

TIBETAN BUDDHIST SOCIETY



The traditional Tibetan temple where all the talks are held

Buddhist Meditation and Psychology

New weekly introductory series at
1.30-3.00pm from Sunday 15 November 2009

“Meditation is the key to happiness.”

Venerable Geshe Acharya Thubten Loden

Learn how to awaken your inner potential for greater happiness, clarity and compassion using the methods taught by Buddhist meditation masters such as His Holiness the Dalai Lama.

This new 13-week introductory series offers guided meditations and practical instructions on how to create a happier and more meaningful life.

These classes are based on the book *Essence of the Path to Enlightenment*, composed by the Tibetan Buddhist Society's Spiritual Leader and Founder, Venerable Geshe Acharya Thubten Loden.

This new series starts on 15 November with Rosie McKew.

Classes are held in the traditional Tibetan temple and include a talk, guided meditation and question and answer session, followed by afternoon tea. The facility charge is \$10. All welcome.

The Tibetan Buddhist Society's Peaceful Land of Joy Meditation Centre is at 1425 Mickleham Road, Yuroke (access via Cookes Road – Melways 385 J8).

Ph: (03) 9333 1770

Web: www.tibetanbuddhistsociety.org



Rosie McKew is a regular teacher and a Director of the Tibetan Buddhist Society. She has been a student of Venerable Geshe Loden for 21 years.