable Dekyi became a nun in 1993.

She was resident teacher at Vajrayana Institute in Sydney for 5 years and for a year at Kadam Sharawa Centre in Gosford.

Venerable Dekyi was a visiting teacher at Hayagriva Buddhist Centre before travelling to Tushita Meditation Centre India where she was the resident teacher for a period. She resides at Kadam Shawara Institute on the NSW central coast.



LIFE OF SHAKYAMUNI BUDDHA

with Venerable Dekyi

Thursday 1 February

Facilitation fee: \$18 / \$15 members & concessions

The Life of the Buddha is a teaching about living life with renunciation, meditation and helping others by teaching the path to enlightenment. Ven Dekyi will give a quick review of the life and thoughts of the Buddha.

MEDITATIONS ON HOW THINGS REALLY EXIST

with Venerable Dekyi

Saturday 3 February, 10.00 - 4.00 pm

Facilitation fee: \$65 / \$55 members & concessions

A day of meditations on impermanence and emptiness, deepening our awareness of how the mind perceives the self and the world around us.

BODHISATTVA VOWS

with Venerable Dekyi

Monday 5 February

Facilitation fee: \$18 / \$15 members & concessions

If you have taken these vows it is good to recall the promises you have made. For those thinking of taking the vow to devote their life to the welfare of others, this is an opportunity to find out the major and minor commitments of the Bodhisattva.

GESHE SHERAB

Geshe Sherab was born in Nepal and was educated at Kopan Monastery. He completed his studies at Sera Je Monastic University and at Gyume Tantric College in India. He has lived in the USA working at the FPMT Central office and Dharma Centres in Taos, New Mexico. He returned to Nepal to become Headmaster of Kopan Monastery. Geshe-la has now retired from the Headmaster role in order to have more time to devote to meditation and to teaching internationally. For the last few years, he has been travelling and teaching at FPMT Centers in Australia, USA, Canada, Mexico, Asia and Europe.



CALM ABIDING MEDITATION

with Geshe Sherab

Saturday 24 Feb, 10.00 - 4.00 pm AND Sunday 25 Feb, 10.00 - 1.00 pm

Weekend facilitation fee: \$100/90 members & concessions

Saturday only: \$70/60 members & concessions

Geshe Sherab will teach on the Stages of Meditation by Kamalashila. This text explains each stage a meditator will experience if they practice calm abiding up to the achievement of shamatha. We will have a shared vegetarian lunch on the Saturday.

VENERABLE CHOKYI

Venerable Chokyi is the Spiritual Program Coordinator for Vajrayana Institute in Sydney and one of their esteemed teachers. She is also the Director of Liberation Prison Project, a social services project affiliated to FPMT that offers spiritual advice and teachings, as well as books and materials, to people in prison interested in exploring, studying and practising Buddhism. Venerable Chokyi is a member of the Women's Interfaith Network in Sydney.



LIBERATION PRISON PROJECT

with Venerable Chokyi

Friday 9 March, 7.00 pm

By donation

Ven Chokyi now heads the Liberation Prison project that helps many prisoners worldwide to access information about Buddhism and meditation. We will watch a movie "Dhamma Brothers" and Ven Chokyi will answer questions. This program was made famous by Ven Robina Courtin in the movie "Chasing Buddha".

MEDITATIONS FOR CALM ABIDING

Saturday 10 March, 10.00 - 4.00 pm

Facilitation fee: \$65 / \$55 members & concessions

Ven Choki will lead us in some practices for calm abiding. She will also introduce her work with forms of meditation known to Indigenous Australians. The day will consist mostly of meditation. Calm abiding deals with focussing the mind and holding our concentration on one object.

Please bring something vegetarian to share for lunch.

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JANUARY 2018

MON	TUES	WED	THUR	FRI	SAT	SUN
1	2	3 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	4	5	6 Teachings with Ven Tony Mind & Emotions 2.00 pm	7 Sunday Meditation 9-10 am
8 Teachings with Ven Tony The Meaning of Life 7.00 pm	9 Summer Yoga with Kerry 5.00 pm	10 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	11 Guru Puja 10.00 am Teachings with Ven Tony The Meaning of Life 7.00 pm	12	13 Compassion In Action Group with Ven Tony Dealing with Loss 2.00 pm	14 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
15 Teachings with Ven Tony The Meaning of Life 7.00 pm	16 Summer Yoga with Kerry 5.00 pm	17 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	18 Teachings with Ven Tony The Meaning of Life 7.00 pm	19	20 Workshop with Ven Tony Meditations to Reduce Suffering 10.00 am	21 Sunday Meditation 9-10 am
22	23 Summer Yoga with Kerry 5.00 pm	24 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	25	26 Guru Puja 5.00 pm	27 Tara Puja 10.00 am	28 Sunday Meditation 9-10 am
29	30	31 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm				

FEBRUARY 2018

MON	TUES	WED	THUR	FRI	SAT	SUN
			1 Teachings with Ven Dekyi Life of Shakyamuni Buddha 7.00 pm	2	3 Workshop with Ven Dekyi Meditations on how things really exist 10.00 am	4 Sunday Meditation 9-10 am
5 <i>Term 1 commences</i> Teachings with Ven Dekyi Bodhisattva vows 7.00 pm	6	7 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	8	9	10 Guru Puja 10.00 am	11 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
12 Meditations on the Buddhist Path 7.00 pm	13	14 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	15	16 Losar Precepts Time TBC Lama Chopra & extensive light offering 6.00 pm	17 Medicine Buddha Puja 10.00 am	18 Sunday Meditation 9-10 am
19 Meditations on the Buddhist Path 7.00 pm	20	21 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	22	23	24 Workshop with Geshe Sherab Calm Abiding Meditations 10.00 am	25 Sunday Meditation 9-10 am Workshop with Geshe Sherab Calm Abiding Meditations 10.00 am Guru Puja Time TBA
26 Meditations on the Buddhist Path 7.00 pm	27	28				

MARCH 2018

MON	TUES	WED	THUR	FRI	SAT	SUN
			1 Day of Miracles Precepts & Sanghata sutra reading Time TBC Shakyamuni Buddha Puja 7.00 pm	2	3	4 Sunday Meditation 9-10 am
5 Meditations on the Buddhist Path 7.00 pm	6	7 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	8	9 Film Q&A with Ven Chokyi Liberation Prison Project 7.00 pm	10 Workshop with Ven Chokyi Mediations for Calm Abiding 10.00 am	11 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am Guru Puja 11.00 am
12 Meditations on the Buddhist Path 7.00 pm	13	14 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	15	16	17 Tara Puja 10.00 am	18 Sunday Meditation 9-10 am
19 Teachings with Geshe Sonam 37 Practices of a Bodhisattva 7.00pm	20	21 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	22	23 <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;">Visit by Ling Rinpoche 23-24 March, HBC, Perth</div>	24	25 Sunday Meditation 9-10 am
26 Meditations on the Buddhist Path 7.00 pm	27	28 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	29	30	31	

APRIL 2018

MON	TUES	WED	THUR	FRI	SAT	SUN
						1 Sunday Meditation 9-10 am
2	3	4 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	5	6	7	8 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
9	10	11 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	12	13	14	15 Sunday Meditation 9-10 am
16	17	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
23 Medicine Buddha Puja 10.00 am (TBC)	24	25	26	27	28	29 Sunday Meditation 9-10 am
30						

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LING RINPOCHE

Ling Rinpoche was born in 1985 and educated at Drepung monastery. He received his Geshe degree in 2016 and enrolled at Gyuto Tantric College in 2017. In 2012 Ling Rinpoche was seriously injured in a fatal car accident while driving to teachings by the Dalai Lama. His complete recovery took several years. Rinpoche attends international events dedicated to preserving Buddhist traditions. Since 2004 he has also attended the Mind and Life dialogues between scientists and His Holiness the Dalai Lama on topics such as neuroplasticity and destructive emotions.

**THE FOUNDATION OF ALL GOOD QUALITIES**

with Ling Rinpoche

Saturday 23 and Sunday 24 March, Hayagriva Buddhist Centre

Hayagriva Buddhist Centre is hosting the 7th Yongzin Ling Rinpoche, the reincarnation of His Holiness's former main teacher. Rinpoche will give a workshop on "The foundation of all good qualities". Details can be found at www.hayagriva.org.au. The Foundation of all good qualities is a glance meditation on the Lam Rim, that pathways to enlightenment brought to Tibet by Lama Atisha.

GESHE SONAM

In March, we are very blessed to have Geshe Sonam return to 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 BODHISATTVA**

with Geshe Sonam

Mondays, 7.00 - 9.00 pm, Resumes 19 March
Cost: \$20 per session

Geshe Sonam will continue the 37 practices of a Bodhisattva from 19 March. 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.

MEDITATIONS ON THE BUDDHIST PATHMondays, 12, 19, 26 February and 5, 12, 26 March, 7.00 pm
By donation

A series of meditations led by senior students aimed at deepening our experience of the Buddha's teaching. Topics are taken from FPMT outlines on the Lam Rim, the graduated path to enlightenment of Lama Atisha. Please come along if you are interested in knowing more about meditation as it is taught in Buddhism. For more detail on weekly topics please check the HMT website.

MEDITATIONS ON THE 4 IMMEASURABLE THOUGHTS

During April, we will continue our practice of the meditations. We have no teachings in April while many are at the retreat with Lama Zopa Rinpoche. If leaders are available, each Monday evening at 7.00 pm a senior student will lead a meditation on one of the 4 immeasurable thoughts, love, compassion, joy and equanimity.

These meditations will begin at 7.00 pm on Mondays. By donation.

Holy Days**LOSAR (TIBETAN NEW YEAR)**

Friday 16 February

Precepts before dawn (Time TBA) followed by Vajra cutter sutra reading
Lama Chopra and Extensive Light Offering, 6.00 pm

This year, Tibetan New Year or Losar, falls on Friday 16 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.

DAY OF MIRACLES

Thursday 1 March

Precepts followed by Sanghata sutra reading, early morning (Time TBA)
Shakyamuni Buddha puja, 7.00 pm

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 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.

The time between Losar and the Day of Miracles is a holy time in which all positive merit is multiplied many millions of times.

Special Events**LAMA ZOPA RETREAT 2018**

with Kyabje Lama Zopa Rinpoche

Friday 30 March to Saturday 12 May
Great Stupa of Universal Compassion,
Bendigo

You are invited to attend this 6 week retreat with Kyabje Lama Zopa Rinpoche, focusing on Rinpoche's teaching on Shantideva's "A Guide to the Bodhisattva's Way of Life," with the optional tantric empowerments of Chakrasamvara and Rinjung Gyatsa.



For new and older students alike, this retreat will be an excellent and rare opportunity to spend time with Kyabje Lama Zopa Rinpoche in a focused way. As a result you will be inspired and re-inspired. You will gain a real taste of the variety and depth of Dharma practices that Rinpoche makes available to us.

You will be able to attend the whole retreat, single weeks, individual weekends or just come for a number of single days. Further information is available at www.lamazoparetreat2018.org.au.

Practices**GURU PUJAS**January: Thursday 11, 10.00 am
Friday 26, 5.00 pmFebruary: Saturday 10, 10.00 am
Sunday 25, TBA

March: Sunday 11, 11.00 am

April: Tuesday 10 and Wednesday 25 are Tsog days.
Due to the retreat with Lama Zopa Rinpoche, many from HMT will be away so times are TBC.

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

February: Saturday 17, 10.00 am

April: Saturday 23, 10.00 am
(TBC dependant on retreat attendances)

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

January: Saturday 27, 10.00 am

March: Saturday 17, 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.

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PRAYERS FOR THE DECEASED

Held on the second Sunday of each month, 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

Wednesdays, 10.00 - 11.15 am

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, Wednesdays, 5.45 - 6.30 pm

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, Sundays, 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

Sundays, 11.00 am - 12.00 noon, \$35 per session

Janet Innes (0418 955 088) is 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

SUMMER YOGA

with Kerry Irving

Tuesdays, 9 - 23 January, 5.00 pm

Join Kerry for 3 weeks of summer yoga at HMT.

HATHA YOGA: TERM 1 2018

with Gyani, Ines, Judy, Kerry, Mo & Rosemary

Monday 5 February to Thursday 12 April

Rosemary is taking some time out from her yoga career and reducing the classes she teaches at HMT to 3 each week. We will be introducing some new faces, and some of our regular teachers will add to their class load. Times and teachers are listed below.

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.

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

Monday	5.00 - 6.30 pm	Ines
Tuesday	6.00 - 7.30 am Ashtanga Vinyasa	Ines
Tuesday	10.00 - 11.30 am	Ines
Tuesday	5.00 - 6.30 pm	Kerry
Tuesday	7.00 - 8.00 pm Yin Yoga	Gyani
Wednesday	8.30 - 9.30 am Men's Class	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,

Welcome to 2018 at Hospice of Mother Tara. We have a great programme to start the year, with Venerable Tony and Venerable Dekyi visiting in January and February. Geshe Sonam will be back in Perth in February and coming down to HMT in early March.

Thank you to everyone who came along for a Busy Bee to get the grounds tidied and to Jodie and Kaye for keeping the residence clean and ready.

A few of our members are heading over to the Great Stupa near Bendigo in April to attend a retreat with Lama Zopa Rinpoche. A wonderful opportunity to attend retreat with Rinpoche and to be part of the bigger FPMT in Australia family. We're all watching to see the teaching schedule for His Holiness Dalai Lama when His Holiness comes to Sydney and Melbourne in June (19-17th).

Work will begin on our Western Wall along Wittenoom Street very soon. This will enable us to create a quiet courtyard and make that side of the building more secure.

Rosemary, who has coordinated Tara Yoga for the last few years, is taking a break. She will still be teaching some classes. Many thanks go to her for taking on this position and extending our yoga programme. We welcome Innes Zimmerman and Kerry Irving to our Tara Yoga team and welcome back Mo Ramsey, Judy Hawkesly and Gyani Mears.

Stupa Fund: Lama Zopa Rinpoche gave advice some years ago that it would be good to have a stupa at the centre. Building or sponsoring the stupa is a very powerful way to accumulate merits and purify negative karma. Once built, the Stupa will bring benefit to everyone who comes to the centre or even walks past.

"Stupas... demonstrate the triumph of enlightenment's wisdom over suffering's ignorance. They are memorials... to the possibility of freedom from suffering for all beings. They signal the triumphal reality of a nature that enables beings to evolve to experience the ultimate fulfilment of perfect bliss, beyond death and unsatisfying life. Stupas stand as eloquent testimony to the higher purpose of life, beyond competing or struggling, getting or spending. Consciously or subliminally, they help turn people's minds away from their frustrating obsessions and towards their own higher potential." (Professor Robert Thurman, from the Foreword to Buddhist Stupas in Asia: the Shape of Perfection).

You can donate to the Stupa and Prayer Wheel Fund by Direct Debit or at the centre. Please put any donations left in the Donation Box in an envelope labelled Stupa Fund. For Direct Debit, BSB: 016560 Acc No.: 016560 210042137 Reference: Your name or initials and Stupa Fund.

Love and Prayers

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:

Jodie Berryman & Paul Kersten

YOGA COORDINATOR: Vacant

SHOP COORDINATOR: Jodie Berryman

MEMBERSHIP COORDINATOR:
Vacant

LIBRARY OFFICER: Juliet Harrop

MONK SPONSORSHIP & MERIT BOX
COORDINATOR: Sonia Burns

BOOKKEEPER: Beth Golden

WEBSITE: Fran Steele

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.