Phase 2: Transition 2014–2018

Nalandra Buddhist Institute

2014

Teachings and Dharma Study

At Nalandra, Rinpoche taught Kalachakra Tantra and Shantideva's Bodhicaryavatara. Saturday meditation programs along with 'Buddha's Way' introductory courses run by Venerable Freeman Trebilcock and Andrew MacMillan supported new and continuing students.

Practice, Retreats and Empowerments

Monthly Padmasambhava Tsogs, 16 Arhat Pujas, an Avalokiteshvara retreat, a refuge ceremony and animal blessing continued in the new setting.

Community, Culture and Outreach

Film nights, animal blessing and public engagement continued, while Nalandra provided a more dedicated teaching and practice environment.

Organisational Development and Governance

the AIVBI company was registered, Nalandra Institute opened, and Jamchen prepared for merging and transferring assets to AIVBI.

Major Events and Milestones

- AIVBI was registered on 25 February 2014.
- Nalandra Institute opened on Losar (Lunar New Year), 2 March 2014, with a dedicated temple and teaching space in Box Hill South.
- Permanent residency for Zim'og Rinpoche and family was granted after five years.

Sample of Publications & Promotions

A trifold Flyer of Nalandra's activities and flyer for Buddha's Way course were distributed in the community.

Transition Phase
2014

Zimwock Rinpoche



His Eminence Zimwock (Zim'og) Rinpoche is a pre-eminent Sakya master of the 600 year old Tsarpa lineage of Tibetan Buddhism.

Rinpoche was born in exile in India and recognised and enthroned by His Holiness Sakya Trizin as the 6th Zimwock Tulku at a very early age. He received traditional tulku training under many great masters and achieved Acharya status with a Masters Degree in Buddhist Philosophy. Following this he lived in Switzerland for over a decade, where he married and began raising a family.

Now resident in Australia, he teaches with great warmth, and insight that embraces years of life in western culture, while maintaining the authenticity of the precious lineage he carries from Tibet. He is the Founder and Spiritual Director of the Australian International Vajrayana Buddhist Institute.

Rinpoche teaches, leads practices, and offers Vajrayana empowerments at Nalandra, interstate and internationally.

Nalandra & the AIVBI

Nalandra was opened by His Eminence Zimwock Rinpoche, who named the centre after his seat in Tibet, Nalandra Monastery. It is the first Dharma Centre to open under the banner of the Australian International Vajrayana Buddhist Institute (AIVBI), founded by Rinpoche in 2014.

A centre for study and meditation, Nalandra is an inspiring place to receive teachings, practice meditation and attend many special events, which are held throughout the year.

The mission of the AIVBI is to promote and support peace and non-violence, to encourage religious and social harmony amongst all people, to relieve the suffering of animals, and to preserve and extend the teachings and practices of Tibetan Buddhism. The AIVBI will play a pivotal role in assisting Tibetan Buddhist students by providing teachings and practices that embrace Mahayana philosophy and esoteric meditation, with guidance on how to apply them in this contemporary age.

Zimwock Rinpoche's dates in this calendar are subject to change. *Please see zimwock.org for the most up-to-date information.*

Nalandra
Australian International Vajrayana Buddhist Institute

1F Ailsa Street, Box Hill South,
Victoria, Australia 3128
• +61 449 996 492 • zimwock.org
• www.facebook.com/AIVBI
• nalandrainstitute@gmail.com

Nalandra

Australian International Vajrayana Buddhist Institute

2014
Teachings, Practices, Special Events

Teachings

Wednesday Dharma



On Wednesday evenings, Zimwock Rinpoche gives teachings based on important Vajrayana texts. These profound and in-depth teachings are best suited to practitioners with a grounding in Mahayana and some knowledge of Vajrayana. In 2014 Rinpoche begins a new cycle of teachings on the *Kalachakra Tantra*.

When 7.30 - 9.00pm with Q & A.
Wednesday evenings (during school term) commencing 30 April.
Donation $20 or $10 members/concession.

Thursday Dharma

Each Thursday, Zimwock Rinpoche continues an ongoing cycle of teachings on a classic Mahayana text. In 2014 the text is Shantideva's *A Guide to the Bodhisattva's Way of Life*. Suitable for people at all levels of practice.

When 7.30 - 9.00pm with Q & A.
Thursday evenings (during school term) recommencing 1 May.
Casual attendance welcome.
Donation $10 or $5 members/concession.

Buddha's Way

A bi-monthly series of four talks introducing the basics of Buddhism, given by longer-term students of Zimwock Rinpoche. Topics are *What the Buddha Taught*, *Calming the Mind*, *Understanding Reality*, and *Opening the Heart*. The talks are followed by a short meditation. Suitable for anyone interested in learning about Buddhism.

When 7.30 - 9.00pm
Monday evenings, 5, 12, 19, 26 May.
Casual attendance welcome.
Please see zimwock.org for the latest dates.
Donation $10 or $5 members/concession.

Practices

Saturday Meditation

Tibetan Buddhist meditation guided by Zimwock Rinpoche, followed by an optional group practice. If Rinpoche is unavailable, the sessions are led by one of his experienced students.

When Saturday mornings
10.00am — Preliminary practices followed by guided meditation
11.00am — Morning tea
11.30am — Optional mantra chanting/ Sadhana practice/Lineage prayers
Donation Practitioners can make offerings in the donation box, to help cover centre costs.

Guru Rinpoche Tsok

Sadhana practice and Tsok to celebrate Guru Rinpoche (Padmasambhava) day each month. Bring your practice booklet and some food to share. *This Tsok is for those who have received the Guru Rinpoche empowerment.*

When 7.30pm, 10th day of the lunar month.

Tibetan Buddhist Festivals

The Nalandra community celebrates with Buddhists the world over on these festival days. *Please see zimwock.org for further details.*

Saga Dawa *— Buddha's Day*
When Time to be announced, Friday 13 June

Tsechen Day *— Guru Yoga*
When Time to be announced, Thursday 21 August

Annual Mahakala Puja

This puja is to Mahakala, King of the Dharma Protectors, for peace, prosperity and dispelling obstacles on the path. Led by Zimwock Rinpoche and chanted in Tibetan with traditional instruments, over 3 days.

When 10am - 7pm
27 - 29 December
Donation $100 or $90 members/concession for 3 days or $40 or $35 members/concession for single days.

Special Events

Empowerments

Empowerments bestowed by Zimwock Rinpoche are rich with blessings and truly life-changing in their depth and meaning. In 2014 Rinpoche will give two precious empowerments, *Eleven Faced Avalokiteshvara*, and *Vajrasattva*. The initiations are given in conjunction with teaching on the relevant sadhana practice and a full day of practice with Rinpoche. Please bring a plate of vegetarian food to share.

Avalokiteshvara *— The thousand arms of compassion*
When 10am - 5pm
7 - 8 June (Saturday, Sunday)
Donation $120 or $90 for members/concession.

Vajrasattva *— Purifying faults and negative karma*
When 10am - 5pm
20 - 21 September (Saturday, Sunday)
Donation $120 or $90 for members/concession.

Annual Pilgrimage

Each year Zimwock Rinpoche leads a pilgrimage to some of the world's holiest Buddhist sites. The 2014 pilgrimage is visiting Kathmandu and Tibet, including Lake Manasarovar and Mt. Kailash. The 2015 pilgrimage will include all 8 holy places of Buddha, starting from Nepal and ending in India.

Movie Nights

Nalandra hosts informal movie nights on a regular basis, featuring films and documentaries related to Buddhism, Tibet, and spirituality.

When 7.30 pm with Q & A.
Commencing Saturday 10 May 2014
Donation $15 or $10 members/concession.

Annual Animal Blessing

A heartwarming blessing for our animal friends, held in conjunction with World Animal Day. This will be the 6th Annual Animal Blessing bestowed by Rinpoche. *Please see zimwock.org for further details.*

When Time to be announced, Sunday 12 October
Donation Donations go to animal welfare charities.

BUDDHA'S WAY



1 day introductory course on Buddhist meditation & view. Topics include:

- What Buddha taught
- Calming the Mind
- Understanding Reality
- Opening the Heart

10am - 4pm
Sunday May 31
@ Nalandra

(1f Ailsa st. Box Hill South)

$20 Concession / $40 full

COURSE FACILITATOR

Freeman Trebilcock was ordained as a Buddhist monk in the Tibetan tradition at the age of 12. He remained in the robes for eleven years undertaking teachings, empowerments & retreats with Buddhist masters such as His Holiness the Dalai Lama, His Holiness Sakya Trinzin, Dzongdzar Kyentse Rinpoche, & Lama Zopa Rinpoche. He is a close student of His Eminence Zimwock Rinpoche.

Freeman now runs Buddhas Way to help beginners develop a basic understanding of Buddhism & learn tools for psychological wellbeing.



Nalandra
Australian International Vajrayana Buddhist Institute

for more information visit
www.nalandra.org

Transition Phase

2015

Teachings and Dharma Study

Rinpoche continued teaching on the Kalachakra Tantra and commenced teachings on Ordinary Wisdom and Vajrayogini Tantra. Venerable Hōjun Futen commenced teaching meditation and introductory Buddhist courses, Dr Di Cousens taught a Tibetan History course, and Tibetan language classes continued, supporting the wider teaching program.

Practice, Retreats and Empowerments

A Mahakala empowerment, Mahakala Puja, Losar and Saga Dawa celebrations, Nepal earthquake prayers, Padmasambhava Tsogs, Saturday meditation with Rinpoche and Monday meditation with Venerable Hōjun Futen were held.

Community, Culture and Outreach

Nalandra held a highly successful Community Open Day, Nepal Earthquake Appeal activities, a fundraising dinner and auction, a St Michael's Searchers visit, annual animal blessing and an end-of-year Tibet presentation.

Organisational Development and Governance

Jamchen entered an administrative phase, managed the School Building Fund and prepared for dissolution/ merger options while Nalandra's activity program grew.

Major Events and Milestones

- His Eminence Luding Khen Rinpoche bestowed a Mahakala empowerment in January 2015 including a refuge ceremony, followed by a Mahakala Puja.
- Nalandra's Community Open Day marked the official opening of the new centre in Box Hill South.
- The Nepal Earthquake Appeal raised $5,573.
- His Eminence Zim'og Rinpoches teachings gained formal international recognition from His Holiness Sakya Trizin, qualifying students for certificates of achievement officially recognised by the Sakya Order of Tibetan Buddhism,

Transition Phase
2015

Open Day at Box Hill South





Transition Phase
2015

Zim'og Rinpoche



His Eminence Zim'og Rinpoche is a pre-eminent Sakya master of the 600 year old Tsarpa lineage of Tibetan Buddhism.

He was recognised by his own late guru Chogye Trichen Rinpoche, HH Sakya Trizin, HH Dalai Lama, 16th Karmapa, his tutor Kyabje Trijang Rinpoche, Kathok Shyibgkyong and Nyoshul Khen Rinpoche. Encompassing all four schools of Tibetan Buddhism, Rinpoche therefore teaches in a non-sectarian way.

Rinpoche was born in exile in India and recognised and enthroned by His Holiness Sakya Trizin as the 6th Zim'og Tulku at a very early age. He received traditional tulku training under many great masters and achieved Acharya status with a Masters Degree in Buddhist Philosophy. Following this he lived in Switzerland for over a decade.

Now resident in Australia, he teaches with great warmth, and an insight that embraces years of life in western culture, while maintaining the authenticity of the precious lineage he carries from Tibet.

He is the Founder and Spiritual Director of the Australian International Vajrayana Buddhist Institute.

Rinpoche teaches, leads practices, and offers Vajrayana empowerments at Nalandra, interstate and internationally.

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Nalandra
Australian International
Vajrayana Buddhist Institute

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nalandra.org
www.facebook.com/AIVBI
nalandrainstitute@gmail.com

March 2015

Nalandra

Australian International Vajrayana Buddhist Institute

2015
Teachings, Practices, Special Events

Teachings

Monday Dharma

Each Monday, Zim'og Rinpoche continues an ongoing cycle of teachings on a classic Mahayana text.

In 2015 the text is Sakya Pandita's Ordinary Wisdom. Suitable for people at all levels of practice.

When: 7.30 - 9.00pm with Q & A.
Monday evenings (during school term).
Casual attendance welcome.

Donation: $10 or $5 members/concession.

Wednesday Dharma

On Wednesday evenings, Zim'og Rinpoche gives teachings based on important Vajrayana texts. These profound and in-depth teachings are best suited to practitioners with a grounding in Mahayana and some knowledge of Vajrayana.

In 2015 Rinpoche continues teachings on the Kalachakra Tantra.

When: 7.30 - 9.00pm with Q & A.
Wednesday evenings (during school term).

Donation: $20 or $10 members/concession.

Buddha's Way

A series of occasional/weekend workshops introducing the basics of Buddhism, given by longer-term students of Zim'og Rinpoche.

Topics are What the Buddha Taught, Calming the Mind, Understanding Reality, and Opening the Heart.

The talks are followed by a short meditation. Suitable for anyone interested in learning about Buddhism.

When: To be announced — check website for weekend courses.

Donation: $10 or $5 members/concession.

Practices

Saturday Meditation

Tibetan Buddhist meditation guided by Zim'og Rinpoche, followed by an optional group practice.

If Rinpoche is unavailable, the sessions are led by one of his experienced students.

When: Saturday mornings
10.00am — Guided Meditation
11.00am — Morning tea
11.30am — Optional mantra chanting/ Sadhana practice/Lineage prayers

Donation: Practitioners can make offerings in the donation box, to help cover centre costs

Guru Rinpoche Tsok

Sadhana practice and Tsok to celebrate Guru Rinpoche (Padmasambhava) day each month. Bring your practice booklet and some food to share. This Tsok is for those who have received the Guru Rinpoche empowerment.

When: 10th day of the lunar calender - see website for exact date and time.

Tibetan Buddhist Festivals

The Nalandra community celebrates with Buddhists the world over on these festival days. Please see nalandra.org for further details.

Saga Dawa — Buddha's Day

When: 2nd June 2015

Tsarchen Day — Guru Yoga

When: 25th Aug 2015

Annual Mahakala Puja

This puja is to Mahakala, King of the Dharma Protectors, for peace, prosperity and dispelling obstacles on the path. Led by Zim'og Rinpoche and chanted in Tibetan with traditional instruments, over 3 days.

When: December 2015
See website

Special Events

Empowerments/Retreats

Empowerments bestowed by Zim'og Rinpoche are rich with blessings and truly life-changing in their depth and meaning.

In 2015 Rinpoche will give a Vajrasattva empowerment. This initiation is given in conjunction with teaching on the relevant sadhana practice and a full day of practice with Rinpoche.

When: Oct/Nov Cup weekend

Where: Frankston South Vic.

Movie Nights

Nalandra hosts informal movie nights on a regular basis, featuring films and documentaries related to Buddhism, Tibet, and spirituality.

When: Bi-annually - check website

Donation: $15 or $10 members/concession.

Annual Animal Blessing

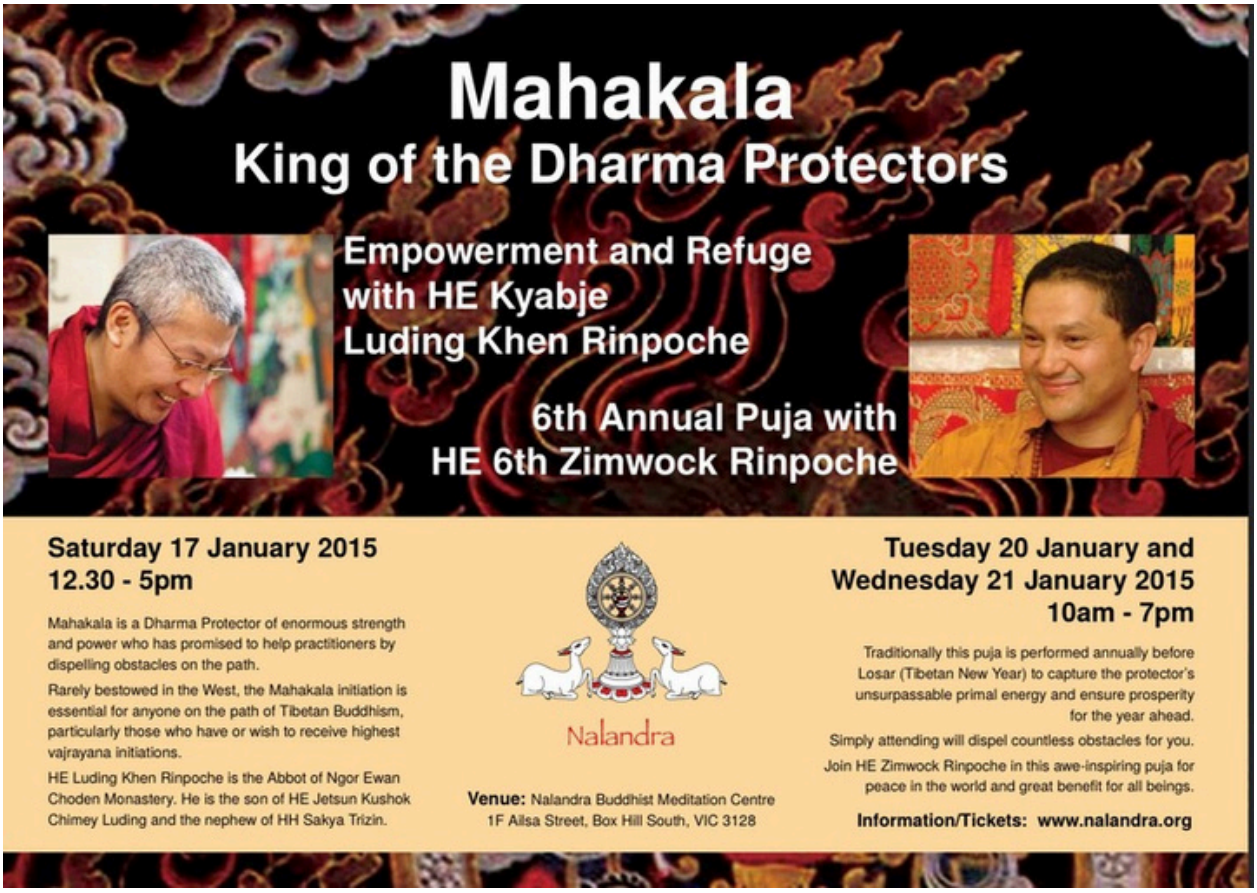
A heartwarming blessing for our animal friends, held in conjunction with World Animal Day. This will be the 7th Annual Animal Blessing bestowed by Rinpoche. Please see nalandra.org for further details.

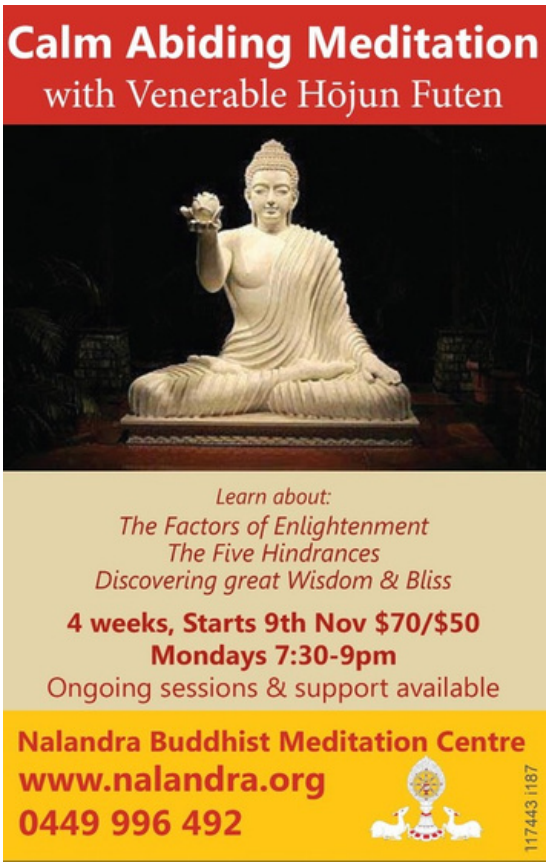
When: Oct 2015 - check website

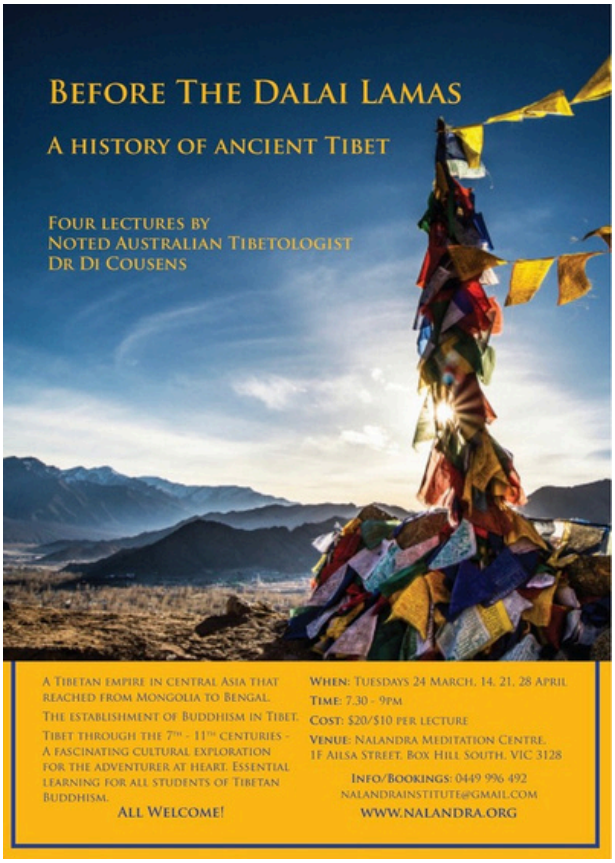
Donation: Donations go to animal welfare charities.

Zim'og Rinpoche's classes generally run according to the school terms.

Dates and times for all classes and events are subject to change, therefore we highly recommend joining our email list to keep up-to-date.


Mahakala
King of the Dharma Protectors
Empowerment and Refuge
with HE Kyabje
Luding Khen Rinpoche
6th Annual Puja with
HE 6th Zimwock Rinpoche
Saturday 17 January 2015
12.30 - 5pm
Mahakala is a Dharma Protector of enormous strength and power who has promised to help practitioners by dispelling obstacles on the path.
Rarely bestowed in the West, the Mahakala initiation is essential for anyone on the path of Tibetan Buddhism, particularly those who have or wish to receive highest vajrayana initiations.
HE Luding Khen Rinpoche is the Abbot of Ngor Ewan Choden Monastery. He is the son of HE Jetsun Kushok Chimey Luding and the nephew of HH Sakya Trizin.
Nalandra
Venue: Nalandra Buddhist Meditation Centre
1F Ailsa Street, Box Hill South, VIC 3128
Tuesday 20 January and
Wednesday 21 January 2015
10am - 7pm
Traditionally this puja is performed annually before Losar (Tibetan New Year) to capture the protector's unsurpassable primal energy and ensure prosperity for the year ahead.
Simply attending will dispel countless obstacles for you.
Join HE Zimwock Rinpoche in this awe-inspiring puja for peace in the world and great benefit for all beings.
Information/Tickets: www.nalandra.org


Calm Abiding Meditation
with Venerable Hōjun Futen
Learn about:
The Factors of Enlightenment
The Five Hindrances
Discovering great Wisdom & Bliss
4 weeks, Starts 9th Nov $70/$50
Mondays 7:30-9pm
Ongoing sessions & support available
Nalandra Buddhist Meditation Centre
www.nalandra.org
0449 996 492
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BEFORE THE DALAI LAMAS
A HISTORY OF ANCIENT TIBET
FOUR LECTURES BY
NOTED AUSTRALIAN TIBETOLOGIST
DR DI COUSENS
A TIBETAN EMPIRE IN CENTRAL ASIA THAT REACHED FROM MONGOLIA TO BENGAL.
THE ESTABLISHMENT OF BUDDHISM IN TIBET.
TIBET THROUGH THE 7TH - 11TH CENTURIES - A FASCINATING CULTURAL EXPLORATION FOR THE ADVENTURER AT HEART. ESSENTIAL LEARNING FOR ALL STUDENTS OF TIBETAN BUDDHISM.
ALL WELCOME!
WHEN: TUESDAYS 24 MARCH, 14, 21, 28 APRIL
TIME: 7.30 - 9PM
COST: $20/$10 PER LECTURE
VENUE: NALANDRA MEDITATION CENTRE,
1F AILSA STREET, BOX HILL SOUTH, VIC 3128
INFO/BOOKINGS: 0449 996 492
NALANDRAINSTITUTE@GMAIL.COM
WWW.NALANDRA.ORG

Transition Phase
2015

His Eminence Luding Khen Rinpoche bestows a Mahakala Empowerment





Annual Animal Blessing

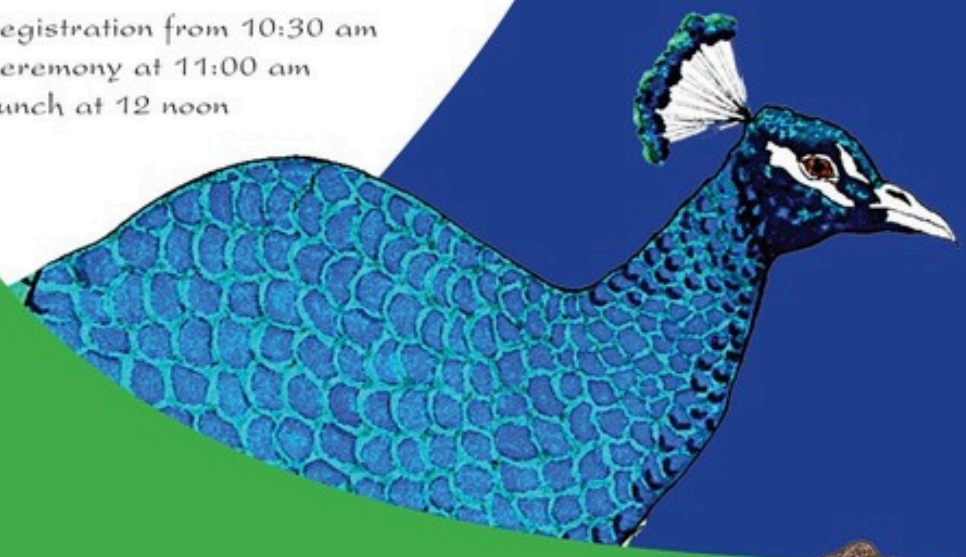
Nalandra's Annual Animal Blessing

Sunday 15 Nov, 2015

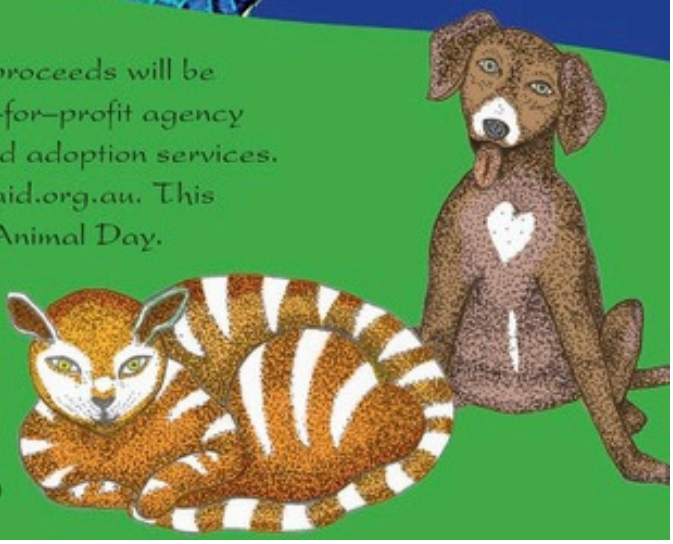
At Ruffey Lake Park, Doncaster

Enter Church road from King street (not George St.) Go to the car park at the end of the road. Look for the colourful Tibetan prayer flags leading to the covered BBQ area.

Registration from 10:30 am
Ceremony at 11:00 am
Lunch at 12 noon



By donation. This year all proceeds will be going to Animal Aid, a not–for–profit agency that provides foster care and adoption services. More information at animalaid.org.au. This event is inspired by World Animal Day.



For further information contact
www.nalandra.org or
phone 044 999 6492 (Prue)

Mahakala Puja

GRAND MAHAKALA PUJA 2015

with 6th Zim'og Rinpoche

Sunday 27, Monday 28, Tuesday 29 December



Zim'og Rinpoche extends an invitation to all Buddhists.

Join him in this awe-inspiring puja for world peace and the great benefit of all beings.

Mahakala is a Dharma Protector of enormous strength and power who helps practitioners by dispelling obstacles on the Path. Traditionally this puja is performed annually before the New Year to capture the protector's unsurpassable primal energy and ensure prosperity for the year ahead.

The puja is chanted mainly in Tibetan. Simply being there, however, will bring great benefit in 2016.

Daily Program

10am - 12noon	Green Tara Puja Individual (silent) practices
12noon - 2pm	Lunch (vegetarian)
2pm - 7pm	Mahakala Puja

Venue
1F Ailsa Street Box Hill South, VIC 3128

Cost (includes lunch)
3 Days $100/ $90
1 Day $40/ $35

Information/Tickets
nalandrainstitute@gmail.com
Call Prue on 0449 996 492
www.nalandra.org

Nalandra
Australian International
Vajrayana Buddhist Institute

Transition Phase
2015

6th Annual Mahakala Puja





Nepal Earthquake Appeal Fundraising Dinner



The Nepal Earthquake Appeal fundraising dinner on 20 June was a success, raising over $4,000 with more than 50 attendees. The evening began with a welcome from Rinpoche, followed by a slide show showing the aftermath of the earthquakes. Guests enjoyed Indian and Nepalese food, then participated in a silent auction and raffle/door prizes, with auction bids generating both generosity and fun. The event was was coordinated with many volunteers and donors. Funds were donated to Oxfam.



Endorsement Letter from His Holiness Sakya Trizin

His Holiness
The Sakya Trizin
HEAD OF THE SAKYAPA ORDER
OF TIBETAN BUDDHISM

Dolma Phodrang
192 Rajpur Road.
P.O. Rajpur 248009
Dehra Dun U.K. INDIA
Tel:+91-135-2734081
Email:sakyadolmaphodrang
@gmail.com

TO WHOM IT MAY CONCERN

The Sakya Order of Tibetan Buddhism operates internationally recognised courses in Buddhist education at its centres in Dehradun, India and at other centres globally.

I am pleased to certify that students of Nalandra School at the Australian International Vajrayana Buddhist Institute who have completed appropriate courses of study with Kunga L. Zimwock Rinpoche will be accorded recognition for their studies with Zimwock Rinpoche when entering courses at my centres.

In particular the knowledge gained with Rinpoche in basic Buddhist philosophy, Mahayana texts and Vajrayana empowerments will ensure that any student applying to undertake studies at the centre will be given priority for entry into courses, subject to their meeting requirements regarding standards of written and spoken English and other requisites.

Upon completion of courses successfully undertaken at the Nalandra School, the students will be awarded graded certificates of achievement officially recognised by the Sakya Order of Tibetan Buddhism.

The Sakya Trizin

4th January 2015

Newsletter - Nalandra News Issue 3 August 2015

Nalandra News

August 2015, ISSUE 3



***Nalandra** is an inspiring place to study Dharma and practice meditation. Our mission is to promote peace, non-violence, religious and social harmony, to relieve the suffering of animals, and to preserve and extend the teachings and practices of Tibetan Buddhism.*

Nepal Earthquake Appeal Fundraising Dinner and Auction

The Nepal Earthquake Appeal Fundraising Dinner on 20 June was a great success with over 50 people attending and over $4,000 raised for Nepal.

With the Gompa transformed into an attractive dining area, people perused the display of auction items as they arrived while taking in the aroma of the appetizing food. The evening began officially with a warm welcome by Rinpoche, reminding us of the important cause we had gathered for and expressing gratitude for the overwhelming support for the people of Nepal.

After entrees were served, a slide show including video footage and photos of the aftermath of the Nepal earthquakes gave a sobering account of the situation in Nepal. People were then invited to bid on items for the silent auction before enjoying a delicious main course consisting of a variety of Indian and Nepalese dishes that were generously prepared by friends of Nalandra. Conversations flowed as people appreciated their good fortune and capacity to be of benefit to the victims of the earthquakes.



Andrew Kinsella and Julie Marrington were the highest bidders for a book featuring many beautiful images of female deities

The auction saw many eager bidders contributing their generosity, enthusiasm and humor, adding an element of entertainment to the evening. Thanks to Pauline for preparing and hosting the auction, to Julie for her vibrant ad hoc assistance, and to Rikki for his unorthodox bids that stimulated bidding as well as much laughter.

Following dessert and drawing of the raffle and door prize, Rinpoche expressed thanks to all for their contribution to the cause and for a fun evening. He thanked and blessed with katags all those who helped to make the evening

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2 New Courses - Vajrayogini and Tibetan Language Course
2 Tibetan History Course with Dr Di Cousens
3 A Gift of Dharma from Hōjun Futen
3 Nalandra's new teacher
4 What's on at Nalandra
4 Support Nalandra

Click to View

Transition Phase

2016-2017

Teachings and Dharma Study

Rinpoche taught Ngondro using The Words of My Perfect Teacher and later commenced Mahamudra teachings based on Mahamudra the Moonlight. Regular Wednesday teachings, Saturday Dharma talks and meditation continued.

Practice, Retreats and Empowerments

Saturday meditation, Monday meditation, Padmasambhava Tsogs and Vajrayogini practice contined. A three-day Vajrasattva retreat, a Padmasambhava initiation, Cittapati/Chittamari Lord of the Cemetary initiation and refuge ceremony were held.

Community, Culture and Outreach

Rinpoche gave a public talk in Castlemaine on Mind and Meditation, supporting broader reach. Rinpoche and five students embarked on an inaugural tour to Bhanodi Temple, where Rinpoche was invited to become the resident teacher and which became Nalandra's sisters centre – the Nalandra Padma Retreat Centre. A pilgrimage to sacred Buddhist sites in India followed. Fundraising for the new Gompa commenced with a movie Fundraiser at the State Library of Victoria Theatrette. Losar and Saga Dawa were celebrated with 16-Arhat Pujas.

Organisational Development and Governance

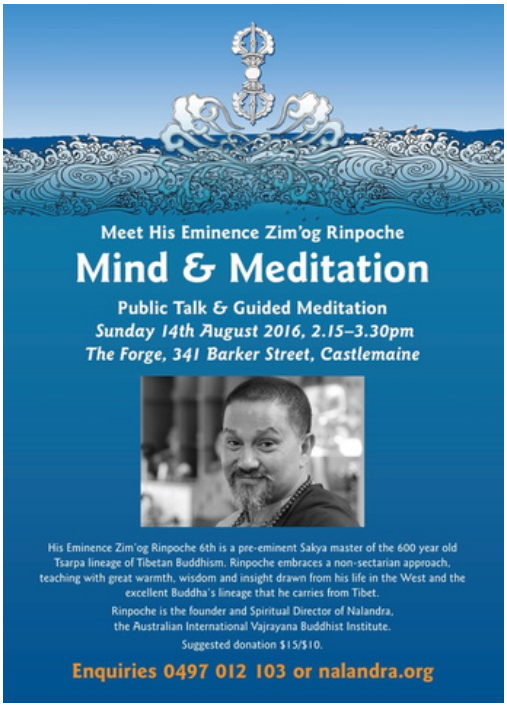
Jamchen continued to oversee the School Building Fund while Nalandra prepared to move to a more permanent property in Ringwood East, with the possibility of building a Temple/Gompa. Legal advice was sought on merging Jamchen with AIVBI/Nalandra while preserving the School Building Fund and DGR status.

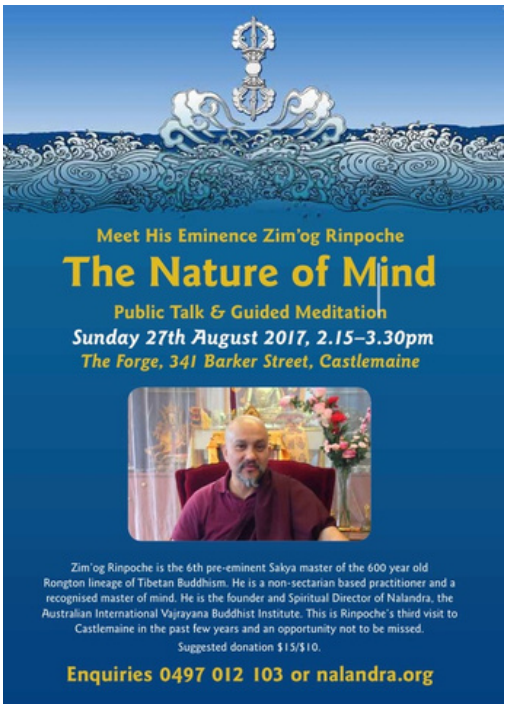
Major Events and Milestones

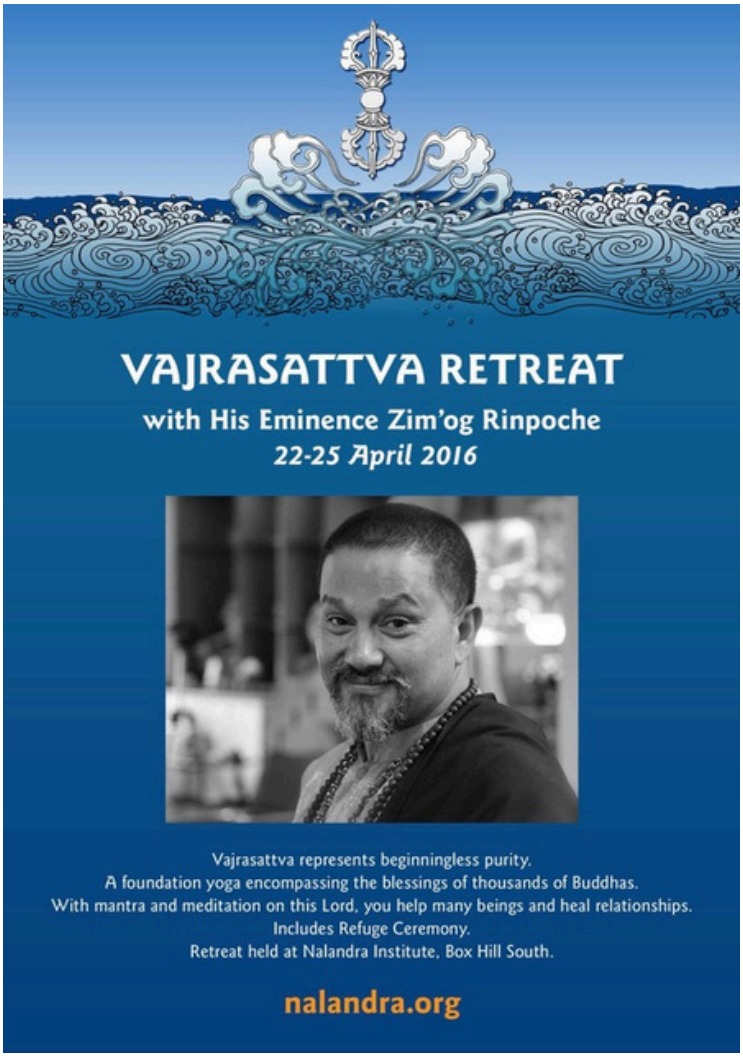
- The Padma Retreat Centre in India was established, and building works commenced.
- Rinpoche and five students made an inaugural trip to the temple in Bhanodi. Bonds were formed between the Centres, generous donations made toward restoring the ancient gompa, and sponsorships established.
- Rinpoche and seven pilgrims travelled to the holy places of the Buddha and the Kangra Valley.
- A major focus for 2017 was moving to new premises. In March, the Centre moved from Box Hill South to a property in Ringwood East, which was made available through the generosity of a new benefactor, Elliott Floyed.
- A council application for a planning permit to build a Buddhist School/Gompa was prepared in consultation with a town planner.
- The Moores legal team advised a pathway to migrate Jamchen to a not-for-profit company and merge with AIVBI/Nalandra while preserving the School Building Fund.

Transition Phase
2016-2017

Sample of Promotions







Transition Phase
2016-2017

Padmasambhava Initiation and Refuge Ceremony





Transition Phase
2016-2017

Vajrasattva Initiation and Refuge Ceremony







Transition Phase

2016-2017

Construction at Padma Retreat Centre in Bhanodi, India







Transition Phase
2016-2017

Inaugural Trip to Padma Retreat Centre in Bhanodi, India

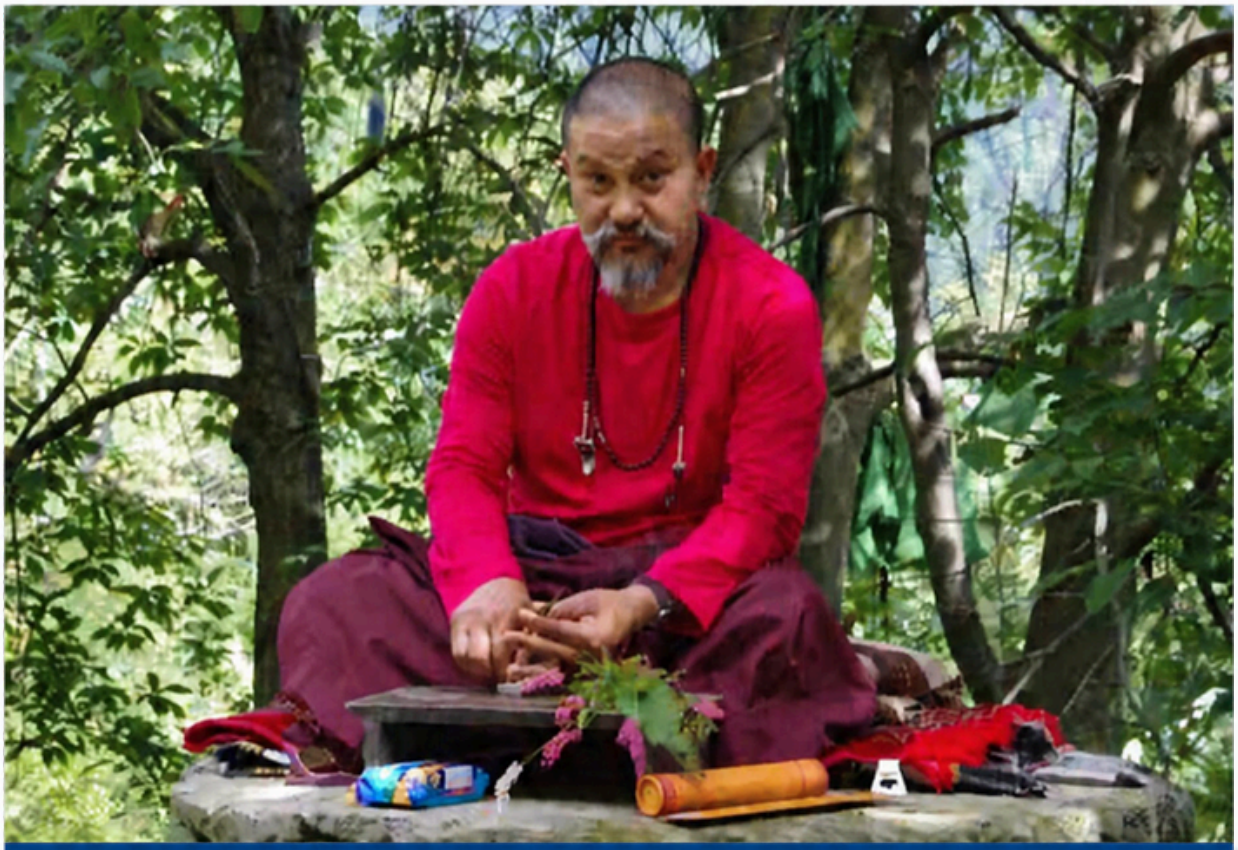


The 150 year old 'hidden temple' at the Nalandra Padma Retreat Centre houses a mesmerising stucco of Padmasambhava. The gompa is in need of repair, for which members of the Nalandra Australia group generously donated $10,000. A truly sacred place for practicing Dharma and the heart of the community, its restoration and maintenance are paramount for the future of the Centre and its many benefactors.



Transition Phase
2016-2017

Inaugural Trip to Padma Retreat Centre in Bhanodi, India



Rinpoche prepares for a 'carbon-free' meditation session in the outdoors. It was an extraordinary experience to be treated to Rinpoché's deeply transformative meditation among the natural elements of the Himalayas. A distinct highlight of the trip for us all.



Inaugural Trip to Padma Retreat Centre in Bhanodi, India



Lama Gyatso receives a gernerous offering from Rinpoche to support his health care costs, pilgrimage and general expenses. Rinpoche also generously donated offereings he received from the local people to the Padma Retreat Centre (PRC). The Nalandra Asutralia group gave donations to Lama Gyatso, the Centre and local families. Left to right: Angmo (PRC Vice President), Lama Bawa Sonam Gyatso (Chairperson) Konjok Chhoten (President), Prue Lamont (Nalandra Director), H.E. Zim'og Rinpoche, Yeshey Dorje (PRC Secretary).

Helping Bhanodi children

In Chamba, Rinpoche offered gifts to orphaned children, Each child was given T-shirts, stationery, art supplies and small toys. The delight on their faces was priceless. Sunglasses were a big hit among the older children and adults.
Quality second hand shoes and clothing from Rinpoche carried by the group from Australia were also gratefully received by Rinzin Dolma, who cares for the children.
Some of us also sponsored the educational and health care costs of the children of Yeshey Dorjey Khampa, the Padma Retreat Centre's devoted secretary.



Newsletter - Nalandra News Issue 4 March 2016

Nalandra News
Issue 4, March 2016

The Hidden Temple *by H.E. Zim'og Rinpoche*



As news of Rinpoche's presence spread, locals gathered quickly to meet their long awaited lama. Seated on Rinpoche's left is Bawa Sonam Gyatso, the solitary caretaker of the gompa. In front row, an Aussie from Brisbane who appeared on the day on a motorbike.

This is one of the many faces of this hidden temple that I know and have learned from various sources.

This hidden temple has gone through many ups and downs due to instability in the lives of the indigenous people. I have to start with the very last event that took place when I spontaneously decided to visit this place in 2015. It fully deserves its history to be narrated in progressive newsletters until the veil of the curtain is lifted.

For myself, the last year could have been a great achievement of planting the seeds of deeds and making reconnections with spiritual friends and places. Though in general I cannot forget the deep hurts of the lives lost around the world due to disasters, ignorance, hatred, and greed. To name a few, the earthquakes in Nepal, the flood of century in India, inundated rain in Myanmar and Bangladesh, food scarcity in Ethiopia, the shooting in France, the Sydney siege and so on. The year can be left behind but the memories of these tragedies I shall never forget. I therefore behold them deep in my sincere prayers where sorrow for the victims lies, and wish for them never to be repeated again.

On 4 April 2015, two days after my arrival to this vast and spacious land known as Bhanodi (an Indian

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Thanks & How We Can Help

Click to View

Newsletter - Nalandra News Issue 5 November 2016

Nalandra News
Issue 5, November 2016

The Journey is the Destination

by His Eminence Zim'og Rinpoche



The 150 year old 'hidden temple' at the Nalandra Padma Retreat Centre houses a mesmerising stucco of Padmasambhava. The gompa is in need of repair, for which members of the Nalandra Australia group generously donated $10,000. A truly sacred place for practicing Dharma and the heart of the community, its restoration and maintenance are paramount for the future of the Centre and its many benefactors.

THE TRIP to the Nalandra Padma Retreat Centre (NPRC) in Bhanodi, India was the culmination of many months of planning and preparation by the Australian International Vajrayana Buddhist Institute (AIVBI). Previous newsletters have mentioned the inception of the Centre, newly appointed committee members, land, supporters and above all, the 150-year old Temple, housing Padmasambhava.

On 6 September during the waxing moon and a great cloudless autumn sky in the north of the world, the group of six pathfinders flew from Melbourne, where there was simultaneously a great joy for the coming of Spring in the southern hemisphere. We marched out onto the chest of the Himalaya Mountains, crossing several rushing streams to come to the place where once Terton Migyur Lingpa himself designed, cut and fashioned this mesmerizing Guru Padmasambhava stucco, which is flanked by his official consorts of Nepalese and Chinese origins. The cluster of six stars leapt into the journey to toss prayers and meditations

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Transition Phase

2017-2018

Teachings and Dharma Study

Rinpoche continued regular Wednesday Mahamudra teachings, drawing on Dakpo Tashi Namgyal's Mahamudra the Moonlight, until commencing retreat in India in May 2018. The Saturday program included Dharma talks, guided meditation and Vajrayana practice. From November 2017, Dharma Discourses were introduced, with students presenting short reflections on Shantideva's The Way of the Bodhisattva. A beginner Tibetan language course was offered by Tsering Dorje, with continuing students invited to proceed to the next level.

Practice, Retreats and Empowerments

Regular Padmasambhava Tsogs continued monthly, led by Rinpoche or by students during his retreat. The annual Mahakala Puja was held at Federation Estate in Ringwood, with around 20 attending. Sakya Pandita's Day and Losar were marked with full-gompa 16-Arhat Pujas, and Saga Dawa was commemorated with 16-Arhat Pujas across the month. A refuge ceremony was held in December 2017 for four students. Rinpoche commenced the first leg of his long retreat at the Padma Retreat Centre in Inida in May 2018.

Community, Culture and Outreach

Rinpoche gave a Castlemaine public talk on "The Nature of Mind" to around 50 people, followed by student-led Dharma Discourses and meditation in Castlemaine. The annual Animal Blessing Ceremony was held at Ruffey Lake Park with around 30 people attending and $500 donated to Animal Aid. Neighbours were invited to an afternoon tea and planning discussion about the gompa application, supporting local community engagement. A Bunnings sausage sizzle raised funds for the Gompa project.

Organisational Development and Governance

The Jamchen Committee worked with Moores to implement the proposed merger of Jamchen Buddhist Centre with AIVBI/Nalandra while preserving the School Building Fund and DGR status. In parallel, The Ringwood East gompa planning application progressed, including amendments requested by council and formal advertising of the application in June 2018. Regular working bees prepared the premises for the new project. The Mandala Membership model was developed and quality metal key rings provided to members.

Major Events and Milestones

- The formal progress of the merger and migration resolutions.
- Rinpoche visited the Padma Retreat Centre in India in September 2017 to assist with building works.
- January 2018 pilgrimage to Indian Buddhist holy sites including Ellora, Ajanta, Bodhgaya, Varanasi, Sarnath, Nalanda, Rajgir, Vulture Peak and Dehradun.
- Lodgement and advertising of the Ringwood East gompa planning application.

Refuge Certificates and Ceremony



REFUGE CERTIFICATE

Refuge recipient's name

Dharma name

Insert passport photo here

Transliteration

English translation

Preceptor: His Eminence Zim'og Rinpoche

Place: Nalandra Institute

Date:

Signature:

Refuge in the Three Jewels

I take refuge in the Buddha
I take refuge in the Dharma
I take refuge in the Sangha

Recite 3 times morning, noon and night

TAKING REFUGE is the first step on the Buddhist Path. It occurs for most of us as a natural progression of inner growth as we reflect on what the teachings really mean to us in light of the human condition. It represents our first connectivity to ultimate happiness and turning toward a genuine spiritual mind that can be of benefit not only to ourselves but also to others.

We take refuge in the Buddha as an example of the life we should lead in order for our basic goodness to unfold.

We take refuge in the Dharma, the truth that accompanies us to absolute freedom.

We take refuge in the Sangha, seeing fellow practitioners as helpers on this extraordinary path, providing valuable feedback, friendship and support.

Refuge establishes the proper foundation for receiving the Buddhist teachings and entering into the practices of the highest path.

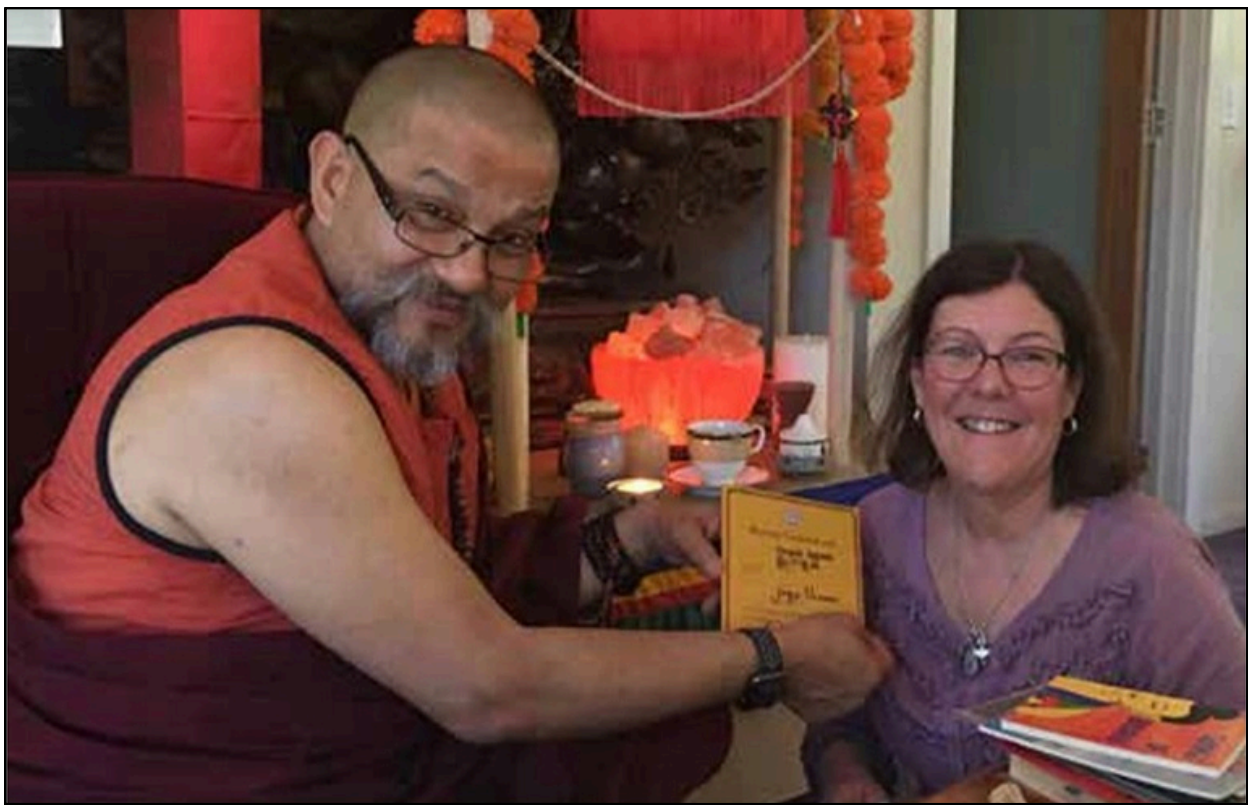
After taking refuge, one has taken the Upasaka vow of the four root vows: 'Avoid killing, stealing, sexual misconduct and lying. Abide in pure body, speech and mind'. This is the only doctrine of the Buddha.

Impermanence

'Like the twinkle of little stars
Like the flame of a burning candle
Like an illusory performance
Like a bubble on the water's surface
Like a dream, a flash of light,
and clouds in the sky
Likewise see the constituents
of life and phenomena.'

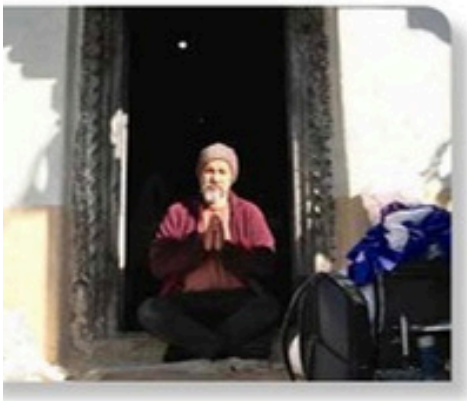
Lord Buddha

Nalandra
Australian International
Vajrayana Buddhist Institute





Padma Retreat Cente, Bhanodi India



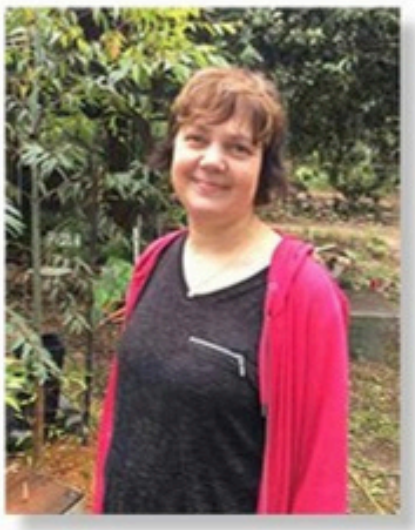


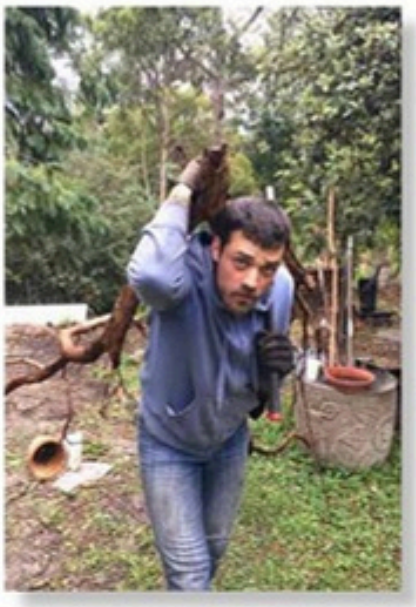
In Sepember 2017 Rinpoche went to the Padma Retreat Centre in Bhanodi, India to inspect the works that had been planned the year before. To his surprise the PRC team had achieved a great transformation. The back wall of the temple which had been damaged through decades of snow fall was repaired, the kitchen was finished, and Rinpoche's residence (below) was unexpectedly renovated to completion.





Working Bees at Nalandra Ringwood East









Members have contributed many hours of work on the property, generously offering their skills and energy during working bees throughout 2017. With their dedication, they have transformed the one acre landscape into a more liveable place and made significant cost savings for Nalandra. The generosity of the landlord/student is a catalyst for this wonderful development. This part of the world is changing rapidly for goodness to prevail. Nalandra salutes them from the bottom if its heart!





Volunteers from families of the Tibetan Cultural School, Dandenong.



Annual Animal Blessing at Ruffey Lake Park, Doncaster



06 NEWS manninghamleader.com.au

DONCASTER

Park is place to have pets blessed by Buddhist monk

MANNINGHAM pet owners can get their dogs or cats blessed at a special event in Ruffey Lake Park later this month.

The blessing will be done by a Buddhist monk, who will accept names and photographs of animals unable to attend.

The Tibetan Buddhist Animal Blessing is inspired by World Animal Day.

The blessings and prayers are said to help towards the wellbeing of animals.

The event will be held on October 29 from 10.30am with a donation required on entry to support Victorian Animal Aid.

Buddhists believe that both human and animals have a Buddha-nature and therefore the possibility of becoming enlightened.

They also believe that reincarnation occurs for both humans and animals.





Mahakala Puja Flyer

MAHAKALA PUJA FOR UNIVERSAL HARMONY

27, 28, 29 December 2017



His Eminence Zimo'g Rinpoche extends an invitation to all Buddhists to join him for this awe-inspiring Puja. Mahakala is a Lord of the universe and a Dharma Protector of enormous strength and power who helps practitioners by dispelling obstacles on the path. The Puja is of course dedicated to world peace and the great benefit of all beings. Traditionally it is performed annually before the new year to capture his unsurpassable primal energy and ensure prsperity for the year ahead. Your presence will bring great benefit to you and also provide protection for your family and friends.

DAILY PROGRAM

10 – 12pm	Green Tara Puja Personal (silent) practice
12 – 2pm	Vegetarian Lunch
2 – 7pm	Mahakala Puja

Venue: Maroondah Federation Estate
32 Greenwood Avenue Ringwood

Cost: $108 (flat price for 3 days, includes lunch and refreshments)

Tickets: www.trybooking.com/TCJA

For more details visit nalandra.org
Nalandrainstitute@gmail.com

Nalandra
Australian International
Vajrayana Buddhist Institute

Tibetan New Year (Losar) Practice and Celebration



Each year for the Tibetan New Year or Losar, Zim'og Rinpoche and his family join Nalandra students for a celebration with Buddhist practices and breakfast. Tibetan traditions are celebrated with traditional dress and foods such as sticky rice and butter tea.



Transition Phase
2017-2018

Dharma Discourses

"Dharma Discourse" grew out of Rinpoche's Saturday morning talks. He invited audience participation to deepen understanding. Students speak to share and explore specific Dharma topics and Buddhist texts. Students enthusiastically attend, preparing thoughtfully and using a respectful, safe space for study, inquiry, and debate;



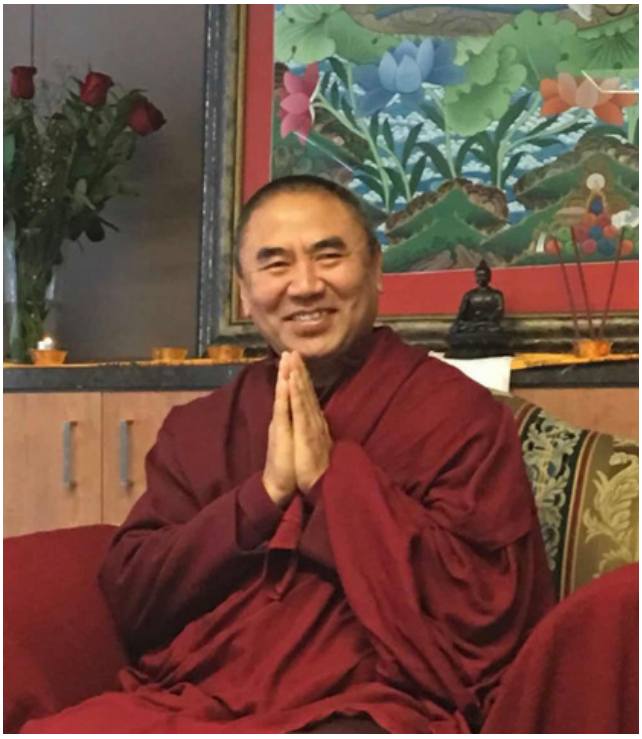


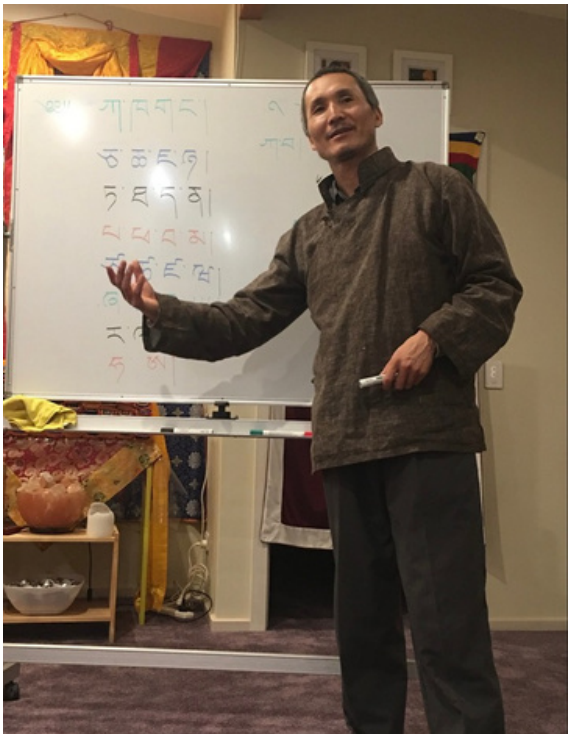




Transition Phase
2017-2018

Madyamika with Ngawang Khenpo, Tibetan Language with Tsering Dorje

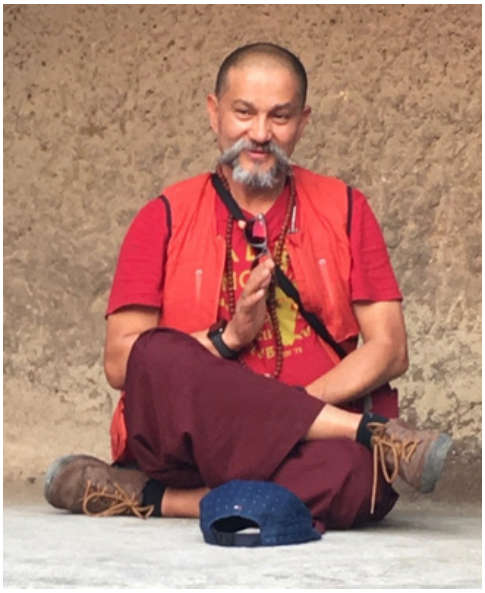




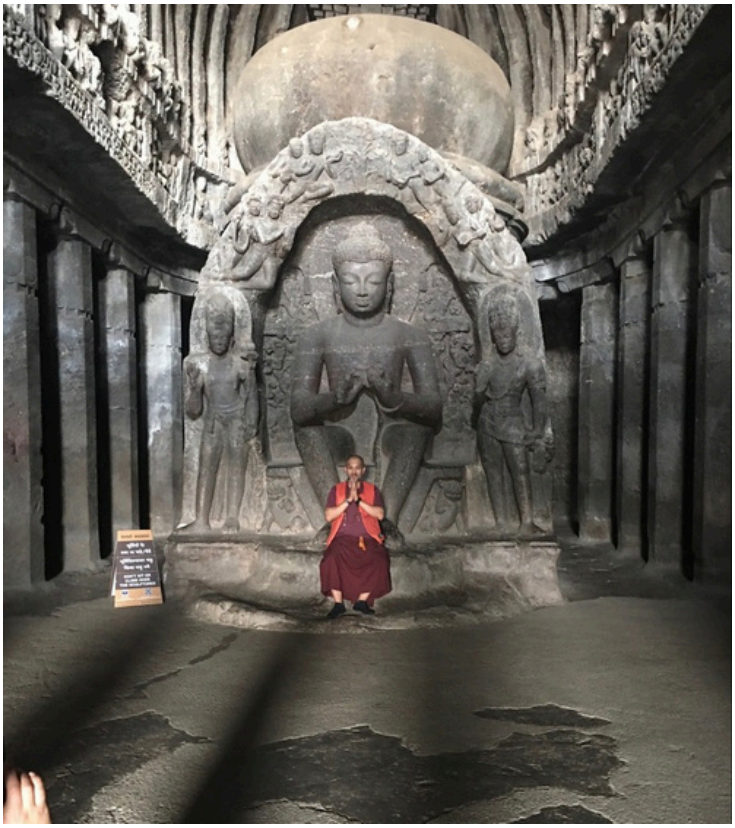


Transition Phase
2017-2018

Pilgrimage to sacred sites in India



January 2018 pilgrimage to Indian Buddhist holy sites including Ellora, Ajanta, Bodhgaya, Varanasi, Sarnath, Nalanda, Rajgir, Vulture Peak and Dehradun.

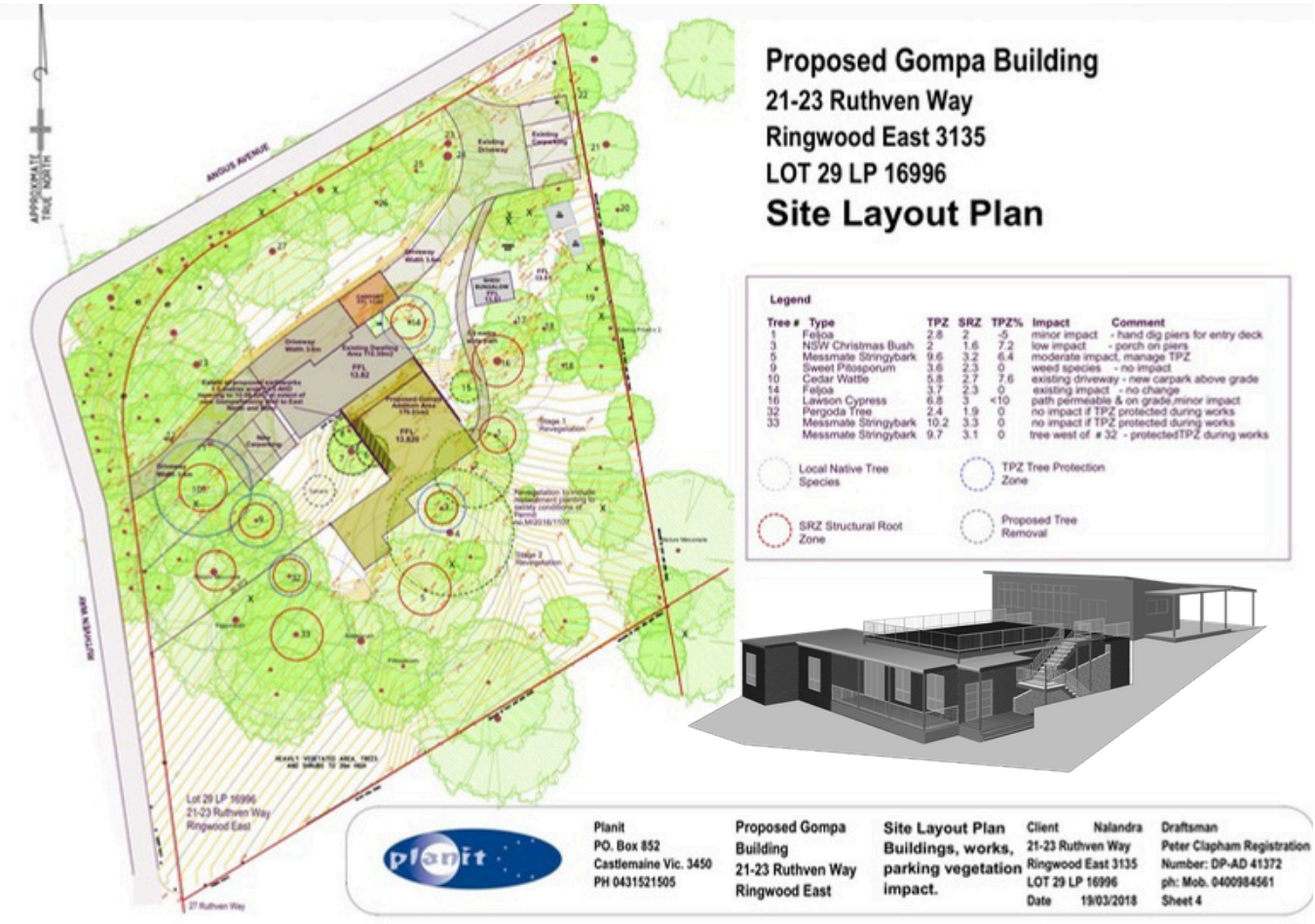




Transition Phase
2017-2018

Plans for School Building/Gompa in Ringwood East





Bunnings sausage sizzle fundraiser



Mandala Membership key rings

