

For TIBET with Love Tour

Monks of Tibet & Tenzin Choegyal

2012

From the mysterious and remote land of Tibet comes a rare opportunity to experience the dance, music & traditions of this fascinating land it's people.

Sand Mandala

Tashi Lhunpo monks create a large, beautifully intricate mandala by applying fine trails of brightly coloured sand onto a mathematically precise blueprint – open to members of the general public, school groups and other interested groups and individuals.

On the final day the mandala will be swept up in the emotionally charged dissolution ceremony and the sands dispersed into a nearby lake or river.

Workshops

A series of workshops open to all ages:

- Butter sculpture - Participants create their own motifs using coloured dough led by the Monks
- Tibetan Ritual Dance - Teaches the simple steps for the sacred Black Hat Dance as performed by the monks in their monastery.
- Namka or Sky Weaving - Simple, symbolic mechanics of Namka or Sky Weaving
- Mandala design – Explanation of the basic mandala blueprint and an opportunity for individuals to create their own individual mandalas based on traditional design.

School Program

While the monks are in residence, local school groups will be invited to visit the venue for a daily program of activities with the monks and teachers will be provided with an information package suitable for follow-up activities back at school.

Discussion Sessions

Talks and question/answer sessions with Tenzin or the monks (translated by Tenzin) may cover a range of topics relating to life in the monastery, Tibetan way of life, history and culture

Morning Meditation

Led by the senior monk each morning, participants will be guided through traditional Tibetan Buddhist meditation and thought awareness techniques.

For Tibet with Love Concert

Presents both secular and monastic performances.

These will include chanting and dance performances by the monks and traditional nomadic-style vocal and instrumental performance by Tenzin

Saturday February 25th

8pm- 9.30pm

At the Seniors Hall (the Mooroopna Hub)

Tickets: Adult \$20 Concession \$15 (Children 12 and under FREE)

Bookings phone: 58251774

PROGRAM

THURSDAY FEBRUARY 23

10.00am – 10.30am Opening Ceremony

Community members are welcome to come along and watch as the monks perform the blessing ceremony and pouring of the first sands for the mandala. *FREE*

11.00am – 4.00pm Creation of Sand Mandala

Over the next four days the monks will work on creating a beautifully intricate sand mandala from brightly coloured sands.

Feel free to call in at any time to watch the sand mandala taking shape and chat with Tenzin and the monks. *FREE*

1.30pm – 2.30pm Afternoon workshop - Cham Dance

Cham is a traditional ritual dance taught and performed by the monks in the monasteries. Led by one of the monks, this workshop will introduce the basic movements of Cham dancing. Everyone welcome. *FREE*

FRIDAY FEBRUARY 24

9.00am – 9.30am Morning Meditation

Start the day with a clear and alert mind as the Monks from Tashi Lhunpo offer a special meditation experience employing mantra recitation – energy-based sounds which produce vibrations within the universe. An ideal way to start the day refreshed and re-energized. *FREE*

10.00am – 4.00pm Sand Mandala Creation

Visit the venue at any time to watch the sand mandala taking shape and chat with Tenzin and the monks. *FREE*

2.30pm – 3.30pm Afternoon Workshop – Sound Healing

Sound healing is a beautiful way to clear and balance energies within the body and is used as a support for other treatments in the healing process. This session demonstrates how the healing vibrations created by Tibetan singing bowls and Tibetan bells utilise sound waves to clear, rebalance and ground energy bodies and channels of flow. *FREE*

SATURDAY FEBRUARY 25

9.00am – 9.30am Morning Meditation

Start the day with a clear and alert mind as the Monks from Tashi Lhunpo offer a special meditation experience employing mantra recitation – energy-based sounds which produce vibrations within the universe. An ideal way to start the day refreshed and re-energized. *FREE*

10.00am – 4.00pm Sand Mandala Creation

Visit the venue at any time to watch the sand mandala taking shape and chat with Tenzin and the monks. *FREE*

10.30pm – 3.30pm Workshop - Sand Painting

Learn the meaning and history of the Sand Mandala and try your hand at creating your own personal mandala using traditional techniques with the 'chak phur' to create designs in coloured sand.

COST: \$50 for 2 days or \$25 for one day (BOOKINGS ESSENTIAL, phone 58251774)

2.00pm – 4.00pm Afternoon Workshop – Namka (Sky Weaving)

The simple, symbolic mechanics of Namka or Sky Weaving which traditionally consists of individual thread-crosses using two or more sticks and coloured wool or silk. A wonderful children's activity from ages 4 upwards. *FREE*

8.00pm – 9.30pm For Tibet with Love Concert with Tenzin Choegyal and the Monks

The Tashi Lhunpo monks will perform traditional dances and their unique chanting style accompanied by traditional Tibetan instruments such as the 10-foot long dung-chen horn, drum, bells, cymbals and gyaling trumpet.

Tenzin Choegyal performs nomadic style songs edged with a strong, poignant vibrato, and more rhythmic, playful Tibetan folk tunes with lyrics that reflect the experiences of the Tibetan people. The result is an unforgettable and moving experience perfect for all ages.

SUNDAY FEBRUARY 26

9.00am – 9.30am Morning Meditation

Start the day with a clear and alert mind as the Monks from Tashi Lhunpo offer a special meditation experience employing mantra recitation – energy-based sounds which produce vibrations within the universe. An ideal way to start the day refreshed and re-energized. *FREE*

10.00am – 12.00pm Completion of Sand Mandala

Visit the venue at any time to watch the sand mandala taking shape and chat with Tenzin and the monks. *FREE*

10.30pm – 2.30pm Workshop - Sand Painting (continued)

Learn the meaning and history of the Sand Mandala and try your hand at creating your own personal mandala using traditional techniques with the 'chak phur' to create designs in coloured sand.

COST: \$50 for 2 days or \$25 for one day (BOOKINGS ESSENTIAL, phone 58251774)

12.00pm – 3.00pm Viewing of Sand Mandala

A final opportunity to see the completed sand mandala before it is swept away during the dissolution ceremony. *FREE*

1.30pm – 2.30pm Afternoon Workshop - Butter Sculpture

Tibetan monks make intricate, coloured butter sculptures consisting of fantastic flowers, animals, birds and plants for special festivals on the Tibetan calendar. One butter sculpture can take up to six months to complete. Participants will try their hand at creating some of the delicate shapes and designs which are used in traditional butter sculptures. Everyone welcome. *FREE*

3.00pm – 4.00pm Dissolution Ceremony

The program will conclude with the emotionally charged Dissolution Ceremony. This ancient ceremony, involving full ritual honours before a mesmerized audience, culminates in the sweeping up of the mandala sands. Everyone is then invited to accompany the monks in procession to a nearby body of water where the sands are ritually dispersed. *FREE*

Mooroopna Education & Activity Centre
(at the Mooroopna Hub)
23 Alexandra Street
For more information phone: 5825 1774

OR

Tour Organiser Dawn on 0428 942 095