

Perfect Potion, Tenzin Choegyal and Brisbane Powerhouse present...

concerts
workshops
sand mandala
calligraphy
art exhibitions
discussions
ideas
films
meditation
mindfulness
music
rituals
kids workshops

FESTIVAL OF TIBET

BRISBANE POWERHOUSE 30th Jan - 3rd Feb 2013



For more info 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),
Tibetan Cultural Centre, Tibetan Community Qld, Dalai Lama in Australia and BEMAC.



**BRISBANE
POWERHOUSE
ARTS**

Schedule of Events

Date	Wednesday 30th January	Thursday 31st January	Friday 1st February	Saturday 2nd February	Sunday 3rd February
All Day	Exhibition: Paintings by Tibetan Artist Karma Phunstok – (Turbine) FREE Exhibition: ExileLens Photo Exhibition –(Park Mezz) FREE Exhibition: Sand Mandala being created by Lama Khedup (Turbine)- FREE				
Morning		9am (Turbine) Mantra Meditation with Lama Khedup FREE 9:30am – 11am (Graffiti) Tibetan Painting Workshop \$25 (Con\$15) 11:30am – 1pm(Turbine) Mantra Singing Workshop FREE	9am (Turbine) Mantra Meditation with Lama Khedup FREE 9:30am – 11am (Graffiti) Tibetan Painting Workshop \$25 (Con\$15) 11:30am – 1pm (Park Mezz) Chakra Healing workshop \$25 (Con\$15)	9am (Turbine) Mantra Meditation with Lama Khedup FREE 9:30am – 11am (Graffiti) Tibetan Painting Workshop \$25 (Con\$15) 11:30am - 1pm (Turbine) PANEL DISCUSSION Ahimsa in an aggressive world FREE	9am (Turbine) Mantra Meditation with Lama Khedup FREE 11am (Turbine) CLOSING CEREMONY Mandala Dissolution with Sang sol Incense burning ritual. FREE
Afternoon		1:30pm – 2:30pm (Graffiti) Tibetan Calligraphy Workshop \$25 (Con\$15) 2pm – 4pm (Turbine) Kid's Workshop Make your own Prayer Flags FREE 3pm – 4:30pm (Turbine) Tibetan Dance Workshop \$25 (Con\$15)	1:30pm – 2:30pm (Graffiti) Tibetan Calligraphy Workshop \$25 (Con\$15) 2pm – 4pm (Turbine) Kid's Workshop Make your own Prayer Flags FREE 3pm – 4:30pm (Turbine) Tibetan Dance Workshop \$25 (Con\$15)	1:30pm – 2:30pm (Turbine) PUBLIC CONVERSATION Seed of Compassion the Art of Happiness FREE 3pm – 4:30pm (Park Mezz) "Why Tibet?" Grass-roots Workshop FREE 5pm (Turbine) CONCERT BEMAC Planet Tibet FREE	
Evening	7:00pm (Visy) OPENING CEREMONY FILM Olo - the little boy from Tibet \$15	7pm (Powerhouse) FILM/Q&A The State Oracle of Tibet Q&A with the Nechung himself, not to be missed \$25 (Con \$20)	7:30pm (Visy) CONCERT Lhakar for Tibet with Love with Tibet2Timbuk2 and The Roaring Fire choir \$30 (Con \$25)	8:00pm (Visy) CONCERT Mystical Tibet featuring Lama Khedup, Yeshi, Tibetan Community, Tenzin Choegyal and Camarata of St John's \$30 (Con \$25)	

Films

Olo – The Boy from Tibet (Wed 30th Jan 7.00pm Visy)

This is the touching story of Olo, a Tibetan boy who left his family, fled his home country at the age of 6 and currently lives at the Tibetan Children's Village school in Dharamsala, India. Japanese film maker Kuku Minami first met Olo, now in his early teens, in the winter of 2009 and was touched by the boy with the clear eyes and innocent expression which gave little hint of his sad history. He decided to document the plight of Tibetan refugees and became absorbed in all aspects of this, his first film, from planning and casting to shooting on location in India and Nepal. The movie revolves around Olo's nostalgia for his homeland as well as life in his new home in exile. "Many people in the world are forced to live like Olo and his friends," Minami says. "I want as many people as possible to understand the reality."

Film/Q&A

The State Oracle of TIBET (Thurs 31st Jan 7.00pm Powerhouse)

The outstanding feature of this year's Festival touches on the little-known tradition of Tibetan oracles. An important part of the Tibetan way of life, oracles act as mediums between the physical and the spiritual realms and can be called upon as protectors and healers as well as to foretell the future. The most highly revered of these is the tradition of Nechung, the State Oracle of Tibet, whose spirit enters a Buddhist monk to give guidance to the Dalai Lama and the Tibetan government in exile. A film about the State Oracle of Tibet will be followed by an extraordinary opportunity to discuss the tradition of Nechung with Ven. Thupten Ngodrup himself, who is the present Nechung medium of the Chief Oracle of Tibet based in Dharamsala, India. Don't miss this rare, never to be repeated event.



Concerts

LHAKAR: for TIBET with Love concert (Fri 1st Feb 7:30pm Visy)

Rollicking Tibetan folk, afro-reggae guitar grooves and intricate Indian tabla sound as if they were made for each other! Tibet2Timbuk2 (Tenzin Choegyal, Marcello Milani and Shen Flindell) create a new joyful sound that transcends cultural boundaries. After T2T2, The Roaring Fire Choir will take to the stage. A choir of 50+ voices led by renowned musical director Yani collaborates with Tibetan musician Tenzin Choegyal to create a truly inspiring performance, completing a magical evening. Rangzen means 'freedom' in Tibetan and the artists offer this concert in the unwavering hope for freedom.

BEMAC Planet TIBET (Sat 2nd Feb 5.00pm Turbine)

Apart from being a form of artistic expression, music and dance have always been an integral part of daily life for the Tibetan people, expressing folklore and traditions in different regions and periods throughout Tibetan history. This concert, featuring accomplished musician Tenzing Yeshe and the Queensland Tibetan Community dance troupe, captures the essence of traditional secular performing arts with its colourful circle dances and toe tapping folk songs.

Mystical TIBET Concert (Sat 2nd Feb 8:00pm Visy)

The Mystical Tibet Concert features Brisbane's Camerata of St. John's Chamber orchestra, Tenzin Choegyal and guest artist Taro Terahara. Camerata of St John's, Queensland's acclaimed professional chamber orchestra, is known for its stylish presentations and refreshing approach to both traditional and contemporary performances. Together, Tenzin Choegyal and Camerata perfectly capture the soul of Tibetan nomadic music and elevate it to even greater heights through sensitive and innovative interpretations. They will be joined by master bansuri player, Taro Terahara, who creates music of intense beauty which both engages the mind and touches the heart.

Traditionally trained performer Tenzing Yeshe will also join in the concert further enhancing this colourful musical tapestry.

Exhibitions

Sand Mandala (every day Turbine)

Throughout the Festival, mandala master Lama Khedup Bhutia will create a stunningly beautiful sand mandala. Millions of grains of brightly coloured sand are placed with great skill and patience using a metal funnel called a chak phur to form intricate geometric designs. Beautifully detailed and highly symbolic, the sand mandala can take many days to complete, with the process culminating in the spiritually charged dissolution ceremony on the final day. Only in the last few decades has this ancient sacred art been brought out of the monasteries for all to witness.

Tibetan paintings by Karma Phuntsok (every day Turbine)

The Festival features an exhibition of cutting edge contemporary Tibetan art by master painter Karma Phuntsok. Although traditionally trained, Karma also applies a range of innovative techniques and materials in his work, creating unique and dynamic expressions of contemporary Buddhist Art. Karma's art is featured in collections around the world including the Queensland Art Gallery and the Art Gallery of New South Wales.

ExileLens Photo Exhibition (every day Park Mezz)

This exhibition is a celebration of Tibetan visual culture against the backdrop of ongoing Chinese oppression and continued adjustment to life in exile. Through images straight from the heart of the exile community and its burgeoning creative scene, these works will provide a deeper understanding of the multiple realities of what it means to be Tibetan today. These incredibly talented and often young emerging artists offer new insights into current life in Tibet, exploring the exile 'condition' of Tibetans living as refugees, taking a fresh and young approach.

Talks

Ahimsa in an aggressive world (Sat 2nd Feb 11.30am Turbine)

An important tenet of Tibetan Buddhism, Ahimsa means kindness and non-violence toward all living things and above all, to do no harm. But in a world of unrelenting hostility, we humans still find this task almost impossible, in spite of a wealth of information on cultivating world peace. How then, in the face of unending violence are Tibetans around the globe still able to practice Ahimsa when their country is experiencing one of the darkest periods in Tibetan history under the PRC? This promises to be a challenging and thought-provoking conversation.

Seed of Compassion the Art of Happiness (Sat 2nd Feb 1.30pm Turbine)

Highly respected Tibetan Buddhist teacher, Geshe Lobsang Jamyang of Chenrezig Institute discusses the essence of Tibetan culture which is deeply rooted in the ideal of compassion and loving kindness. He explains how we can develop our own compassionate nature and effectively apply this approach in everyday life. In this conversation with Geshe la, he will explore aligning our inner lives with our outer expression to discover the true paths to happiness.





Workshops

Morning Mantra Meditations with Lama Khedup (Turbine Room) Thurs 31st Jan - Sat 2nd Feb 9.00am

Start your day with a clear and alert mind as Khedup offers 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". Khedup will guide participants through traditional Tibetan Buddhist meditation and thought awareness techniques. A beautiful way to start the day refreshed and re-energized.

Paint your own Buddha with Karma Phuntsok (Graffiti Room) Thurs 31st Jan - Sat 2nd Feb 9.30am

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.

Mantra Singing (Turbine Room) Thurs 31st Jan, 11.30am

Tenzin Choegyal leads a workshop in the Tibetan style of vocal projection and shares his knowledge of stories told through the songs of Tibet's nomadic people. Participants learn simple Tibetan folk songs and hear about the ancient "Lama Mani" tradition of telling Buddhist parables through song. Such songs were performed by wandering storytellers who travelled from village to village, drawing on their own often humble origins to relate to people from all backgrounds.

Tibetan Dance Workshop (Turbine Room) Thurs 31st Jan & Fri 1st Feb 3.00pm

Tibetan folk dance combines both singing and dance and is an integral part of Tibetan life. Led by dance master Yeshe and members of the Queensland Tibetan community dance troupe, this workshop teaches basic steps and rhythms used in traditional dance forms. Tibetans express their history, spirituality, cultural traditions and above all love for their homeland through their traditional dances which are still performed at festivals, weddings and gatherings.

Tibetan Calligraphy with Phuntsok Choegyel (Graffiti Room) Thurs 31st Jan & Fri 1st Feb 1.30pm

Learn the fundamentals of Tibetan script with Brisbane community member Phuntsok Choegyel, master in Tibetan calligraphy. Phuntsok 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.

Why Tibet? Grassroots Workshop (Park Mezz) Sat 2nd Feb 3.00pm

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.

Chakra Healing Through Aromatherapy Workshop with Sal Battaglia (Park Mezz) Fri 1st Feb 11.30am

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

Kid's Workshop - Make your own Prayer Flag (Turbine Room)

Thurs 31st Jan & Fri 1st Feb 2pm - 4pm

Join us for a fun workshop printing your own prayer flag with a special message of peace, compassion, prosperity or happiness to share with the world. The prayer flag tradition has a long history dating back to ancient Tibet. The ancient Buddhist prayers, mantras and powerful symbols displayed on each prayer flag produce a spiritual vibration that is activated and carried by the wind. The prayers become a permanent part of the universe as the images fade from wind and sun.

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