

FEBRUARY 2010

MON	TUE	WED	THU	FRI	SAT	SUN
1 Gentle Yoga Class 9 am Open Yoga Class 6.30 pm HH Dalai Lama DVD & Discussion 7 pm	2 Discovering Buddhism (Orientation) 10.30 am Foundation Course (1) 6.30 pm	3 Discovering Buddhism (3) 7 pm	4 Overcoming Disturbing Emotions (3) 10.30 am Guided Meditation 6.30 pm	5 Vajrasattva Cleansing Meditation 7 pm	6	7 Meditation, DVD 10.30 am
8 <i>25th Tsog</i> Gentle Yoga Class 9 am Open Yoga Class 6.30 pm HH Dalai Lama DVD & Discussion 7 pm	9 Discovering Buddhism (1) 10.30 am Foundation Course (2) 6.30 pm	10 Discovering Buddhism (4) 7 pm	11 Overcoming Disturbing Emotions (4) 10.30 am Guided Meditation 6.30 pm	12 <i>29th Protector</i> Geshe Jamyang Teachings 7.30 pm	13 <i>30th Precepts</i> ● Buddhist Drawing 9.30 am Mindfulness Retreat 9 am–4 pm	14 <i>Losar (New Year)</i> Family Dharma 10 am Meditation, DVD 10.30 am Buddhist Card Games 2 pm–4 pm
15 Gentle Yoga Class 9 am Open Yoga Class 6.30 pm HH Dalai Lama DVD & Discussion 7 pm	16 Discovering Buddhism (2) 10.30 am Foundation Course (3) 6.30 pm	17 Discovering Buddhism (5) 7 pm	18 Overcoming Disturbing Emotions (5) 10.30 am Guided Meditation 6.30 pm	19 Geshe Tashi Tsering Teaching 7.30 pm	20 Geshe Tashi Tsering (Kusho Lama) "Essence of Buddhism and Tantra" 10 am–4 pm	21
22 <i>8th Tara</i> Gentle Yoga Class 9 am Open Yoga Class 6.30 pm Tara Puja 6.30 pm	23 Discovering Buddhism (3) 10.30 am Foundation Course (4) 6.30 pm	24 <i>10th Tsog</i> Discovering Buddhism (6) 7 pm	25 Overcoming Disturbing Emotions (6) 10.30 am Guided Meditation 6.30 pm	26 Geshe Jamyang Teachings 7.30 pm	27	28 <i>Day of Miracles, 15th</i> ○ Meditation, DVD 10.30 am Medicine Buddha Puja 6.30 pm



Langri Tangpa Centre
A Teaching and Meditation Centre
in the Tibetan Buddhist Tradition

TURN OVER FOR DETAILS
We open 30 minutes before class until
30 minutes after class. The suggested
donation is usually \$5 per class.

DHARMA SHOP
Books, gifts, incense and more!
Saturday (9 am–5 pm) all day
Sunday (9 am–1 pm) mornings

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→ Suggested \$5 donation per class (unless otherwise specified)



Langri Tangpa
Buddhist Centre

WEEKLY DAY PROGRAM

DISCOVERING BUDDHISM

Mind & its Potential (Unit 1)

(Intermediate) Explore the nature of 'mind' and how it affects our experience of happiness and suffering; the implications of having a mind with no beginning or end; the difference between mind and brain; and transforming destructive thoughts to create a positive and joyous mind. Led by Eddie Peet.

(Tuesdays 10.30 am—12 pm)

OVERCOMING DISTURBING EMOTIONS

(Beginners) An in-depth course on methods to recognise and deal with disturbing emotions such as attachment and anger. Practice constructive behaviour patterns, and change negative habits using the Four Opponent Powers. Join at any time. Led by Miffi Maxmillion.

(Thursdays 10.30 am—12 pm)

GUIDED MEDITATION, DVD & TEA

(All levels) A relaxed morning spent in a meaningful way! Guided meditation on the Buddha followed by a 30 minute DVD documentary on a Buddhist topic, ending with a relaxed discussion, delicious chai tea and biscuits. There is no need to be a Buddhist to attend. Led by senior students. You can join at any time.

(Sundays 10.30 am—12 pm)

BSP LOWER TANTRAS

(Advanced) An in-depth study of the lower tantra systems based on a BSP commentary given by Geshe Tashi Tsering at CI. It maps out the path to enlightenment, explaining the stages, meditations and symbolism, with the Nyung-Ne as a basis. *You must have a lower tantra initiation to attend this class.* Led by Eddie Peet. **BYO lunch.**

(No Sundays this month!)

BUDDHIST BOARD & CARD GAMES

Come celebrate Losar (Tibetan New Year) in the traditional way—with lots of merriment and games!

Sunday 14 February 2 pm

These are games with a difference—they dramatically demonstrate the Buddhist path, the negative mental factors and how they can be overcome, and how tenacious we have to be to develop our positive qualities! From afflictions to perfections...

WEEKLY EVENING PROGRAM

HH DALAI LAMA

DVD & DISCUSSION

(Intermediate) Watch the DVD of the lam rim teachings given by HH the Dalai Lama in Melbourne in 2002, the *Lamp for the Path to Enlightenment*. Join in the relaxed but in-depth discussion led by Eddie Peet. Detailed notes and recommended reading provided.

(Mondays 7—8.30 pm)

FOUNDATION COURSE

(Beginners) Key Buddhist topics to help us live with an open heart and a clear mind. How to develop our full potential as human beings, generate unbiased compassion, investigate reincarnation and karma, and hands-on practice in sitting comfortably, meditation techniques and setting up an altar. Led by Miffi Maxmillion.

(Tuesdays 6.30 pm—8.30 pm)

DISCOVERING BUDDHISM

Developing Bodhicitta

(Intermediate) An 8-week unit on developing our innate qualities of kindness and compassion. Learn the instructions for becoming skilled at generating bodhicitta, the wish to attain enlightenment for the benefit of others, the heart of the Buddha's teachings. Led by Eddie Peet.

(Wednesdays 7—8.30 pm)

GUIDED MEDITATION

Sitting with the Buddha

(All levels) Guided meditations that connect us with the enlightened qualities of a buddha. However, there is no need to be a Buddhist—these qualities are universal and innate in all of us. Instructions for beginners and plenty of time for questions. Led by Miffi Maxmillion.

(Thursdays 6.30 pm—8 pm)

VAJRASATTVA CLEANSING MEDITATION

(All levels) Guided meditation to cleanse negativities and overcome destructive habits—an ideal way to end the week! Buddhists and non-Buddhists welcome. By Ven. Trin-lä.

(Friday fortnights 7-8 pm)

REGULAR MONTHLY EVENTS

TEACHINGS WITH GESHE

LOBSANG JAMYANG

(All levels) Teachings on *The Way of the Bodhisattva*—the wisdom chapter—how all things exist dependently, in relation to something else, and thus have the potential for transformation. Geshe-la is a clear and approachable teacher, who invites questions. Join at any time.

(Friday 12 & 26 at 7.30 pm)

FAMILY DHARMA CLUB

(Pre-school & Primary) Activities from the 16 Guidelines of essential education (a secular program based on Buddhist ethics), colouring in the buddhas, and 'nativity' plays presented at Buddha's birthday. Children must be accompanied by a parent at all times. For more info email children@langritangpa.org.au

(Sunday 14 from 10—11.30am)

MINDFULNESS RETREAT

(All levels) We all get stressed, and all seek relief. Mindfulness can help with depression, anxiety, pain and stress. Foster serenity and insight, deepen our presence, soften our hearts and nurture a stable inner peace. Short recitations, silent sitting and walking meditations, and time for questions. Led by Chris Kang.

(Saturday 13 from 9 am—4 pm)

BUDDHIST DRAWING

(All levels) At the request of Andy Weber, Elaine Lum shows how to draw the buddhas using traditional grids and painting techniques. You do not need any artistic talent to participate!—only a wish to learn and a love of these sacred images. Limited places, so please book by email at e_lum@optusnet.com.au.

(Saturday 13, 9.30 am onwards)

Geshe Tashi Tsering (Kuzho Lama)

gives an explanation of the Three Principal Aspects of the Path and how to prepare for tantric practice.

Public Talk—Why a Guru?

(Friday 19 Feb.)

7.30 pm. By donation. All welcome!

**Weekend Course—Essence
of Buddhism & Tantra**

(Sat. 20 & Sun. 21 Feb.)

Bookings appreciated with deposit.

BYO lunch (tea & coffee provided)

Suggested donation \$140 / \$120
10 am—4 pm both days