

# September

# 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

This September brings Queensland Mental Health Week and a strong focus in our programming on meditation. Ven. Chokyi teaches us “How to Meditate” in her Discovering Buddhism retreat. While Corey Jackson and Ven. Palyon introduce us to the powerful practices of Calm Abiding and Giving and Receiving Meditation. For those ready to take the formal step of becoming a Buddhist or Buddhists wishing to renew their vows, Geshe Tsultrim offers a wonderful weekend on Taking Refuge - a course sponsored by our community. Our advanced practitioners are well supported too with courses on Tantra and our comprehensive study program. Hope to see you soon on the hill!

## 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](mailto: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.

## Buddhist Teachings



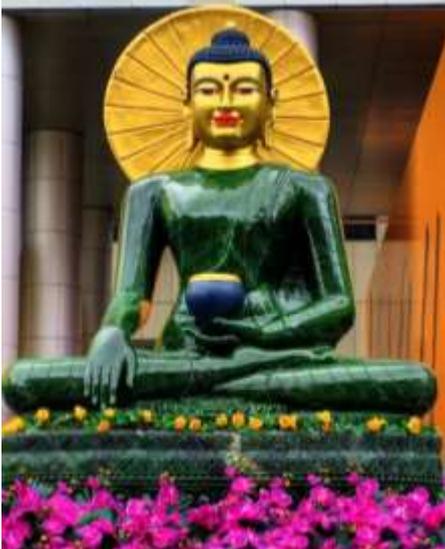
### Taking Refuge from the Storm: Becoming a Buddhist with Geshe Tsultrim and Ven. Chokyi

Taking refuge is the first step on the Buddhist path to inner freedom, but it is not something new.

*We have been taking refuge all our lives: some in money, some in drugs; most of us in a relationship. These may offer temporary relief but, in sober truth, seeking refuge in physical possessions and transient pleasures merely deepens our confusion rather than ending it.*

*Buddhist refuge is a process of turning inward which begins with our discovery of our own unlimited potential. This generates tremendous energy for the development of our own wisdom. Perhaps the word 'Buddha' conjures up a remote and oriental image. But 'Buddha' is just a word, and it means totally opened mind, an 'opened lotus.' When we realise our human potential and arrive at this total openness of mind, we become Buddhas.*

**- Lama Thubten Yeshe, 1978**



Join Geshe Tsultrim as he explains what it means to be a Buddhist and how to start the process of turning inwards by taking refuge in our own Buddha nature; the Dharma teachings; and our community, the sangha.

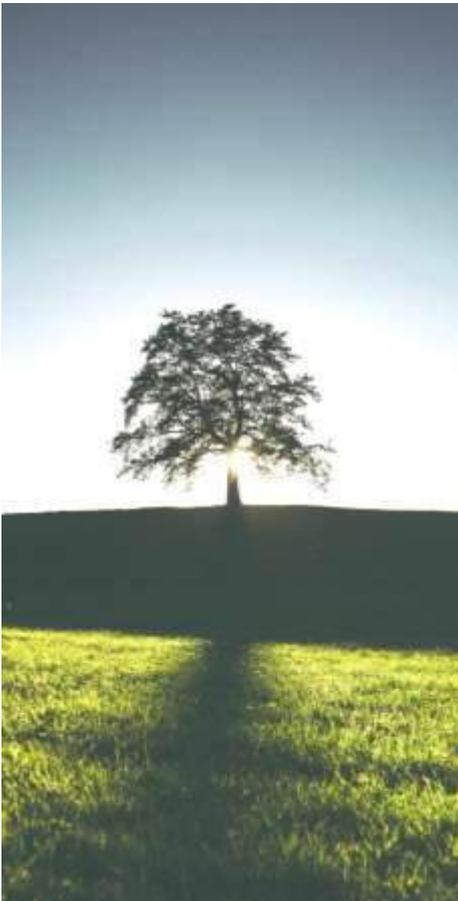


A Refuge Ceremony will be conducted for those who have attended this preparatory course and are ready to make this meaningful commitment to enter the Buddhist Path, identifying Geshela as one of their teachers. If this is the first time you have taken Refuge please register via our website so that we can prepare the necessary materials for your Refuge Ceremony.

**Saturday 22nd Sept 9:00am - Sunday 23rd Sept 3:30pm, held in the Gompa at Chenrezig Institute.**

**This course is freely offered by the Chenrezig Institute community when you register via [www.chenrezig.com.au](http://www.chenrezig.com.au) Meals and accommodation are available separately.**

# Meditation



## Calm Abiding Practice Day with Corey Jackson

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.

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.

Corey Jackson 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 1st September 9:00am - 3:30pm,  
held in the Gompa at Chenrezig Institute.  
Facility fee \$25**

**10% discount for members and concession card holders.  
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 a unique passion for combining the best of ancient wisdom and modern research. He was certified by B. Alan Wallace and Eve Ekman as a Cultivating Emotional Balance trainer in 2011.*

Thank you for disposing of me respectfully

# Meditation and Buddhist Teachings

## Giving and Receiving Meditation with Ven. Palyon

Giving and Receiving meditation or Tong Len is one of the richest and bravest practices we can do. It is described as one of the great meditation jewels that offers a way for us to cultivate our natural compassion towards ourselves and others.

Use your own challenging personal experiences to propel yourself along the spiritual path and develop your compassionate heart. Ven. Palyon will create a warm and supportive environment for this uplifting practice.

**Saturday 15th Sept 9:00am - 3:30pm,  
held in the Gompa at Chenrezig Institute.  
Facility fee \$55.**



*Ven. Palyon is a senior nun within the Chenrezig Nuns community. Her kindness makes her a natural choice for sharing this beautiful practice.*

## Understanding Emptiness with Ven. Kartson

Emptiness, a view unique to Buddhism, is one of the most challenging views to understand. Understanding emptiness cuts the ties that constrict our way of thinking and opens up a new realm of possibilities for the way we interpret the world and our own experience. Developing an understanding of emptiness is the way to freedom.

in this course, Venerable Kartson will simplify this topic and strip away the jargon so that we can understand it's essence. Building on this platform he'll explore how this belief affects our current lives and then finally how we can use this knowledge to connect with deity and tantric practices in Buddhism.

**Sunday 16th Sept 9:00am - 3:30pm,  
held in the Gompa at Chenrezig Institute. Facility fee \$55.**



*Ven. Kartson is a graduate of Chenrezig Institute's Advanced Studies Programme and was ordained in 2015. He is known for his warmth and sense of humour.*

Thank you for disposing of me respectfully

## Buddhist Teachings

### Introduction to the Tantric Practice of Six Session Guru Yoga with Geshe Tsultrim

Tantric practitioners take the final result of spiritual development as the very starting point of their path, while at the same time creating the causes for their ongoing evolution. They do this by keeping the vows and commitments that were made while taking the empowerment.

The six-session Guru Yoga practice is the transformational tool they use to help them guard all the vows and commitments on a daily basis. As such it provides the a solid basis for one's practice of Highest Yoga Tantra and ensures that realisations will be developed in the future.

**For students with a Highest Yoga Tantra empowerment  
Sunday 2nd Sept 9:00am - 3:30pm,  
held in the Gompa at Chenrezig Institute. Facility fee \$55.**



## Queensl and Mental Health Week

### Enlightenment: A Buddhist Approach to Mental Health

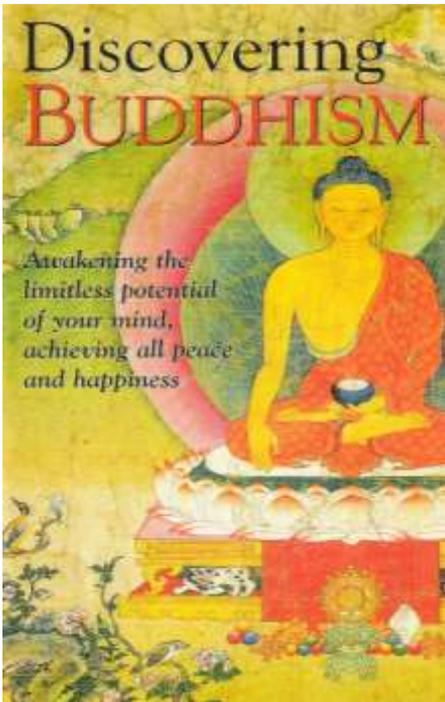
More than 2500 years ago, a wandering Indian yogi achieved the pinnacle of mental health – full enlightenment. Yet in the modern world our mental health is at an all-time low and slipping from one year to the next.

Does a Buddhist search for enlightenment lead to better mental health? How could it be relevant in the modern world? Do I need to shave my head to be happy? These questions and more will be answered in Chenrezig Institute's contribution to Queensland Mental Health Week.

**Sunday 30th Sept 9:00am - 3:30pm,  
held in the Gompa at Chenrezig Institute.  
Facility fee \$55.**



## 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.

New students can join the program throughout or attend for individual weekend teachings or retreats.

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

*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 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.

**Online study of these modules is also available.**

## Ongoing Study Programs

Intermediate Program Module Two, 2018

### Discovering Buddhism: How to Meditate Retreat Weekend with Ven. Thubten Chokyi

*"Meditation is the way we realize the nature of the mind."* (Lama Yeshe)

Meditation encompasses a variety of techniques that aim to develop mindfulness, tranquility and insight. It is an essential component of the Buddhist path to mental well-being and lasting happiness.

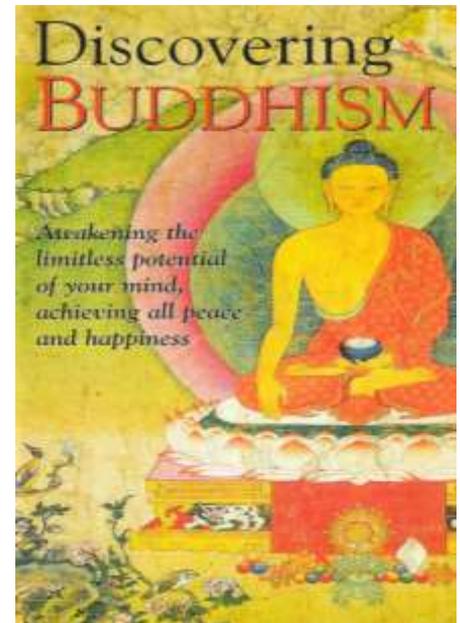
In this practice weekend course, we will reflect on the teachings from the 'How to Meditate' module of the Discovering Buddhism program. We will review key principles, have group discussion, and be guided through a variety of meditation practices.

This is a wonderful opportunity to learn how to set up your own regular meditation practice, how to deal with obstacles and to gain familiarity with different approaches to overcoming habitual patterns and cultivating positive mental states. Although beneficial, you don't need to have attended the first weekend of this module. All welcome!

**Saturday 8th Sept 9:00am - Sunday 9th Sept 3:45pm,**  
**held in the Gompa at Chenrezig Institute.**

**Facility fee \$108\***

**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

## 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." (Shantideva)*

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 Aug 9:00am - Wednesday 22nd Aug 5:00pm

Tuesday 28th Aug 9:00am - Wednesday 29th Aug 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.

## Ongoing Study Programs

### Advanced Program Module Three, 2018

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

Death, intermediate state and rebirth underpin samsara, the condition of repeated rebirth impelled by previous action and delusion. But they are also the three 'basic bodies' of Highest Yoga Tantra practice, forming the bases for altruistic transformation into the Truth, Enjoyment and Emanation Bodies of a Buddha.

This fascinating subject explains the entire death process and teaches us how to use that process in the best way, ultimately to attain the enlightened state of a Buddha.

This module will be offered two days a week over four weeks

Tuesday 30th Oct 9:30am - Thursday 1st Nov 5:00pm

Tuesday 6th Nov 9:30am - Thursday 8th Nov 5:00pm

**Facility fee \$200**

**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).



### A new study format and better work life balance

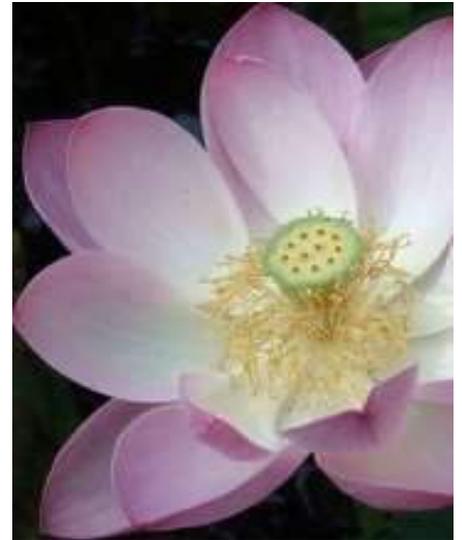
The schedule for this module will be two full days per week, Tuesday and Wednesday. There will be two teachings each day by Geshela as well as a tutorial and meditation. Students are encouraged to stay onsite and supplement their study with discussion and other community practice. We believe this will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

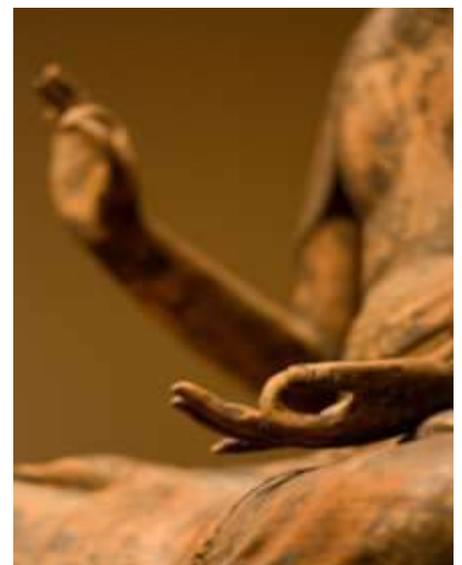
**Fridays, 1:15pm - 1:45pm,  
held in the Gompa. By donation.**



### 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 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 2nd September 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 9th September 10:00am - 3:00pm,  
held in the Art Studio at Chenrezig Institute.  
By donation.**



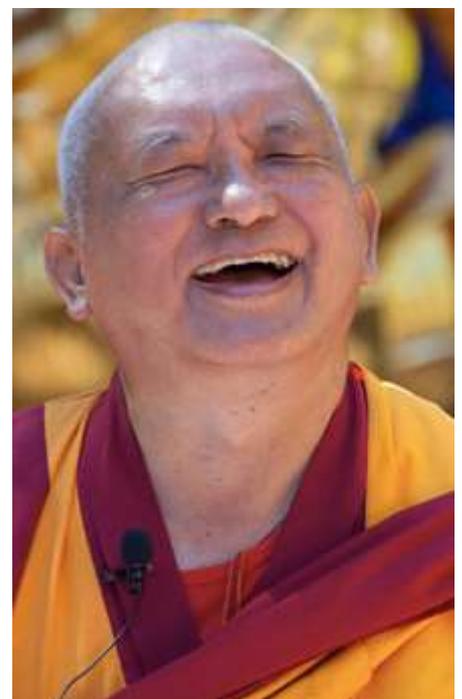
### **Sutra Reading and Writing**

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 8th September from 10:30am onwards,  
held in the Tara Room. This activity is by donation.  
Lunch in the Big Love Café is \$12.50pp.**



## *Traditional Arts and Rituals*

### **Morning and Evening Dharma Practice with Chenrezig Sangha Community**

Visitors and community members are welcome to join the Sangha community as they complete morning and evening Dharma practice together. Based on the advice of our Spiritual Director, Lama Zopa Rinpoche, our community is now holding daily practice sessions.

These sessions are an opportunity for us to practice alongside the Sangha, recognising the combined effort of all to create a flourishing Dharma community.

Our practice together also reminds us that it is in dependence upon all sentient beings, particularly those whom we come into contact with everyday, that we develop the perfections, in particular generosity and patience. We can all thank each other for these precious opportunities to continue to grow and open our hearts and minds.

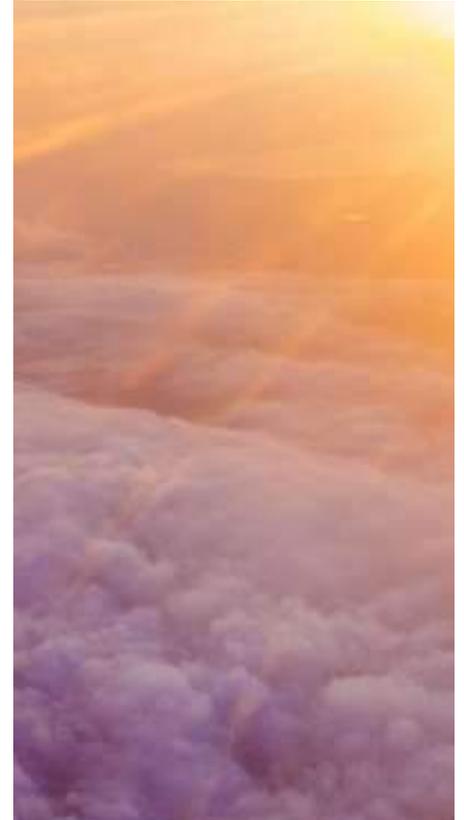
In the morning sessions from 7:30am we complete practices for:

- Blessing our speech to create positive karma
- Purifying negative karma (prostrations to the 35 Buddhas)
- Strengthening our connection to our spiritual teachers and reviewing the stages of the path (Guru Puja)

In the evening sessions from 6:00pm we complete practices for:

- Strengthening our connection to our spiritual teachers (Lama Tsongkhapa Guru Yoga)
- Purifying negative karma (Vajrasattva Practice)
- Protecting from harm and clearing obstacles to practice (Protector Prayers)

These sessions include both English and chanting of mantras in Tibetan and Sanskrit and typically take one hour.



# Animal Blessing Day

**Do you want to give your animal friend the best possible opportunities in this life and beyond?**

Join us for a day of animal blessing activities with the Chenrezig Sangha. This special day celebrates each of our animal friends' true nature and their ability to become a Buddha.

On the prayer wheel lawn we'll be creating blessing cords for each animal and introducing them to Geshela. We'll walk around the prayer wheel while listening to mantras and offering blessed water to the animals. It's an animal puja!

After the blessings make your way to the Big Love Café for a delicious Vegetarian feast created by our amazing volunteers. This is an amazing opportunity to taste some new and exciting dishes and we'll have plenty of cake and chai available too.

Later in the afternoon, we'll be heading down to bless the ocean and all the sentient beings who live in it with water given to us by Lama Zopa Rinpoche. Why not join us at the end of Parkyn Parade Mooloolaba to enjoy the afternoon together.

**Saturday 29 September**

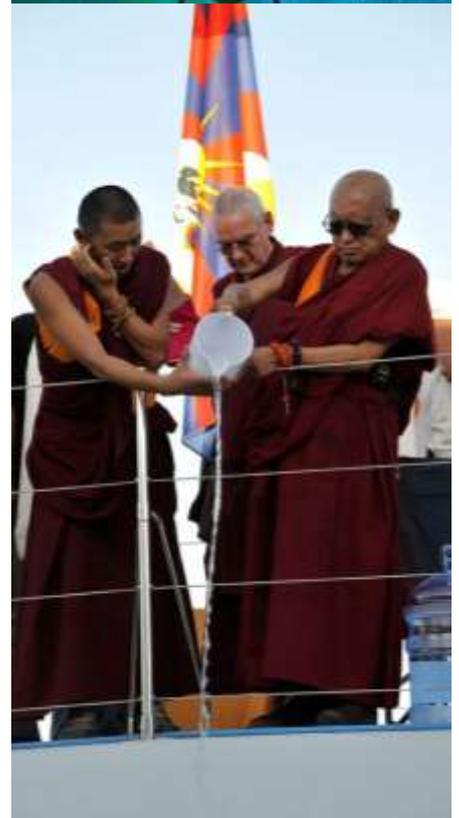
**Animal Blessing Sessions:**

**10:00am - 11:00am cat and small animal session**

**11:00am - 12:00pm dogs and larger animals**

**4:00pm - 5:00pm Ocean blessing at Parkyn Parade Mooloolaba**

**Lunch is \$12.50 per person and bookings can be made via our website or reception. Please book your lunch before 10:00am on the day so we know you're coming.**



## Traditional Arts and Rituals

### Cittamani Tara and Twenty One Taras: An Inspirational Art Retreat with Andy Weber

Join International artist Andy Weber as he shares the most popular prayer of Tibetan Buddhists, bringing the Buddha in female form to invoke blessings.

Each Tara has the power to overcome specific obstacles and hindrances, be they personal like wanting children or starting a successful business venture. Or more collectively to overcome plagues, famine, to overt disputes and war.

Advanced students will be able to focus on painting all Twenty One Taras while beginners may concentrate on "Northerma", the golden yellow Tara who eliminates poverty.

Meditation, mantras and daily recitation of the 'Praises to Twenty One Taras' will make this course a unique and deeply rich experience. Hands-on-tuition will be given for drawing and painting techniques. And we will make colour charts with modern paints to simplify the painting process.

The end result is not as important as the path of getting there. Genuine perseverance and devotion to the subject are the important qualities students should bring along.

**Friday 14th Sept 6:30pm - Wednesday 19th Sept 12:00pm, held in the Art Studio at Chenrezig Institute.**

**Fri 14th** 6:30pm - 8:30pm Introductory Session

**Sat 15th** Short Film on the Art Work for Garje Khamtrul Rinpoche (open to guests)

**Facility fee** \$200 for the weekend (until Sunday 16th Sept 5:00pm)  
\$300 for the entire retreat

Food, accommodation and art materials are available separately.

**After the course:** Our Art Studio team will be on hand throughout the course to make sure you have everything you need. At the conclusion of the course you'll be welcome to join other artists who regularly use the space to complete your painting, or join in with regular workshops on drawing, mantra rolling, stupa making, tsa tsa painting.



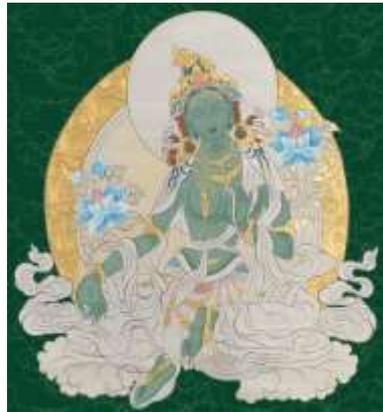
*Andy Weber spent seven years living and studying the iconographical art of Tibetan Buddhism under the guidance of accomplished masters in India and Nepal. He has over 35 years of experience and teaches all over the world.*



### 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.

**5th and 19th Sept 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.

**17th Sept 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.

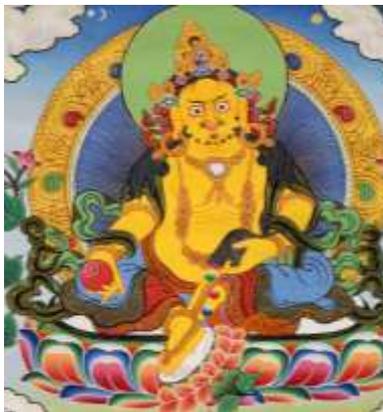
**9th Sept from 9:30am - 3:00pm in the Tara Room**



### 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.

**2nd Sept 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.

**24th Sept from 6:30pm in the 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.

**Sept 5th, 12th, 19th**

**all Wednesdays from  
6:15pm - 7:45pm**

**Package Price: \$40**  
*(all 3 sessions)*

**Share Space, 22 Beach Road,  
Maroochydore**



*Corey Jackson 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.*

## NEW Creative Writing Course



Develop your imagination by writing! Writing is a powerful tool for development and transformation. In today's ever-changing world, we need to make sense of it all, and what better way to do this, than by writing about it.

In our inaugural writing group, we will set out to explore our outer and inner journeys through the power of the pen. Whether you've got a story in your head that you've been dying to tell or simply want the companionship of likeminded people, this group will explore the written word. All levels of experience (or none) are welcome. There'll be time to discuss and share ideas, and complete your work at your own pace for the next meeting. Bring your own pens, paper and laptop.

**Sunday 23rd Sept 9:00am - 3:00pm, held in the Tara Room.**  
**This course is freely offered by the Chenrezig Institute community when you register via [www.chenrezig.com.au](http://www.chenrezig.com.au)**  
**Meals and accommodation are available separately.**

*Sharon Thrupp has spent many years living in India and writing about her experiences through short stories and blogs. She has organized Pilgrimages for Chenrezig Institute over the past 7 years sharing her journey <https://unpluggedinindia.wordpress.com/>.*

## Wellbeing Program



### Return to Stillness 2:

#### Yin Yoga Retreat with Annie McGhee

Yin yoga is a perfect counterbalance to our busy lives. It allows us to drop into 'being' rather than 'doing' by holding poses longer and passively. Yin practice is deeply nourishing and has myriad benefits for both body and mind. Yin sequences improve the flow of energy into the internal organs and tissues around the joints where it may have become stagnant.

Through the practice of Yin yoga, we can successfully combine both asanas and meditation into a deeply transformative practice.

**Friday 31st Aug 6:30pm - Saturday 1st Sept 4:30pm  
held at the Wellbeing Centre. Facility fee \$75**

*Annie McGhee is a fully qualified & accredited yoga teacher with over 25 years experience in numerous styles of yoga. Her classes are well known for their warm-hearted teaching style, influenced by Tibetan Buddhism, to help develop an open-hearted approach to life.*



### Bouncing Back: Resources for Resilience and Letting Go with Corey Jackson

We have all wasted time contemplating what we think we *should* have said or done in the past. Reflecting on past mistakes is a healthy and effective way of learning, but it can easily tip over into rumination, leaving us exhausted and miserable. It doesn't have to be this way and modern psychology has a lot to say about how to prevent it from taking control of our lives. There are even more ancient techniques to remove harmful rumination altogether.

**Friday 21st Sept 6:30pm - Saturday 22nd Sept 4:30pm  
held at the Wellbeing Centre. Facility fee \$75**

*Corey Jackson trained in India as a meditation teacher and translator of Tibetan Buddhist Philosophy. He has a degree in Psychology and Sanskrit and a unique passion for combining the best of ancient wisdom and modern research.*

## Weekly Wellbeing



### 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 Hath 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 4:00pm - 5:00pm**  
**Wellbeing Centre**  
**Facility fee: \$12 per class**

## Community 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.

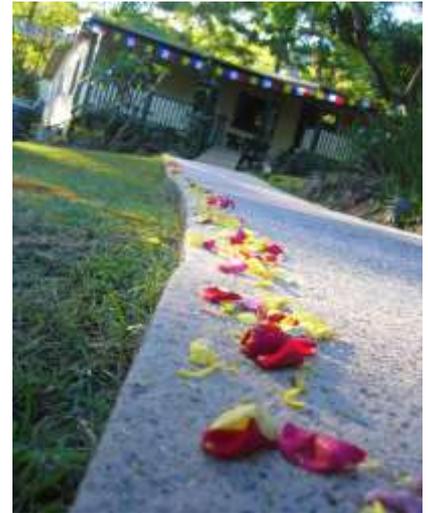
This months program will take place in the Wellbeing Centre and it is surroundings. Please wear comfortable shoes and clothes you can create and have fun in.

**Sunday 2nd Sept 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.**

*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**

## 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 Institute's Advanced Studies Programme and was ordained in 2015. He is known for his warmth and sense of humour.

### **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 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.

**This pilgrimage will raise funds for Chenrezig Institute. To find out more contact Sharon: [tour@eknotravels.com.au](mailto:tour@eknotravels.com.au) or visit: [www.eknotravels.com](http://www.eknotravels.com)**

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					<p><b>1</b></p> <p><b>Yin Yoga Retreat</b> Concludes 4:30pm (Wellbeing)</p> <p><b>Calm Abiding Practice Day</b> 9:00am - 3:30pm</p>	<p><b>2</b></p> <p><b>Kind Kids Program</b> 9:00am - 10:00am (Wellbeing)</p> <p><b>Introduction to the Tantric Practice of Six Session Guru Yoga</b> 9:00am - 3:30pm</p> <p><b>Tsa Tsa Painting</b> 1:00pm - 4:00pm (Art Studio)</p> <p><b>Dzambala Puja</b> 6:30pm</p>
<p><b>3</b></p>	<p><b>4</b></p> <p><b>Advanced Program Module 2</b></p>	<p><b>5</b></p> <p><b>Advanced Program Module 2</b> Concludes</p> <p><b>Guru Puja</b> 6:30pm</p>	<p><b>6</b></p> <p><b>Taste of Tibetan Buddhism</b> 1:15pm - 2:30pm (Tara Room)</p> <p><b>Gompa Clean Up</b> 1:30pm - 2:30pm</p> <p><b>Lorig Teachings with Geshela</b> 6:30pm - 8:00pm</p>	<p><b>7</b></p> <p><b>400 Verses Teachings</b> 10:30am - 12:00pm</p> <p><b>Guided Meditation</b> 1:15pm - 1:45pm (Tara Room)</p>	<p><b>8</b></p> <p><b>Discovering Buddhism Module 2 (Retreat)</b> Commences 9:00am</p> <p><b>Sutra Reading and Writing</b> from 10:30am onwards (Tara Room)</p>	<p><b>9</b></p> <p><b>Discovering Buddhism Module 2 (Retreat)</b> Concludes 3:45pm</p> <p><b>Vajrayogini Practice</b> 9:30am - 3:00pm (Tara Room)</p> <p><b>Mantra Rolling</b> 10:00am - 3:00pm (Art Studio)</p>
<p><b>10</b></p>	<p><b>11</b></p> <p><b>Advanced Program Module 2</b></p>	<p><b>12</b></p> <p><b>Advanced Program Module 2</b> Concludes 12:00pm</p>	<p><b>13</b></p> <p><b>Taste of Tibetan Buddhism</b> 1:15pm - 2:30pm (Tara Room)</p> <p><b>Gompa Clean Up</b> 1:30pm - 2:30pm</p> <p><b>Lorig Teachings with Geshela</b> 6:30pm - 8:00pm</p>	<p><b>14</b></p> <p><b>400 Verses Teachings</b> 10:30am - 12:00pm</p> <p><b>Guided Meditation</b> 1:15pm - 1:45pm (Tara Room)</p> <p><b>Cittamani Tara &amp; 21 Taras Retreat</b> Commences 6:30pm (Art Studio)</p>	<p><b>15</b></p> <p><b>Cittamani Tara &amp; 21 Taras Retreat</b> (Art Studio)</p> <p><b>Giving and Receiving Meditation</b> 9:00am - 3:30pm</p> <p><b>Movie Night with Andy Weber</b> 6:30pm (Gompa)</p>	<p><b>16</b></p> <p><b>Cittamani Tara &amp; 21 Taras Retreat</b> (Art Studio)</p> <p><b>General Meeting</b> 4:30pm - 5:30pm (TBA)</p>
<p><b>17</b></p> <p><b>Cittamani Tara &amp; 21 Taras Retreat</b> (Art Studio)</p>	<p><b>18</b></p> <p><b>Cittamani Tara &amp; 21 Taras Retreat</b> (Art Studio)</p>	<p><b>19</b></p> <p><b>Cittamani Tara &amp; 21 Taras Retreat</b> (Art Studio) Concludes 12:00pm</p> <p><b>Guru Puja</b> 6:30pm</p>	<p><b>20</b></p> <p><b>Taste of Tibetan Buddhism</b> 1:15pm - 2:30pm (Tara Room)</p> <p><b>Gompa Clean Up</b> 1:30pm - 2:30pm</p> <p><b>Yoga with Baillie</b> 4:30pm - 5:30pm (Wellbeing)</p> <p><b>Lorig Teachings with Geshela</b> 6:30pm - 8:00pm</p>	<p><b>21</b></p> <p><b>Bouncing Back: Resources for Resilience</b> Commences 6:30pm</p> <p><b>400 Verses Teachings</b> 10:30am - 12:00pm</p> <p><b>Guided Meditation</b> 1:15pm - 1:45pm (Tara Room)</p>	<p><b>22</b></p> <p><b>Taking Refuge From the Storm</b> Commences 9:00am</p> <p><b>Bouncing Back: Resources for Resilience</b> Concludes 4:30pm</p>	<p><b>23</b></p> <p><b>Creative Writing</b> 10:30am - 12:00pm (Wellbeing)</p> <p><b>Taking Refuge From the Storm</b> Concludes 3:30pm</p>
<p><b>24</b></p> <p><b>Medicine Buddha Puja</b> 6:30pm</p>	<p><b>25</b></p> <p><b>Advanced Program Module 2</b></p>	<p><b>26</b></p> <p><b>Advanced Program Module 2</b> Concludes</p>	<p><b>27</b></p> <p><b>Taste of Tibetan Buddhism</b> 1:15pm - 2:30pm (Tara Room)</p> <p><b>Gompa Clean Up</b> 1:30pm - 2:30pm</p> <p><b>Lorig Teachings with Geshela</b> 6:30pm - 8:00pm</p>	<p><b>28</b></p> <p><b>400 Verses Teachings</b> 10:30am - 12:00pm</p> <p><b>Guided Meditation</b> 1:15pm - 1:45pm (Tara Room)</p>	<p><b>29</b></p> <p><b>Animal Blessing Day</b> 10:00am - 5:00pm</p>	<p><b>30</b></p> <p><b>Enlightenment: A Buddhist Approach to Mental Health</b> 9:00am - 3:30pm</p>