



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

September - December 2017

The Great Stupa of Universal Compassion

Compiled from website of the Great Stupa by Fran Steele

The Great Stupa of Universal Compassion will be the same size and design as the Great Stupa of Gyantse which is 50 metres (164 feet) wide along each side at its base and nearly 50 metres high. This will make it the largest stupa in the Western World. It is being built near Bendigo, Australia.



The Great Stupa

A Stupa is the most sacred monument in the Buddhist world. It is a symbolic representation of the fully Enlightened mind and the path to Enlightenment. As the sacred texts are the verbal expression of the Dharma, so the Stupa is its architectural expression.

The Great Stupa aspires:

- To inspire people to seek a peaceful and spiritual path;
- To be a pilgrimage place for Buddhists from around the world;
- To provide a refuge of peace and serenity for all and especially those in need;
- To help explain Buddhism to anyone interested;
- To provide a Gompa for use by monks from Thubten Shedrup Ling Monastery and members of the Atisha Buddhist Centre; and
- To be of service to as many beings as possible.

The Gompa, inside the Stupa, will have many features of traditional large Tibetan gompas including large statues of Buddhas and deities. The Gompa will house the Jade Buddha for Universal Peace which is the largest Buddha carved from gemstone quality jade in the world.

The Jade Buddha is 2.7 metres high and weighs 4 tonne. It sits on an alabaster throne of 1.4 high. The size and beauty of the Jade Buddha make it a wonder of the world. The Jade is from Canada and the statue was carved in Thailand. The Buddha inside the Mahabodhi Stupa in Bodh Gaya (India) is the model for the Great Jade Buddha. This Buddha was chosen because it is universally recognised by all Buddhists.



Beautiful gardens will surround the Stupa. Visitors will be encouraged to walk through the garden and to ascend the Stupa in the clockwise direction. Along the paths will be 100,000 small stupas. The local catholic diocese is creating a statue of St Francis for the Peace Park.

Lama Zopa Rinpoche will be giving teachings and initiations at the Great Stupa in March - April 2018. Please visit www.lamzoparetreat2018.org.au.

www.hmt.org.au

Please check the website for updates on teachings, practices, meditation, yoga & special events.

Hospice of Mother Tara Dinner

Sunday 24 September
A1 Indian Restaurant

Bring your family and friends to enjoy a delicious Indian meal and support your local meditation centre!

\$40 per person. Tickets available now @ HMT.

Silent Auction - 3 Course Meal - BYO

COMING EVENTS



SEPTEMBER - DECEMBER

Teachings with Geshe Sonam

24 SEPTEMBER

HMT Dinner

21 OCTOBER

HMT Garage Sale

28 OCTOBER

HMT Annual General Meeting

10 NOVEMBER

Lha Bab Duchon



NOVEMBER

Geshe Tenzin Zopa teaching at HMT

12 DECEMBER

Lama Tsongkapa Day

22 DECEMBER - 8 JANUARY

HMT Closed for Christmas

SUMMER TEACHINGS

Times and dates TBA
Stay tuned!



Venerable Tony Beaumont teaching at HMT



Geshe Sherab teaching at HMT

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

16 Oct, 13 Nov, 11 Dec

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.

MANJUSHRI JENANG

with Geshe Sonam

Monday 25 September, 7.00 pm

Geshe Sonam has kindly agreed to conduct a Jenang (empowerment) for Manjushri. Manjushri represents the knowledge of the Buddha. The mantra is particularly useful for enhancing our memory of the dharma and acquiring wisdom. Anyone can come along and take this as a blessing.

GESHE TENZIN ZOPA

Geshe Zopa is featured in the documentary "Unmistaken Child" as the disciple who searches for his guru's reincarnation. In 2015, Geshe Zopa visited us and introduced us to the now 14 year old Phunsok Rinpoche. For several years, Geshe Zopa has been seeing to the education of the young lama in Perth, ensuring he has a well-rounded western and eastern education. This year Geshe Zopa once again returns to HMT to offer teachings.



Geshe Zopa has been a director and teacher at a dharma centre in Malaysia and is well aware of what appeals to western audiences.

CHANGING BAD HABITS

with Geshe Tenzin Zopa

Thursday 23 and Friday 24 November, 7.00 pm

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

We may dislike the anger, depressive thoughts or excessive obsessions our mind can hold onto. The Buddha recognised how we create these habits and over the centuries many techniques have evolved for changing these habitual responses.

Geshe Zopa will explain some practical ways to change the habits through reflection and meditation. If you wish to change your mind, please come along and listen to this very enthusiastic and inspiring teacher.

PRAISE TO DEPENDENT ARISING

with Geshe Tenzin Zopa

Saturday 25 November, 10.00 am - 4.00 pm

Sunday 26 November, 10.00 am - 1.00 pm

Facilitation fee: Sat only \$55/50, Sun only \$35/30, Weekend \$85/75

Praise to dependent arising by Lama Tsongkapa, a 13th century mystic and core teacher for Tibetan Buddhism, extols the value of the world view taught by Shakyamuni Buddha. What we experience is substantially created by the lens with which we view the world, based on our past conditioning. When we realise this we can look at ourselves and our environment with fresh eyes. Geshe -la is the teacher to communicate this understanding in everyday terms. In modern times when our interconnectedness is so apparent, yet often causes us problems, this teaching is highly relevant.

On Saturday we will have a shared vegetarian lunch. Please bring a plate to share.

TEACHINGS OVER THE SUMMER BREAK

Venerable Tony and Geshe Sherab will both be offering teachings over the summer break. Times and dates are to be advised.

MEDITATIONS TO DEVELOP BODHICITTA

We will continue our practice of the meditations to develop a good heart. These meditations are led by experienced students and taken from meditation texts recommended by FPMT.

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

September

- 4 Joyous effort/perseverance
- 11 Gratitude/rejoicing
- 18 Loving kindness

October

- 2 Compassion
- 23 Tong len

November

- 6 Generosity
- 20 Overcoming anger /patience

December

- 4 Forgiveness

Special Days

LHA BAB DUCHEN

Friday 10 November

Precepts (just before dawn, time TBA)

Sutra reading

Shared lunch, 11.30 am

Shakyamuni Buddha Puja, 5.30 pm

Lha Bab Duchen is one of the 4 Buddhist Holy days and is a festival celebrating the descent of Buddha from heaven back to earth. Buddha had ascended to The Heaven of Thirty-Three at 41 years old in order to give teachings to benefit the gods in the desire realms and to repay the kindness of his mother by liberating her from Samsara. He was exhorted by his follower and representative Maugalyayana to return. This is considered to be one of the eight great deeds of the Buddha.

On Lha Bab Duchen, the effects of positive or negative actions are multiplied ten million times and it is part of Tibetan Buddhist tradition to engage in virtuous activities and prayer on this day.

Join us for precepts, sutra reading, shared lunch and Shakyamuni Buddha Puja.

LAMA TSONGKAPA DAY

Tuesday 12 December

Guru Puja and extensive light offering, 7.00 pm

Join us to celebrate the life and teachings of our founding guru, Lama Tsong Kapa, the source of the lineage of learning of Lama Yeshe and Lama Zopa.

Lama Chopa Guru Puja with extensive light offerings, and including "Praise to lama Tsongkapa."

Contributions of food, flowers and light will be welcome.

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HMT's Annual Garage Sale
Saturday 21 October, 8 am
18 Clifton St, Bunbury

www.hmt.org.au

SEPTEMBER 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
				1	2 Tara Puja 10.00 am	3 Sunday Meditation 9-10 am
4 Meditations to develop Bodhicitta 7.00 pm	5	6 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	7	8	9 Science of Mind Day 2.00 - 4.00 pm	10 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
11 Meditations to develop Bodhicitta 7.00 pm	12	13 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	14	15 Guru Puja 4.00 pm	16	17 Sunday Meditation 9-10 am
18 Meditations to develop Bodhicitta 7.00 pm	19	20 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	21	22	23	24 Sunday Meditation 9-10 am HMT Dinner 6.30 pm
25 Manjushri Jenang with Geshe Sonam 7.00 pm	26	27 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	28	29	30 Guru Puja 10.00 am	

OCTOBER 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
						1 Sunday Meditation 9-10 am
2 Meditations to develop Bodhicitta 7.00 pm	3	4 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	5	6	7 Medicine Buddha Puja 10.00 am	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 Guru Puja 10.00 am	15 Sunday Meditation 9-10 am
16 Teachings with Geshe Sonam 37 Practices of a Bodhisattva 7.00 pm	17	18 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	19	20	21 Garage Sale 8.00 am - 1.00 pm	22 Sunday Meditation 9-10 am
23 Meditations to develop Bodhicitta 7.00 pm	24	25 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	26	27	28 AGM 10.00 am	29 Sunday Meditation 9-10 am
30 Guru Puja 7.00 pm	31					

NOVEMBER 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 10.00 am Colouring & Sutra Tracing 2.00 pm	5 Sunday Meditation 9-10 am
6 Meditations to develop Bodhicitta 7.00 pm	7	8 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	9	10 <i>Lha Bab Duchon</i> Precepts (time TBA) Shakyamuni Buddha Puja 5.30 pm	11	12 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
13 Guru Puja 2.00 pm Teachings with Geshe Sonam 37 Practices of a Bodhisattva 7.00 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 Meditations to develop Bodhicitta 7.00 pm	21	22 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	23 Teachings with Geshe Zopa Changing Bad Habits 7.00 pm	24 Teachings with Geshe Zopa Changing Bad Habits 7.00 pm	25 Teachings with Geshe Zopa Praise to Dependent Arising 10.00 am	26 Sunday Meditation 9-10 am Teachings with Geshe Zopa Praise to Dependent Arising 10.00 am
27	28 Guru Puja 5.00 pm	29	30			

DECEMBER 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
				1	2 Medicine Buddha Puja 10.00 am	3 Sunday Meditation 9-10 am
4 Meditations to develop Bodhicitta 7.00 pm	5	6 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	7	8	9	10 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
11 Teachings with Geshe Sonam 37 Practices of a Bodhisattva 7.00 pm	12 <i>Lama Tsongkapa Day</i> Guru Puja & Light Offerings 7.00 pm	13 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	14	15	16	17 Sunday Meditation 9-10 am
18	19	20 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	21	22 <i>HMT Closed for Christmas</i> (re-opens 8/1)	23	24 Sunday Meditation 9-10 am
25	26	27 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	28 Guru Puja 2.00 pm	29	30	31 Sunday Meditation 9-10 am

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Events

SCIENCE OF MIND DAY

Saturday 9 September, 2.00 - 4.00 pm

By donation

We will show a segment from the most recent Mind and Life discussion between scientists and His Holiness the Dalai Lama. This year's emphasis is on a framework for social healing in Africa:

Defining humanity through our connections with one another, Botho/Ubuntu is expressed as: "I am because you are," a view that is reflected also in the Dalai Lama's teachings. Examining African values and healing practices in light of new scientific research on social connection and trauma, the Dialogue in Botswana explores the potential of Botho/Ubuntu as a framework for healing the legacy and trauma of wars and colonialism, and advancing social justice and women's equality.

There will be time for afternoon tea and discussion. If you have any interest in the current research being done on the interaction between mind scientists and ancient psychologies this is the event for you.

GARAGE SALE

Saturday 21 October 21, 8.00 am - 1.00 pm

HMT relies on fundraising events to supplement our yoga income so that we can go on providing meditation by donation and teachings. If you have anything you can contribute to our sale please leave it at HMT. For large items, please ring in advance so we can arrange lifting and storage. Pot plants, preserves and craft items are also welcome. Begin preparing now and then come along for a sociable morning of browsing. Parking on the day: please enter by the Wittenoom Street side.

COLOURING/SUTRA TRACING

Saturday 4 November, 2.00 - 4.00 pm

By donation

Once again we will do some colouring of the lovely line drawings of Buddhas and mandalas. Or, if you prefer, gain merit by tracing in gold one of the sutras. These sutras are now on a table in the office and anyone can come and do some tracing during shop hours, from 12.00 noon to 4.00 pm on weekdays.

AGM

Saturday 28 October, 10.00 am

Members are invited to come and hear our annual reports and participate in the running of the centre through contact with our committee.

Morning tea is provided.

HOSPICE OF MOTHER TARA DINNER

Sunday 24 September, 6.30 pm

A1 Indian restaurant, Victoria Street by Bunbury Tower, BYO

Please put this date in your diary! Come along with your family and friends.

Support your local meditation centre and enjoy a 3 course meal at the same time.

The evening is accompanied by a silent auction with lots of fun items large and small to bid on.

If you would like to donate an item to be auctioned, please call Paul 0452 553 891.

This is a ticketed event so please book early to avoid disappointment.

Tickets are \$40 per person and are available at the centre or via the telephone with credit card details.

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.

Practices

GURU PUJAS

September: Friday 15, 4.00 pm
Saturday 30, 10.00 am

October: Saturday 14, 10.00 am
Monday 30, 7.00 pm

November: Monday 13, 2.00 pm
Tuesday 28, 5.00 pm, front room

December: Tuesday 12, 7.00 pm, Lama Tsongkapa Day
Thursday 28, 2.00 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

October: Saturday 7, 10.00 am

December: Saturday 2, 10.00 am

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

September: Saturday 2, 10.00 am

November: Saturday 4, 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

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

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.

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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

HATHA YOGA: TERM 3 2017

with Rosemary, Judy, Mo & Gyani
Monday 9 October to Thursday 14 December

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

Praises to Padmasambhava at Guru Bhumtsog

In July, 4 members of HMT travelled to Hobart for the Guru Bhumtsog, a special offering of 100,000 mantra to Guru Rinpoche led by Geshe Tenzin Zopa. It was a wonderful festival of drum, cymbal and voices attended by about 15 sangha and representatives from centres around Australia.

We made light offerings, incense offerings and placed gold leaf on the replica of the Jade Buddha that is being housed by Chag Tong Chen Tong. The local Tibetan community cooked us momo's and came for blessings.

This event was held to reduce obstacles to all the projects of Lama Zopa Rinpoche. Rinpoche made a special video for those attending which was a great blessing. The plan is to hold similar events in the future so stay tuned for details.



Placing gold leaf
on the replica of the
Jade Buddha



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Hospice of
Mother Tara
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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

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.

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:
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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.