



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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September - December 2018

Climate Change & the Dharma

By Fran Steele, with excerpt from FPMT website, fpmt.org

His Holiness the Dalai Lama was recently teaching in Ladakh, where he reiterated again his concern about the Himalaya as "the third pole" where the melting of glaciers threatens the climate of the whole world.

Below is a letter written in 2006 to campaigner for Climate change action Al Gore by our spiritual director Lama Zopa Rinpoche. It shows his concern that we be more mindful of our impact on people and animals so that we can reduce the impact on the planet.

My very dear Honourable Al Gore,

I am the spiritual head of the FPMT, which is a worldwide organization devoted to benefiting society through the practice and philosophy of Tibetan Buddhism, education, public service, health, and culture. The FPMT has 141 centres and activities in 31 countries. I am from Nepal, near Mount Everest.

I heard about the very inspiring movie that you made called An Inconvenient Truth. I and a number of monks and nuns (Sangha) from different countries, as well as other students, went to see your movie. It is quite shocking to see the truth, what is happening in the world, where the world is going, particular the USA; it's quite amazing - based on money, just to produce more money. People are now becoming aware of the harm, the great danger, and the effects that will come. Even now these have started happening. So many people living in this world are facing dangers through global warming, floods, and melting snow and ice. This will soon endanger many people around the world and in the USA.

Even in Tibet, in Lhasa (the capital of Tibet), it has become warmer. It wasn't like this before, and there has been a change. My conclusion is it is because of

people's lack of education, the lack of awareness that what people do has an effect; people are not being mindful or understanding this.

I and all the monks, nuns, and students who went to see your movie highly appreciate your efforts and what you are doing to reveal the truth, exposing and introducing the truth to the world.

Please continue taking responsibility to benefit this world, to reduce suffering, and to bring peace and happiness to this world. The ultimate goal is for people to develop a good heart, for everyone to live happily, only benefiting each other, including between different religions, and also including animals (there are so many, compared to humans).

With prayers for your long life, for your wishes to benefit others to succeed, and if you can, especially, for helping His Holiness the Dalai Lama and the Tibetan people to have total political and religious freedom, like before, and to be guided by His Holiness the Dalai Lama. This is what the majority of Tibetans anxiously, very earnestly want.

Sincerely yours...

Although this was written in 2006, it is relevant today and we can continue to think about ways we can follow Rinpoche's advice.



COMING EVENTS



1 - 2 SEPT
Geshe Zopa teaching at HMT



9 SEPT
Annual HMT Dinner & Silent Auction



OCTOBER
Geshe Lhundrub teaching at HMT



31 OCTOBER
Lha bab Duchen



2 DECEMBER
Lama Tsongkapa Day



JANUARY
Venerable Tony Beaumont teaching at HMT



JANUARY
Venerable Dondrub visits HMT



HMT ANNUAL DINNER & FUNDRAISER

Sunday 9 September, 6.30pm
\$55 per person
Ticket sales close 2 September

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, 24 Sept, 15 Oct, 19 Nov, 10 Dec, Topics TBA
Cost: \$20 per session

Geshe la will continue his detailed and deep teachings on the dharma. A magical opportunity for us to benefit from his experience and wisdom.

CULTIVATING EMOTIONAL BALANCE

with Jude Carter

Sundays, 10.30 am - 4.00 pm,
16 Sept, 28 Oct, 25 Nov and 16 Dec
Facilitation Fee: \$55 per session

There is still time to join our CEB sessions and learn about our emotions. Jude asks that new students listen to a tape of the first session.

Prof Paul Ekman and Alan Wallace have developed and researched a program that integrates understanding of our emotions with meditative techniques for generating a calmer and more balanced mind. This program was trialled and tested and shown to improve a number of health indicators (such as blood pressure) and to reduce stress levels. This program is especially suitable for care workers, nurses and teachers.

Jude Carter, yoga teacher from the Hayagriva Buddhist Centre in Perth and graduate of the CEB training, will deliver the course over 6 Sundays, one per month between July and December.

The course includes some homework and a certificate of completion is issued for those who complete the mandatory hours of attendance and study.

Please let us know if you are coming along as we provide lunch and need numbers for catering purposes.

GESHE TENZIN ZOPA

Geshe Zopa is currently touring Australia teaching at FPMT centres. He is always inspirational and has visited us many times before. If you haven't heard his teachings now is the time to come along.

Geshe Zopa, who studied at the Tibetan Monasteries of Kopan (Nepal) and Sera (India), has been a director and teacher at a dharma centre in Malaysia. English-speaking, he understands the complexities of living in the West offering advice to help solve modern issues.



COMPASSIONATE DYING

with Geshe Zopa

Saturday 1 Sept, 10 - 4 pm, and Sunday 2 Sept, 10 - 1 pm
Facilitation Fee: \$100/90 (members & conc), \$65/55 Sat only

Geshe Zopa will talk about all aspects of death and dying, including how to work compassionately with our own death and that of others.

Geshe Zopa is a much loved visitor to Bunbury. He is now a sought after teacher worldwide. Students here have personal experience of Geshe la helping them and their friends and family with the dying process. Geshe la is an exciting, enthusiastic speaker and communicates in English. Please come along even if you do not have a Buddhist background and he can illuminate some ways to approach death.

We will have a shared vegetarian lunch on the Saturday. Please bring something to share.

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.

VENERABLE LHUNDRUP

Ven Lhundrub is based at Atisha centre where he teaches meditation and Discovering Buddhism. He has visited us in Bunbury before and we have benefited from his down to earth approach to the dharma.

In his earlier life he was a DJ on Melbourne radio, raised children and lived an ordinary life. He has now made a conscious commitment to a monastic life. He is the author of "Practical Meditation".



HOW TO DEVELOP BODHICITTA

with Venerable Lhundrup

Mon 22, Thur 25, Mon 29 Oct & Thur 1 Nov, 7pm

Meditation on Chenrezig, the Buddha of Compassion
Sat 3 Nov, 10 - 4 pm

Animal Blessing Day

Saturday 27 October, 2 - 4 pm

Whole Course Fee: \$120/100 (members and concession)

Evenings Only: \$18/15 per session

Saturday Meditation Only: \$65/55

Animal Blessing Day: By Donation

Bodhicitta is the wish to free all beings from suffering. This sounds like an overwhelming project but we can begin now to increase our kindness and understanding and gradually build steps to an enlightened mind. The embodiment of compassion is the Buddha Chenrezig and we will devote one day to meditations on the qualities of this Buddha. As part of the program on developing compassion we will host an animal blessing day. Please bring along pets or creatures from house and garden and they will be blessed with Holy objects and Medicine Buddha mantra.

This teaching follows the Discovering Buddhism module "Developing Bodhicitta."

Please note: We will have a shared vegetarian lunch on Saturday 3 November. Please bring something to share.

PRACTICAL MEDITATION

with Venerable Lhundrup

Tues 23 October, 2 - 4 pm

Facilitation Fee: \$20

Venerable Lhundrub talks about the benefits, practicalities and types of meditations, with practices. Please bring along your questions or concerns.

DHARMA ON MONDAY NIGHTS

On those evenings when we do not have scheduled teachings we will show online teachings recorded at other FPMT centres around the world.

- 10 Sept Lama Yeshe from the Wisdom Archive Introduction to Tantra
Lama Yeshe gave this talk on the requirements for doing yoga tantra to students at a Chenrezig retreat.
- 1 Oct Dagri Rinpoche at Jamyang Centre: Lam Rim Teachings Day 1
Dagri Rinpoche is the reincarnation of Pari (Dagri) Dorje Chang, one of the very great geshe of Lhasa who was the teacher of many lamas, including Lama Yeshe. Dagri Rinpoche was born in Tibet in 1958. He grew up during the Cultural Revolution of 1966 - 1976. After his escape from Tibet in 1982 he completed his 17 years of study of Buddhist philosophy and received the Geshe Lharampa degree. Dagri Rinpoche will visit Australia in 2019.
- 8 Oct Dagri Rinpoche at Jamyang Centre: Lam Rim Teachings Day 2
- 12 Nov Lama Osel - Educating the Heart
Lama Osel, the reincarnation of Lama Yeshe gives teachings on inner values needed for a meaningful and harmonious life.

Coming in January

VENERABLE TONY BEAUMONT

At the beginning of January, Venerable Tony will teach introductory courses in Buddhism. Stay tuned!

VENERABLE THUBTEN DONDRUB

Our former teacher and guru, Venerable Dondrub visits HMT and the Haygriva Centre in January before leading a pilgrimage to Nepal in February.

SEPTEMBER 2018

MON	TUES	WED	THUR	FRI	SAT	SUN
					1 Teachings with Geshe Zopa Compassionate Dying 10.00 - 4.00 pm	2 Sunday Meditation 9-10 am Teachings with Geshe Zopa Compassionate Dying 10.00 - 1.00 pm
3	4	5 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm Guru Puja 7.00 pm	6	7	8	9 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am Annual HMT Dinner 6.30 pm
10 Teachings @ HMT Recording: Lama Yeshe Introduction to Tantra 7.00 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 Cultivating Emotional Balance with Jude Carter 10.30 - 4.00 pm
17 Tara Puja 7.00 pm	18	19 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm Guru Puja 7.00 pm	20	21 Term 3 Yoga Ends	22 Medicine Buddha Puja 10.00 am	23 Sunday Meditation 9-10 am
24 Teachings with Geshe Sonam The 37 Practices of a Bodhisattva 7.00 pm	25	26	27	28	29	30 Sunday Meditation 9-10 am

OCTOBER 2018

MON	TUES	WED	THUR	FRI	SAT	SUN
1 Teachings @ HMT Recording: Dagri Rinpoche Lam Rim Teachings Day 1 7.00 pm	2	3 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	4 Guru Puja 7.00 pm	5	6	7 Sunday Meditation 9-10 am
8 Term 4 Yoga Commences Teachings @ HMT Recording: Dagri Rinpoche Lam Rim Teachings Day 2 7.00 pm	9	10 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	11	12	13	14 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
15 Teachings with Geshe Sonam The 37 Practices of a Bodhisattva 7.00 pm	16	17 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	18	19 Guru Puja 5.00 pm	20 Tara Puja 10.00 am	21 Sunday Meditation 9-10 am
22 Teachings with Ven Lhundrub Developing Bodhicitta 7.00 pm	23 Practical Meditation with Ven Lhundrub 2 - 4 pm	24 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	25 Teachings with Ven Lhundrub Developing Bodhicitta 7.00 pm	26	27 Animal Blessing Day 2 - 4 pm	28 Sunday Meditation 9-10 am CEB with Jude Carter 10.30 - 4.00 pm
29 Teachings with Ven Lhundrub Developing Bodhicitta 7.00 pm	30	31 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm Lha Bab Duchon Shakyamuni Buddha Puja 7.00 pm				

NOVEMBER 2018

MON	TUES	WED	THUR	FRI	SAT	SUN
			1 Teachings with Ven Lhundrub Developing Bodhicitta 7.00 pm	2 Guru Puja 5.00 pm	3 Teachings with Ven Lhundrub Meditation on Chenrezig 10 - 4.00 pm	4 Sunday Meditation 9-10 am
5	6	7 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	8	9	10	11 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
12 Teachings @ HMT Recording: Lama Osel Educating the Heart 7.00 pm	13	14 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	15 Tara Puja 5.00 pm	16	17 Guru Puja 10.00 am	18 Sunday Meditation 9-10 am
Guru Bhuntsok 2018 Tasmania, 12 - 15 November				HE Jhado Rinpoche Visit PhendheLing Buddhist Centre, 17 - 18 Nov		
19 Teachings with Geshe Sonam The 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 Medicine Buddha Puja 10.00 am	25 Sunday Meditation 9-10 am Cultivating Emotional Balance with Jude Carter 10.30 - 4.00 pm
26	27	28 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	29	30		

DECEMBER 2018

MON	TUES	WED	THUR	FRI	SAT	SUN
Dec 31 Guru Puja 10.00 am					1	2 Sunday Meditation 9-10 am Lama Tsongkapa Day Lama Chopa & extensive light offering 2.00 pm
3	4	5 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	6	7	8	9 Prayers for the Deceased 7.30 am Sunday Meditation 9-10 am
10 Teachings with Geshe Sonam The 37 Practices of a Bodhisattva 7.00 pm	11	12 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	13	14 Term 4 Yoga Ends	15 Tara Puja 10.00 am	16 Sunday Meditation 9-10 am Cultivating Emotional Balance with Jude Carter 10.30 - 4.00 pm
17 Guru Puja 7.00 pm	18	19 Healthy Mind/Healthy Body 10-11.15 am Guided Meditation 5.45 - 6.30 pm	20	21	22	23 Sunday Meditation 9-10 am
24	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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Other Events

GURU BHUMTSOK 2018

Make many offerings of Tsog to Padmasambhava at Guru Bhumtsok 2018, 12 - 15 November in Tasmania. This amazing event will be led by the energetic Geshe Tenzin Zopa, offering many prayers to Guru Rinpoche for the benefit of all sentient beings. Please see web for booking details: <https://fpmta.org.au/guru-bhumtsok-2018/>

HE JHADO RINPOCHE

PhendheLing Buddhist Centre will be hosting HE Jhado Rinpoche for the weekend of 17 - 18 November. Please contact info@phendheling.org for details.

Holy Days

LHA BAB DUCHEN

Wednesday 31 October
Shakyamuni Buddha Puja, 7.00 pm

Lha Bab Duchén 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 Duchén, 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.



LAMA TSONGKAPA DAY

Sunday 2 December
Lama Chopá and extensive light offering, 2.00 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 Chopá Guru Puja with extensive light offerings, and including "Praise to lama Tsongkapa." Contributions of food, flowers and light will be welcome.



Special Events

ANNUAL HMT DINNER

Sunday 9 September, 6.30 pm
\$55 per person

Join us at the Lighthouse Hotel for HMT's Annual Dinner and Silent Auction on Sunday 9 September.

This annual event raises much needed funds for HMT so join us to show your support for your centre. The evening will feature a fabulous silent auction and delicious shared platter meal so book your tickets now for great company, great views and lots of yummys!

Tickets are \$55 per person. Please book at HMT for you and a bunch of friends. Vegetarian, dairy free and gluten free options are catered for.

Please note ticket sales end 2 September.



“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



Practices

GURU PUJAS

September: Wednesday 5, 7.00 pm (front room)
Wednesday 19, 7.00 pm (front room)

October: Thursday 4, 7.00 pm
Friday 19, 5.00 pm

November: Friday 2, 5.00 pm
Saturday 17, 10.00 am

December: Tsog Sunday 2, 2.00 pm (Lama Tsongkapa Day)
Monday 17, 7.00 pm
Monday 31, 10.00 am

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

September: Saturday 22, 10.00 am
November: Saturday 24, 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: Monday 17, 7.00 pm
October: Saturday 20, 10.00 am
November: Thursday 15, 5.00 pm
December: Saturday 15, 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.

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www.hmt.org.au

Please check the HMT website for updates on teachings, practices, meditation, yoga and special events offered.

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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

HATHA YOGA: TERM 4 2018

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

Term 3: Monday 16 July to Friday 21 September

Term 4: Monday 8 October to Friday 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

YOGA CLASS TIMES

Monday	3.15 - 4.15 pm New in Term 3	Delphine
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



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



Monk Sponsorship

Hospice of Mother Tara organises a Monk Sponsorship Program to assist monks in the Sera Je Monastery in India. In keeping with the preservation and protection of the spiritual heritage and monastic traditions, it is important to look after the needs of the monks to enable them to carry on their training and studies without distraction or disruption.

The program provides essential items such as medical care, texts and robes and various incidentals. Most of the monks have no monetary income and many who have left Tibet have no relatives in India to help support them. The cost per monk per year is \$120.

Many of the monks sponsored by the program will provide teaching, guidance and inspiration to hundreds of people like us all over the world, therefore contributing to this program is an extremely virtuous activity which will create a lot of merit and benefit many people.

Further information can be found on The Good Fortune Trust website www.goodfortunetrust.org or please contact the HMT Monk Sponsorship co-ordinator Sonia Burns by emailing monksponsor@hmt.org.au.

HOSPICE of MOTHER TARA

Buddhist Meditation and Healing Centre

SPIRITUAL DIRECTOR:
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DIRECTOR: Julie Halse

SPIRITUAL PROGRAMME COORDINATOR:
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COMMITTEE MEMBERS:
Jodie Berryman & Paul Kersten

YOGA COORDINATOR: Vacant

SHOP COORDINATOR: Jodie Berryman

MEMBERSHIP COORDINATOR:
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MONK SPONSORSHIP & MERIT BOX
COORDINATOR: Sonia Burns

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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.