

Chag-tong Chen-tong Tibetan Buddhist Meditation Centre

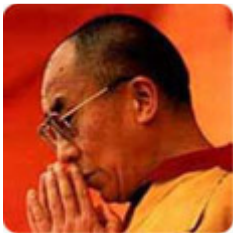


Affiliated with **Foundation for the Preservation of the Mahayana Tradition FPMT**

www.fpmt.org

~Offering methods to transform the mind ~ develop the good heart~

*Every second of this human life is more precious than skies of wishful filling jewels
~Kyabje Thubten Zopa Rinpoche*



If you help others with sincere motivation and sincere concern, that will bring you more fortune, more friends, more smiles, and more success. If you forget about others' rights and neglect others' welfare, ultimately you will be very lonely.

~His Holiness the Dalai Lama

In this edition of CTCT News:

- *Reflection on activities for 2009*
- *"The Real Development of a Dharma Centre"*
- *Program update & Link to FPMT International News – December edition*
- *Become a Friend of FPMT*
- *Supporting building a Stupa on Lama Yeshe's cremation site-25th Anniversary*
- *Merit Box Collection*
- *Maitreya Project Donations from Loving Kindness Lather Soap*
- *His Holiness the Dalai Lamas 'visit to Hobart*
- *Words of Truth Prayer by HH Dalia Lama*
- *CTCT Mission*
- *December teaching link 'Renunciation' by Tsenshab Serkong Rinpoche*
- *Next E:news preview*

➤ **Reflection on activities for 2009**

2009 was a very busy year for Chagtong Chentong full of many and varied wonderful harmonious activities.

- **Dr Sonam Takchoe** once again offered his great kindness and generosity in teaching the continuing commentary on the most loved and important Mahayana text Shantidevas Guide to the Bodhisattva Way

of Life. Many, many students benefited from these fortnightly teachings and we look forward very much to this course of study resuming again on 6th March 2010

- CTCT was very blessed to **host visiting teachers** offering many topics of interest for the community. We welcomed **Ven Tony Beaumont** to open our 2009 program and again in November to close for the year. Each of these visits were well attended, generally offering the ever essential essence of the Buddha dharma -topics of the Lam rim, the Graduated Path to Enlightenment.
- **Ven Tenzin Choyri** (Diana Taylor) presented a weekend workshop exploring our addictive patterns of behavior -positive and negative and how best we can work with this recognition within our daily activities.
- **International CPMT Meetings + Mani Retreat** for one month with Lama Zopa Rinpoche in France was attended by Director ,Lindy Mailhot, representing Chagtong Chentong Centre.
- **Happiness and its Causes Annual Conference** hosted by Sydney Vajrayana Institute was attended by CTCT member Sarah McCue representing and supported by Chagtong Chentong Centre.
- We offered a **weekly program of guided meditations and Lamrim topics** via the FPMT Introductory Discovering Buddhism Course home study materials.
- **Golden Light Sutra 108 Project recitations** dedicated to Lama Zopa Rinpoches long life and all success for CTCT was introduced on alternate Sunday mornings and this opportunity is offered ongoing to anybody to participate at home and pledge their recitations via email.
- **Visiting teacher Jampa Gendun** was with us for one week during early August delivering wonderful heartfelt presentations, guiding us towards living a more authentic life developing the good heart
- **Nyung Na , in praise of compassion, Avaloketshvara Retreat** was hosted again this year at Niche in Cygnet. CTCT was able to support the family & funeral service of member, Karen Stevens whom passed away shortly after completing this retreat.
- Medicine Buddha Puja was introduced ,weekly, on Sunday mornings at the Centre and will continue in the program into 2010
- **CTCT Open Day - Benefit of the Buddha Event** -was hosted at Friends Meeting House, raising awareness of our weekly activities, CTCT planned activities and the opportunity to support the endeavors in progress of bringing our new big Buddha statue to Hobart. Aspects of the Preservation of Tibetan Art, Culture and Tradition were on display via Rugs of Tibet – successfully hosting a fundraising raffle of a Tibetan carpet (kindly sponsored in part by Paul Thomas) all proceeds towards the costs of the Buddha Statue, and also we showcased examples of appliqué art work from the Norbulingka Institute as a prelude to the
- **Sacred Arts of Tibet Exhibition** hosted during His Holiness Dalai Lamas visit to Hobart in December. A very beneficial exercise for 10 days at the Henry Jones IXL Atrium, many peoples passed through this exhibition, wonderful new contacts and friends made , beautifully manned by CTCT dedicated team of volunteers each day offering immense benefit...we even witnessed wedding parties, also in the Atrium space, having their photos taken with the Tankgha display as the background !!
- **A successful Bookshop stall** was held (at very short notice) during HH Dalai Lamas Public Talk at The Derwent Entertainment Centre. We also were able to support the **Kopan Nuns Community** and the **Enlightenment for dear Animals project** on this stall also – raising almost \$2000 combined on behalf of these 2 projects.

- **Part 1 of a Strategic Planning Program** for the development of Chagtong Chentong Centre was hosted very successfully in November. (Part 2 is in the planning for the New Year.)
- A new Centre **Information Flyer** was designed and is now in circulation and a page on **Face Book** is current for day to day updates, information and input from the wider community of fans.
- **Chagtong Chentong website** has been launched although is still under ongoing construction with much work still to be actualized to bring the site to its fullest potential...a work in progress, please be patient as we continue this building project.

"We know that people are dissatisfied with worldly life, with the education system and everything else. It is in the nature of our dualistic minds to be dissatisfied. So what we are trying to do is to help people discover their own totality and thus perfect satisfaction"

~Lama Thubten Yeshe

➤ **"The Real Development of a Dharma centre"**

Please follow this link to the FPMT June 09 news and advice / teachings of Lama Zopa Rinpoche from CPMT Meetings <http://www.fpmt.org/enews/2009/fpmt/june.htm#12>

➤ **Program update**

- Program resumes **January 16th weekly each Saturday 2pm-5pm**
Guided Meditations, readings and group discussions.
The Three Principle Aspects of the Path
http://www.fpmt.org/teachings/more/paths_sopa.asp > For a topic overview
Teachings delivered via DVD by Lama Yeshe
and via Discovering Buddhism Course materials
Suitable for all levels of interest, for old and new students alike.
- Dr Sonam Takchoe resumes teaching program **Saturday March 6th**
Commentary on Shantidevas' Guide to the Bodhisattvas' Way of Life - interactive discussions
- Golden Light Sutra Recitations on alternate weeks resuming
Sunday 24th January 2pm – 5pm (please note this time change) Pujas and practices on random dates according to the Tibetan Calendar will also be scheduled throughout the year plus monthly Film nights and other social gatherings to be announced.
- 1st semester Calendar confirmation to be circulated shortly

➤ **Become a friend of FPMT** <http://www.fpmt.org/friends/>

➤ **Supporting building a Stupa on Lama Yeshe's cremation site**

The FPMT organization is due only to the kindness of our founder Lama Thubten Yeshe- the continuing benefit and development can all be traced back to the kindness of Lama. For all students of Lama Yeshe, those that had the fortune to meet him personally or those that have had their lives moved by his teachings via books, audio or DVD presentations ...an opportunity to be involved together....

<http://lamayeshestupa.wordpress.com/>

➤ ***Link to FPMT December News***

Bringing you news and photos from our international community, advice from Lama Zopa Rinpoche and news of his tireless travels around the globe visiting and teaching in our Centres.

<http://www.fpmt.org/enews/2009/fpmt/default.htm>

➤ ***Merit Box Collection***

This is CTCT 5th year of participation – heartfelt thanks to all whom have been involved previously and to all those that will be in the future.*** Everyone participating in the Merit Box project please be advised that final collection for the offerings are required by January 31st for deposit collectively on behalf of CTCT. Please arrange to deliver to the centre. For more information about this wonderful activity of generosity that supports Lama Zopa Rinpoches special projects please visit <http://www.fpmt.org/meritbox>

➤ ***Maitreya Project Donations from Loving Kindness Lather Soap***

CTCT was delighted to be able to make another donation of AUS \$250 – **thank you everyone** who has supported this fundraising project through the sale of the Loving Kindness Lather Soap.

This is an ever ongoing activity – available at the Bookshop- the perfect gift to anyone always!

To date we have been able to offer \$860 to support the Maitreya Project

<http://www.maitreyaproject.org/>

➤ ***His Holiness the Dalai Lamas 'visit to Hobart this year***

How blessed Tasmania was on December 8th 2009.

DVDs of all Australian Tour events and teachings available at <http://www.dalailamainaustralia.org/>

➤ ***Words of Truth Prayer by HH Dalai Lama***

A Prayer Composed by

His HOLINESS TENZIN GYATSO THE 14th DALAI LAMA OF TIBET

Honoring and Invoking the **Great Compassion** of the **Three Jewels**

The Buddha the Teachings and the Spiritual Community

O Buddhas, Bodhisattvas, and disciples
of the past, present, and future:
Having remarkable qualities
Immeasurably vast as the ocean,
Who regard all helpless sentient beings
as your only child;
Please consider the truth of my anguished pleas.

Buddha's full teachings dispel the pain of worldly
existence and self-oriented peace;
May they flourish, spreading prosperity and happiness through-

out this spacious world.
O holders of the Dharma: scholars
and realized practitioners;
May your ten fold virtuous practice prevail.

Humble sentient beings, tormented
by sufferings without cease,
Completely suppressed by seemingly endless
and terribly intense, negative deeds,
May all their fears from unbearable war, famine,
and disease be pacified,
To freely breathe an ocean of happiness and well-being.
And particularly the pious people
of the Land of Snows who, through various means,
Are mercilessly destroyed by barbaric hordes
on the side of darkness,
Kindly let the power of your compassion arise,
To quickly stem the flow of blood and tears.

Those unrelentingly cruel ones, objects of compassion,
Maddened by delusion's evils,
wantonly destroy themselves and others;
May they achieve the eye of wisdom,
knowing what must be done and undone,
And abide in the glory of friendship and love.

May this heartfelt wish of total freedom for all Tibet,
Which has been awaited for a long time,
be spontaneously fulfilled;
Please grant soon the good fortune to enjoy
The happy celebration of spiritual with temporal rule.

O protector Chenrezig, compassionately care for
Those who have undergone myriad hardships,
Completely sacrificing their most cherished lives,
bodies, and wealth,
For the sake of the teachings, practitioners,
people, and nation.

Thus, the protector Chenrezig made vast prayers
Before the Buddhas and Bodhisattvas
To fully embrace the Land of Snows;
May the good results of these prayers now quickly appear.
By the profound interdependence of emptiness
and relative forms,
Together with the force of great compassion
in the Three Jewels and their Words of Truth,
And through the power
of the infallible law of actions and their fruits,
May this truthful prayer be unhindered
and quickly fulfilled.

This prayer, Words of Truth, was composed by His Holiness Tenzin Gyatso, the Fourteenth Dalai Lama of Tibet, on 29 September 1960 at his temporary headquarters in the Swarg Ashram at Dharamsala, Kangra District, Himachal State, India. This prayer for restoring peace, the Buddhist teachings, and the culture and self-determination of the Tibetan people in their homeland was written after repeated requests by Tibetan government officials along with the unanimous consensus of the monastic and lay communities.



CTCT Mission

~ To provide a conducive and harmonious environment for the study and practice of the Buddhist teachings

Chag-tong Chen-tong Tibetan Buddhist Meditation Centre is devoted to the transmission of the Mahayana Buddhist tradition, following the teachings of Lama Tsong Khapa as presented to us by our founder Lama Thubten Yeshe and Spiritual Director Kyabje Lama Thubten Zopa Rinpoche, through teaching, meditation and community service.

We offer the opportunities of integrated education through which peoples minds and hearts can be transformed into their highest potential for the benefits of others , inspired by an attitude of universal responsibility ~

- **December teaching 'Renunciation'** Tsenshab Serkong Rinpoche
http://www.fpmt.org/teachings/more/renunc_serkong.asp

➤ **Next edition of CTCT E:News preview**

- Progress report of the acquisition of our new Buddha Statue
- Local member profiles
- Liberation Prison Project activity in Hobart
- Visiting teacher courses for 2010
- Opportunities to offer service within CTCT / FPMT
- Upcoming & current situations vacant.