

# spiritual program

## June 2007

**Monday 25** Guru Rinpoche practice, 6.00pm, Venue TBA

**Friday 29** DB: Karma with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Saturday 30** Medicine Buddha practice, 5.00pm,  
16 Edward Pde, Wentworth Falls

## July 2007

**Thursday 5** DB: Karma with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Friday 6** HHDL's birthday - Chenrezig practice, 7.00pm  
Katoomba Neighbourhood centre

**Friday 13** DB: Karma with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Wednesday 18** Extensive offerings practice, Venue TBA,  
International Sangha Day

**Friday 20** DB: Karma with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Saturday 21** Rebirth: Past & Present Lives with Geshe  
Samten, Vajrayana Institute, 10.00am–4.00pm

**Tuesday 24** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

**Friday 27** DB: Karma with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Sunday 28** Guru Puja for Margaret Castles (ex Director of  
VI) at Vajrayana Institute, 11.00am

**Monday 30** Medicine Buddha puja (Buddha Day) 6.00pm,  
Venue TBA

**Tuesday 31** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

## August 2007

**Saturday 4** Basic Buddhist Rituals Workshop  
10.00am–2.00pm, Katoomba Neighbourhood Centre

**Tuesday 7** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

**Saturday 11** Mahakala puja, 5.00pm, Venue TBA;  
Refuge ceremony with Geshe Samten  
2.00–4.30pm, Vajrayana Institute

**Tuesday 14** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

**Friday 17** DB: How to Meditate with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Saturday 18** The 4 Seals of Buddhism with Geshe Samten,  
9.30am–4.30pm, Vajrayana Institute

**Tuesday 21** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

**Friday 24** DB: How to Meditate with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Tuesday 28** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

**Tuesday 28** Medicine Buddha puja, 6.00pm, Venue TBA

**Friday 31** DB: How to Meditate with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre



Kunsang Yeshe Centre is a branch of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a network of Buddhist centres in Australia and around the world.

*Kunsang Yeshe*  
Centre

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## September 2007

**Saturday 1** Meditation Practices for Daily Life Workshop  
10.00am–2.00pm, Venue TBA

**Tuesday 4** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

**Friday 7** DB: How to Meditate with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Tuesday 11** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

**Friday 14** DB: How to Meditate with Renate Ogilvie,  
7.00–8.30pm, Blackheath Neighbourhood Centre

**Saturday 15** Foundation of All Good Qualities with Geshe  
Samten, 9.30am–4.30pm, Vajrayana Institute

**Tuesday 18** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

**Wednesday 19** Tara puja, 6.00pm, Venue TBA

**Saturday 22** White Tara Mandala Workshop with  
Andy Weber, 9.00am–6.00pm, Vajrayana Institute

**Sunday 23** White Tara Mandala Workshop with  
Andy Weber, 9.00am–6.00pm, Vajrayana Institute

**Tuesday 25** Meditation class with Venerable Palyon,  
10.00–11.00am, Women's Resource Centre, Katoomba

### DISCOVERING BUDDHISM

Renate is a popular and experienced teacher who helps to de-mystify and enhance our understanding of Tibetan Buddhism. Renate will be teaching the DB modules *Karma*, *How to Meditate* and *Emptiness*. Cost: \$15 or \$12 members per session.

### WORKSHOPS

*Basic Buddhist Rituals* Practice water bowl and extensive offerings practice, altar set-up, preliminary prayers before practices, prostrations, using bell and vajra, how to read the basic FPMT practices in the prayerbook (35 Buddhas, Vajrasattva practice, Praise to 21 Taras etc). A chance to ask those things you've been too shy to ask. Cost: \$20 or \$15 members.

*Meditation Practices for Daily Life* Daily meditation practices to help us deal with stress, anxiety, feelings of sadness, lack of energy and other mental obstacles. Using the latest FPMT materials we practice and discuss a range of effective meditation techniques that are practical and easy to implement. Cost: \$20 or \$15 members.

### MEDITATION CLASSES

Venerable Palyon and Venerable Aileen lead our meditation classes in Katoomba on Tuesdays (Book a place 4782 1216) and Fridays (just turn up). A wonderful way to deepen your practice and calm your mind. By donation.

### PRACTICES

These occur according to the lunar Tibetan calendar. Kunsang Yeshe students regularly practice Medicine Buddha, Tara, Mahakala and other special practices in each other's homes. In addition we hold larger pujas on auspicious days where we hire community facilities. All welcome. By donation.

### TEACHINGS

Vajrayana Institute's resident teacher, Geshe Samten will be teaching the Essential Buddhism series one Saturday per month. Kunsang Yeshe students will be attending these teachings and are happy to help arrange transport for others from the mountains wishing to come.

Kunsang Yeshe also organises initiations and teachings by visiting teachers. Check the Blue Mountains Gazette Public Notices section and our website.

### VENUES

Katoomba Neighbourhood Centre is located at 6 Station St, Katoomba, down the road from the Edge cinema. Blackheath Area Neighbourhood Centre is located near the corner of Gardiner Cresc and Great Western Highway, next to the public garden and opposite Blackheath rail station. The Women's Resource Centre is located at 23 Waratah St, Katoomba. Other venues are to be announced by email and through our website.

### FEE POLICY

Kunsang Yeshe does not charge for teachings. Our fees cover the costs of holding the event – hall hire, advertising, public liability insurance, offerings to teachers etc. We offer concessions to those who are unable to pay a course fee and aim to make our activities as accessible as possible. Practices, pujas and some of our meditation classes are by donation.

### WEBSITE

[www.kunsangyeshe.com](http://www.kunsangyeshe.com)

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