

Perfect Potion and Tenzin Choegyal present...



In our struggle for freedom, truth is the only weapon we possess." - HH the 14th Dalai Lama

FESTIVAL OF TIBET

BRISBANE POWERHOUSE

1st - 5th February 2012

Proceeds go to the education of monks
and Tibetan children in exile

Music, Film, Concerts, Art Exhibitions, Discussions, Ideas,
Workshops, Mindfulness, Meditation, Sand Mandala,
Chakra Healing, Calligraphy, Tibetan Medicine, Weaving,
Ritual Dance, Hand Mudras, Children's Workshop



For more information and bookings Phone (07) 3358 8600

Visit www.brisbanepowerhouse.org or www.festivaloftibet.com.au

Sponsored by Perfect Potion Supported by BRISBANE POWERHOUSE, Chenrezig Institute, Australia Tibet Council, Tibet Information Office (Canberra), The Tibet Effect, Tibetan Community Qld, Dalai Lama in Australia.

Schedule of Events

Date	Wednesday 1st February	Thursday 2nd February	Friday 3rd February	Saturday 4th February	Sunday 5th February
All Day	Personal Consultations with a Tibetan Doctor from Dharmasala - book at Powerhouse Box Office Exhibition: Sand Mandala being created by the Monks of TIBET - FREE Exhibition and Make Your Own: Namka Thread Crossing (similar to spirit and dream catchers) - FREE Exhibition: Paintings by Tibetan Artist Karma Phunstok - FREE Exhibition: Weaving the World (Tibetan Carpets) - FREE				
Morning		9:00am Mantra Meditation with the Monks FREE 9:30am – 11:00am Tibetan Painting Workshop \$25 (Con\$20) 11:30am – 1:00pm Sound Healing Workshop \$25 (Con\$20)	9:00am Mantra Meditation with the Monks FREE 9:30am – 11:00am Hand Mudra - The Great Gesture Workshop FREE 11:30am – 1:00pm Chakra Healing Workshop \$25 (Con\$20)	9:00am Mantra Meditation with the Monks FREE 9:30am – 11:00am Tibetan Painting Workshop \$25 (Con\$20) 11:30am – 1:00pm I am Tibet – Personal stories of fight, flight, and freedom with Tenzin Tsundue and Guests FREE	9:00am Mantra Meditation with the Monks FREE 10:00am Sand Mandala Dissolution with Sang Sol Incense burning ritual. FREE
Afternoon		1:30pm – 2:30pm Tibetan Ritual Dance Workshop with the Monks FREE 3:00pm – 4:30pm Tibetan Calligraphy Workshop \$25 (Con\$20)	1:30pm – 2:30pm Tibetan Ritual Dance Workshop with the Monks FREE 3:00pm – 4:30pm Tibetan Painting Workshop \$25 (Con\$20)	1:30pm – 2:30pm HAPPINESS by Expressing Your Real Self in conversation with Geshe Lobsang Jamyang FREE 3:00pm – 4:30pm “Why Tibet?” Grass-roots Workshop with Kyinzom and Mr. Sonam Dagpo FREE 5:00pm PLANET Concert presented by BEMAC Tibet2Timbuk2 and Friends. FREE	
Evening (Visy Theatre)	7:00pm Festival Opening Ceremony with the Monks to commence the sand mandala and screening of the film Summer Pasture \$15	7:00pm Film/Forum Film The Blue Buddha - Lost Secrets of Tibetan Medicine and Forum Remedies for Happiness with Tibetan doctor Tsering Thakchoe and Mr. Sal Battaglia \$15	8:00pm Concert RANGZEN for TIBET with Love Featuring the Tashi Lhunpo Monks, Tenzin Choegyal, and the Roaring Fire Choir with Yani \$30 (Con \$25)	8:00pm Performance The TIBET Effect Featuring Tenzin Tsundue, the Tashi Lhunpo Monks, Tenzin Choegyal and Friends. \$30 (Con \$25)	



◀ **Tenzin Tsundue** is a poet, writer and Tibetan activist. He won the first-ever Outlook-Picador Award for Non-Fiction in 2001. He has published three books to date, translated into several languages. Tsundue's writings have appeared in various publications around the world including the International PEN, Outlook, and The Times of India. In 2002 the Indian edition of the international fashion magazine Elle, named him among 'India's 50 most stylish people'.



Monks of Tibet creating sand mandala.

Films

Summer Pasture is an intimate glimpse into the experiences of a young Tibetan family struggling to reconcile their traditional way of life with a rapidly modernising world. Rigid government policies have forced many nomadic families into permanent settlement in towns and cities. According to the nomads, the world has entered duegnan – 'dark times'. This feature-length documentary chronicles one summer with the family amidst this period of great uncertainty. Visy Theatre Wed 1st Feb 7:00pm \$15

Film/Forum

The Blue Buddha - Lost Secrets of Tibetan Medicine is a journey into the heart of Tibetan medical practice and explores what it has to offer to today's Western medicine. Followed by a conversation on **Remedies for Happiness** with traditional Tibetan doctor Tsering Thakchoe and Mr. Sal Battaglia (Perfect Potion founder).

Dr Thakchoe explains the use of meditation, medicinal herbs, incantations, mantras and blessings still employed by traditional Tibetan practitioners to treat a variety of physical and psychological ailments. Sal Battaglia discusses his passion for the art of aromatherapy and shares his approach to creating a holistic way of life. Visy Theatre Thurs 2nd Feb 7:00pm \$15

Concerts

The Tibet Effect

Be the first audience ever to experience this exciting new collaborative work, The Tibet Effect. Featuring Indian based Tibetan poet, author and activist, Tenzin Tsundue, the Tashi Lhunpo Monks, Katherine Philp (cello), Shen Flindell (tabla), Peter Hunt (trumpet) and Tenzin Choegyal (dranyen, flute, vocals). Through poetry, narrative, music and chant, The Tibet Effect opens a door to the Tibetan refugee experience, expressing the hopes, fears and dreams of those who long for justice. Enlightening and often amusing, The Tibet Effect will certainly move and inspire all who witness it. Visy Theatre Sat 4th Feb 8:00pm \$30 (\$25con)

Planet BEMAC

Part of the Planet Series presented by BEMAC and Brisbane Powerhouse for the Festival of Tibet, this free concert features the ever-popular Tibet2Timbuk2 and friends on the Turbine Platform. Turbine Platform Sat 4th Feb 5:00pm FREE

RANGZEN: for TIBET with Love Concert

In a journey into the world of Tibetan chants and ritual dances, the Monks of Tibet perform sacred rituals which embody the essence of secret tantric teachings. Tenzin Choegyal draws on his traditional Tibetan roots to create original and authentic musical compositions which uniquely express his cultural lineage. The Roaring Fire Choir of 50 voices with Tenzin, led by renowned musical director, Yani, presents an inspiring performance to complete a magical and moving evening of music. Visy Theatre Fri 3rd Feb 8:00pm \$30 (\$25con)

Talks

HAPPINESS by Expressing Your Real Self

Many of us hold back who we really are, whether with new people we meet or in existing relationships. Geshe Lobsang Jamyang discusses aligning our inner life with our outer expression as one of the true paths to happiness.

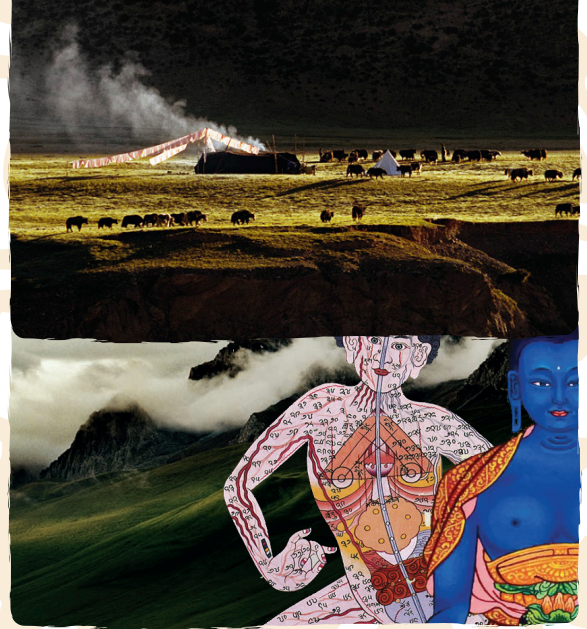
Turbine Platform Sat 4th Feb 1:30pm FREE

I AM TIBET – in conversation

Featuring Tenzin Tsundue, Tenpa Dugdak and Kyinzom Dhongdue. Through personal accounts by Tibetans in exile, "I AM TIBET" powerfully highlights the beauty and tragedy of the Tibetan people – the frustrations of youth, the hopes and regrets of older generations, the struggle to survive and the fractured nature of displaced identities – with refreshing honesty and a generous amount of personal affection and humour. Not to be missed! Turbine Platform Sat 4th Feb 11:30am FREE

Geshe Lobsang Jamyang ►

Ordained at the age of sixteen, Geshe la attended Sera Je and Gyume Monasteries in South India. After eighteen years of study he mastered practice and rituals of the tantric tradition and attained the highest degree in Buddhist Philosophy. Geshe Jamyang joined Chenrezig Buddhist Institute on the Sunshine Coast in 2005 and is the currently resident teacher.





Workshops

Morning Mantra Meditations with the Monks of TIBET

Start your 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. The word "mantra" is derived from two Sanskrit words - man meaning "mind" and tra meaning "to protect or to free from". By the end of the session you will have a general understanding of effective meditation techniques to help you face the world.

Turbine Platform Every morning 9:00am

Paint your own Buddha with Karma Phuntsok

The practice of drawing the Buddha is like a meditation, helping to purify negativities of body, speech and mind. Spend time with master painter Karma Phuntsok and explore your own creative skills while following a traditional grid to create an image of the historical Buddha. Karma expertly teaches the basic techniques and principles of Tibetan drawing and explains historical conventions for the creation of traditional images. Suitable for everyone, including beginners.

Graffiti Room Thurs 2nd 9:30 am,
Fri 3rd 3:00pm, Sat 4th 9:30am.
Only three sessions

Chakra Healing Through Aromatherapy Workshop

Learn about the chakras and how, when used with aromatherapy, they become one of the most dynamic tools for personal and spiritual growth. Chakras represent the major energy centres of our bodies and are connected to our mental, emotional and physical wellbeing. Subtle aromatherapy draws on the energetic or vibrational qualities of the essential oils which can be used in restoring your harmonic resonance.

Learn from qualified aromatherapist, author of the Complete Guide to Aromatherapy and Perfect Potion founder and managing director Sal Battaglia at this educational workshop.

Park Mezzanine Fri 2nd Feb 11.30am
only one session so don't miss out.

Tibetan Ritual Dance

The Tashi Lhunpo Monks of Tibet teach a simple Cham, or sacred dance, which is a feature of many Tibetan festivals. Accompanied by traditional Tibetan instruments, the Cham dancer performs solemn movements passed on in oral instruction from master to student. Described as "meditation in action" this ancient dance possesses many levels of meaning and is seen as a practice for purification and overcoming negative obstacles.

Turbine Platform Fri 3rd Feb 11:00am

Personal Consultation with Tibetan Doctor

Tibetan medicine uses observation, healing and correction of physical, mental and energetic imbalances to address the well-being of the individual. This ancient form of holistic health care arose out of early indigenous Tibetan society and draws upon the ancient healing traditions of China, Persia, India and Greece. This is your opportunity to experience traditional Tibetan diagnostic and healing techniques with a personal consultation with Dr. Tsering Thakchoe.

Park Mezzanine
Special pre-bookings required

Namka Workshop for Kids

This workshop presents the simple, symbolic mechanics of Namka or Sky Weaving. While not well known in the west, Namka is one of a number of practices which pre-date the arrival of Buddhism in Tibet, later becoming absorbed into Buddhist tradition.

Namka weaving consists of individual thread-crosses using two or more sticks and threads of coloured wool or silk. The colours of the namka are symbolic of the elements (blue, green, red, white, and yellow for space, air, fire, water, and earth respectively).

Foyer Every day All ages welcome.



Hand Mudras – The Great Hand Gestures

Mudras are a non-verbal mode of communication and self-expression, consisting of hand gestures and finger postures. Mudras constitute a highly stylized form of body or hand language; an external expression of 'inner resolve', suggesting this form of communication is more powerful than the spoken word. The Tashi Lhunpo Monks will share their knowledge of Chagya with workshop participants.

Turbine Platform Fri 3rd Feb 9.30am FREE

Why Tibet? Grassroots Workshop

Ever wanted to take action for Tibet but don't know where to start? Hosted by the Australia Tibet Council, this session addresses ways to promote human rights and democratic freedoms and encourage a peaceful and lasting solution to the Tibetan situation. Come along for an opportunity to meet others who care about Tibet and consider some of the ways we can all support the Tibetan community and help to create a better future.

Park Mezzanine Sat 4th Feb 3:00pm

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. Join Thinley as he demonstrates how the healing vibrations created by Tibetan singing bowls and Tibetan bells utilise soundwaves to clear, rebalance and ground energy bodies and channels of flow. This is one workshop guaranteed to leave you feeling refreshed and re-energised.

Graffiti Room Thurs 2nd Feb 11.30am

Tibetan Calligraphy

Learn the fundamentals of Tibetan calligraphy with artist Karma Phuntsok. Karma teaches the formation of Tibetan script which is commonly used to write mantras and prayers and traditionally practised as a daily meditation. Tibetan calligraphy can be appreciated purely for its aesthetic beauty and, at the same time, for the profundity of Tibetan philosophy expressed by simple strokes of a bamboo pen.

Graffiti Room Thurs 2nd Feb 3:00pm



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