

Singmo Buddhist Institute

Dubbo 2012

*Buddhist Peace and
Healing Meditations...*
RESUMING 6TH FEBRUARY
12:30-1:30pm Mondays
ATMA Holistic Centre, 69-79 Macquarie St



Visit our new look
website at:
**www.
singmoinstitute.org**



*Hand-made eco-friendly Singmo Institute Shopping Bag &
Hand-made Singmo Institute Dragon Incense Holder (plus incense)*



are now available FREE - contact SI by phone or email.

*Buddhist books are available to purchase from our bookshop
or borrow from our extensive library - see website for details.*



Contact

**Ven Jhampa at
Singmo Buddhist
Institute on
6845 4661 or
tjhampa@gmail.com**

Feb/Mar 2012

Buddhist Youth Initiative 4 Interconnectedness

Toshiba

New look website
- check it out!

www.byi4i.org

How to be Happy?

*Two Questions for Gen
-La Venerable
Thubten Tenzin*

*What can children do
to make their lives
happier?*

Practise acts of
kindness! Now and
then, be kind to others,
especially to your
parents. Try not to
have an expectation of
receiving something for



*"Kindness leads
to happiness!"*

being kind. Try to be
kind out of love for the
other being. Please
don't say anything
harmful or do anything
hurtful, and try to
think positively. Then
you will feel happy and
more chances will come
about for you to
practice kindnesses.

*What can parents do
to make their
children's lives
happier?*

Parents are obligated
to teach their children
how to be kind to
others. This means
kindness not just to
family members, but
looking outside the
family as well.

*"As a child, I remember
walking to the shops with
my mother. I saw a
young woman vomiting
on the footpath and I was
judgmental about her - I
thought, "That's disgust-
ing, she's disgusting."
But my mother stopped
and took her inside to the
public toilets and looked
after her, making sure
she was ok and helping
her out. My mother's act
of kindness changed my
view of the lady, made
me regret my judgmental
attitude, and it changed
the way I saw my mother.
It really was a pivotal
experience for me."*

By Ven Choden.

BYI4I donates to Lotus Outreach:

- A Buddhist organization set up by Dzongsar Khyentse Rinpoche.
- Rehabilitating teenage girls in Cambodia who were exploited as child sex workers, so that they gain education and employment.
- Helping to educate girls in Cambodia so they do not become sex workers.
- see lotusoutreach.org.au



Blue Lotus Bi-Monthly

www.bluepadma.org

Resume Normal Transmission

Hello! It's good to be back. We hope you survived the silly season intact and are pleased to let you know what's coming up in 2012.

Understanding Buddhism study group begins in February with a new format. Classes will be held monthly as a full day workshop breaking for a yummy vegetarian lunch (please bring a plate of food to share). Understanding Buddhism is our eleven unit correspondence course, tailored for beginners. You don't have to be studying the course to come along. If you are interested contact Ven. Choden to find out more.

We are very excited to announce that Venerable Tenzin will be teaching on and giving the Bodhisattva Vow in Mudgee in March. Open to anyone seriously interested in holding the vow, Gen-la will give a talk on how to apply the vow in everyday life. Gen-la will also host a potluck lunch, please bring a plate of vegetarian food to share. Please con-

tact us to book or for more information.

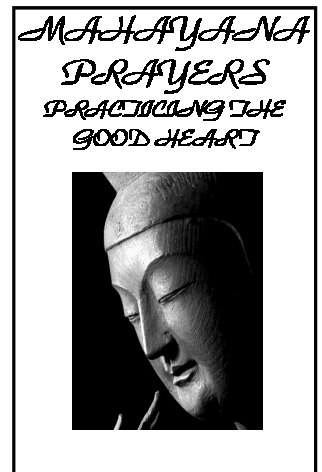
We have begun a new mantra count. Beginning in January we will recite 70,000 Morality Mantras. Gen-la has requested we recite this mantra to contribute to the world. If you would like to join in contact us for more info, or please check our website for details: www.bluepadma.org/mantracount.html

We will be running our six week course *How to and Why Meditate* in Gulgong in February at the Gulgong Massage Centre. This course was developed to be the ultimate introduction to meditation and outlines most of the meditation techniques found in Tibetan Buddhism. Find which one suits you! Contact us to book or visit course page on our site: www.bluepadma.org/meditationcourse.html

We are looking forward to another tour from the Sera Je monks in 2012/2013. Tashi has the good fortune to be chauffer for the monks on their next

tour and we are hoping to ask them to visit Dubbo again as well as other towns in the central west area. If you would like to help out, please let us know.

Would you like a copy of our



prayer book? It contains many beautiful Mahayana prayers and the standard prayers recited in the Tibetan monasteries. Including the Lama Atisha prayer (see left) and more, such as the Mandala offering, 21 Praises to Tara and Homage and Praise to Shakyamuni Buddha. Get in touch for your copy today!

Lama Atisha Prayer

The greatest achievement is selflessness.
The greatest worth is self-mastery.
The greatest quality is seeking to serve others.
The greatest precept is continual awareness.
The greatest medicine is the emptiness of everything.
The greatest action is not conforming with the worlds ways.
The greatest magic is transmuting the passions.
The greatest generosity is non-attachment.
The greatest goodness is a peaceful mind.
The greatest patience is humility.
The greatest effort is not concerned with results.
The greatest meditation is a mind that lets go.
The greatest wisdom is seeing through appearances.

Seven Years Plus—where are they now.

During Gen-la's time teaching at Vajrasattva Mountain Centre in the mountains, many fortunate and sincere dharma students had the karmic merit to be granted ordination by holy Geshe Thubten Dawa. Here is a wrap up of what they are doing now!

Venerable Thubten Pema is almost 10 years a nun, congratulations! She runs our prison program and visits Wellington, Bathurst and Lithgow CC's. She also teaches some of our courses.

Venerable Thubten Choden will be 9 years ordained in February and runs our Understanding

Buddhism course and hosts various workshops and courses during the year. Ven. Choden also looks after Byi4i—make sure you check our their great new website.

Venerable Thubten Yeshe will have 8 years of ordination under her belt in March and works on our website, newsletter and helps with courses and workshops too.

Venerable Thubten Jhampa has now reached 7 years as a monk and is busy with Singmo Institute in Wellington which runs meditations and has giveaways, a library and more.

Venerable Thubten Choesto is currently in India as personal assistant to Jetsunma Tenzin Palmo. She is also at her 7 year mark

And Venerable Thubten Choekyi, also 7 years as a nun, has finished her Tibetan studies and is now living in a Tibetan nunnery in India while she completes her Geshe-ma degree.

We would like to thank the sangha for their dedication to their ordination and the dharma!