



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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May - August 2017



Getting blessed at HMT

The Benefits of Liberating Animals

Animal liberation is a specific practice done for animals which would otherwise be killed. The practice involves taking the animals-in-danger around holy objects to leave positive imprints in their minds, reciting mantras for them, blessing water to sprinkle onto their bodies, and then releasing them. This differs from general animal blessings which involve blessing any animal with mantras or a holy object. Animal blessings are, of course, wonderful to do for animals, but this is not what is meant by "animal liberations." Animal liberation practice is an incredible practice for anyone who has illnesses or is experiencing life obstacles.

The Animal Liberation Fund sponsored the liberations of approximately 70,400 animals at Rinpoche's houses in California and Washington State in 2016. Not only were the animals saved from untimely death by resident Sangha, but they were also taken around an incredible amount of holy objects, mantras were recited and blown on them and they were carefully placed where they could live out the rest of their life. When Sangha finish these liberations, they make strong prayers for all those who are sick, have recently died, or who have requested prayers. This is one of the most beneficial aspects of this practice as the merit is shared among so many.

About once a month at Amitabha Buddhist Centre (ABC), Singapore, sea creatures are purchased at a seafood market to liberate. ABC estimates that they have helped liberate 218,000,000 lives to date. Hayagriva centre in Perth supports sheep who have been saved from slaughter.

At HMT we recently held a blessing for pets with Venerable Dekyi. Several dogs and some insects were taken around the stupa and prayers were said for them. Many, many cows in our region have also been blessed with mantra before they died by our student Paul Kersten as he travels to farms for his work. Fran Rowley continues to maintain the four rescued Jersey steers, who are now big as mountains. These cows have been blessed by many visiting sangha. Venerable Dekyi was also able to bless some of the retired milking cows earmarked for slaughter when she was here on her last two visits. As noted above, the blessing is as much for those who make the thought to care for animals as it is for the animals themselves.

FPMT Education Services makes available many resources (fpmt.org.au) for those wishing to engage in this practice.

Books and Cds are also available at HMT if you wish to participate in this practice.

COMING EVENTS



8 Verses that Transform Our Thinking with Venerable Lhundrup
10, 13, 17 & 20 July

Introduction to Mindfulness Meditation with Venerable Lhundrup
Saturday 15 July

Meditation on Giving & Taking with Venerable Lhundrup
Saturday 22 July

Saka Dawa & Special Tsog offering to Guru Rinpoche
Friday 9 June



His Holiness Dalai Lama's Birthday
Thursday 6 July



1st Turning of the Wheel & International Sangha Day
Thursday 27 July



“Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.”

His Holiness the Dalai Lama

Auspicious Symbols

You may have noticed the new array of auspicious symbols on our altar. These were obtained for us by Geshe Sonam on his last visit to Nepal and brought back with some trouble. This is very kind of him and we hope it will bring great good fortune to HMT to continue to offering dharma teachings from Geshe-la and others.



Teachings

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 BODHISATTVA

with Geshe Sonam

Mondays, 7.00 - 9.00 pm

22 May, 19 June, 14 August

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.

VAJRASATTVA JENANG

with Geshe Sonam

Monday 3 July, 7.00 pm

Geshe Sonam has kindly agreed to conduct a Jenang (empowerment) for solitary Vajrasattva. Anyone can come along and take this as a blessing.

If you have refuge, this Jenang will increase the power of the mantra of Vajrasattva, which we recite to purify all our negative karmas. Vajrasattva represents the pure enlightened mind that clears away negativity.



VENERABLE LHUNDRUP

Venerable Lhundrup is a senior teacher at the Atisha Centre and resident monk at Shedrup Ling Monastery in Bendigo. He is well recognised as a meditation leader.

Venerable Thubten Lhundrup, was ordained by Lama Zopa Rinpoche in 2003 and received gelong vows with His Holiness the Dalai Lama in 2004.

Venerable Lhundrup first attended Buddhist teachings with Geshe Doga in 1995 at Tara Institute in Melbourne and moved to Thubten Shedrup Ling Monastery in 2002. He spent 2005 in Darjeeling, India studying Tibetan language and 2014 in McLeod Ganj pursuing further studies. Venerable Lhundrup is the author of "Practical Meditation."



8 VERSES THAT TRANSFORM OUR THINKING

with Venerable Lhundrup

Mondays, 10 & 17 July AND Thursdays, 13 & 20 July, 7.00 pm

Cost: \$18/15 per class

Wouldn't it be a wonderful to live in a world where everyone is kinder and the welfare of ourselves and others is always the first concern of our friends and our society? We can only achieve this if we work with our own minds first. While we are angry, upset and jealous the rest of the world will continue to respond the same way.

Over 4 nights, Venerable Lhundrup will go through these 8 verses that help us transform our thoughts away from the self-cherishing mind that causes all our problems, and towards great compassion.

INTRODUCTION TO MINDFULNESS MEDITATION

with Venerable Lhundrup

Saturday 15 July, 9.00 am - 1.00 pm (with tea break)

Cost: \$35/30 members & concessions

During this half-day workshop, Venerable Lhundrup will explain the history, techniques and applications of mindfulness. He will guide us in a variety of meditations.

MEDITATION ON GIVING AND TAKING

with Venerable Lhundrup

Saturday 22 July, 10.00 am - 4.00 pm (with lunch break)

Cost: \$55/50 members & concessions

Giving and taking, or Tonglen, is a meditation technique in which we visualise ourselves breathing in the problems of others and breathing out all happiness and wellbeing. It has been practiced in the Tibetan tradition

as a means of reducing our self-cherishing and growing our altruism. The actual beneficiary of doing this meditation is ourselves. Venerable Lhundrup will explain the technique and guide us in practices to grow loving kindness.

For anyone wishing to do the Discovering Buddhism unit on Transforming problems you can come along to all sessions and do the required reading.

MEDITATIONS BASED ON THE 7 POINT MIND TRAINING

The 7 point mind training is the distilled essence of the Buddha's path on how to train the mind to develop great compassion, perfect altruism and the wisdom that understands the nature of reality. When we have trained our own minds then we can truly help others to be happier in ways that are unmistakable.

These meditations will begin at 7.00 pm on Mondays and will be led by senior students. They are sourced from various texts which we have studied in the Discovering Buddhism unit. We will also follow each meditation with a short reading from a relevant section of a commentary on the 7 point mind training "Mind training like the rays of the sun".

May: The Preliminary Practices

1 May	Precious Human Rebirth
8 May	Death and Impermanence
15 May	Karma
29 May	The Suffering of Samsara

June: Training In Conventional Bodhicitta

5 June	Kindness of All Beings
12 June	4 Immeasurables
26 June	Compassion

July: Will include the sessions of Ven Lhundrup who is teaching about the disadvantages of self-cherishing, transforming problems & tonglen

24 July	No meditation
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August: Training In Ultimate Bodhicitta

7 August	Finding the I
21 August	Impermanence
28 August	Dependent Arising

Events

COMPASSION IN ACTION DAY: EXPLORING THE LIBERATION BOX

Saturday 27 May, 2.00 - 4.00 pm

By donation

We will examine the contents of the box put together by Lama Zopa Rinpoche that contains all the things we need to help someone at the time of their death. This is especially designed for those in hospitals where we need to communicate with non-Buddhist carers.

ART FOR THE DHARMA

Saturday 13 May, 2.00 - 4.00 pm

By donation

"The first thing to think about," explained Rinpoche, "is one's attitude. The purpose of making the painting or of creating any work of art should only be to benefit others. One should do the artwork to pacify all one's wrong concepts and disturbing emotional thoughts. While creating, one should keep a motivation of purifying negative karma and actualizing the good heart, loving kindness, bodhicitta, and, in fact, the whole path to enlightenment. By transforming one's attitude into Dharma, one integrates one's art with Dharma."

Rinpoche continued, "The second thing is the art itself. One should make objects that have a spiritual meaning. One can represent bodhisattvas' life stories or the Buddha's life story, showing how they practiced patience and perseverance for the happiness of other sentient beings. One could paint the life stories of great holy beings and present the ways they sacrificed their lives for other sentient beings by practicing renunciation, bodhicitta, and emptiness. One could show how they were always aware of karma. One could use art to show how happiness results from good actions and suffering from negative actions. [This] ... is the integration of art with Dharma."

Come together to colour a line drawing of your favourite deity, or create a plaque with your favourite verse outlined in gold. Some materials will be available, e.g. drawings and computer print of verses, but people are asked to bring extra paints or pencils for colouring.

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MAY 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
1 Meditation: 7 Point Mind Training 7.00 pm	2	3 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	4	5 Guru Puja 4.00 pm	6	7 Sunday Meditation 9-10 am
8 Meditation: 7 Point Mind Training 7.00 pm	9	10 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	11	12	13 Medicine Buddha Puja 10.00 am Art for the Dharma 2.00 pm	14 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
15 Meditation: 7 Point Mind Training 7.00 pm	16	17 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	18	19 Yin Yoga Workshop 5.30 pm	20	21 Sunday Meditation 9-10 am Guru Puja 11.00 am
22 Teachings with Geshe Sonam 37 Practices of a Bodhisattva 7.00 pm	23	24 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	25	26 Yoga Nidra Workshop 5.30 pm	27 Compassion in Action Day: Exploring the Liberation Box 2.00 pm	28 Sunday Meditation 9-10 am
29 Meditation: 7 Point Mind Training 7.00 pm	30	31 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm				

JUNE 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
			1	2	3	4 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am Tara Puja 11.00 am Guru Puja 12.00 pm
5 Meditation: 7 Point Mind Training 7.00 pm	6	7 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	8	9 Saka Dawa Tsog Offering 6.00 pm	10	11 Sunday Meditation 9-10 am
12 Meditation: 7 Point Mind Training 7.00 pm	13	14 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	15	16	17	18 Sunday Meditation 9-10 am
19 Guru Puja 2.00 pm Teachings with Geshe Sonam 37 Practices of a Bodhisattva 7.00 pm	20	21 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	22	23	24	25 Sunday Meditation 9-10 am
26 Meditation: 7 Point Mind Training 7.00 pm	27	28 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	29 Term 2 ends	30		

JULY 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
31 July					1 Tara Puja 10.00 am	2 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
3 Guru Puja 2.00 pm Vajrasattva Jenang with Geshe Sonam 7.00 pm	4	5 Healthy Mind/ Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	6 HHDL Birthday Pizza & Movie 6.00 pm	7	8	9 Sunday Meditation 9-10 am
10 Teachings with Ven Lhundrup 8 Verses that Transform Our Thinking 7.00 pm	11	12 Healthy Mind/ Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	13 Teachings with Ven Lhundrup 8 Verses that Transform Our Thinking 7.00 pm	14	15 Workshop with Ven Lhundrup Intro to Mindfulness Meditation 9.00 am	16 Sunday Meditation 9-10 am
17 <i>Term 3 commences</i> Teachings with Ven Lhundrup 8 Verses that Transform Our Thinking 7.00 pm	18	19 Healthy Mind/ Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	20 Teachings with Ven Lhundrup 8 Verses that Transform Our Thinking 7.00 pm	21	22 Meditation with Ven Lhundrup Giving and Taking 10.00 am	23 Sunday Meditation 9-10 am
24 <i>No Meditation session</i>	25	26 Healthy Mind/ Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	27 1st Turning of the Wheel & International Sangha Day Shakyamuni Buddha Puja with extensive offering practice 7.00 pm	28	29	30 Sunday Meditation 9-10 am

AUGUST 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
	1	2 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm Guru Puja 5.00 pm	3	4	5	6
7 Meditation: 7 Point Mind Training 7.00 pm	8	9 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	10	11	12 Medicine Buddha Puja 10.00 am	13 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
14 Teachings with Geshe Sonam 37 Practices of a Bodhisattva 7.00 pm	15	16 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	17 Guru Puja 5.00 pm	18	19	20 Sunday Meditation 9-10 am
21 Meditation: 7 Point Mind Training 7.00 pm	22	23 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	24	25	26	27 Sunday Meditation 9-10 am
28 Meditation: 7 Point Mind Training 7.00 pm	29	30 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	31 Guru Puja 5.00 pm			

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Special Days

SAKA DAWA & SPECIAL TSOG OFFERING

Friday 9 June, 6.00 pm

Tsoq offering, setup from 5.00 pm

Saka Dawa is a special month in the Buddhist calendar. During this month we celebrate the anniversary of Shakyamuni Buddha's birth, enlightenment and parinirvana. Spiritual practice is encouraged during this time because of the power of these auspicious events. It is a particularly good time to be mindful of our actions, avoiding those that harm others and cultivating those that help others. It is therefore most beneficial to practise generosity.

In Hobart on the weekend of Saka Dawa (9-11 June) FPMT Australia is hosting a special offering of 100,000 tsoq for the long life of Lama Zopa Rinpoche and the success of projects within the FPMT. Geshe Tenzin Zopa is leading the event. If you wish to part of this very special occasion please go to www.fpmta.org.au. You can also make offerings to be placed on the altar for the merit of yourself or others.

Here in Bunbury we are hoping to hold a parallel practice, beginning at 6pm. Set up will begin at 5pm. Each year, we also collect donations of food which is blessed on Saka Dawa and then offered to the In Town lunch centre. Please place your offerings in the box well ahead of time.

HIS HOLINESS DALAI LAMA'S BIRTHDAY

Thursday 6 July, 6.00 pm

Pizza & Movie

Join us to celebrate His Holiness' birthday with a pizza and movie night, starting from 6 pm. The movie title will be advertised closer to the event.

1ST TURNING OF THE WHEEL & INTERNATIONAL SANGHA DAY

Thursday 27 July, 7.00 pm

Shakyamuni Buddha puja with extensive offering practice

FPMT International Sangha Day is celebrated on the auspicious day of Lord Buddha's first Turning of the Wheel of Dharma.

After attaining enlightenment, the Buddha agreed to teach for the first time on this day at Deer Park in Samath near Varanasi in northern India near Nepal. It consisted of the teaching of the Four Noble Truths. It is said the karmic effects of actions performed on this day are multiplied many times.

We will need to set up earlier in the day so if you can bring in offerings before 5pm yoga that would be appreciated. You may bring a plate to share or, if you prefer, visit one of the many cafes in our area.

Offerings of lights, food and flowers welcome.



By Jane Seidlitz

Practices

SPECIAL PRACTICE DAYS

Fridays, 4.00 pm

All FPMT centres have been asked to do special practices for the health and long life of Lama Zopa Rinpoche. Every Friday at 4.00 pm we will recite the Vajra Cutter sutra and Dependent Arising: A Praise to the Buddha. In the Vajra Cutter sutra it states that *"The place where this sutra is taught will become a sanctuary for the entire world."* It is very beneficial to the centre to recite this sutra.

We have been asked to send the number of recitations to FPMT who are going to send the final total of recitations worldwide to Lama Zopa. If you can come along this will be of great benefit to ourselves and others, creating great merit.

GURU PUJAS

May: Friday 5, 4.00 pm
Sunday 21, 11.00 am

June: Sunday 4, 12.00 pm (Tsoq only following tara puja)
Monday 19, 2.00 pm

July: Monday 3, 2.00 pm

August: Wednesday 2, 5.00 pm, front room
Thursday 17, 5.00 pm, front room
Thursday 31, 5.00 pm, front room

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

May: Saturday 13, 10.00 am

August: Saturday 12, 10.00 am

The Medicine Buddha on 13 May will be dedicated to Ed Cawdell who goes in for his big operation on 18 May.

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

June: Sunday 4, 11.00 am, followed by Tsoq

July: Saturday 1, 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

May: Sunday 14, 7.30 am

June: Sunday 4, 7.30 am

July: Sunday 2, 7.30 am

August: Sunday 13, 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

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

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

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.

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“If you wish to experience peace, provide peace for another.”

His Holiness the Dalai Lama

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Yoga

SPECIAL YOGA WORKSHOPS

This term, Gyani will present two special yoga workshops. You do not have to be a regular student to enjoy these relaxing workshops. Just come along and enjoy.

YIN YOGA WORKSHOP

with Gyani

Friday 19 May, 5.30 - 7.30 pm

Fee: \$25

Yin yoga deeply opens the body allowing for deep physical shifts and mental and emotional release, leaving us feeling lighter and freer on all levels. This 2 hour session will focus on creating harmony between the five elements in the body and finish with a deeply relaxing yoga nidra.

YOGA NIDRA AND PRANAYAMA WORKSHOP

with Gyani

Friday 26 May, 5.30 - 7.00 pm

Fee: \$18

The practice of pranayama (breathing) brings balance to the body and mind. This is followed by a long guided relaxation to help you wind down from the week.

HATHA YOGA: TERM 2 2017

with Rosemary, Judy, Mo & Gyani

Monday 24 April to Thursday 29 June

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: Term 3 commences 17 July.

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	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 Yin Yoga	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



Find us on Facebook for all things yoga!
Search "Tara Yoga Bunbury"

"If it can be solved, there's no need to worry, and if it can't be solved, worry is of no use."

His Holiness the Dalai Lama

FROM THE DIRECTOR

Dear Members and Friends,

Here we are at another newsletter. They seem to come around more and more quickly. There is always much to celebrate and to be thankful for. HMT continues to offer a full and interesting teaching programme, grounded by Geshe Sonam's insightful and detailed commentary on the 37 Practices of a Bodhisattva. It is a joy to have Geshe Sonam come down each month to teach. Thanks to Fran, our tireless SPC, we have also had Geshe Sherab, Geshe Zopa and Venerable Dekyi. How wonderful to welcome such experienced and well regarded teachers back to our centre. We're looking forward to Venerable Lhundrup returning in July. If you would like to have the opportunity to get to know our teaching Sangha a little better, it's great to offer a meal or take our teachers out for a meal. Contact Fran if you would like to.

In between visiting teachers, meditations on Seven Point Mind Training as taught by Geshe Zopa will be offered. I find the meditations help get a feel for the teachings and are often quite moving. They would be of benefit to everyone, whether you attended the teachings or not, and it's a great way to stay connected when we don't have teachers at the centre.

We have recently had members travel to Borobudur with Geshe Zopa, and Bhutan with Venerable Thupten Lodey. Both trips offered the chance for students to deepen their Dharma experience and connect with people from other centres.

In June, some of our members will head to Hobart to take part in a 100,000 Tsog Offering for the long lives our Holy Gurus, Lama Zopa Rinpoche and HH Dalai Lama and to dedicate for world peace. The event will bring together students from across Australia and the region.

Hospice of Mother Tara only exists through the generosity of its supporters and benefactors. We have had generous and wonderful support from a few sponsors, some continuously from before we entered into a mortgage to secure our current centre. A couple of our sponsors have finished their very generous support for HMT. Please dedicate the merit they have created through their generosity to their long lives and happiness. Our mortgage, of course, continues. If you would like to donate on a one off or regular monthly basis to help us meet our repayments and keep a strong presence of Dharma in Bunbury, you can contact me through the centre or donate into our bank account - BSB: 016560 Acc. No.: 210042137. Please reference with your name or initials and BFund.

As always, I sign off feeling very blessed to be a part of the Hospice of Mother Tara Dharma community.

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

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SHOP COORDINATOR: Fran Steele

MEMBERSHIP COORDINATOR:
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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.