

EVENT CALENDAR CONTINUED - JUNE

Sun 3 Jun	10am	Meditation
Tue 5 Jun	7pm	Guide to the Bodhisattva's way of life
Thu 7 Jun	10am	Lamrim teaching
Sat 9 Jun	7pm	Tsog/Guru Puja
Tue 12 Jun	7pm	Guide to the Bodhisattva's way of life
Thu 14 Jun	10am	Lamrim teaching
Sun 17 Jun	10am	Meditation at Gidgegannup
Tue 19 Jun	7pm	Guide to the Bodhisattva's way of life
Thu 21 Jun	10am	Lamrim teaching
Sat 23 Jun	7pm	Tsog/Guru Puja
Tue 26 Jun	7pm	Guide to the Bodhisattva's way of life
Thu 28 Jun	10am	Zamling chisang purification day

CONTACT DETAILS FOR PHENDHELING

We now have new email addresses at Phendheling to make it easier for our members and friends to direct their enquires to the relevant people.

Spiritual consultations: secretary@phendheling.org

Membership and accounts: treasurer@phendheling.org

Newsletter and General enquires: info@phendheling.org

Event bookings & registrations: bookings@phendheling.org



PHO - NYA

Newsletter of Phendheling Tibetan Buddhist Centre

Vol 55 April / May / June 2018

Continuing extracts from 'My Spiritual Autobiography' by His Holiness the Dalai Lama, 2009. Personal Reflections, Teachings and Talks collected by Sofia Stril-Rever, Translated by Charlotte Mandell.

My Childhood in Lhasa: I indulge in illegal treats

The Dalai Lama delights in relating anecdotes, punctuated by loud bursts of laughter, about his innocent pranks. He takes pleasure in presenting himself as a "clever little rascal," trying to make us believe in his innate mischievousness!

The portrait provided by Heinrich Harrer, the Dalai Lama's "professor in the secular sciences," is more complimentary and brings something else to light: "People spoke of the intelligence of this boy as miraculous. It was said that he had only to read a book to know it by heart; and it was known that he had long taken an interest in all that happened in his country and used to criticise or commend the decisions of the National Assembly."⁷

Hidden in the heart of the Himalayan Mountains, Tibetan society has remained apart from modernization and technological progress and continues its timeless rituals and religious practices. The Dalai Lama, eager to learn about the world outside, found a special interlocutor in Heinrich Harrer. The Austrian alpinist and explorer had the singular privilege,

between 1949 and 1951, of instructing him in history, geography, biology, astronomy, and mechanical engineering, fields of study that completely opened up new horizons of knowledge for the teenager.

Harrer left Tibet in 1951, when the first detachments of the Chinese People's Liberation Army invaded the high plateaus of the provinces in the east, Amdo and Kham. When Harrer died on January 10, 2006, the Dalai Lama mourned the loss of a personal friend and a defender of the rights of his people: "He came from a world that I did not know, and he taught me a lot about Europe especially. I thank him for having introduced Tibet and the Tibetans to the West, thanks to his book *Seven Years in Tibet* and to the lectures he gave throughout his life. We have lost a faithful Western friend, one who knew a free Tibet."

I almost looked like Moshe Dayan!

ONE OF THE advantages of my life at the Potala was that there were many storerooms, which were a thousand times more fascinating to a little boy than the rooms housing priceless religious objects made of gold or silver; they were even more interesting than the kudongs, or burial monuments, sumptuous and studded with jewels, of my predecessors. I much preferred the armory, with its collection of swords, rifles, and coats of mail. But that was nothing compared to the incredible treasures in the rooms that contained certain objects that had belonged to my predecessors. Among them, I uncovered an old air rifle, with a complete set of targets and ammunition. I also discovered a telescope, not to mention the piles of illustrated books in English about the First World War. All this fascinated me and provided me with the inspiration for the models of ships, tanks, and planes that I invented. Later on, I asked that these books be translated into Tibetan. I also found two pairs of European shoes. Since my feet were much too small, I wore them with the toes stuffed with tissue. I was excited by the sound that the massive, hard heels made.

To be continued.

EVENT CALENDAR APRIL - MAY

Tue 3 Apr	7pm	Guide to the Bodhisattva's way of life
Thu 5 Apr	10am	Lamrim teaching
Sun 8 Apr	10am	Meditation
Tue 10 Apr	7pm	Tsog/Guru Puja
Thu 12 Apr	10am	Lamrim teaching
Tue 17 Apr	7pm	Guide to the Bodhisattva's way of life
Thu 19 Apr	10am	Lamrim teaching
Wed 25 Apr	7pm	Tsog/Guru Puja
Thu 26 Apr	10am	Lamrim teaching
Sun 29 Apr	10am	Meditation at Gidgegannup

Tue 1 May	7pm	Guide to the Bodhisattva's way of life
Thu 3 May	10am	Lamrim teaching
Tue 8 May	7pm	Guide to the Bodhisattva's way of life
Thu 10 May	7pm	Tsog/Guru Puja
Sun 13 May	10am	Meditation
Tue 15 May	7pm	Guide to the Bodhisattva's way of life
Thu 17 May	10am	Lamrim teaching
Sun 20 May	10am	Meditation at Gidgegannup
Tue 22 May	7pm	Guide to the Bodhisattva's way of life
Thu 24 May	7pm	Tsog/Guru Puja
Sun 27 May	9-4	White Tara Retreat
Tue 29 May	7pm	Sakadawa

GENERAL NEWS

PhenDheLing Website

For general information on PhenDheLing Tibetan Buddhist Centre, including the calendar of events, please visit: www.phendheling.org.

Newsletter Contributions

If you would like to contribute to the newsletter or have any suggestions, please forward your copy or message to info@phenheling.org with the subject "Newsletter".



A NOTE FROM GENLA



Dear Members and friends,

Sakadawa starts on 16th May and finishes 13th June.

It is believed that it is more beneficial if you practice dharma during the Sakadawa month. So please practice dharma and live in positive and virtues life.

With prayers

Thupten

Be kind to others

YAMENTAKA RETREAT IN JULY.

Limited space.

Further information and booking, please contact Claire
cea@iinet.net.au or info@phenheling.org

TSOG OFFERING / GURU PUJA

Twice a month, based on the lunar calendar, the practice of tsog offering / Guru puja is done. It is a commitment for those practicing tantra to restore and reaffirm their vows and pledges.

However, anyone and everyone is welcome to attend this ritual of making extensive offerings to the Buddhas and Bodhisattvas, thus accumulating the positive energy needed to progress along the spiritual path. Everyone is welcome to attend.

TIME: 7:00PM

Please arrive at 6.45pm for a **7.00pm** start

Tuesday 10 April, Wednesday 25 April, Thursday 10 May, Thursday 24 May, Saturday 9 June, Saturday 23 June

ZAMLING CHISANG UNIVERSAL PURIFICATION DAY

We will do smoke offering and hanging prayer flags on this auspicious day at Claire's farm.

Please bring prayer flags and food for share.

Thursday 28th June 10am

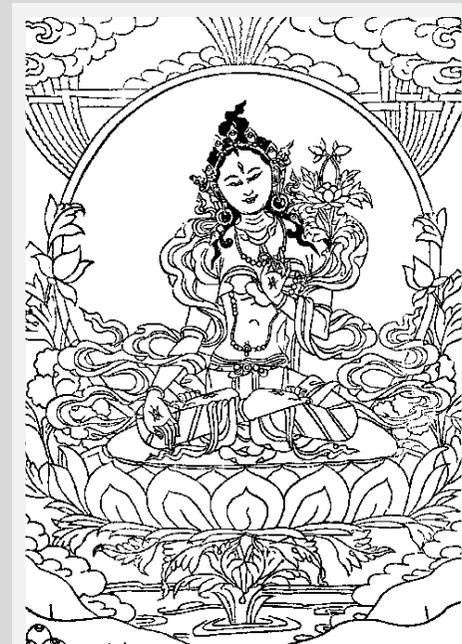
WHITE TARA RETREAT

A day long retreat on White Tara, who is the manifestation of all the Buddha's omniscient mind as a deity of longevity. In order to accomplish spiritual practice, we need a healthy mind and body. This practice is to rejuvenate health, wealth, good fortune and life-force energy.

27th May Day Retreat

9am-4pm

By Donation.



THE KING OF PRAYERS (continued)

May my offerings be received by all past Buddhas
 And by all those now abiding in the ten directions
 And may all the Buddhas who have not yet come
 Quickly perfect their minds and reach buddhahood, the
 state of supreme, full awakening.

May all the Buddha realms of the ten directions
 Remain forever vast and completely pure
 And may the world be completely filled with Buddhas
 Who have attained illumination under sacred bodhi trees
 And may they all be surrounded by bodhisattvas.

May all living beings in the ten directions
 Always abide in health and joy
 May they live in accordance with the way of dharma
 And may their every wish become fulfilled.

By my living in the ways of enlightenment
 May I remember my past lives in all my reincarnations
 And in all cycles of death, migration and rebirth
 May a sensitivity for truth be ever strong in me.



GUIDE TO THE BODHISATTVA'S WAY OF LIFE

Tuesdays at 7pm

The great Buddhist scholar Master Shantideva's classic work on the bodhisattva path, teaches what we require and what our commitments need to be to achieve peerless happiness.

April: 3rd, 17th. **May:** 1st, 8th, 15th, 22nd.

June: 5th, 12th, 19th, 26th.

LAMRIM TEACHING

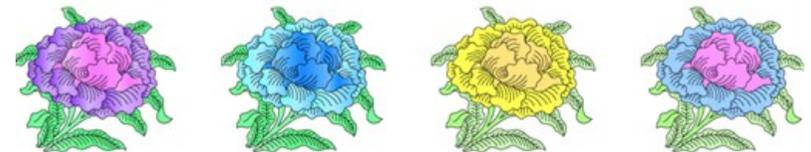
Lamrim Chenmo (Great Lamrim) composed by Lama
 Tsongkhapa with extensive details

The lamrim, or "graduated path," is a presentation of Shakyamuni Buddha's teachings that details the stages in the complete path to enlightenment.

Thursdays 10am

April: 5th, 12th, 19th, 26th. **May:** 3rd, 17th.

June: 7th, 14th, 21st.



Dharma Teachings

GENERAL MEDITATION ON SUNDAYS

Genla will be teaching meditations based on compassion, respect and happiness. These meditations will include techniques such as focusing on the breath and visualisations.

All welcome: Suitable for both beginner and more advanced students.

Sundays: 8, April, 13 May , 3 June

Time: 10.00am.

Cost: By donation

SUNDAY MEDITATION AT GIDGEGANNUP

Morgan has kindly opened her house to hold meditation sessions at 54 Waterford Drive, Gidgegannup.

The meditation will be led by Ven. Thupten Lodey. Genla will teach meditations based on compassion, respect and happiness using techniques such as focusing on the breath and visualisations. Everyone is welcome to attend.

Please join us for morning tea afterwards. Any queries please call Morgan on 0438 055 732.

Sundays 29 April, 20 May, 17 June

Time: 10.00am.

Cost: By donation

SAKA DAWA

BUDDHA'S BIRTH, ENLIGHTENMENT AND PARINIRVANA DAY.

We perform Chernezig Avaloketsivara practice on this very special and holy occasion.

Tuesday 29th May 7pm

Generally, there are four or eight deeds of Buddha Shakyamuni which were considered of special significance; they are remembered with celebration all over the world. Saka Dawa the fourth month according to the Tibetan calendar in which the Buddha Shakyamuni displayed the deeds of birth, enlightenment, and Parinirvana. On this special month, all Buddhists, lay or ordained, observe it with the practice of accumulation and purification. On this day, from generating the refuge mind and arousing Bodichitta as motivation, to the practice of prostration, circumambulation, liberating animals from being killed, and observing vows, all of which are complemented with dedication to the benefit of all sentient beings.

In the sutra, it says:

*“To offer to the Buddha in His presence and
To offer to the image of the one who had passed away,*