



# For TIBET with Love Tour

## Monks of Tibet & Tibetan Musician Tenzin Choegyal

### Port Macquarie Library

*Corner of Gordon & Grant Streets*

**February 8th to 11th**

**A time to share some of the most distinctive aspects of Tibetan culture with our local community and to promote the common human values of kindness and compassion through cross cultural connections**

#### **Sand Mandala**

During the week, the group will be creating a mandala in the library. The sand mandala is made from millions of grains of brightly coloured sand which are placed with great skill and patience using a metal funnel called a *chak phur* to form intricate and beautiful geometric designs. Tibetans believe that all who watch and participate accumulate benefit.

*Visitors are encouraged to observe and to take photos.*

**Meditation Sessions**—*Start your day with a clear & alert mind as the Monks offer a special meditation experience employing mantra recitation. With these techniques, you will be able to face the world!*

- \* 9am to 9.30am
- \* Port Macquarie Library Meeting Room
- \* Cost: Donation

- \* **Wednesday 8<sup>th</sup> February**
- \* **Thursday 9<sup>th</sup> February**
- \* **Friday 10<sup>th</sup> February**



.....*Please turn over*

**Workshop** – A chance to meet with Tenzin and the Monks. They will share stories and music from Tibet. As well, participants will have the opportunity to try their hand at Namkha or Sky Weaving. Namkha is one of a number of practices which pre-date the arrival of Buddhism in Tibet, later becoming absorbed into Buddhist tradition. Namkha weaving consists of individual thread-crosses using two or more sticks and threads of coloured wool or silk. The colours of the namkha are symbolic of the elements (blue, green, red, white, and yellow for space, air, fire, water, and earth respectively).

- \* Port Macquarie Library
- \* **Wednesday 8<sup>th</sup> February** – 6.30pm to 8pm
- \* Bookings required – 6581 8755
- \* Cost \$5 and suitable for adults and older teenagers

**For TIBET with Love Concert with Tibetan Musician, Tenzin Choegyal and the Monks of Tibet**—Chanting and monastic dance by the Monks accompanied by traditional Tibetan instruments such as the 10-foot long dung-chen horns, drums, bells, cymbals and gyaling trumpet

- \* **Friday 10<sup>th</sup> February**
- \* Port Macquarie Library starting at 6.30pm
- \* BYO cushion and snack to share!
- \* Cost: \$15 (\$10 concession and under 12 years free)
- \* No bookings required

### **Mandala Dissolution Ceremony**

**Saturday 11<sup>th</sup> February**

- \* Port Macquarie Library
- \* Starting at 10am

### **Items for Sale**

They will have items for sale. All entry money & donations go towards supporting the education of monks and Tibetan children in exile.

**Tenzin Choegyal** was born into a family of Tibetan nomads in the region known as Mustang on the Tibetan/Nepalese border. In the 1970s they were forced out of Tibet into Nepal. Tenzin was eventually raised in exile in Dharamsala, in northern India and now lives in Australia. An outstanding vocalist, he is a master of traditional instruments such as the *dranyen* (long-necked lute) and *lingbu* (transverse bamboo flute). Tenzin plays flute offerings, chants Buddhist mantras, and sings songs inspired by his nomad heritage.



<http://www.youtube.com/watch?v=R-JyOIuMcuw>

**We thank Tenzin and his wonderful team for this special opportunity. Also thanks to Krissa Wilkinson and Michael Eddie for organising this visit and for hosting the group.**

Library Website [www.mnclibrary.org.au](http://www.mnclibrary.org.au)

