

# May

# 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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[www.chenrezig.com.au](http://www.chenrezig.com.au)

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

*The time has arrived for Lama Zopa Rinpoches visit!*

*Our May program is full of ways you can prepare yourself for this wonderful opportunity physically and mentally with wonderful courses on self care, meditation and importantly how to relate to a spiritual teacher or guru. We look forward to seeing you throughout this exciting month of community and personal preparation.*

*Warmest wishes from the program team.*

## *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 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](mailto: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](http://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.



## *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 come and 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 other's lives; sometimes we drift, unsure how to make our lives feel meaningful and connected. Both extremes create stress and fatigue, causing repetition of unhelpful patterns, yet we still hope that "this time things will work out".

Using methods that go deeper than "looking on the bright side" and that are more powerful than positive thinking, Lama Zopa Rinpoche invites students to consider the true capacity everyone has for compassion, wisdom, and change. Based on the ancient Buddhist technique of mind training or thought transformation, these Lojong teachings 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](http://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 Rinpoche's 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.



### Sow the 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.



## *Meditation and Retreat*



### **Calm Abiding Practice Day with Ven. Tsonдру**

An unruly mind is not only the cause of our own difficulties and suffering but also an obstacle to developing kindness and compassion for others. Unwanted distractions undermine our attempts to develop the wisdom and compassion necessary to achieve our potential and benefit those around us. Shamatha practice pacifies those distractions leaving the mind calm, clear and flexible.

Ven. Tsonдру takes time from her own personal Calm Abiding Retreat to share this beautiful and peaceful practice with us. Calm Abiding is the ideal practice for a busy life creating a strong and stable base of calm and relaxation we can return to whenever we are feeling stressed or overwhelmed. When we are feeling stronger it gives us the undistracted focus to be of greater benefit to ourselves and others.

Ven. Tsonдру will support your developing practice gently leading you through a range of meditations and explaining how these support the Buddhist path.

Please wear loose comfortable clothing for sitting and a yoga mat if you would like to meditate in a laying down position.

**Saturday 5th May 9:00am to 3:30pm, held in the Gompa at Chenrezig Institute.**

**Facility fee \$25. Accommodation and meals available separately.**

*Ven. Tsonдру is a Buddhist nun and a student of Chenrezig Institute's Buddhist Study Program. She teaches beginner meditation courses and leads shamatha practice days at Chenrezig Institute. She is currently completing her own retreat.*

Thank you for disposing of me respectfully

# Buddhist Teachings



## Are you my Guru? with Ven. Yönten

According to the Vajrayana tradition, relying on a spiritual teacher is of utmost importance when progressing along the path leading to emancipation and enlightenment. But we have all heard of cults and charismatic leaders who abused the trust placed in them. So how do we set about finding a qualified spiritual teacher? How do we establish a relationship with them? And how can it serve our own development, by training and following the example they lead?



There are teachers who teach you how to become disciplined, they are those who teach you the Mahayana and those who teach you Tantra. How we relate to each of them will differ and continue to change. With so many things to consider, we often misunderstand how we can grow through this relationship and use it as fuel to our spiritual practice.

Join us at Chenrezig Institute to learn how to have a practical and healthy approach to establishing a connection with a teacher. How to choose one and what that will mean for your practice.



This is an excellent course for all students considering taking teachings and particularly an empowerment with Kyabje Lama Zopa Rinpoche or any other teacher.

**Saturday 19th May 9:00am - 4:30pm,  
held in the Gompa at Chenrezig Institute.**

**Facility fee \$108.**

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

*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



## Upcoming Special Guests

### 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 are innocent victims who didn’t ask to get born and that there is 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.

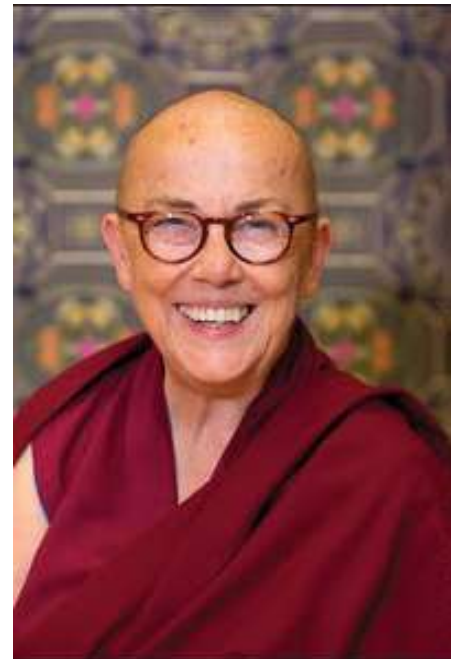
The Buddhas view of reality is that we come into this life at the first moment of conception in our mother’s womb fully programmed with our own tendencies and the seeds of our experiences in this life. As the Dalai Lama says, the view of karma is one of “self-creation.” We are, literally, the creators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

## 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. He currently resides in Singapore.*

Thank you for disposing of me respectfully

## Upcoming Special Event

### 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 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.



*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.*



## 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 to 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 to 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.

## *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 6th May 1:00pm to 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 13th May 10:00am to 3:00pm, held in the Art Studio at Chenrezig Institute. By donation.**



### **Sutra Reading and Writing**

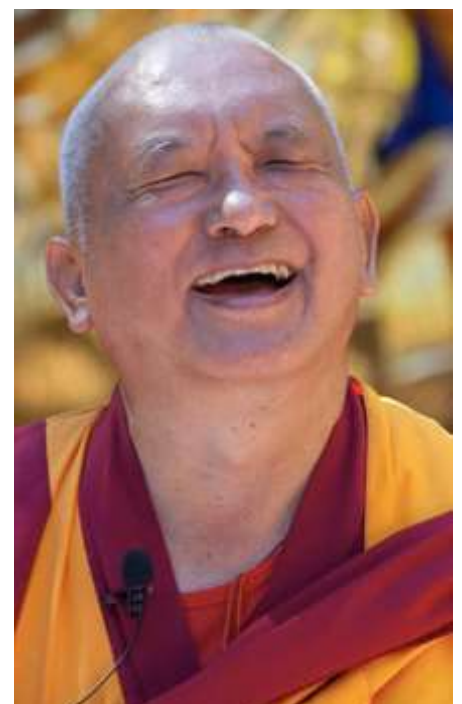
Join us for a peaceful day of reading and writing sutras - the records of the Buddhas teachings, written in verse.

We'll gather in the Tara Room, set our motivation and read through a sutra reflecting on its 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.

**Saturday 19th May from 10:30am onwards, held in the Tara Room. By donation.**

**Lunch in the Big Love Café is available separately.**







### Guru Puja

Recognizing 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.

**10th and 24th May from 4:00pm 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.

**22nd May from 6:30pm 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.

**20th May from 9:30am in the Tara Room**



### 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.

**6th May 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.

**Because of preparations for Rinpoche's visit there will be no Puja this month**



## Ongoing Study Programs in 2018

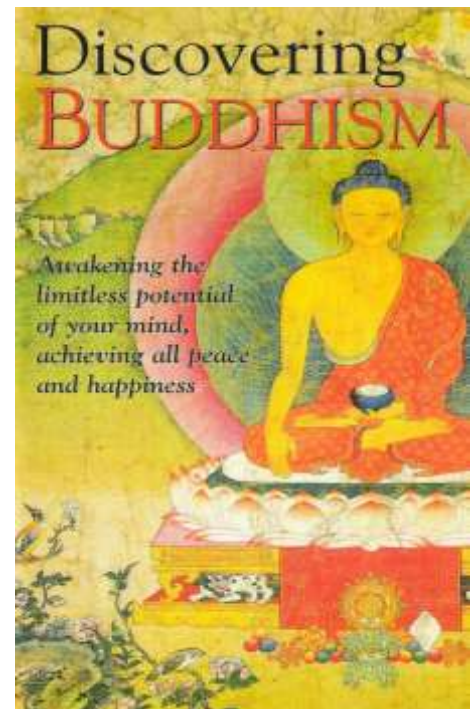
### Discovering Buddhism

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.



## Outreach Program



### **Relax & Take Control** **Transforming Anxiety & Depression** **with Corey Jackson**

Modern technology has improved our quality of life in ways not thought possible a generation ago. Even so, depression, anxiety and other mental health issues have skyrocketed and are still on the rise.

The good news is that we can take back control of our lives with mindfulness based practices and psychological understanding. This four part series will present a modern understanding of mood disorders combined with ancient Buddhist wisdom to overcome their root causes. We will learn attitudes and techniques for dealing with adversity and how to get our emotions working for us.

**May 2nd, 9th, 23rd, 30th,**  
**all Wednesdays from 6:15pm - 7:45pm,**  
**Share Space, 22 Beach Road, Maroochydore**  
**Package Price: \$50 (incl. all four sessions)**



*Corey has a degree in Sanskrit and Psychology and also works as a Tibetan-English translator. He is a mindfulness and emotion skills trainer and is currently doing a Research Masters in mindfulness and emotions at University of Sunshine Coast. He is passionate about bringing the benefits of ancient wisdom to the modern world.*

## Wellbeing Program

# Tools for Happiness Two:

## How We Relate and Find Meaning with Ven. Lozang Tsultrim

The qualities of respect, forgiveness, gratitude, and loyalty are powerful tools to strengthen our relationships. Since our own happiness ultimately depends on the happiness of those around us, developing these qualities is one of the most direct and effective routes to a happy life. Our search for meaning depends on an ability and willingness to explore new and unfamiliar territory. It is a challenge to venture deep into oneself and find out how to create a happy and fulfilling life: to have the courage for principles and aspirations.

This workshop provides straightforward tools for developing happiness and meaning in everyday life by focusing on how we relate to others. We learn the deeper value of kindness, honesty, generosity and right speech. It is suitable for people of all ages, faiths, and cultural backgrounds - using everyday language for people from any or no spiritual tradition.

This is a paired workshop with *Tools for Happiness: How We Think and Act* in April. You don't have to attend both workshops, but doing the two will give you all the tools you need to radically change your life!

**Saturday 12th May 9:00am - Sunday 13th May 4:30pm,**  
held at in the Gompa at Chenrezig Institute.

**Facility fee \$120.**

**Meals and accommodation available separately.**



*Ven. Tsultrim is a counsellor with a Masters of International Studies in Peace and Conflict Resolution. She works with people at risk of suicide, their family and friends. She is also a Buddhist nun.*

Thank you for disposing of me respectfully



## Meditation



### **Calm Abiding Practice Day with Corey Jackson**

Corey Jackson shares this beautiful and peaceful practice with us. Calm Abiding is the ideal practice for a busy life creating a strong and stable base of calm and relaxation we can return to. Corey will support your developing practice gently leading you through a range of meditations and explaining how these support the Buddhist path.

**Sunday 20th May 9:00am - 3:30pm,  
held in the Gompa at Chenrezig Institute.  
Facility fee \$25  
Meals and accommodation available separately.**

## Wellbeing Program



### **Nourishing Care: Yoga Retreat with Baillie Dick**

As the weather cools down wrap yourself in a comforting blanket of nourishing practices of self care. Sample from meditation, massage, breath awareness and a slow flowing vinyasa and yin yoga classes aimed at deep relaxation.

Enjoy the feeling of bliss as we get the body moving, releasing blockages and turning inward to work with the body and mind connection. A warming gift to ourselves.

**Saturday 12th May 9:00am - Sunday 13th May 4:30pm,  
held at the Wellbeing Centre at Chenrezig Institute.  
Facility fee \$75.  
Meals and accommodation available separately.**

*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.*

Thank you for disposing of me respectfully

## Family and Social Events



### Kind Kids Program

Children and their families are invited to join us for meditation, stories, yoga and creative experiences in a welcoming friendly environment.

Throughout 2018 we will be exploring: How we Think (**Humility, Patience, Contentment, Delight**) and How we Act (**Kindness, Honesty, Generosity, Thoughtful Speech**). In 2019 the program will continue with How we Relate to Others (**Forgiveness, Respect, Gratitude, Loyalty**) and How we Find Meaning (**Aspiration, Principles, Service, Courage**). This program is based on the 16 Guidelines for a Happy Life. It is suitable for all families who want to come together to enjoy these practical tools and fun experiences for creating more kindness in the world.

This months program will take place in the Gompa and it is surroundings. Please wear comfortable shoes and clothes you can create and have fun in.

**Sunday May 6th 9:00am - 10:00am. This event is by donation. Donations to the Kind Kids program cover the cost of art materials, resources and morning tea for the children. Meals in the Big Love Café are available separately. Please book by 10:00am.**



## Family and Social Events

### Welcome Day - Sunday 6th May

Welcome Days are filled with opportunities to explore what Chenrezig Institute has to offer. Bring the whole family for a relaxing day out! Start the day by heading into reception where our friendly team will welcome you with a map and answer any questions you have about the day's program.

Between 9:00am and 10:00am younger family members will enjoy the fun activities in our Kind Kids program. Alternatively allow yourself to unwind and relax as you wander to the Garden of Enlightenment to see the building that drew His Holiness the Dalai Lama here in 2011.

Between 10:30am and 11:30am one of Chenrezig Institute's resident nuns will welcome you to our temple (Gompa) and after a short introduction share a peaceful guided meditation.

Wander down past the Bodhi tree and browse in our Buddhist book and gift shop before joining us for a delicious vegetarian lunch in the Big Love Café. Relax in the sun on the prayer wheel lawn with relaxing music and a cool drink before heading back to the temple for Geshe Tsultrim's introductory talk "What is Buddhism?" at 2:00pm.

Refresh yourself with our famous chai and cake for afternoon tea before visiting our art studio for a workshop on traditional Buddhist painting that everyone can enjoy.

**All activities on Welcome Day are freely offered, with the exception of Lunch in the Big Love Café which is \$12.50pp.**

**Please book your lunch by 10:00am on the day of the event so that we can prepare something delicious for you.**





## Family and Social Events

### Human: An Inspirational Movie Evening in the Wellbeing Center

Join us for a light supper and an inspirational evening of film and conversation. HUMAN is a collection of stories and images of our world, offering an immersion to the core of what it means to be human. Through these stories full of love and happiness, as well as hatred and violence, HUMAN brings us face to face with the Other, making us reflect on our lives.

**Friday 11th May 6:00pm - 8:30pm in the Wellbeing Centre at Chenrezig Institute.**

**Facility Fee: \$20 including light supper and film.**



### 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 will 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](mailto:info@chenrezig.com.au).

**Friday May 4th and 18th 2:00pm - 3:00pm, held in the Big Love Café**



## 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 lead 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 womens' 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 which ever 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. Kartson

*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](mailto:tour@eknotravel.com.au) or visit: [www.eknotravel.com](http://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**  
    **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**



May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3 Taste of Tibetan Buddhism 1.15pm - 2.30pm (Tara Room)  Lorig Teachings with Geshela 6.30 pm - 8.00pm	4 400 Verses teachings with Geshela 10.30 am - 12 noon  Guided Meditation 1.15pm - 1.45pm (Tara Room)  Yarning Group 2-3pm (Big Love Café)	5 Calm Abiding Practice Day 9.00am to 3.30pm (Gompa)	6 Kind Kids 9:00 am to 10:00 am (Gompa)  Welcome Day See website for details  Dzambala Puja 6.30pm (Gompa)
7	8	9	10 Taste of Tibetan Buddhism 1.15pm - 2.30pm (Tara Room)  Guru Puja 4.00pm	11 Guided Meditation 1.15pm - 1.45pm (Tara Room)  Movie Night (Human) 6.00pm to 8.00pm (Wellbeing)	12 Nourishing Care Yoga Retreat Commences 9.00am (Wellbeing)  Tools for Happiness (Two) Commences 9.00am (Gompa)	13 Nourishing Care Yoga Retreat Concludes 4.30pm (Wellbeing)  Tools for Happiness (Two) Concludes 4.30pm (Gompa)  Vajrayogini Practice Day 9.30 am to 3.00pm (Tara Room)  Mantra Rolling 10.00am - 3.00 pm (Art Studio)
14	15	16	17 Taste of Tibetan Buddhism 1.15pm - 2.30pm (Tara Room)  Lorig Teachings with Geshela 6.30 pm - 8pm	18 400 Verses teachings with Geshela 10:30 am - 12 noon  Guided Meditation 1.15pm - 1.45pm (Tara Room) Calm Abiding  Yarning Group 2-3pm (Big Love Café)	19 Are you my Guru? Commences 9.00am (Gompa)  Sutra Reading and Writing from 10:30am (Tara Room)	20 Calm Abiding Practice Day 9.00am to 3.30pm (Gompa)
21	22 Tara Puja 6.30pm (Gompa)	23	24 Taste of Tibetan Buddhism 1.15pm - 2.30pm  Lorig Teachings with Geshela 6.30 pm - 8pm  Guru Puja 4.00pm	25 400 Verses teachings with Geshela 10:30 am - 12 noon  Guided Meditation 1.15pm - 1.45pm	26 We're preparing for Rinpoche's visit next weekend	27 We're preparing for Rinpoche's visit next weekend
28 Open See website for details	29 Sakadawa - Lord Buddhas enlightenment and Paranirvana See website for details	30 Closed	31 Closed			