



Sakya Thubten Ling

TIBETAN BUDDHIST CENTRE UK Charity No 10809667
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Patron: His Holiness Sakya Trizen
NEWSLETTER No.23 MAY 2008



After a welcome visit by Lama Thubten Nyima in February, we have an even fuller programme for the next few months. This newsletter provides details of our special activities for May, June, July and August. For more comprehensive details, please see the website www.stl.org.uk
Bookings and tickets for the Teachings and Empowerments on this page are available at the Centre and Enigma, 100 Old Christchurch Road, BH1 1LR.

PROGRAMME: May to August 2008. TEACHINGS AND EMPOWERMENTS

Lama Lekshey will be in Bournemouth for two weeks this June.

Wednesday 11th June	Welcome Session	7.30pm
Thursday 12th June	Teaching on Seven Limb Prayer according to Sutrayana (Open to all) £5	7.30pm
Sunday 15th June	Beginners Meditation	6.00pm
Tuesday 17th June	Red Sarasovati initiation £10 This deity is specially for wisdom and knowledge	7.30pm
Wednesday 18th June	Beginners Teachings	7.30pm
Thursday 19th June	Teaching on Seven Limb Prayers according to Vajrayana £5 <i>(For those who have taken any kind of initiation only)</i>	7.30pm



Lama Jamyang Lekshey

Lama will also attend our Vajrayana Practice (Tuesdays 19.30-21.00) and will give refuge if requested. Please contact Trustees for further details.

Empowerment of 21 Taras Her Eminence Jetsun Kushok 1st to 3rd August 2008 inclusive

On a rare visit to the UK, the sister of His Holiness Sakya Trizen will visit Bournemouth this summer. Learning alongside her brother, Her Eminence is the highest woman teacher in the Sakya and one of Tibetan Buddhism's most respected women lamas.

The practices of the 21 Taras contain all that is needed to assist practitioners in their relative and ultimate aims and include forms of Tara for pacifying illnesses, accumulating wealth, removing obstacles, and more.

Students wishing to attend must have taken refuge and preferably, received another Vajrayana Empowerment.

Please note: this Empowerment is over three days.

Bookings and tickets through Centre or

*Enigma, 100 Old Christchurch Road, BH1 1LR 01202-316454
£30 DEPOSIT REQUIRED (Total cost £90) Balance due by July 1st*



Her Eminence Jetsun Kushok

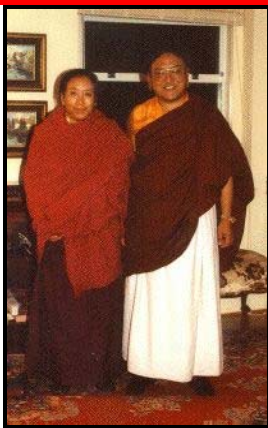
Other Events

Day	Subject
Friday June 6th 6.30pm - 8pm	<p style="text-align: center;">A session dedicated to Chanting</p> <p>Following a number of requests from students and visitors we are pleased to announce an evening dedicated to Chanting. Come along to learn with us and experience the benefits of this practice.</p>
Sunday 18 th May Centre Cleaning Day 11-4pm	<p style="text-align: center;">Spring cleaning and upkeep</p> <p>There are many essential cleaning and upkeep tasks required at the centre and your help is very much appreciated. All skills are welcome as there is office work, general cleaning, gardening and DIY required!</p> <p style="text-align: center;"><i>Please bring a contribution to lunch</i></p>

Ongoing Programme

Day	Time	Subject
Sundays	6.00-7.30pm	Meditation and introductory Buddhist teachings. All welcome
Tuesdays	7.30-9pm	Green Tara / Medicine Buddha Sadhana <i>Alternating weekly with Green Tara always 1st Tuesday of the month</i>
Wednesdays	7.30-9pm	Meditation and introductory Buddhist teachings. All welcome
Thursdays	9.30 - 11am	Meditation. All welcome

More information about Her Eminence Jetsun Kushok



His Holiness Sakya Trizen with his sister Jetsun Kushok.

Although Tibet has always had many accomplished female Buddhist practitioners, out of modesty few have emerged as prominent teachers. To have Jetsun Kushok Chimey Luding, one of the most respected female teachers of Tibetan Buddhism, among us is very auspicious and precious indeed. Now living in Canada since 1959, Jetsun Kushok selflessly started to teach in the early 1980's and now visits centers all over the world. Beloved by all her students, Jetsun Kushok is both strict and warm, transmitting only genuine Buddhadharma in the traditional way, seasoned by her pragmatic experience of practicing and working in the West. Having overcome life's twists and turns with diligence and perseverance, Jetsun Kushok is an inspiration for Buddhists, both male and female, who are looking to integrate the Dharma with their daily lives.

The 21 Taras

Tara the Heroine, Tara of White Lustre, Tara of the Golden Hue, Victorious Ushnisha Tara, Tara Who Resounds The Sound of Hum, Totally Victorious Tara, Tara Who Destroys Negativity, Tara Who Heralds Supreme Power, Tara of the Scented Forest, Tara Who Dispels Sorrow, Tara Who Invokes, Tara of Auspicious Brilliance, Tara Who Bestows Maturity, Tara With Vibrant Lines of Wrath, Tara of Virtuous and Creative Serenity, Tara, Destroyer of Grasping, Tara Who Produces Bliss, Totally Victorious Tara, Tara Who Consumes Sorrows, Tara, Source of Siddhi, Tara Who Brings Complete Perfection

