

# MARCH 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 (4) 10.30 am  Foundation Course (5) 6.30 pm	3   Discovering Buddhism (7) 7 pm	4 Overcoming Disturbing Emotions 10.30 am  Mindfulness Meditation 6.30 pm	5   Vajrasattva Cleansing Meditation 7 pm	6 Tenets Tutorial 2 pm	7 Family Dharma 10 am BSP Tantra 10.30 am Meditation, DVD 10.30 am Sunday Sadhana 2 pm
8 Gentle Yoga Class 9 am  Open Yoga Class 6.30 pm HH Dalai Lama DVD & Discussion 7 pm	9 Discovering Buddhism (5) 10.30 am  Foundation Course (6) 6.30 pm	10 <i>25th Tsog</i>  Discovering Buddhism (8) 7 pm	11 Overcoming Disturbing Emotions 10.30 am  Mindfulness Meditation 6.30 pm	12   Geshe Jamyang Teachings 7.30 pm	13	14 <i>29th Protector</i> BSP Tantra 10.30 am Meditation, DVD 10.30 am
15 <i>30th Precepts</i> ● Gentle Yoga Class 9 am  Open Yoga Class 6.30 pm HH Dalai Lama DVD & Discussion 7 pm	16 Discovering Buddhism (6) 10.30 am  Foundation Course (7) 6.30 pm	17   Discovering Buddhism (Q&A) 7 pm	18 Overcoming Disturbing Emotions 10.30 am  Mindfulness Meditation 6.30 pm	19   Vajrasattva Cleansing Meditation 7 pm	20 Buddhist Drawing 9.30 am	21 Family Dharma 10 am Meditation, DVD 10.30 am  Dharma Kit-Bag 9 am–5 pm
22 Gentle Yoga Class 9 am  Open Yoga Class 6.30 pm HH Dalai Lama DVD & Discussion 7 pm	23 <i>8th Tara</i>  Tara Puja 10.30 am  Tara Puja 6.30 pm	24   Discovering Buddhism (1) 7 pm	25 <i>10th Tsog</i> Overcoming Disturbing Emotions 10.30 am  Mindfulness Meditation 6.30 pm	26   Geshe Jamyang Teachings 7.30 pm	27   Film Night 7.30 pm (open 6 pm)	28 Meditation, DVD 10.30 am  DB Retreat 9 am–4 pm
29 Gentle Yoga Class 9 am  Open Yoga Class 6.30 pm HH Dalai Lama DVD & Discussion 7 pm	30 <i>15th Medicine</i> ○  Medicine Buddha Puja 10.30 am  Medicine Buddha Puja 6.30 pm	31   Discovering Buddhism (2) 7 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)

## 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.**

**(Sundays 10.30 am—1.30 pm)**



### THE DHARMA KIT-BAG

Everything you wanted to know about Buddhist ritual but were afraid to ask! Long mandala, setting up an altar, prostrations, mantras and tunes, and Buddhist etiquette. **Avoid disappointment, book early!**  
Donation \$85/\$65 (free notes & starter mandala set). BYO lunch..  
**(Sunday 21st, 10 am—5 pm)**

## WEEKLY EVENING PROGRAM

### HH DALAI LAMA DVD & DISCUSSION

**(All levels)** 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 *Transforming Problems*

**(Intermediate)** Disadvantages of neglecting others and advantages of cherishing others more than ourselves. Get inspired to "exchange yourself with others," and develop the special techniques of *lojong* to train your mind to like problems as much as ice-cream! With Eddie Peet.

**(Wednesdays 7—8.30 pm)**

### MINDFULNESS MEDITATION (7 WEEKS)

**(All levels)** Mindfulness can help us soothe the body, relax the mind, and energise our awareness, so we can regain the sanity we are born with. Guided meditations suitable for all who seek a more stable serenity and relaxed wholeness, Buddhist or not.. Led by Chris Kang.

**(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 JAMYANG—(All levels)** Teachings on wisdom from *The Way of the Bodhisattva*—how all things exist dependently, in relation to something else, and thus have the potential for transformation. Join at any time. **(Friday 12 & 26 at 7.30 pm)**

**BUDDHIST DRAWING—(All levels)** How to draw the buddhas using traditional grids and painting techniques. You do not need any artistic talent to participate! Places are limited so please book via email at [e\\_lum@optusnet.com.au](mailto:e_lum@optusnet.com.au). **(Saturday 20th, 9.30 am—12.30 pm)**

**FAMILY DHARMA CLUB—(Pre-school & Primary)** Activities from the 16 Guidelines for a happy life (a secular program based on Buddhist ethics). Children to be accompanied by an adult. [children@langritangpa.org.au](mailto:children@langritangpa.org.au) **(Sunday 7 & 21, 10—11.30am)**

**DB RETREAT DAY—(Intermediate)** A relaxed but in-depth retreat on how to develop Bodhicitta—the wish to become a buddha so as to perfectly benefit all sentient beings without exception. The day is a review of the previous 8 weeks. It is a required activity of the DB course, but everyone is welcome. Led by Eddie Peet. **(Sunday 28th from 9 am—4 pm)**

**TENETS TUTORIAL—(Intermediate)** Eddie leads a relaxed but in-depth tutorial on the Buddhist Tenets system. In conjunction with the teachings being given by Geshe Jamyang on Friday nights. All welcome, but attendance at Geshe-la's teachings is a help! **(Saturday 6th, 2—4 pm)**

**SUNDAY SADHANAS—(Must have a tantric initiation)** A practical class focusing on how to use the bell and dorje, what they represent, and learning the mudras. Led by Miffi Maxmillion. **(Sunday 7th, 2—5 pm)**

### Film Fundraiser Unmistaken Child In Search of a Lifetime

The search for a reincarnated Tibetan master, told through the eyes of his lifelong disciple.

**Film starts at 7.30 pm  
(supper 6.15 & 7.00)  
\$28 / \$20 conc./  
\$5 children 3-12**

(Bookings essential!) Phone Camille on 3366 0928 or email [info@langritangpa.org.au](mailto:info@langritangpa.org.au)  
Entry includes supper & tea/ coffee/soft drink (lucky door prizes and short film before the feature).