

July

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

July continues our wonderful season of Dharma with powerful retreats, teachings and practice opportunities. We are blessed with visits from FPMT touring teachers Ven. Robina Courtin and Wai Cheong Kok. Our annual Nyung Na retreat and the Karma clean up Weekend with Geshe Tsultrim, gives you amazing opportunities to minimize and clear up obstacles in your life. Also have a look at our awesome Wellbeing courses to refresh and relax your body and mind.

And like every month we have weekend and one day courses which present Dharma in a very relatable and approachable way, to deal with everyday issues and challenges. 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 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.

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 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’*.

Special Event

Celebrate His Holiness the Dalai Lamas Birthday at Chenrezig Institute

You're invited to a very special Birthday Celebration!

Recently when His Holiness was asked what he wished for on his birthday he replied:

"The same as all beings, I wish to live a happy life. We all face a lot of problems that are essentially our own creation. The real point here is with our emotions. Unless we have some knowledge of how to tackle them we'll run into trouble. My life is dedicated to the well-being of others. If humanity is happy, then I'll be happy, because each of us is dependent on others."

Please join us in the Gompa as we gather together to celebrate His Holiness the Dalai Lama's Birthday with Long Life Prayers, offerings, chai and birthday cake.

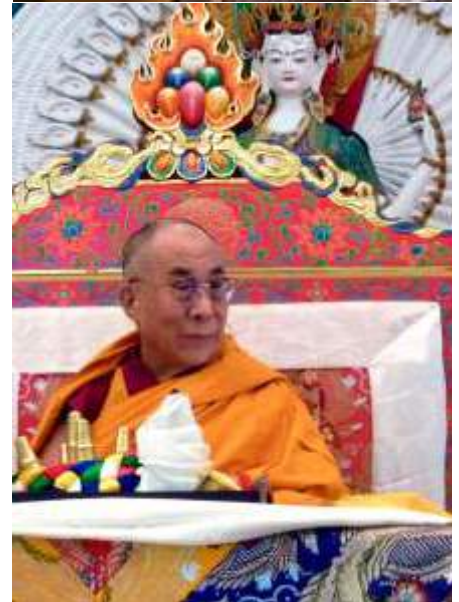
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|--------------------------|---|
| 9:00am - 9:30am | Sang Puja at the back of Gompa |
| 10:30am - 12:00pm | Long Life Prayers for HHDL in the Gompa with offerings to HHDL throne |
| 12:00pm - 1:00pm | Community Lunch in the Big Love Cafe |
| 1:00pm - 2:00pm | Prayers and Cake and Chai |
| 3:00pm - 4:30pm | Movie Screening in the Gompa
<i>(Please see website for details)</i> |

Friday 6th July

All events on the program today are freely offered.
Exception of lunch in the Big Love Café from 12:00pm.
Lunch is \$12.50 pp

We expect today to be busy. Don't forget to book your lunch before 10:00am today and tell us if you need a gluten or dairy free meal so we can prepare something delicious for you.

Students are encouraged to bring offerings of flowering plants to create a beautiful altar for today's events.



Meditation

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 as well as any sense of failure or guilt associated with the process to calm your mind. 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

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

Special Retreat Event

Nyung Nä 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 Nä 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 Nä 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 Nä is an extremely powerful method of cleansing negativity and accumulating merit. No specific empowerments are needed.

2018 Nyung Nä schedule as follows:

Introduction: 10 July 6:30pm
 Nyung Nä 1: 11 July 5:00am - 12 July 7:00am
 Nyung Nä 2: 13 July 5:00am - 14 July 7:00am
 Nyung Nä 3: 15 July 5:00am - 16 July 7:00am
 Big Breakfast for all retreatants on 17 July 8:00am

Facility fee for each Nyung Nä is \$108*

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

*Nyung Näs 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 5:00am 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 Nä 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 Nä 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 Nä retreats at Chenrezig Institute for more than twenty years.

Thank you for disposing of me respectfully

Buddhist Teachings



Karma Clean Up: Cleanse and Heal with Geshe Tsultrim and Ven. Chokyi

Sometimes no matter how hard we try, things seem to go wrong. Our past negative karma catches up with us and plays out - creating problems that seem to come out of nowhere.

This weekend Geshe Tsultrim and Ven. Chokyi will introduce students to the powerful practices of Vajrasattva and Dorje Khadro. These cleansing and healing purification practices are the best way for us to clean up our negative karma and burn through obstacles.

Geshela's theory will be complimented by Ven. Chokyi's meditations and practice to give you a complete experience. You'll learn how to engage with these practices in a way that is deeply meaningful and helpful as we address the patterns of negative karma effecting our lives.

A perfect introduction to the power and psychology of Buddhist ritual, students will have the opportunity to participate in both Vajrasattva practice and the ritual fire of Dorje Khadro.

As part of the weekend there will be a burning ritual Saturday evening (weather permitting). During this powerful practice students make offerings to the fire representing all they wish to leave behind and be free from.

This powerful weekend of practice is open to all students.

Saturday 28th July 9:00am - Sunday 29th July 3:30pm, held in the Gompa at Chenrezig Institute.

Facility fee: \$108

10% discount for members and concession card holders.

Accommodation and meals available separately.



Thank you for disposing of me respectfully

Buddhist Teachings

Anger, Patience and Forgiveness with Ven. Lhagsam

‘Ksanti’, which is translated as both ‘patience’ and ‘tolerance’, is the Buddhist art of being able to maintain a positive approach when things go wrong.

It gives us the opportunity to choose beneficial reactions that are not driven by our usual compulsive mental habits of anger and jealousy and helps us to move towards forgiveness. It is one of the most essential skills we can learn to help us lead a happier, drama-free life. Everyone welcome.

Saturday 21st July 9:00am - 4:00pm,
held in the Gompa at Chenrezig Institute.
Facility fee: \$55
Accommodation and meals available separately.



Ven. Lhagsam is a registered FPMT teacher and graduate of the Advanced Study Program. She has 20 years experience in palliative care, and has been a Buddhist nun since 2000. She brings the insight and experience of both the Dharma and the modern medical field.

Everyday Dharma with Ven. Dekyi

Each new day is full of possibilities. Join Ven. Dekyi for a joyful day of discovery as she shares stories and answers questions about how the Buddha’s teachings or dharma can be a part of everyday life. Perfect for beginners, this day will leave you with practical strategies to deal with life’s ups and downs so that you have an overall sense of contentment, even when things don’t turn out as you planned.

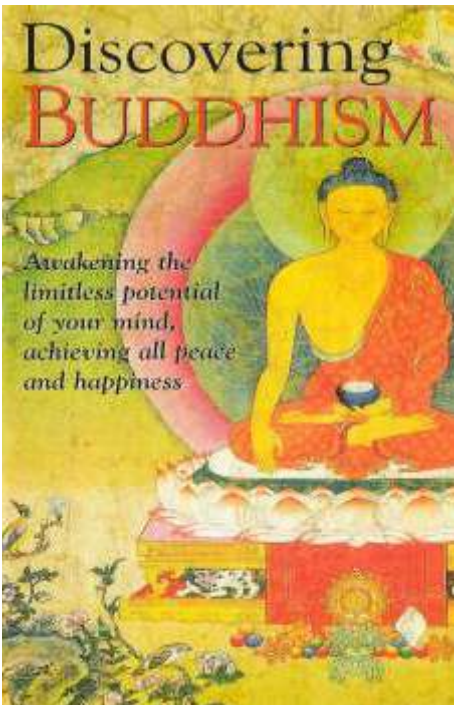
Sunday 22nd July 9:00am - 3:30pm,
held in the Gompa at Chenrezig Institute.
Facility fee: \$ 55
Accommodation and meals available separately.



Ven. Jampa Dekyi is a registered FPMT teacher and graduate of the Advanced Study Program. She became a nun in 1993. Since then has lived and taught at Chenrezig Institute, Vajrayana Institute in Sydney and at Tushita Meditation Centre in India. She is known for her relaxed and down to earth approach making everyone welcome.

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.

Thank you for disposing of me respectfully

Ongoing Study Programs

Intermediate Program Module One, 2018

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

Our mind is the creator of our reality. In every situation, how we perceive and interpret the world around us is dependent on the mind. From a Buddhist perspective, this means that the key to experiencing greater happiness and reducing unhappiness lies within us. Through understanding and training the mind we have the ability to increase our sense of well-being and decrease the amount of internal suffering we experience.

This course presents a skillful analysis of the qualities and nature of the mind, and shows how properly training the mind can bring about positive mental states that lead to inner peace. It presents methods that will allow us to become more skillful in every aspect of our lives - improving our relationships, facing challenges with confidence and extending our natural compassion to others.

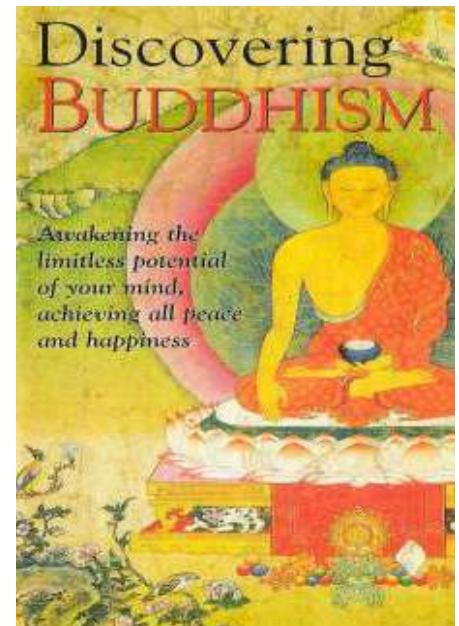
In this practice weekend, we will reflect on teachings from the 'Mind and its Potential' teaching module, have group discussions and be guided through meditations on the nature of mind and its functions. These insightful practices will deepen our understanding of the mind's potential and help us transform destructive habits so that we can experience a joyful, positive mind. Although it is helpful, you do not have to have attended the first weekend to gain wonderful and lasting benefits from this course. All welcome! Bookings essential.

**Saturday 7th July 9:00am - Sunday 8th 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.



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 applies to the Facility Fee. Meals and accommodation are available separately.

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.

Geshela 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) and a break over the intervening weekend for assimilation or other activities.

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

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

Ongoing Study Programs

Advanced Program Module Two, 2018

The Bodhisattva's Way of Life: Wisdom and Dedication Chapters

"For as long as space endures, and for as long as living beings remain, until then may I too abide, to dispel the misery of the world."

The teaching on the bodhisattva's deeds is based on Shantideva's inspirational verses on Mahayana aspiration and practice, composed more than a thousand years ago and still widely regarded as the most authentic and complete guide for the practitioner dedicated to the enlightenment of all beings.

This module will focus on the final two chapters of this beautiful text, the chapters on the sixth perfection, wisdom and the dedication chapter. It is of course important for those who studied the first 8 chapters of the Guide to the Bodhisattva's Way of Life in 2016 but also profound and very important as a standalone subject.

It will be offered in a new format on Tuesdays and Wednesdays over seven weeks (with a break of one week after the initial four weeks).

Tuesday 21st August 9:00am - Wednesday 22nd August 5:00pm

Tuesday 28th August 9:00am - Wednesday 29th August 5:00pm

Tuesday 4th Sept 9:00am - Wednesday 5th Sept 5:00pm

Tuesday 11th Sept 9:00am - Wednesday 12th Sept 5:00pm

Tuesday 25th Sept 9:00am - Wednesday 26th Sept 5:00pm

Tuesday 2nd Oct 9:00am - Wednesday 3rd Oct 5:00pm

Tuesday 9th Oct 9:00am - Wednesday 10th Oct 5:00pm

Facility fee: \$420

10% discount for students attending the full retreat.

Accommodation and meals available separately.



A new study format and better work life balance

The schedule for this module will be two full days per week, Tuesday and Wednesday. There will be two teachings each day by Geshela as well as a tutorial and meditation. Students are encouraged to stay onsite and supplement their study with discussion and other community practice. We believe this will give students more opportunity to absorb the material and balance study with their other activities.

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,
held 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 have 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 'Four Hundred 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 8th July 10:00am - 3:00pm,
held in the Art Studio at Chenrezig Institute.
By donation.**



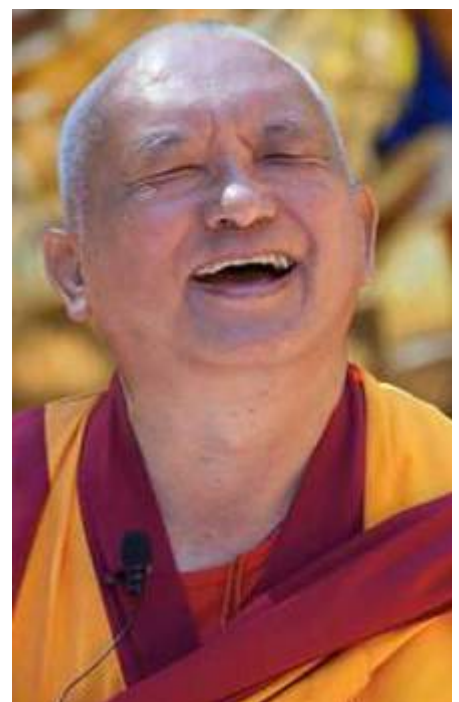
Sutra Reading and Writing

Join us for a peaceful day of reading and writing sutras - the records of the Buddha's 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 7th July 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.

8th and 22nd July 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.

20th July 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.

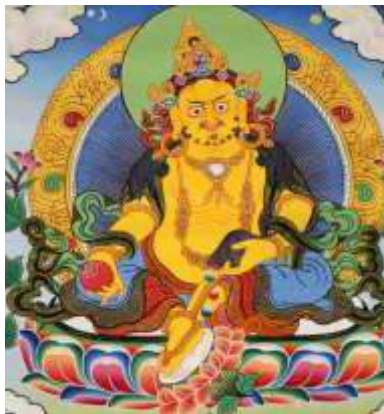
8th July from 9:30am - 3:00pm in the Tara Room



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.

27th July from 6:30pm in the Gompa

Buddha Day: Wheel Turning Day

Monday 16th July

Today we celebrate the occasion of the Buddha's first teaching. We do this by coming together as a community to engage in prayer and meritorious activities and rejoice in the positive karmic potential created by ourselves and others. Join us for working with holy objects, light offerings and Shakyamuni Buddha puja.

All these activities are freely offered to our community except lunch (Lunch is \$12.50).

We hope you can join us. Buddha Days are often busy. Don't forget to book your lunch before 10:00am on the day.



Schedule for the day:

9:00am - 3:30pm **Working with Holy Objects** [*Garden of Enlightenment*]

2:00pm **Afternoon Tea** [*on the Lawn*] offered to all sangha in recognition of their vows and commitment to the Buddha's Teachings

4:00pm **Set up Light Offerings** [*Gompa*]

6:30pm **Shakyamuni Buddha Puja** [*Gompa*]

Outreach: Mindfulness & Creativity

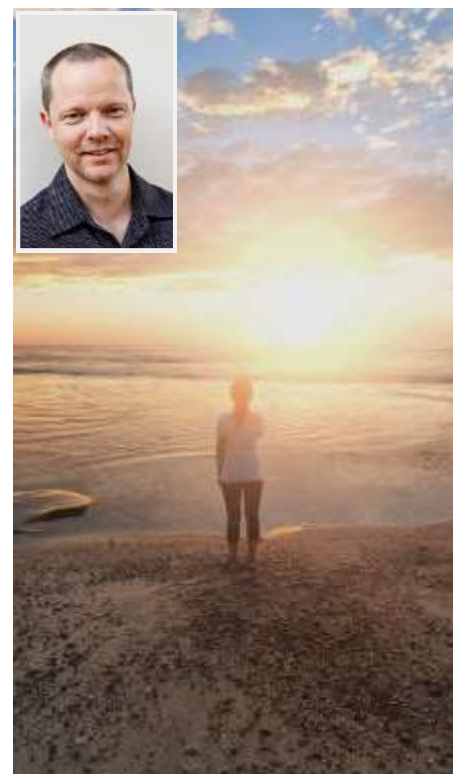
Spark Something New: Mindfulness & Creativity

Creativity is at the heart of change and innovation, but it can be hard to break free of old habits. Whether in art, business or our personal lives, repeating the past can lead to fatigue, frustration and failure.

Mindfulness training can help us be more aware of new ideas and possibilities that might otherwise go unnoticed. In this series, **Corey** draws on his experience as a professional musician and creativity tutor at the National Institute for Dramatic Arts (NIDA). Discover this unique approach to creating change and innovation in our personal and professional lives.

July 4th, 11th, 18th, Package Price: \$40 (all 3 sessions)

all Wednesdays from 6:15pm - 7:45pm
Share Space, 22 Beach Road, Maroochydore



Wellbeing Program



From Chaos to Calm

A Cultivating Emotional Balance Retreat with Corey Jackson

Do you ever feel off balance, as if your emotions are controlling your life? Replaying conversations and wishing you'd acted differently? Have you ever tried bottling them up only to find they resurface at another time?

Everyone experiences overwhelming emotional reactions from time to time. Mostly we catch ourselves in time, but sometimes not. These reactions can lead to what emotions expert Dr. Paul Ekman calls regrettable emotional episodes. Even just a few of them can have a long-term and devastating impact on key areas of our mental health if we don't learn how to overcome them.

With a little effort, we can take control of our own wellbeing. By cultivating a few simple skills we can improve our relationships and resiliency which are at the core of our mental and emotional health.

Starting with the core mindfulness practices, this five-day retreat will move organically through the insight, empathy and compassion practices that bring about emotional balance and mental health. With a light sprinkling of theory and discussion, participants will return to their lives able to choose which practices are best for their own changing circumstances. This is a powerful opportunity to reboot our emotional lives by stepping outside our normal routine and focusing undistractedly on developing high levels of mental health and wellbeing.

Friday 20th July 6:30pm - Tuesday 24th July 4:30pm, held in the Wellbeing Centre at Chenrezig Institute.

Facility fee: \$200

Accommodation and meals available separately.

Corey Jackson trained in India as a meditation teacher and translator of Tibetan Buddhist Philosophy.

He has a degree in Psychology and Sanskrit and was certified by B. Alan Wallace and Eve Ekman as a Cultivating Emotional Balance trainer in 2011.

Wellbeing Program

Open, Free and Release your Hips

Yoga with Annie McGhee

Tight hips are a common condition, due to us spending prolonged periods of time sitting in chairs, which tightens our buttocks and hips and can lead to lower back pain. But there are more subtle benefits in practicing hip-opening poses. We can often hold emotions, such as grief, sadness or anxiety, buried deep within our hip areas.

By taking time to slowly, safely and sequentially release and open the hips, we can allow and observe these feelings bubble up to the surface and be present with whatever is happening for us in a non-judgmental way.

Friday 27 July 6:30pm - Saturday 28 July 4:30pm,
held at the Wellbeing Centre at Chenrezig Institute.

Facility fee: \$75

Accommodation and meals available separately.



Annie McGhee is a registered yoga teacher who has been practising for more than five decades. She has been a student of Tibetan Buddhism for 20 years.

Mindfulness in Movement

with Katharina Lein

Learn how to listen to your body, enhance your self-knowledge and body awareness. Based on Mary Whitehouse's "Authentic Movement" approach to dance therapy, participants follow structured and free movement improvisation based on imagery to reveal their body's inner impulses to move (in silence and with background music).

Suitable for all levels, no experience necessary.

Please wear clothes you feel comfortable moving in and bring a journal for reflection.

Saturday 14th July 9:00am - 3:00pm,
held at the Wellbeing Centre at Chenrezig Institute.

Facility fee: \$65

Accommodation and meals available separately.



Katharina Lein graduated from her postgraduate studies in dance/movement therapy in 2012. She is passionate about helping people rediscover ease, freedom and joy in movement.

Thank you for disposing of me respectfully

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.

Sunday 29th July 9:00am - 4:00pm,

held at the Wellbeing Centre at Chenrezig Institute.

Facility fee: \$75

Accommodation and meals available separately.

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



Fill Your Own Cup: Emotional Freedom Technique with Lou Coles

"You can't pour from an empty cup." How's your cup going? We all know that self-care is important but how can we achieve it? The best kind of self-care comes from learning how to listen to your body and intuition. Being able to act on that without the resistance, self-sabotage or guilt that often plagues people that are natural helpers and passionate crusaders.

In this workshop we will release and let go of common patterns and beliefs that drive people to 'care too much', sometimes to the detriment of their health, finances and relationships. You will learn how to use these tools in your own life to process difficult emotions and connect with your own intuition.

Sunday 15th July 9am to 3:30 pm,

held at the Wellbeing Centre at Chenrezig Institute.

Facility fee: \$75

Accommodation and meals available separately.

Thank you for disposing of me respectfully

Weekly Wellbeing Program



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 4:00pm - 5:00pm

Wellbeing Centre

Facility Fee: \$12 per class.



Community and Social Events



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 July 6th and 20th 2:00pm - 3:00pm,
held in the Big Love Café.**

Thank you for disposing of me respectfully

Pilgrimage to Japan



Tour Leader Ven. Kartsön

Born in Israel, trained in Tibetan language and Buddhist Philosophy in India and calling Australia home, Ven. Kartsön 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.

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 12th - 22nd 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.

This pilgrimage will raise funds for Chenrezig Institute. To find out more contact Sharon: tour@eknotravels.com.au or visit: www.eknotravels.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 will not be disappointed.



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

July						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 July Advanced Program Module One	31 July Advanced Program Module One					1 Karma: How We Create Our Own Reality" with Ven. Robina Courtin Concludes 3:45pm
2	3	4	5 Meditation Retreat with Wai Cheong Commences 9:00am (Wellbeing) Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm	6 Meditation Retreat with Wai Cheong (Wellbeing) HH Dalai Lamas Birthday 9:00am - 4:30pm 400 Verses Teachings with Geshela 10:30 am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room)	7 Meditation Retreat with Wai Cheong (Wellbeing) DB Mind and it's Potential Retreat Commences: 9:00am	8 Meditation Retreat with Wai Cheong Concludes 12:00pm (Wellbeing) DB Mind and it's Potential Retreat Concludes: 3:45pm Vajrayogini Practice Day 9:30 am - 3:00pm (Tara Room) Mantra-Rolling 10.00am - 3:00pm (Art Studio) Guru Puja 6:30pm
9	10 Nyung Na Retreat with Ven. Cameron Commences: 6:30pm	11 Nyung Na Retreat with Ven. Cameron	12 Nyung Na Retreat with Ven. Cameron	13 Nyung Na Retreat with Ven. Cameron	14 Nyung Na Retreat with Ven. Cameron Mindfulness in Movement with Katharina Lein 9:00am - 3:00pm (Wellbeing)	15 Nyung Na Retreat with Ven. Cameron Emotional Freedom Technique with Lou Coles 9:00am - 3:00pm (Wellbeing)
16 Nyung Na Retreat with Ven. Cameron Buddha Day: Wheel Turning Day	17 Nyung Na Retreat with Ven. Cameron Concludes: 8:00am	18	19 Taste of Tibetan Buddhism 1:15pm - 2:30pm Lorig Teachings with Geshela 6:30pm - 8:00pm	20 From Chaos to Calm with Corey Jackson Commences: 6:30pm (Wellbeing) 400 Verses teachings with Geshela 10:30 am - 12:00pm Guided Meditation 1:15pm - 1:45pm Tara Puja 6:30pm	21 From Chaos to Calm with Corey Jackson (Wellbeing) Anger, Patience and Forgiveness with Ven. Lhagsam 9.00am - 4:00pm	22 From Chaos to Calm with Corey Jackson (Wellbeing) Everyday Dharma with Ven. Dekyi 9:00am - 3:30pm Guru Puja 6.30pm
23 From Chaos to Calm with Corey Jackson (Wellbeing) Advanced Program Module One	24 From Chaos to Calm with Corey Jackson Concludes: 4:30pm (Wellbeing) Advanced Program Module One	25 Advanced Program Module One	26 Advanced Program Module One Taste of Tibetan Buddhism 1:15pm - 2:30pm Lorig Teachings with Geshela 6:30pm - 8:00pm	27 Advanced Program Module One 400 Verses teachings with Geshela 10:30 am - 12:00pm Guided Meditation 1:15pm - 1:45pm Hip-Open Yoga with Annie McGhee Commences: 6:30pm (Wellbeing) Medicine Buddha Puja 6:30pm	28 Hip-Open Yoga with Annie McGhee Concludes: 4:30pm (Wellbeing) Karma Clean Up with Geshela and Ven. Chokyi Commences: 9:00am	29 Karma Clean Up with Geshela and Ven. Chokyi Concludes: 3:30pm Yoga for Anxiety and Depression with NeLi Martin 9:00am - 4:00pm (Wellbeing)