

At the heart of Tibetan Buddhism lies our heartfelt wish to gain spiritual and material happiness for ourselves and others. In gratitude for Australian support, the monks will offer the health and prosperity **Zhambala water ceremony** daily as a part of their morning meditation. Each afternoon experience the ancient **Karma Burning** chant for clearing away all problems – our own and others', including those who have already passed on.

Over 10 days, the monks will once again create a beautiful **Sand Mandala**, this time of Ghuyasamaja, King of Tantra, who is said to hold all the secrets of tantric practice and is the very basis of both the Dalai Lama's and Gyuto Monks' meditation.

Each day at 10am, the monks will chant for half an hour in **Morning Meditation**, followed at 11am by the famous **Culture for Kids** classes offering kids of all ages an opportunity to work hands-on with the monks making unique art works. Join the 12 o'clock **No Worries Meditation Series** based around the 10 Bhumis – the ten landmarks of spiritual progress on the way to enlightenment. A talk by Gen Lama at 2pm on alternate days will tackle **Life Issues and Inaction** – how we can counter our own negativities, with **Tantric Art** classes running on the other days. The **Gyuto Monks' answer to Master Chef – Cooking with Love** is where the Gyuto chef, Tenzin Tsultrim, will teach people to make the Tibetan national dish of Momos.

Gen Lama will conduct the **Jab Khru Healing Ceremony**, for which he is known to be a powerful practitioner, by appointment and offering at 3pm each day. Also, Gen Lama has agreed to share his wisdom by offering a night series of Buddhist teachings. This time he has decided to challenge us with some **HARD TRUTHS**.

'**HEART RESONANCE**' on Saturday evening September 11 will be a highlight. Harmonic Chanting to fill the heart with gratitude and joy.

The final day's program on Wednesday September 15 will culminate at 4pm in the **Dissolution of the Mandala and Procession to the Sea**.



MEDITATION INTENSIVE – A WEEKEND WORKSHOP WITH THE
GYUTO MONKS OF TIBET
DECISIVE EXPERIENCE

'Takes you deep into yourself in safety, and enables you to emerge with clarity and purpose'
Suitable for all.

Meditation without purpose has little value; it is like watching grass grow or paint dry! Purpose is all important. Gen Lama Thupten Phuntsok will offer a means and a structure through which we can each define our life's purpose. The workshop will culminate in a Gyuto Ritual Fire Puja, which on one level bestows a final blessing on participants, but on another level can serve as a connecting point into tantric practice.

**Sat 18 – Sun 19th September. Gyuto hospitality included all weekend.
Non-residential Taroon High School Cost \$260 Book now Ph 0412124678**

GYUTO MONKS OF TIBET

Return to Hobart

The Zhambhala Wish Fulfilling Tour of Australia 2010



WATERSIDE PAVILION MAWSON PLACE, HOBART

Opening Friday 7pm Sept. 3rd
then daily to Sept. 15th 2010

Open 10am – 5 pm and evenings as scheduled

Daily: Sand Mandala of Ghuyasamaja

All Welcome – Entry by Donation

followed by

a unique weekend retreat

“DECISIVE EXPERIENCE”

Taroon High School (non-residential)

Meath Ave Taroon

Saturday Sept. 18th 10am – Sunday Sept. 19th 4 pm

Gyuto care & catering included all weekend.

Cost \$260 Book now: ph 0412 124 678

Enquiries: Local 0427 348 766

Gyuto House 0412 124 678

gyuto@gyutoaus.com www.gyuto.va.com.au

DAILY PROGRAM



SATURDAY SEPTEMBER 4th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Wisdom Books'
12.00 – 1.00 **NO WORRIES** Meditation Series:
Greedy for Peace
2.00 – 3.00 Tantric Art: *Mudras and Mantras*
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation
7.30 – 9.00 Buddhist Teaching Series with Gen Lama:
HARD TRUTHS Part 1: *Natural Wounds*

SUNDAY 5th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Butter Trees'
12.00 – 1.00 **NO WORRIES** Meditation Series:
The Calm of Distraction
2.00 – 3.00 Public Talk with Gen Lama:
Compromise to Win
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation

MONDAY 6th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Monk Moulds'
12.00 – 1.00 **NO WORRIES** Meditation Series:
Constructing Happiness
2.00 – 3.00 Tantric Art: *Mandalas for Living*
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation
7.30 – 9.00 Buddhist Teaching Series with Gen Lama
HARD TRUTHS Part 2:
The Lure of Immortality

TUESDAY 7th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Five Wisdom Flowers'
12.00 – 1.00 **NO WORRIES** Meditation Series:
Pain without Hurt
2.00 – 3.00 Public Talk with Gen Lama:
Patience without Aggression
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation

WEDNESDAY 8th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Thankha Making'
12.00 – 1.00 **NO WORRIES** Meditation Series:
Satisfaction without Reward
2.00 – 3.00 Tantric Art: *Painting Auspicious Symbols*
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation
7.30 – 9.00 Buddhist Teaching Series with Gen Lama
HARD TRUTHS Part 3: *Benefit of the Unknown*

THURSDAY 9th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Imagination in Sculpture'
12.00 – 1.00 **NO WORRIES** Meditation Series: *Trading Grief*
2.00 – 3.00 Public Talk with Gen Lama: *Fighting Insecurity*
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation

FRIDAY 10th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Mandalas on Paper'
12.00 – 1.00 **NO WORRIES** Meditation Series:
Stability through Analysis
2.00 – 3.00 Tantric Art: *Mantra Recitation*
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation
7.30 – 9.00 Buddhist Teaching Series with Gen Lama
HARD TRUTHS Part 4:
Piecing it Together with Love

SATURDAY 11th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Sand and Stuff'
12.00 – 1.00 **NO WORRIES** Meditation Series:
The Up Side of Suffering
2.00 – 3.00 Public Talk with Gen Lama:
Tackling Life head On
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation
8.00 – 10.00 **HARMONIC CHANTING**

HEART RESONANCE

Eases pain and fills the heart with gratitude & joy

ADMISSION \$20
TICKETS AT DOOR

SUNDAY 12th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Peace Trees'
12.00 – 1.00 **NO WORRIES** Meditation Series:
Tricking Depression
2.00 – 3.00 Tantric Art:
'Momo Making- Cooking with Love'
3.00 – 4.00 Pet Puja and Animal Blessing
4.30 – 5.00 Evening Meditation

MONDAY 13th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids:
'Peace Birds of Dalai Lama VI'
12.00 – 1.00 **NO WORRIES** Meditation Series:
The Richness of Generosity
2.00 – 3.00 Public Talk with Gen Lama:
Lives of the Monks
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation
7.30 – 9.00 Buddhist Teaching Series with Gen Lama
HARD TRUTHS Part 5:
The Wisdom of Nowhere

TUESDAY 14th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Kindness Bands'
12.00 – 1.00 **NO WORRIES** Meditation Series:
De-stress from Ignorance
2.00 – 3.00 Tantric Art:
Sculpting Wrathful (and other) Deities
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.30 – 5.00 Evening Meditation

WEDNESDAY 15th

- 10.00 – 10.30 Morning Meditation
11.00 – 12.00 Culture for Kids: 'Peace Sticks'
12.00 – 1.00 **NO WORRIES** Meditation Series:
No Worries
2.00 – 3.00 Public Talk :
*Wanting, Wishing, Wasting –
Time to Regroup*
3.00 – 4.00 Jab Khru Ceremony with Gen Lama
4.00 – 5.00 **Dissolution of the Mandala &
Procession to the Sea**