

June

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

2018

Retreats

Meditation

Study Programs

Buddhist Teachings

Wellbeing Programs

Traditional Arts & Rituals

Community & Social Events



CHENREZIG INSTITUTE

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Chenrezig Institute is affiliated with the FPMT

The Foundation for the Preservation of the Mahayana Tradition
is a worldwide organisation of over 150 centres founded by
Lama Yeshe and Lama Zopa Rinpoche

Wel come

This month Lama Zopa Rinpoche will give teachings and an initiation at Chenrezig Institute and we are very thrilled to welcome him and all of you.

Find out more about his visit and all other courses in this program and on our website. This month we start a new cycle of our annual Discovering Buddhism Program. One week later, Ven. Karstön will help us to find out more about how we can use difficult times on our path in his course, plus our resident teacher Geshe Tsultrim guides us through the teachings on the Eight Verses of Thought Transformation and shows us their benefit to our everyday life. And if all those teachings in one month are not already mind blowing, Ven. Robina Courtin will give a teaching on Karma and how we create our day to day reality. We are happy to welcome you at Chenrezig Institute.

Meet our Sangha

Chenrezig Institute is home to our resident teacher Geshe Phuntsok Tsultrim and a community of ordained monks and nuns: the sangha. These spiritual friends have made the lifelong commitment to hold the vows given by the Buddha. They generously help us all to understand the Buddha's profound teachings.

You can make an appointment with one of our sangha through reception.

info@chenrezig.com.au



Geshe Phuntsok Tsultrim (left) was specially chosen as our resident teacher by our Spiritual Director Lama Zopa Rinpoche

Gubbi Gubbi

The Gubbi Gubbi people are the traditional custodians of this land. We pay our respects to the Elders of the past, present and future. They hold the memories, the traditions, the culture and hopes for Aboriginal Australia. We remember that this land is, was and always will be traditional Aboriginal land.

Thank you for your support

Chenrezig Institute exists due to the kindness and generosity of our community. The Dharma itself is priceless, but running a Dharma centre involves many expenses, even with mostly volunteers.

Facility Fees allow us to make offerings to our teachers and staff, pay the bills and maintain our infrastructure. But they should not be a barrier for anyone. Please contact spc@chenrezig.com.au if you need to make arrangements to attend our courses.

*Celebrate the arrival of
Kyabje Lama Zopa Rinpoche at Chenrezig*



Sakadawa Chenrezig Prayer Festival

Tuesday 29th May, Sakadawa

**Free Event - everyone is welcome - Registration essential via our website
www.chenrezig.com.au**

- * Join us for this magical event as we make thousands of offerings to the Buddha of Great Compassion on one of the holiest days of the Buddhist calendar. On this day your karma is multiplied one hundred million times!
 - * Look at what's in store.
- * Welcome Rinpoche with a procession and unfurling of our giant thangka of Chenrezig.
- * Music and dance offerings from Tenzin Choegyal and the Tibetan community.
- * Prayers for peace and mantra chanting from Sangha from around Australia.
 - * Hands-on activities for children and families.
 - * Shopping for unique gifts and delicious food and drinks.

Thank you for disposing of me respectfully

Change your Mind to Change your Life



Kyabje Lama Zopa Rinpoche

Friday June 1st 2018, from 7:00pm

Lama Zopa Rinpoche live in the gompa for an evening talk:

***Change your Mind to Change your Life:
Lojong teachings***

Chenrezig Institute invites everyone to hear teachings from renowned spiritual master Lama Zopa Rinpoche on how you can change your life by changing your mind.

Sometimes we can feel trapped and overwhelmed by the weight of our responsibilities and the roles we play in each others lives. At other times we drift unsure how to make our lives feel meaningful and connected. Both of these extremes create stress and fatigue that see us repeating unhelpful patterns but hoping this time things will work out.

Deeper than “looking on the bright side” and more powerful than positive thinking, Lama Zopa Rinpoche invites students to consider the true capacity each of us has for compassion, wisdom and change. Based on the ancient Buddhist technique of mind training or thought transformation, these Lojong teachings will invite us to stop waiting for the perfect time, perfect partner and perfect life and instead transform what we already have.

Join us for these accessible teachings on changing adversity into a path of compassion and growth. Be inspired by this powerful and dynamic teaching in English by holy being Lama Zopa Rinpoche.

**For details about this event see
www.chenrezig.com.au**

Most Secret Hayagriva Initiation

Kyabje Lama Zopa Rinpoche

Saturday 2 June - Monday 4 June

Most Secret Hayagriva Initiation

Great Protector, Lama Zopa Rinpoche offers the Most Secret Hayagriva Initiation opening the door of the lineage to eliminate obstacles and suffering.

Most Secret Hayagriva Practice is drawn from the lineage of both Buddha Amitabha and Guru Padmasambhava. Lama Tsongkhapa gave his blessing for Hayagriva to be adopted as the principal protector of Sera Je Monastery and to this day these practices continue there in an unbroken lineage. This deity is also very special for Lama Yeshe and Lama Zopa Rinpoche, and has a powerful role within FPMT. Rinpoche strongly encourages those students connected to the organisation, particularly those who have responsibilities, to take this initiation.

This empowerment is especially beneficial as an antidote to obstacles and is a powerful protection from serious illness. This is a rare opportunity to receive a tantric empowerment from an outstanding spiritual master, Lama Zopa Rinpoche.

Your commitments for this Initiation are Refuge, Bodhisattva and Tantric Vows including six-session guru yoga daily and a mala of the deity mantra, daily for the rest of your life. Students will enter into a student-teacher relationship with Lama Zopa Rinpoche.

Please note that you cannot take this initiation if you are a Shugden practitioner.



Thank you for disposing of me respectfully

Support Rinpoches Teachings



Support the Sangha Jewel

Money raised will be used to sponsor meals, accommodation, texts and other items so that all sangha can have access to their teacher and these precious teachings.

When we support the flourishing of sangha, we support the flourishing of the Dharma for all sentient beings.



Become like a flower in the world!

Offer flowers to Rinpoche and all the holy objects with over 1000 flower offerings.



Support the Dharma Jewel

Support all our students in their ongoing practice by sponsoring the prayer books, practice manuals and photos of Rinpoche that each student will take home. Give the gift of Dharma knowing that each student will have the vital support they need.



Chai Offerings

Throughout Rinpoche's visit there will be ritual tea offerings to all sangha and students. Rinpoche advises us to visualise offering the tea as offering the Buddhas of all ten directions immeasurable oceans of delicious nectar.



Sew Seeds of Tantric Teachings for the Future

Contribute to the ritual ingredients and Initiation offerings for the Ksitigarbha Empowerment ensuring conditions are right for the Tantric Teachings.



This year as an offering to Rinpoche we are creating beautiful Long Life Tsa Tsa's – three dimensional sacred images of the three long life deities, Amitayus, White Tara and Namgyalma. Students are invited to sponsor and get involved in making these beautiful offerings for Rinpoche.

Special Guest

Karma: How we Create our own Reality with Ven. Robina Courtin

We spend our lives being seduced by the outside world, believing utterly that happiness and suffering come from “out there”. Even more fundamentally, we assume that we are the handiwork of someone else; that we’re innocent victims who didn’t ask to get born and that there’s no logic for why things happen. The experiential implications of this are fear, blame, anger and guilt, bringing ever-deepening levels of suffering and hopelessness.

Buddha’s view of reality is that we come into this life at the first moment of conception in our mother’s womb fully programmed with our own tendencies and the seeds of our experiences in this life. As the Dalai Lama says, the view of karma is one of “self-creation.” We are, literally, the creators of our lives, our happiness, and our suffering. We are the boss.

With this view we realize that everything we experience is our own "karmic appearance", as Lama Zopa Rinpoche puts it. Everything is made by our own minds, in the past and in the present. And because of this there is no karma that we can’t change.

The experiential implication of this view is empowerment, accountability and the courage to change. Combining this with an understanding of the Buddha’s model of the mind, we gradually loosen the grip of ego-grasping and the other neuroses, thus developing our marvelous potential for clarity, self-confidence, empathy and the other qualities that Buddha says are at the core of our being.

Friday 29th June 6:30pm - Sunday 1st July 3:45pm, held in the Gompa at Chenrezig Institute.

Facility fee \$108.

10% discount for members and concession card holders.

Accommodation and meals available separately.



Ordained since the late 1970s, Ven. Robina has worked full time since then for Lama Thubten Yeshe and Lama Zopa Rinpoche’s FPMT. Over the years she has served as editorial director of Wisdom Publications, editor of Mandala magazine, executive director of Liberation Prison Project and as an inspirational touring teacher. Her life and work with prisoners have been featured in the documentary films ‘Chasing Buddha’ and ‘Key to Freedom’.

Meditation

Mindfulness in Motion with Ven. Lozang Tsultrim

“Our very perception of reality is tied closely to where we focus our attention. Only what we pay attention to seems real to us, whereas whatever we ignore - no matter how important it may be - seems to fade into insignificance.” Alan Wallace

The practice of mindfulness is both **straightforward**, **practical** and one of the **key techniques to happiness**. But that doesn't mean you have to put life on hold and commit to hours of meditation to experience its benefits.

In this one-day course we explore different kinds of mindfulness and discover how to turn every day activities into mindfulness practices. Ven. Tsultrim will help you identify key activities and moments in your day that you can transform into your own personal mindfulness practice. You'll be able to practice at home, at work and with friends and family appreciating each of your experiences with greater awareness and attention.

This course is appropriate for anyone wanting to find out more about Mindfulness and how it can help. Everyone is welcome to attend.

Sunday 10th June 9:00am - 4:30pm,
held in the Wellbeing Centre at Chenrezig Institute.

Facility fee \$55.

10% discount for members and concession card holders.
Accommodation and meals available separately.



Ven. Tsultrim has been a student of Chenrezig Institute for many years. She is a counsellor with a Master of International Studies in Peace and Conflict Resolution. Ven. Tsultrim uses mindfulness techniques and other Buddhist principles to help people make changes to develop peace and contentment in their hearts.

Thank you for disposing of me respectfully

Buddhist Teachings



Geshe Phuntsok Tsultrim is immensely popular for the warm and approachable way in which he presents the dharma and inspires our community. He became a monk at Sera Je Monastery in India, where he was awarded with his Geshe degree (the equivalent of a doctorate in Buddhist studies) in 2005. He began teaching at Chenrezig Institute in 2014 after being chosen for our community by Lama Zopa Rinpoche. He teaches in Tibetan with the help of his professional translator, Ven. Kartsön.

The Eight Verses of Thought Transformation with Geshe Tsultrim and Ven. Chokyì

"No anger inside means no enemy inside."

Lama Zopa Rinpoche

Time and time again we are overwhelmed by suffering but in the dense fog of our confusion, anger and emotional afflictions, we can't see a solution or find our way out to happiness. We are living as though we are blind. How can we stop this continuous cycle of mental torment and turn things around? Is it really possible to warmly invite happiness into our lives? Join us to investigate an ancient Buddhist technique to help still the internal storms that stop us from reaching our full potential for peace and happiness.

The Eight Verses of Thought Transformation are short, confronting and profound; they deeply challenge our preconceptions of how happiness can be achieved in our lives. Inspiring, poetic and immensely powerful, the verses ask us to view the undesirable things in life through a radical new lens. By training our mind in this way, a state of peace becomes achievable. Undesired suffering turns into happiness and takes us further along the path to enlightenment.

The potency of this ancient thought training method can't be underestimated. Passed down through an unbroken Buddhist lineage, the text remains as relevant today as it was when first written in the eleventh century by Kadampa Geshe Langri Tangpa.

Saturday 23th June 9:00am - Sunday 24th June 3:45pm, held in the Gompa at Chenrezig Institute.

Facility fee \$108.

10% discount for members and concession card holders. Accommodation and meals available separately.

Buddhist Teachings



When it all Goes Wrong: Heart Advice for Times of Trouble with Ven. Kartsön

Bad things can happen to good people, so the saying goes.

So how do we make sense of things that seem to make no sense at all. From personal tragedies to global disasters, watching the nightly news we can begin to feel both overwhelmed and vulnerable. Frustrated and angry at the injustice and saddened by our inability to meaningfully address the issues.

But what if there was a way to approach this suffering that allowed us to transform it into something powerful and positive for ourselves and others?

Indian master Shantideva's classic and revered text "A guide to the Bodhisattva's Way of Life" considers how we might be able to use suffering as part of our practice. He encourages us to see times of trouble as opportunities to use the deep feelings generated to create powerful and profound responses. This transformative approach encourages us not to turn away from problems but to stand in the eye of the storm with a calm and collected response.

Join knowledgeable and engaging teacher Ven. Karstön as he dives into the challenges of the modern world and takes a fearless look at the things that cause us suffering and what we can do about them. Suitable for all students.

Saturday 16th June 9:00am - Sunday 17th June 3:45pm,
held in the Gompa at Chenrezig Institute.

Facility fee \$108.

10% discount for members and concession card holders.



Originally from Israel, Ven. Kartsön has worked closely with our Tibetan Teachers, studying and translating for ten years of our advanced study program, masters program, and is now tutoring this program. A knowledgeable teacher in his own right, he travels extensively teaching and translating for Lamas in India, Israel, Singapore, Taiwan and China.

Thank you for disposing of me respectfully

Ongoing Study Programs in 2018

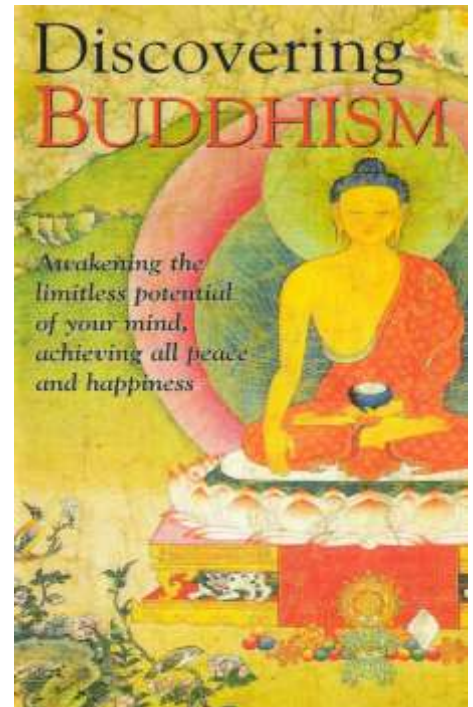
Discovering Buddhism

The Discovering Buddhism course is made up of 14 modules of study and retreat covering the Buddhist path in a systematic way. Each module is completed over two months with both a teaching weekend and a retreat weekend. This two month period gives students time to study, practice and integrate each new subject slowly building a comprehensive base of knowledge and skills.

In 2018 the Discovering Buddhism Program will be taught by Ven. Thubten Chokyi.

Study will commence June 9th and 10th and continue on the second weekend of the month.

Please see our website for more details.



Ven. Chokyi ordained with Kyabje Zopa Rinpoche in 2006. She has been the Program Coordinator at Vajrayana Institute for over ten years, leading retreats and teaching Discovering Buddhism. Prior to ordination, she taught at university and in the community sector for over 20 years. She is also the Director of the Liberation Prison Project.

Advanced Study Program

We offer a comprehensive, practice-oriented course of Buddhist study for students who wish to extend their understanding of Buddhism to university level.

Module One: The Heart of Wisdom Sutra

23rd July - 3rd August 2018 (Monday to Friday)

Module Two: The Wisdom and Dedication Chapters of the Guide to the Bodhisattva's Way of Life

Part 1: 21st August - 12th September 2018

Part 2: 25th September - 10th October 2018

Module Three: Transforming Death, Intermediate State and Rebirth into the Path (The Three Kayas)

30th October - 21st November 2018

Please see our website for more details.

Including our new Tuesday and Wednesday format.



Ongoing Study Programs

Intermediate Program Module One, 2018

Discovering Buddhism: The Mind and it's Potential with Ven. Thubten Chokyi

"All things are preceded by the mind, led by the mind, created by the mind." The Dhammapada

Why is it that no matter how much we achieve in life we still encounter problems? Why does that elusive goal of long-lasting happiness continue to evade us?

From a Buddhist perspective, mind is the basis of our experience – the creator of our happiness and the creator of our problems lies within us. Realizing that we're truly in control is revolutionary. But how do we change our minds for the better? How do we cultivate new thinking habits? How do we stop listening to negative self-talk?

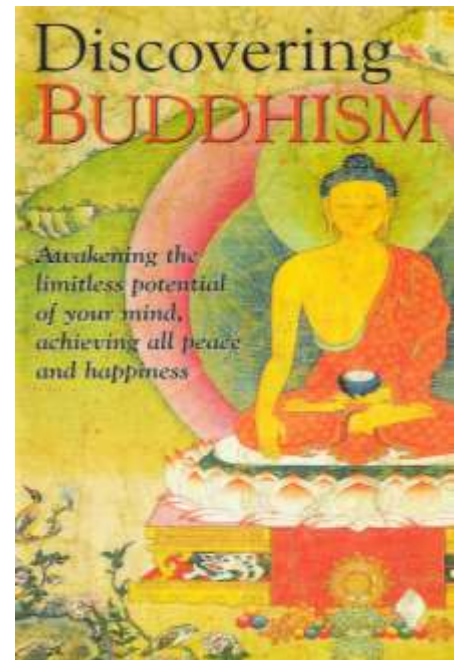
In this teaching weekend of the first module of the Discovering Buddhism program, we examine what mind is; its nature and function, and how the mind perceives and interprets the world around us. Ven. Chokyi will show us methods to transform destructive thoughts and attitudes and to create a positive, joyous mind. All welcome! Bookings essential.

This is the first part of Module one of the Discovering Buddhism program. The second part is a practice weekend on the same topic one month later, in July.

Saturday 9th June 9:00am - Sunday 10th June 3:45pm, held in the Gompa at Chenrezig Institute. (Part 1)

Saturday 7th July 9:00am - Sunday 8th July 3:45pm, held in the Gompa at Chenrezig Institute (Part 2)

**Facility fee \$108 (for each Part individually).
10% discount for members and concession card holders.
Accommodation and meals available separately.**



Discovering Buddhism Loyalty Reward

In recognition of the ongoing commitment our Discovering Buddhism students make, Chenrezig Institute has created a Loyalty Reward Program. Students who complete five consecutive Discovering Buddhism weekend courses are welcome to attend the sixth Discovering Buddhism course in the series *with no course fee*.

Over the course of the program this Loyalty Reward equals nearly a 20% discount on course fees for this life changing course. This discount does not apply to meals or accommodation.

Thank you for disposing of me respectfully

Ongoing Study Programs



Advanced Program Module One, 2018

The Heart of Wisdom Sutra

“Form is empty, emptiness is form; form is not other than emptiness, emptiness is not other than form ...”

The famous Heart Sutra reveals the truth of emptiness through a short exchange between two of the Buddha’s most illustrious disciples, Avalokiteshvara and Shariputra. Traditional commentary expands on the cryptic style of the sutra to clarify the nature of the wisdom realizing emptiness and the ‘method’ practices which are its essential complements.



Geshe Tsultrim will lead us to a clearer understanding of emptiness according to the Middle Way Consequence School and show us how this short text includes all the paths for all levels of beings.

This profound subject will be offered as a full two-week intensive retreat-style module, with teachings, tutorials and meditations five days per week (Mon-Fri) with a break over the intervening weekend for assimilation or other activities.

Monday 23rd July - Friday 3rd August

Facility Fee: \$160.

10% discount for students attending the full retreat.

Accommodation and meals available separately.



The *Advanced Study Program* offered at Chenrezig Institute is a five year comprehensive, practice-oriented course of Buddhist Study for students wishing to extend their understanding of Buddhist thought and to receive a qualification enabling them to teach in FPMT centers.

Teachings are with our resident teacher, Geshe Phuntsok Tsultrim, personally chosen for Chenrezig Institute by Kyabje Lama Zopa Rinpoche. Geshela is assisted by experienced interpreter and Advanced Study Program graduate, Ven. Kartsön (aka Yaki Platt).

Thank you for disposing of me respectfully

Upcoming Special Guests

The Blissful Abiding of Body and Mind in Meditation - A Retreat to Explore an Effortless Approach to Meditation with Wai Cheong Kok

Meditative absorption is a deeply peaceful state of body and mind, free of restlessness and dullness, accompanied by a wonderful sense of physical and mental wellbeing.

In this meditation retreat, you will explore an effortless approach to meditation, setting aside the usual struggles to calm your mind as well as any sense of failure or guilt associated with the process. Instead, with a caring and attentive attitude, you will be guided in cultivating the foundational qualities for experiencing such deep absorptions in your daily meditation.

Some of the benefits are to:

- Deepen physical relaxation
- Develop a spacious and wakeful mind
- Create the conditions for experiencing pleasure during meditation
- Work creatively with hindrances to meditation

This retreat consists of several meditation sessions daily, each combining explanation and guided meditations. There will also be time for self-practice, Q&A and discussion.

Please feel free to bring along a yoga mat and a blanket to experiment with meditating in the supine position.

Thursday 5th July 9:00am - Sunday 8th July 12:00pm,
held in the Wellbeing Centre at Chenrezig Institute.

Facility fee \$200.

10% discount for concession card holders.

Accommodation and meals available separately.

Wai Cheong graduated with a M.Sc in Chemistry and worked in research before completing the 7-year Masters program in Advanced Buddhist Studies at Istituto Lama Tsong Khapa in 2004. He followed this with a four month solitary retreat. He has been teaching meditation and Buddhism since 1996, with a special interest in making available the benefits of meditation to a wider audience. From 2006-2015, he has served as a senior resident teacher at our Sydney sister centre Vajrayana Institute.



Thank you for disposing of me respectfully

Upcoming Special Event



Ordained in 1987, Ven. Ailsa is a close student of Lama Zopa Rinpoche and has been editing his teachings since 1984 for the Lama Yeshe Wisdom Archive. Ven. Ailsa has led the annual Nyung Na retreats at Chenrezig Institute for more than twenty years.

Nyung Na Retreat with Ven. Ailsa Cameron

Join us to bring to light positive states of mind and discover for yourself the nature of serious retreat during this special annual event.

A Nyung Na retreat is a two-day meditation, fasting and purification practice based on the sadhana of Thousand-Armed Chenrezig, the Buddha of Compassion. It is an extremely powerful way to heal illnesses, purify negative karma and open the heart to compassion. It is an effective spiritual, mental and physical detox. Each two-day Nyung Na involves taking the eight Mahayana precepts, maintaining silence and doing prayer recitations and prostrations. The second day includes fasting for 24 hours (taking no food or water).

This year we are offering three of these inspiring two-day retreats. Even doing just one Nyung Na is an extremely powerful method of cleansing negativity and accumulating merit. No specific empowerments are needed.

2018 Nyung Na schedule as follows:

Introduction: 10 July at 6:30pm

Nyung Na 1: 11 July 5:00am - 12 July 7:00am

Nyung Na 2: 13 July 5:00am - 14 July 7:00am

Nyung Na 3: 15 July 5:00am - 16 July 7:00am

Big Breakfast for all retreatants on 17 July at 8:00am

Facility fee for each Nyung Na is \$108 *

Facility Fee for the set of three Nyung Nas is \$324*

*Nyung Nas are a mentally and physically demanding practice. So that we can care for our retreatants, we include the meals and accommodation within the cost of the retreat. Please do not book these separately. When you book we will contact you to arrange accommodation. As the start time of the retreat is 5:00 am we strongly suggest guests stay on the property the evening before.

As it is a rare and precious opportunity to be able to complete Nyung Na retreats, preference will be given to those retreatants who book for the entire seven day retreat. Discovering Buddhism students are particularly invited to this retreat to complete the Nyung Na as one of their special integration experiences.

Thank you for disposing of me respectfully

Membership and Weekly Programs

Taste of Tibetan Buddhism

This introductory course covers topics such as mind and its potential, how to meditate, establishing a daily practice, karma, and transforming problems. A new topic is explored each week, making it an excellent opportunity to get an overview of core Buddhist teachings in the Tibetan tradition. You are also welcome to drop in and attend on a casual basis.

Thursdays, 1:15pm - 2:30pm, held in the Tara room under the Gompa. By donation.



Guided Meditation

Join one of our experienced sangha members as they lead you through a reflective meditation. This is a perfect way to try out Buddhist meditation and experience how a short, peaceful experience can invite more peace into your everyday life. Suitable for everyone, Buddhist and non Buddhist alike. Join us for the meditation after lunch. Please check our calendar as retreats and teachings may effect these sessions.

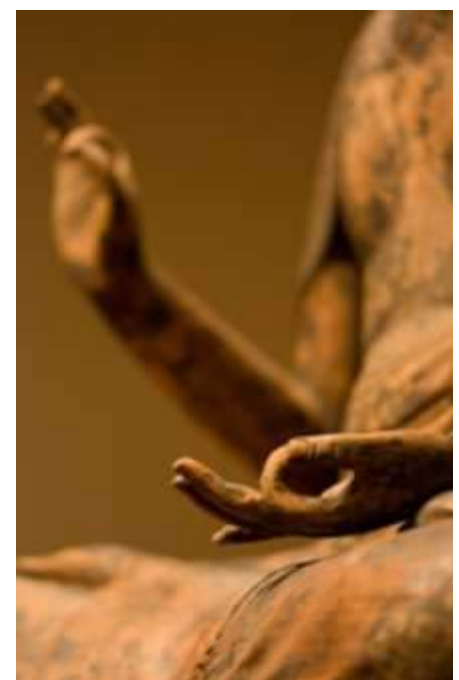
Fridays, 1:15pm - 1:45pm, in the Gompa. By donation.



The 1000 Arms of Chenrezig Institute

By becoming a member of 1000 Arms of Chenrezig Institute, you are supporting the growth and flourishing of the Buddha's teachings in Australia and beyond. Through the merit of your generosity you establish a connection with the deity of compassion Chenrezig and His Holiness the Dalai Lama.

As a token of our appreciation we offer a range of benefits including course and accommodation discounts, special prayers and pujas, as well as access to FPMT online learning.



Weekly Programs with Geshe Tsul trim



Geshe Tsultrim continues to share two important Buddhist texts for our ongoing students. Both of these teachings are offered to our community by donation.

On Thursday evenings Geshela is teaching Lorig or Mind and Cognition. This is a perfect class for those who already have some previous understanding of Buddhist concepts and want a deeper understanding of Buddhist Psychology. Geshela invites students questions and there are friendly group discussions and debate.

On Friday mornings Geshela is teaching from Aryadeva's "400 Verses". This is an excellent place to get to know Geshela's warm and encouraging teaching style and become familiar with this very helpful text. Everyone is welcome.

Mind and Cognition (Lorig)

Understand the Buddhist view of the mind and discover how Buddhism explains the connection between thought and reality. This is an introduction to Buddhist psychology and includes an exploration of positive and negative emotions and cognitive states. Suitable for students with some previous experience.

**Thursdays, 6:30pm - 8:00pm,
held in the Gompa at Chenrezig Institute.
By donation.**

Four Hundred Verses by Aryadeva

Aryadeva shares a series of memorable stories and anecdotes that illustrate how our own misconceptions and misunderstandings can prevent us from moving forward on the yogic path. Suitable for everyone.

**Fridays, 10:30am - 12:00pm,
held in the Gompa at Chenrezig Institute.
By donation.**

Traditional Arts and Rituals

Tsa Tsa Painting Workshop

Join us as we paint these beautiful Buddhist icons, bringing forth our own joy as we reflect on their special qualities. A relaxing and meaningful way to nurture your creativity.

**Sunday 1st July, 1:00pm - 4:00pm,
held in the Art Studio at Chenrezig Institute.
By donation.**



Mantra Rolling Workshop

Mantras, meaning 'mind protection', are Sanskrit syllables recited as part of meditation practice. They bring benefit to all who see, touch, hear or speak them.

Join us in the Art Studio for the relaxed and calm process of mantra rolling. No experience necessary. Our Chenrezig Arts community will lead you through this inspiring practice.

**Sunday 10th June 10:00am - 3:00pm,
held in the Art Studio at Chenrezig Institute.
By donation.**



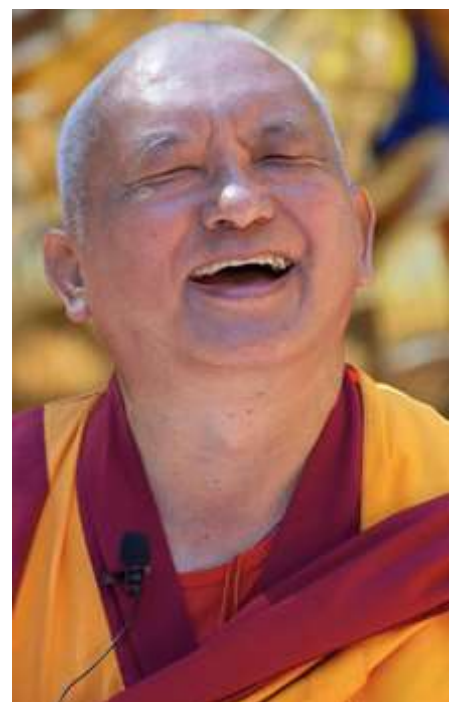
Sutra Reading and Writing

Join us for a peaceful day of reading and writing sutras - the records of the Buddhas teachings, written in verse.

We'll gather in the Tara Room, set our motivation and read through a sutra reflecting on it's benefits as shared by Lama Zopa Rinpoche. There will be plenty of time to share our thoughts and enjoy chai together.

After lunch we will be writing sutras (Buddhist scriptures) in gold ink. This is a deeply relaxing and satisfying way to spend the afternoon. Everyone is welcome to join in this peaceful day of recitation and reflection.

**9th June from 10:30am onwards, held in the Tara Room.
This activity is by donation. Lunch in the Big Love Café is \$12.50pp.**





Guru Puja

Recognising the kindness of our teachers, we give thanks for their wisdom and compassion. Guru puja is mostly chanted in Tibetan and takes about two hours including offerings of chai and food.

9th and 23rd June from 6:30pm in the Gompa



Tara Puja

The enlightened activities of the Buddhas manifest in this female aspect to help living beings successfully accomplish their goals.

Tara puja is a mix of Tibetan and English and takes one hour, during which we offer chai and cake.

21st June from 4:00pm in the Gompa



Vajrayogini Practice

This is an intimate practice day, only for students with the appropriate initiation. There is an additional self-initiation after lunch for those qualified by the approach retreat.

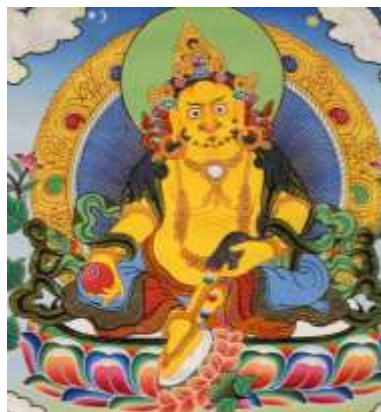
10th June from 9:30am - 3:00pm in the Tara Room



Making Offerings

Students are welcome to bring offerings for the altar or for our Buddha statues and holy objects.

Rinpoche also advised to offer flowering plants that can be put in the garden after the Puja to benefit the beings in the garden.



Dzambala Puja

A puja to increase each student's generosity, resulting in both spiritual and material abundance. Dzambala puja is a mix of Tibetan and English and involves water offerings to Dzambala. It takes about one hour.

1st July from 6:30pm in the Gompa



Medicine Buddha Puja

A puja to remove health and life obstacles and increase wellbeing and prosperity. Medicine Buddha puja is mostly in English and takes about an hour. At the conclusion of the puja we share the offerings.

28th June from 6:30pm in the Gompa

Wellbeing Program



Yoga for Anxiety and Depression with NeLi Martin

Yoga has some powerful techniques for affecting the nervous system. You can learn to re-wire your anxiety through activation of the relaxation response and re-framing the stress response. You'll learn: Asana and Pranayama for calming the nervous system and activating the relaxation response deep in the body at a cellular level. Asana and Pranayama for energising the nervous and vital systems of the body. Meditation approaches to set intentions and connect to your purpose whilst cultivating calm, alert states of mind.

Saturday 9th June 9:00am - 4:00pm, held at the Wellbeing Centre. Facility fee \$75. Book at www.chenrezig.com.au

NeLi Martin is a Buddhist psychologist who integrates mindfulness, yoga and dance practices into her work with people from all walks of life.



Chenrezig Yarning Group

Join us in the Big Love Café for a fun get together working on knitting and crochet projects to support those in need in our community. Bring along your own project or join in with one of ours and enjoy connecting with others and sharing our stories over chai. Together we'll weave something unique and beautiful to share with others.

Not sure how to knit? No worries. Let us make you comfortable and show you how. Everyone is ready to make you welcome.

Can't make it on Fridays but still want to join in? We would love to have your knitting donations of blanket squares, knitting needles and wool. Please get in touch to find out more by contacting: info@chenrezig.com.au.

Friday June 8th and 22nd 2:00pm - 3:00pm, held in the Big Love Café

Thank you for disposing of me respectfully

Weekly Wellbeing Program



Yoga with Baillie

Baillie left behind a successful role in the high stress world of financial planning seven years ago to pursue a career that fulfilled her at a much deeper level. She qualified in India in Ashtanga Vinyasa and has complimented this intensive training with Sivananda Hatha yoga while offering service through India and Sri Lanka. She is keen to share the physical and emotional benefits of yoga.

What to expect from Thursday classes:

Baillie bases her classes around participants and will tailor them to individual needs.

She begins with various breathing exercises, to quiet the mind and prepare for practice. Each class will include gentle stretching, balancing poses, and sun salutations. Students will get to know their bodies and themselves more closely through practice. The focus is listening to and working with the body gently, which can only be achieved through a kind approach.

Thursdays 4:30pm - 5:30pm in the Wellbeing Centre at Chenrezig Institute.

Facility Fee: \$12 per class. Join us in the Wellbeing Centre.



Pilgrimage to Japan



Walking the ancient pilgrimage trail of Kumano Kodo, temple stay at Mt. Koya, visits to Nara and Kyoto with Ven. Kartsön

11 days, 10 nights 12 - 22 October 2018

Tour Route: Osaka – Nara – Kyoto – Takahara – Tsugizakura-oji – Kumano – Yunomine Onsen

This Pilgrimage to Japan will be led by Ven. Kartsön (Yaki Platt) and Ekno's Sharon Thrupp. Starting in Brisbane we will travel to Osaka (you may choose to make your own way to Osaka), followed by a visit to Nara (the first permanent capital of Japan). It is full of historic treasures, including some of Japan's oldest and largest temples.

Next is Mt. Koya which is home to an active monastic center founded twelve centuries ago and has its headquarters of Shingon Buddhism. Situated on a small plain at the top of Mt. Koya the Monastery is a complex of temples, halls, and pagodas. Surrounded by a thick forest of massive cedars, it is a place for reflection and contemplation. There is also a women's pilgrimage circuit which you may wish to complete during your stay.

On we travel to historical Kyoto, full of shrines and temples, followed by walking the ancient pilgrimage trail of Kumano Kodo at the most stunning time of year with autumn leaves in full colour. Our walk is very flexible with shortcut options. Without the shortcuts we will walk 54km over four days, but with two guides with the group whichever option you choose you will not be alone. The walk can be strenuous at times, but you will have the luxury of only carrying a day-pack each day.

Tour Leader Ven. Kartsön

Born in Israel, trained in Tibetan language and Buddhist Philosophy in India and calling Australia home, Ven. Kartson travels the world translating and teaching. He is a graduate of Chenrezig Institutes Advanced Studies Programme and was ordained in 2015. He is known for his warmth and sense of humour.

This tour will raise funds for Chenrezig Institute.

This pilgrimage will raise funds for Chenrezig Institute.

To find out more contact Sharon: tour@eknotravel.com.au or visit: www.eknotravel.com

Stay Chenrezig Institute offers a unique opportunity to stay in a Tibetan Buddhist community. Come for our weekly classes, courses or retreats or simply enjoy the peaceful rainforest atmosphere.

There is a range of comfortable and affordable accommodation options, ranging from \$27 per night for a simple dorm room through to \$80 per night for your own comfortable retreat hut with ensuite. Please visit our website for a detailed list and photos of all our accommodation options.

We look forward to welcoming you.



Play While you're here you might like to visit our beautiful **Garden of Enlightenment**, consecrated by the Dalai Lama. Our friendly **library** volunteers are happy to share their knowledge of our impressive collection of books and dvds. You can sign up for our weekly yoga classes in our **Wellbeing Centre**. Down in the **Art Studio** you can learn traditional Buddhist arts such as tsa tsa painting and stupa making.

Our **Dharma gift shop** has everything you need to set up your altar, as well as a wide selection of books, practice items and gifts for friends and family.

Shop Opening Hours: **Thurs - Fri: 10:00am - 2:00pm and**
 Sat - Sun: 8:30am - 3:00pm



Eat Lama Yeshe began the tradition of cooking for students and the custom of preparing meals with mindfulness and care continues to this day, with many volunteers offering service under the guidance of our experienced cooks.

Breakfast, lunch and supper are available as well as delicious homemade cake, chai and tea. All our food is vegetarian and a vegan, gluten and dairy free option is available to order for lunch.

We cook our meals especially for you, so please ensure you book before 10:00am on the day of your meal and let us know if you are gluten or dairy free or vegan so that you won't be disappointed.



Café Opening Hours:
Thursday to Sunday: 7:00am - 6:30pm
Breakfast: 7:00am - 8:00am
Lunch: 12noon - 1:00pm
Supper: 5:30pm - 6:30pm

June						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 400 Verses teachings with Geshela 10:30 am - 12noon	2 Visit of Lama Zopa Rinpoche Wheel of Sharp Weapons Teaching	3 Visit of Lama Zopa Rinpoche Ksitigarbha Initiation
4	5	6	7 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm	8 400 Verses teachings with Geshela 10:30am - 12noon Guided Meditation 1:15pm - 1:45pm (Tara Room) Yarning Group 2:00pm - 3:00pm (Big Love Café)	9 DB Module 1 The Mind and it's Potential with Ven. Thubten Chokyi Commences 9:00am Yoga for Depression and Anxiety with NeLi Martin 9:00am - 4:00pm (Wellbeing) Sutra Reading and Writing from 10:30pm (Tara Room) Guru Puja 6:30pm	10 DB Module 1 The Mind and it's Potential with Ven. Thubten Chokyi Concludes 3:45pm Mindfulness in Motion with Ven. Lozang Tsultrim 9:00am - 4:30pm (Wellbeing) Mantra Rolling 10:00am - 3:00pm (Art Studio) Vajrayogini Practice Day 9:30am - 3:00pm (Tara Room)
11	12	13	14 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm	15 400 Verses teachings with Geshela 10:30am - 12noon Guided Meditation 1:15pm - 1:45pm (Tara Room)	16 When it all goes wrong with Ven. Kartsön Commences 9:00am	17 When it all goes wrong with Ven. Kartsön Concludes 3:45pm
18	19	20	21 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Tara Puja 4:00pm Lorig Teachings with Geshela 6:30pm - 8:00pm	22 400 Verses teachings with Geshela 10:30am - 12noon Guided Meditation 1:15pm - 1:45pm (Tara Room) Yarning Group 2:00pm - 3:00pm (Big Love Café)	23 The Eight Verses of Thought Transformation with Geshela Commences 9:00am Guru Puja 6:30pm	24 The Eight Verses of Thought Transformation with Geshela Concludes 3:45pm
25	26	27	28 Taste of Tibetan Buddhism 1:15pm - 2:30pm Lorig Teachings with Geshela 6:30pm - 8:00pm Medicine Buddha Puja 6:30pm	29 Karma: How we can create our own Reality with Ven. Robina Courtin Commences 6:30pm 400 Verses teachings with Geshela 10:30am - 12noon Guided Meditation 1:15pm - 1:45pm	30 Karma: How we can create our own Reality with Ven. Robina Courtin Continues until 1st July 3:45pm	