

A rich tapestry of traditions and practices has been woven by various Asian cultures around the essence of the teachings of Shakyamuni Buddha, who lived 2,500 years ago. The enduring nature of Buddhism is symptomatic of its purity and integrity as a spiritual discipline and remains contemporary in its methods of self development. Over the past several decades, Westerners have begun to learn from, and participate in, this diversity and essence.

As part of its commitment to disseminate the Buddhist teachings, Kagyu E-Vam Buddhist Institute conducts the annual Buddhist Summer School as a vehicle of enquiry and learning. The popularity of the Buddhist Summer School is a mark of the developing range and depth of interest in Buddhism among Australians. This is reflected in enrolments of over 20,000 since the inception of the event in 1984. In acknowledgment of this, we continue to host distinguished Buddhist scholars and teachers from around Australia and overseas.

This twenty-first Buddhist Summer School offers a stimulating variety of courses in both theoretical and experiential Buddhism, as well as meditation instruction based on a number of traditions.

## 1 WHAT IS NIRVANA?

### Venerable Traleg Kyabgon Rinpoche

Nirvana, as a word, has gained common currency in Western linguistic usage but as a concept it still remains vague and poorly understood.

Traleg Kyabgon Rinpoche will present a systemic overview of the main streams of interpretations of the concept of nirvana that exist within the rich and diverse traditions of Buddhism.

Born in Eastern Tibet in 1955, the Venerable Traleg Kyabgon Rinpoche was recognised as the ninth incarnation of the Traleg lineage and enthroned as Abbot of Tra'gu Monastery. Rinpoche has undergone rigorous scholastic and meditative training under various Tibetan Kagyu and Nyingma masters in India and came to Australia in 1980 and established E-Vam Institute in 1982. He regularly conducts courses and retreats and has travelled extensively in the U.S.A., S.E. Asia and Europe conducting lectures, courses and retreats. Rinpoche is the author of *The Essence of Buddhism*, published by Shambhala, and the forthcoming book *Luminous Bliss*, to be published by Lothian Books.

**3 Sessions: \$45**

## 2 ETHICS AND THE GOOD LIFE

### Dr David Kalupahana

Ethics deal with the justification of the moral life as well as an explanation of the goal of the moral life. The relationship between the moral life and the good life depends entirely upon the manner in which the goal of the moral life is conceived. If the goal of the moral life is considered to go beyond the world of sensory experience and rationality, there indeed is a tendency to subordinate the good life to the moral life. From the Indian tradition, the teachings of the Brahmanical tradition, including those in both the *Upanisads* and the *Bhagavadgita*, will be examined. From the Western tradition, the philosophies of some of the modern thinkers, like Immanuel Kant, William James and Richard Rorty, will be discussed. These will be contrasted with the ideas expressed in the mainline Buddhist tradition that highlighted the sensory experience and the non-transcendent goal of the moral life. As such, it did not subordinate the good life to the moral life.

**4 Sessions: \$60**

## 3 THE MIDDLE WAY OF NAGAJUNA'S PHILOSOPHY

### Dr David Kalupahana

For centuries, Nagarjuna has been characterized as a second *buddha* and a patron of Mahayana. It is not possible to assert or deny the first characterization, because that depends upon the testimony of some of his contemporaries. However, the second characterization is highly questionable. Such an examination may reveal that Nagarjuna, far from being a Mahayanist, was best among the later Buddhist philosophers to resurrect the original teachings of the Buddha. In this connection, we will consider the contents of the Buddha's famous discourse, *Brahmajala-suttanta* of the *Digha-nikaya*.

**4 Sessions: \$60**

David J. Kalupahana, B.A. Hons., (Ceylon), Ph.D. (London), D. Litt. (Hon. Peradeniya, Sri Lanka) is Emeritus Professor of Philosophy at the University of Hawaii. He was assistant lecturer in Pali and Buddhist Civilization at the University of Ceylon and studied Chinese and Tibetan at the School of Oriental and African Studies at the University of London where he completed a Ph.D. dissertation on the problem of causality in the Pali Nikayas and the Chinese Agamas in 1966, subsequently published by the University of Hawaii as *Causality, The Central Philosophy of Buddhism*.

He left the University of Ceylon in 1972 to join the University of Hawaii, serving as Chairman of the Department of Philosophy and Chairman of the Graduate Field in Philosophy from 1974-1980. He has directed international intra-religious conferences on Buddhism, on Buddhism and Peace and published fourteen books on Buddhism.

## 4 SOTO ZEN: AN INTRODUCTION TO ZAZEN

### Ekai Korematsu Osho

The simple but profound practice of *zazen* was transmitted to Japan by Zen Master Dogen in the 13<sup>th</sup> century. Posture, breathing and mind are the bases of *zazen*. This class discusses all these fundamental aspects of practice. Dogen described three ways to harmonise breathing in *zazen*: breath counting (or susoku-kan), watching the breath (zuisoku-kan), and neither counting nor watching the breath. *Zazen* is letting go of thought. Dogen said in *Fukan Zazengi*, it is the negation of everything arising from hukman mind. And *zazen* is also embracing everything, including delusions and distorted thoughts.

Ekai Korematsu Osho is Resident Teacher of Jikishoan Zen Buddhist Community in Melbourne. He has been practising and teaching Zen Buddhism for over thirty years. He received the dharma transmission from the late Ikko Narasaki oshi, who was Abbot of Zuijōji Monastery and Vice-Abbot of Eiheiji Soto Head Monastery, in 1986. He teaches annually in Japan and India for Antioch University's Buddhist Study Abroad Program.

**4 Sessions: \$48**

## 5 HEALING EMOTIONS, DESTRUCTIVE EMOTIONS AND ZEN

### Geoff Dawson

*“There have been thousands upon thousands of people who have practised meditation and obtained its fruits. Don't doubt its possibilities because of the simplicity of its method. If you can't find the truth where you are, where else do you think you will find it?”*

Dogen Zenji

This workshop is an introduction to Zen Practice and how it may be applied to cultivating the fruits of serenity, joy and compassion. The first day will include an outline of Zen philosophy and instruction in Zen meditation. The second day will be a day of sitting meditation practice. It will be conducted mainly in silence and will include an opportunity for one to one interviews with the teacher.

Geoff Dawson is a teacher with the Ordinary Mind Zen School founded by Charlotte Beck of the Zen Centre of San

Diego. He has practised Zen for over twenty years and has conducted meditation intensives for many years in Australia. Geoff works as a psychologist in private practice at the Metta Clinic in Sydney and has a particular interest in Buddhism and Psychotherapy.

**7 Sessions: \$80**

## 6 THE TEACHINGS OF SHAMBHALA: AN INTRODUCTION TO THE PATH OF STUDY AND PRACTICE OF SHAMBHALA WARRIORSHIP – THE TRADITION OF HUMAN BRAVERY, NOT BEING AFRAID OF WHO YOU ARE

### Acharya Samuel Bercholz

This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. It is inspired by the ancient legend of the Kingdom of Shambhala, an enlightened society based on gentle and fearless action. A basic truth of the Shambhala teachings is that we all want to lead sane, dignified and confident lives, and that this is possible. If we look directly at our own experience, we can discover a continuity of wakefulness underlying all changing conditions. This wholesome, wakeful presence enables us to experience our lives fully and directly. This is referred to as “basic goodness.”

The practice of mindfulness-awareness meditation emphasised in the Shambhala teachings enables us to look precisely at our state of mind without trying to alter it. This practice cultivates openness toward ourselves and our environment. When we practise openness our lives can be a journey of wakeful and genuine existence.

This seminar will give an overview of the Shambhala teachings as taught and developed by Chögyam Trungpa Rinpoche. Trungpa Rinpoche presented these teachings as a secular counterpart to Vajrayana Buddhism.

Suggested reading: *Shambhala the Sacred Path of the Warrior* by Chögyam Trungpa.

**4 Sessions: \$60**

## 7 COMPASSION: THE HEART OF THE BUDDHA

### Acharya Samuel Bercholz

In order to have compassion for others, we have to have compassion for ourselves. In particular, to care about other people who are fearful, angry, jealous, overpowered by addictions of all kinds, arrogant, proud, miserly, selfish, mean – you name it – to have compassion and to care for these people, means not to run from the pain of finding these things in ourselves. In fact, one's whole attitude toward pain can change. Instead of fending it off and hiding from it, one could open one's heart and allow oneself to feel that pain, feel it as something that will soften and purify us and make us far more loving and kind.

Bodhicitta is the Sanskrit term for “heart of the Buddha”. We will explore the key bodhicitta practices: The Four Limitless Ones, tonglen and the paramitas. The purpose is to gain an *experiential* sense of what it means to rouse *bodhicitta*.

Suggested reading: *The Way of the Bodhisattva* by Shanideva, translated by Padmakara Translation Committee.

**4 Sessions: \$60**

Acharya Samuel Bercholz is a senior student in the Kagyu and Nyingma lineages of Tibetan Buddhism. He is the founder and Chairman of Shambhala Publications and thus has worked closely with Chögyam Trungpa Rinpoche and numerous other teachers and translators in developing, publishing and disseminating their teachings on Buddhism. Shambhala Publications is the leading publisher of Buddhist books in the western world. Sam is co-editor of the book, *Entering the Stream: An Introduction to the Buddha and his Teachings*. He has taught Buddhist meditation and Shambhala Training extensively in North America, Europe and Asia.

## 8 BUDDHIST PRAXIS

### Venerable Payagala Nanda Mahathera

In this series of talks and short meditation practices, it is intended to explore what sort of meditations are suitable for different types of temperaments, humours, etc., according to Buddhist texts, and how this may help our health, mentally and physically, and help in everyday life. With this in mind, a wide variety of meditation techniques may be investigated, e.g. loving-kindness, visualisations, relaxing, mindfulness of breathing, chanting, and meditation on the elements or death, etc. A second thread will be introduced discussing the last moment of consciousness in this life and its relationship to the first moment of rebirth, including consideration of intermediate state or bardo.

Venerable Payagala Nanda Mahathera has been ordained as a monk in the Theravadan Sri Lankan tradition for twenty-eight years. He is Abbot of a temple in Colombo and Director of Samadhi Medhura Foundation, a charitable organisation. Bhante holds B.A. (Hons.), M.A. from Sri Lanka University, and also Pandit in oriental languages from the Oriental Languages Society. He has authored books in Sinhala on meditation, and is well-known on radio in Sri Lanka. He is currently monk in residence at the Buddhist Society of Victoria, East Malvern.

**3 Session: \$30**