

February

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

2019

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

February invites us to slow down and rejuvenate our body and mind. Begin replenishing your energy levels with our Weekly Wellbeing Program including: Yoga with Erin Ashley, Friday Guided Meditations and Anger, Patience and Forgiveness with Ven. Lhagsam.

Courses this month dare us to inquire deeply and develop heart-felt responses to everyday living. Buddhist Beliefs with Ven. Dondrup, Creating Compassion with Keiron Pratt and Crafting a Life of Fulfilment with Ven. Chokyi, challenge our pre-conceptions about life and call us to take responsibility for nourishing what works.

Whether attending a class or simply relaxing in the Big Love Café and surrounding gardens, time up on the hill this February holds something for you.

See you soon!

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.

Welcome Day

Welcome Days are filled with opportunities to explore what Chenrezig Institute has to offer. Bring the whole family for a relaxing day out! Pick up a map from our friendly reception team and **book your lunch** before 10:30am to enjoy the day.

9:00am to 10:00am younger family members will enjoy the fun activities in our **Kind Kids Program** in our temple (Gompa). 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.

Explore our Wellbeing village stalls and enjoy a taste of our Wellbeing program on the prayer wheel lawn.

10:00am to 10:30am Free yoga class with Erin Ashley

11:30am to 12:00pm Free Intro to Buteyko Breathing

1:00pm to 1:30pm Intro to Tai Chi

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.

Below the Gompa you'll find our library and the beautiful Tara room. Here you'll find wonderful bargains in our **Buddhist Book SALE**. If you still need more retail therapy, wander down past the Bodhi tree and browse in our Buddhist gift shop before joining us for a delicious vegetarian lunch in the Big Love Café. Then head back to the temple for a talk by one of our Sangha "Having Hope in Turbulent Times" at **1:30pm**.

Refresh yourself with our famous chai and cake for before heading home.

Sunday 3rd February from 9:00am. All activities on Welcome Day are freely offered, with the exception of Lunch in the Big Love Café which is \$12.50pp.



Curious about Buddhism?



Course Leader:

Ven. Gyalten Dondrup is an Australian Buddhist monk who first discovered Buddhism in Nepal in 1998. Since then, he has been involved with Chenrezig Institute and Langri Tangpa Centre. In 2014 he was ordained by H.E. Choden Rinpoche and currently works at Karuna Hospice Service. He is known for his fun and down to earth approach to exploring the Dharma.

Buddhist Beliefs

Find out what Buddhists believe about life, the universe and everything. This series is designed for those curious to know the Buddhist take on big issues such as existence, reincarnation and karma through the lens of everyday living.

Informed by the book “Approaching the Buddhist Path” by The Dalai Lama and FPMT Teacher Ven Thubten Chodron, this series has a framework that allows students to explore a Buddhist way of life in a fun and informal way. Through discussion, stories and guided meditation students will explore:

- ♦ What makes Buddhism different to other religions?
- ♦ How can such an ancient philosophy be relevant today?
- ♦ How do Buddhists live day to day?
- ♦ What is the mind?
- ♦ What about reincarnation?
- ♦ What did the Buddha say?
- ♦ Are we all connected?

Bring along your questions, moral dilemmas and curiosity as we find out what makes Buddhists tick. Everyone is welcome to join these open conversations. Courses are held monthly on Sunday’s between 9:30am and 12:00pm.

February Buddhist Beliefs: Ancient Philosophy for Modern Times with Ven. Dondrup

Join us for a morning of conversation, questions and meditation as Ven. Dondrup shares key concepts and beliefs that inform a Buddhist approach to life. Everyone is welcome. In today’s sessions we’ll explore how an ancient religion like Buddhism can be relevant in the modern world. The session will end with a guided meditation as a way of exploring this concept.

**Sunday 17th February 9:30am to 12:00pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$20**

Curious about Meditation?

Creating Compassion

Compassion is a cornerstone of Buddhist practice - simple to understand but not always easy to put into practice. This series explores how we can create a compassionate response to the challenges life throws at us. Through gentle discussion and guided meditation, this series invites students to reflect on their own process of creating compassion in the world.

Students will experience:

- ♦ Discovering self-compassion
- ♦ Finding compassion within ourselves
- ♦ Creating compassion within relationships
- ♦ Compassion in a crazy world
- ♦ Growing the compassion habit
- ♦ Fighting Compassion "Fatigue"
- ♦ Rejoicing in the compassion of ourselves and others
- ♦ Random acts of compassion
- ♦ Taking compassionate action together

If you want to experience more compassion this course is for you! Suitable for everyone, this course is an excellent place to start and develop a practice of compassion supported by both meditation and action.

Courses are held monthly on Sundays between 1:45pm and 3:30pm

February Creating Compassion with Keiron Pratt

Sunday 17th February 1:45pm to 3:30pm, held in the Gomba at Chenrezig Institute. Facility fee \$20

Course Leader:

Keiron Pratt has grown up within the community of Chenrezig Institute. He has studied, offered service and completed group and solitary retreats at FPMT centers around the world. Through his experience as a meditation leader in Tushita Meditation Center, India and Kopan Monastery, Nepal, Keiron has introduced hundreds of students to the Buddhist teachings on compassion.



Make a Day of It

Our Buddhist Beliefs and Creating Compassion series make a great day out for those wanting to start exploring Buddhism and Meditation. Book in for lunch and enjoy a whole day of learning new things and meeting new people for just \$52.50

Thank you for disposing of me respectfully

Introductory Courses

February Crafting “Meditation and Medication”

Saturday 16 February
9:00am to 3:00pm,
held in the Gompa at
Chenrezig Institute.
Facility fee \$55

Course Leader:

Ven. Chokyi is a Buddhist nun in the Tibetan tradition, ordained in 2006 by Kyabje Lama Zopa Rinpoche. She has been teaching meditation and Buddhism since 2006 including Discovering Buddhism and has also led several successful annual retreats for Chenrezig Institute. Prior to ordination, she taught at university and in the community sector for over 20 years.



Crafting a Life of Fulfillment

Genuine fulfillment comes when we change our focus from what we can get out of life and instead focus on what we can bring to it. The Buddha’s teachings flow around this central theme gently guiding us to take responsibility for our own happiness by focusing on how we relate to others in our world.

The Crafting a Life of Fulfillment series explores the core topics of Buddhism in an accessible and logical sequence, giving you tools to invite a deeper level of satisfaction and meaning into your life. This foundational course will introduce students to ideas and practical strategies that everyone can relate to and use.

Throughout the year we’ll explore these themes:

Meet your Mind
Meditation and Medication
Following a Path
Connecting with a Mentor
Death, Rebirth and Reincarnation
Karma
Refuge
Emerging from Dissatisfaction: Samsara and Nirvana
Bodhichitta: Opening the Heart
Transforming Problems
Emptiness: Dissolving the Ego

Join us for the whole course or come along to any of the stand-alone topics. You’ll hear new ideas, connect with like-minded people and have plenty of time to ask questions relating the themes to your everyday life. This course is suitable for everyone who’d like to experience a more meaningful and happy life.

Courses are held monthly on Saturdays between 9:00am and 3:00pm
Facility Fee \$55

Intermediate Study

Discovering Buddhism with Venerable Thubten Chokyi

“Shifting my perspective on life. Calming my mind.”

DB Student 2018

More than just intellectual study, the Discovering Buddhism course creates a community of students who grow together supporting each other in practice and understanding.

Together students undertake fourteen modules of study and retreat covering the Buddhist path in a deeply satisfying and systematic way. Each module is completed over two months with a teaching weekend to introduce each subject and a retreat weekend for deeper reflection. This two month period gives students time to study, practice and integrate each new subject slowly, building a comprehensive base of knowledge and skills.

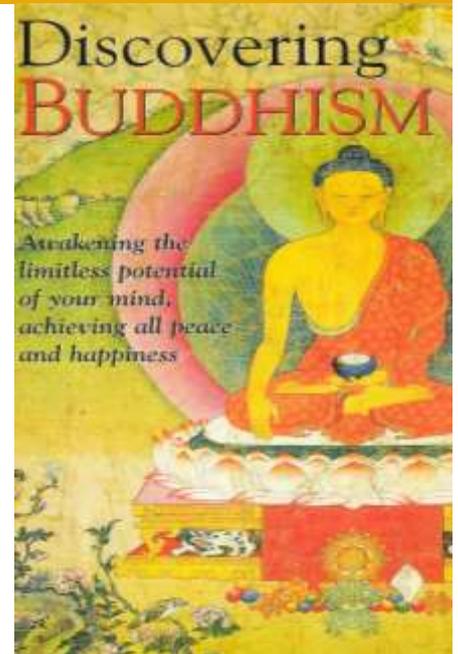
February Discovering Buddhism: The Spiritual Teacher

Although true spiritual experience comes through our own hard work and development, a good teacher is essential. We rely on a qualified teacher to show us the way to understanding, in the same way that we rely on an experienced guide to get us through unfamiliar territory. In this course, we investigate the role of the teacher on the spiritual path. We will also look at the qualities of a teacher and of a student, how to avoid common mistakes and how to cultivate a teacher-student relationship for the greatest benefit in our spiritual practice. Although it is part of the Discovering Buddhism programme, anyone is welcome to attend - you do not have to have attended previous modules.

Saturday 9th February 9:00am - Sunday 10th February 3:45pm

Facility Fee \$108

Meals and accommodation available separately.



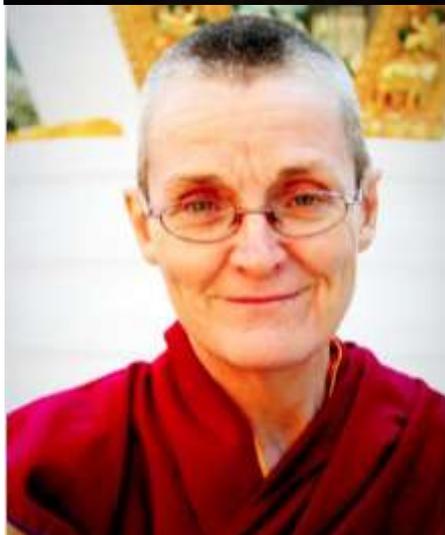
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Very clear, varied approach, approachable, good fun, great learning experience.”

“Fantastic ability to clearly describe “complicated topics.”

DB Students 2018

Teachings for Everyone



Ven. Thubten Chokyi is a Buddhist nun in the Tibetan tradition, ordained in 2006 by Kyabje Lama Zopa Rinpoche. She has been teaching meditation and Buddhism since 2006 including Discovering Buddhism and has also led several successful annual retreats for Chenrezig Institute. Prior to ordination, she taught at university and in the community sector for over 20 years.

Inviting Happiness: The Eight Verses of Thought Transformation with Ven. Chokyi

How do we free ourselves from the demon of self-concern and invite happiness into our lives?

These instructions are found in Eight Verses for Training the Mind, one of the most important texts from a genre of Tibetan spiritual writings known as lojong (literally "mind training"). The root text was written by the eleventh-century meditator Langri- tangpa. His Holiness the Dalai Lama refers to this work as one of the main sources of his own inspiration and includes it in his daily meditations.

The eight verses are short, confronting and profound; they deeply challenge all standard preconceptions of how happiness can be achieved in our lives. Inspiring, poetic and immensely powerful, the verses ask us to view the undesirable things in life through a radical new lens. By training our mind in this way, a state of peace becomes achievable.

In a calm retreat setting, Ven. Chokyi will guide us step by step through The Eight Verses of Thought Transformation, integrating meditations with explanations of the method and wisdom required. Passed down through an unbroken Buddhist lineage, the text remains as relevant today as it was when first written in the eleventh century by Kadampa Geshe Langri Tangpa.

'No anger inside means no enemy inside.'

Lama Zopa Rinpoche

Saturday 23rd Feb 9:00am - Sunday 24th Feb 3:45pm
Facility Fee \$108

Advanced Study 2019

Advanced Study Program with Geshe Phuntsok Tsultrim

The *Advanced Study Program* offered at Chenrezig Institute is a comprehensive, five-year, twelve-subject course of studies designed by Lama Zopa Rinpoche. It provides a practice-oriented transmission of the Buddhadharma to committed students ready to progress to university level study and practice.

Its comprehensive curriculum greatly enhances students' Dharma understanding, establishing a sound basis for ongoing study, practice, retreat and service. Some of Tibetan Buddhism's most treasured texts form the heart of the program, guiding the practitioner through a comprehensive study of sutra and tantra.

Throughout the program students apply themselves to practicing Buddhist ethics, in particular the five precepts and awareness of positive and negative states in one's mind. Students develop the practice of patience and concern for others with a bodhichitta motivation.

Teachings are with our resident teacher, Geshe Phuntsok Tsultrim, personally chosen for Chenrezig Institute by Kyabje Lama Zopa Rinpoche, with his experienced interpreter and Basic Program graduate, Ven Kartson (aka Yaki Platt), who is also assisting with tutorials.

In 2019 the Advanced Study Program will cover Grounds and Paths of Secret Mantra – the Lower Tantras and Highest Yoga Tantra. This subject taught over two modules offers a concise overview of the structure of the tantric path, widely acclaimed in Tibet as the swiftest and most sublime means to realise buddhahood. Presenting the paths of all four classes of tantra, while not being a guide to highest yoga tantra practice itself, this subject provides a clear overview of its complex path structure.



The modules will be taught on Tuesdays and Wednesdays with a supporting schedule of meditation, service, tutorials and group discussion. Students are encouraged to stay on site where possible and take advantage of our excellent library and conducive environment.

Dates and facility fees for each module will be released shortly. Meals and accommodation are also available (purchased separately) and are discounted by a further 10% for students staying onsite throughout the course.

For more information visit our Advanced Program page or contact BSP@chenrezig.com.au

Preliminary Practice Retreat

Geshe Tenzin Zopa will give teaching to students starting the retreat.

Ven. Thubten Chokyi will gently guide students into the retreat and support students throughout.

Geshe Phuntsok Tsultrim will oversee the closing Fire Puja and support students with advice as they emerge from retreat.

This retreat is limited to a maximum of twelve participants who will stay on site for its duration.

Retreat packages start from \$4183 per person including all meals, retreat materials and accommodation in a twin Sangha House room, and \$4267 per person for single accommodation.

Please visit our website www.chenrezig.com.au for all information including the prerequisites and an application form.



The Preliminary Practice of Vajrasattva: February 2 to April 25 2019

Be embraced by the Chenrezig Buddhist Community as you dedicate three months to the practice of Vajrasattva.

The Vajrasattva purification practice, which is more powerful than negative karma, can prevent you from experiencing the problems that negative karma would otherwise bring you. Thus, the practice of purification is one of the most important solutions to our problems and is extremely necessary....

Doing Vajrasattva retreat is not simply about reciting the mantra and saying some prayers. It is about making the practice effective for your mind, making it the quickest, most powerful way to transform your mind. Experienced meditators have advised that, in general, it is more important to put your everyday life's effort into the practice of purification. This is the way to attain spiritual realisation.

– Lama Zopa Rinpoche

Nestle into our comfortable refurbished Tara room and be supported by an experienced sangha as you undertake this preliminary practice found in all schools of Tibetan Buddhism.

Designed for students completing their 100,000 mantra count and starting after Losar, the Tibetan New year, retreatants will begin their practice during the auspicious Days of Miracles. The retreat will end with a traditional fire puja ritual overseen by Geshe Phuntsok Tsultrim.

This is an opportunity to experience authentic Buddhist retreat in a highly supportive environment. For full retreat information please apply via our website.

Special Guest Geshe Tenzin Zopa

The Gateway to Understanding: Teachings on the Preliminary Practices

Chenrezig Institute is delighted to announce that Geshe Tenzin Zopa will be offering teachings on the preliminary practices, with an emphasis on Vajrasattva practice.

The Preliminary Practices or “ngondros” performed within the Tibetan tradition are designed to accumulate merit and purify negativities in order to quickly generate realizations on the path. They are also done in preparation for tantric practice and longer retreats. Once a practitioner has gained some stability in their study of and training in the teachings of sutra, and once preliminary practices (ngondro) have been completed, one is ready to enter into tantra practice.

A practitioner wants to practice tantra because their compassion and bodhichitta aim are so deep and strong, they can't bear the amount of time it takes to reach enlightenment through the sutra methods alone. Tantra is the method for putting all of the sutra practices together in an extremely efficient, holistic manner. Geshe Tenzin Zopa continues to deepen our understanding of tantra, and how and why we can utilise the tantric path to truly benefit ourselves and all suffering beings quickly.

Students studying Discovering Buddhism and the Tantra modules of our Advanced Study program are well placed to benefit from these precious teachings that will support their future study and practice. Newer students will be inspired by the efforts of these dedicated practitioners and encouraged by what they can achieve with dedication and practice.

This is a rare and precious opportunity to have these teachings in English from a teacher well known for his clarity and ability to connect.

Teachings on the Preliminary Practices

Wednesday 6th February 6:30pm - Thursday 7th February 3:30pm

Facility Fee \$75

Meals and accommodation available separately.



Geshe Tenzin Zopa possesses vast scriptural knowledge, extensive teaching experience, has successfully managed major projects, has completed many retreats including a 6 month Highest Yoga Tantra retreat with the late Geshe Lama Konchog and is highly skilled in rituals, astrological observations and religious dance.

Geshela teaches in English straight from the heart.

Thank you for disposing of me respectfully

Special Events - Losar and Day of Miracles



Happy Losar: Tibetan Year of the Earth Pig

Losar is the Tibetan New Year. Traditionally, Tibetans mark Losar by joining together to acknowledge the passing of any negative karma in the previous year, and to set a strong positive motivation for the year ahead. Traditionally Tibetans create auspiciousness at this time by changing their old prayer flags for new and making offerings to invite generosity and abundance into their lives in the year ahead.

On this day we also remember Lama Thubten Yeshe, the precious founder of Chenrezig Institute and the FPMT, who passed away in 1984 on the first day of the Tibetan New Year. It is an opportunity to reflect on our priorities in life and Lama Yeshe's emphasize on our developing a growing awareness of our potential for inner awakening.

Tuesday 5th of February

10:00am to 3:00pm Stupa Making workshop at the Garden of Enlightenment

6:30pm to 8:30pm Guru Puja with Tsog offering

Happy Day of Miracles

The Day of Miracles (Chotrul Düchen) commemorates one of the four great deeds of the Buddha. The day itself is the last of a fifteen day period when Shakyamuni Buddha performed many miraculous feats in order to inspire the faith and diligence of his students. On these fifteen days, karmic results are multiplied one hundred million times, as cited by Lama Zopa Rinpoche from the Vinaya text Treasure of Quotations and Logic. It is part of the Buddhist tradition to engage in virtuous activities and prayer on Buddha days as a way of accumulating merit. To help you do so we've planned these activities.

Tuesday 19th February

9:00am - 3:00pm Working with Holy Objects

5:30pm - 6:30pm Set up light offerings (Main Gompa)

6:30pm - 8:00pm Shakyamuni Buddha Puja (Gompa)

Lama Zopa Rinpoche also offers lunch to everyone who works with holy objects on either of these days! All activities on these days are sponsored by Chenrezig Institute with the exception of lunch (\$12.50pp). Please book your lunch before 10:00am

Thank you for disposing of me respectfully

Daily Practice with Chenrezig Sangha



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. Everyone is welcome to join in the practice or simply come along as an observer.

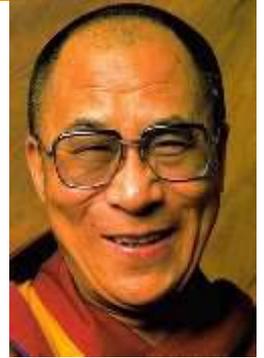
Thank you for disposing of me respectfully

The Lotus Project for Peace

Whoever I meet, I have always the same feeling: 'I am meeting another member of the human family.' This attitude has deepened my affection and respect for all beings. May this natural wish be my small contribution to world peace.

HH the 14th Dalai Lama

2019 marks 60 years since the Dalai Lama fled Tibet unable to return. Following the Nobel Peace Prize winners example we'd like to mark this anniversary with a project to inspire all of us to work together to create a more peaceful world.

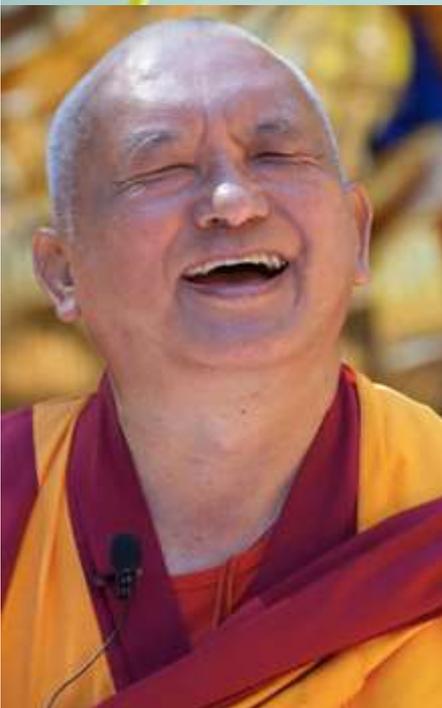


Over four Fridays in February paper artist Lek Hoffman will guide us to create a beautiful garden of paper lotuses. These delicate flowers represent our hopes for the Tibetan people and the flourishing of Human Rights throughout our world.

Our completed lotus will be displayed as a beautiful carpet across our Prayer Wheel lawn on Sunday March 10. A perfect place to gather for prayer and meditation.

Everyone is invited to participate in this special community project. You don't need to have any special crafting talents just a desire to join in and contribute to creating something beautiful.

Join us in the Gompa between 10:30am and 12:00pm on February 8th 15th, 22nd and March 1st



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 16th February from 10:30am onwards, held in the Library. This activity is by donation. Lunch in the Big Love Café is \$12.50pp.

Thank you for disposing of me respectfully

Modern Movement

Finding “True” Love with Karl Gratton

Since time immemorial human's innate pursuit of happiness has often been bound up with misguided attempts that fail to bring about what has been called the "good life." This is all the more prevalent to us in the 21st century when life seems to be more and more complex and confusing. One part of the good life is our vision to love and be loved. Often we *desire* love when what we *need* is metta/loving kindness.

In this course, drawing upon Buddhist as well as non-Buddhist teachings there will be time dedicated to discuss our cultural context of love, our aspirations for happiness, love and loving kindness as well as also engaging in simple yet deeply touching meditations that both calm the mind and open the heart. You need not be a Buddhist to attend however, you will need the courage to put aside ones pre-conceptions and look non-romantically at oneself, others and the world.

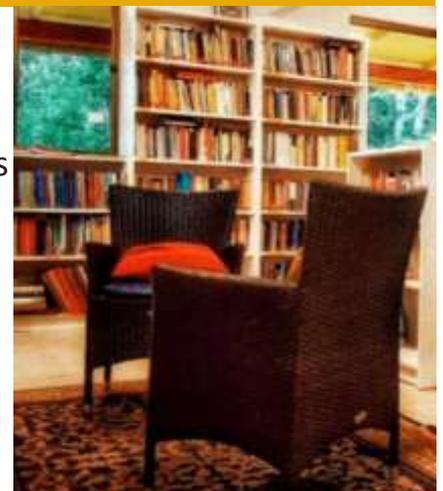
Saturday 2nd Feb 9:00am - 3:00pm Facility Fee \$55



Memberships

Library Membership

If you'd like to borrow regularly we recommend joining our library. For the price of one fabulous book, you can have access to a year full of inspiring reading! Annual Library Membership is \$30. Members are welcome to borrow two titles for up to a month at a time. Library membership is also one of the considerable benefits of becoming a Chenrezig Arms Member.

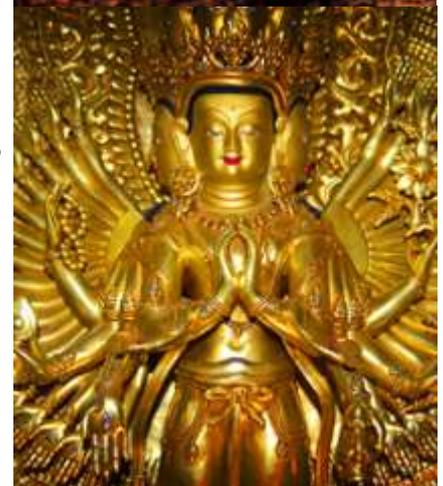


The 1000 Arms of Chenrezig

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.

Find out about the benefits that come with being part of this group of ongoing supporters of the center. These include a course and accommodation discounts, special prayers and pujas, as well as access to FPMT online learning.

Ask us more!



New Lamrim Chenmo Study Group



Steps on the Path to Enlightenment

Lamrim Chenmo Study Group with Judy Bowey

2019 sees the start of this new study group with fellow-traveller Judy Bowey. Meeting twice a month, this class aims to support students as we dive deeply into teachings on the graduated path to enlightenment and examine how these teachings can shape our everyday lives. This class is ideal for students who have completed our Annual January Lam Rim Retreat with Geshe Tsultrim or modules of our Discovering Buddhism course. Why not come along and see if it's right for you?

We'll be using the text "Steps on the Path to Enlightenment" by Geshe Lhundub Sopa, a teacher highly revered for his knowledge and experience in both a Tibetan and western context. Let's support each other as we take steps along the well-trodden path.

These are teachings to be studied, contemplated and absorbed within meditation so that in this life we integrate the Dharma with our minds and hearts, enabling us to reduce our disturbing emotions and live a better life that minimises the harm we do to others and enables us to benefit them, thus providing a basis to go on to perfect wisdom and compassion.

Each class will include readings and review, discussions and questions and time to meditate and reflect.

February class: Sunday 3rd February and

Sunday 17th February 9:00am to 12:00pm

Facility fee \$10 per person

Thank you for disposing of me respectfully

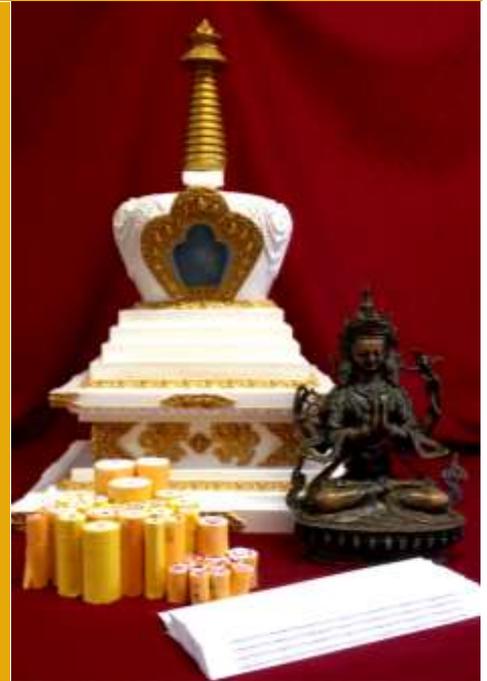
Traditional Arts and Rituals

Mantra-Rolling Workshop

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

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

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



Help Fulfil Lama Zopa Rinpoche's Wishes

On his last visit to Chenrezig Institute, Lama Zopa Rinpoche requested that the Art studio make 1000 LTK statues to be sent to Ganden monastery in India for a special celebration next year. Some of the first 100 are pictured below.

We urgently need some additional help with preparing the freshly-cast statues for painting. The work would require patience, a moderate amount of skill and preferably a commitment to a regular time-frame.

If you feel you would like to assist please contact us at: arts@chenrezig.com.au

Traditional Arts and Rituals



The Flowers: A symbol of purity and renunciation with Justine Hefel

Join the artists of the Chenrezig Institute's Art Studio, Thangka Painting Cooperative in a Weekend with Justine Hefel.

The Eight Auspicious Symbols is an eight part series. Each workshop will focus on one of the auspicious symbols. They are eight standalone workshops so you can pick and choose which symbols you want to do or do all of them.

In the Flower workshop the we will explore the meanings of the symbol and where it is found in Buddhist art. We will draw & paint The Flower. All students should be able to finish the workshop with a completed image of The Flower and a solid grounding in its meaning. It is also ideal for those not as confident, to jump straight into a course focusing on a thangka or mandala.

There are limited spaces for this course.

Saturday 2nd Feb 9:30am – Sunday 3rd Feb 4:00pm, held in the Art Studio at Chenrezig Institute.

Facility fee \$108

General Materials fee \$12

Text (The Eight Auspicious Symbols by Andy Weber) \$30

Limited availability of Tibetan style canvas made by Art Studio members \$40

Accommodation and meals available separately.



Justine is a long standing thangka painting student of Andy Weber with a strong connection and commitment to Buddhist art and practice. She has a strong history in art including working as a sought after professional Tattoo Artist. Her love of art and drawing has lead her to undertake researching and writing a book on tribal fabric and tattoo motifs which regularly takes her traveling through regions like Borneo and Pacific Islands to work with local tribes collecting and curating designs.

Thank you for disposing of me respectfully



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.

**14th Feb from 7:30am and
27th Feb 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.

**13th Feb 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.

**17th Feb
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.

**3rd Feb 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.

**Shakyamuni Buddha Puja
instead on 19th Feb from
6:30pm in the Gompa**

Weekly Wellbeing Program



The world never stops, but we need to.

Allow time in your life to rest and restore your energy. These programs are designed to nourish you in times of stress and care for yourself in a holistic way. Spend a few days in our lush surroundings, enjoying delicious healthy meals, appreciating the quiet and caring for your body and mind.

Combine our weekly yoga programs with meditation, delicious food and gentle teachings to experience true peace of mind.



Yoga Classes to make you Smile

As a Yoga Teacher, Erin Ashley is renowned for offering a “mindful movement” experience in her classes, supporting you to move beyond the physical and into a more conscious awakening of energy and wisdom. Feel nurtured and supported as you flow through gentle, well-rounded physical sequences with a focus on real-time experience, as you integrate the awake-mind back into the body and breath.

Erin’s classes are suitable for beginners to advanced students with all fitness levels and abilities with plenty of modifications on offer. Her classes will leave you feeling empowered and uplifted. Find out more www.erinashley.com.au

Thursdays and Fridays 11:00am to 12:00pm at the Wellbeing Centre. Facility Fee \$12



Spend a peaceful afternoon exploring our library collection. Browse our wide range of inspiring titles sharing Buddhist wisdom and the practices of perfecting it. In addition our library also includes psychology, philosophy, spirituality, and other religions. There are books for everyone, from the casual enquirer to the most advanced student. Chat with one of our amazing library volunteers to find just what you’re looking for. We’d love to help you find a book to fall in love with!

Thank you for disposing of me respectfully

Weekly Wellbeing

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 is welcome to join us for these heartfelt teachings With experienced teacher Venerable Lhagsam. Come along to any or all sessions.

Thursdays in February 1:15pm to 2:30pm
Facility Fee \$10 per session



Friday Guided Meditations

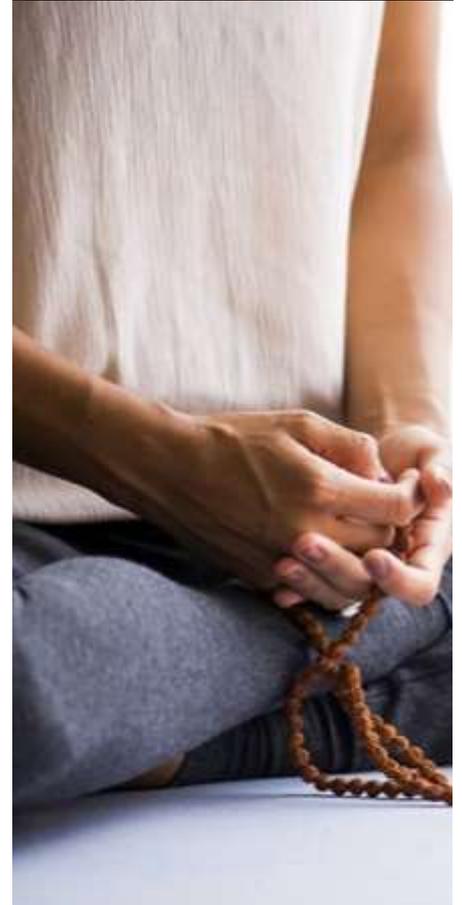
Invite more peace into your life with Buddhist meditation.

Each Friday you can slow down and join one of the Chenrezig Institute monks or nuns as they lead you through a gentle reflective meditation. If you've never meditated before this a great supportive environment to give it a try.

Get comfortable in a chair or on the floor and allow yourself to be fully relaxed and present in this beautiful space.

Suitable for everyone. Perfect for after lunch. We'd love to make you welcome.

Fridays, 1:15pm - 1:45pm,
held in the Gompa. By donation- suggested \$10.



Cultivating Emotional Balance

Cultivating Emotional Balance with Corey Jackson



Want to feel more confident and in control of your emotions? Exhausted by mood swings and looking for more emotional stability? If you would like to take control of your own wellbeing, build your best relationships or overcome imbalances such as anger, anxiety or depression, then this course is for you.

Cultivating Emotional Balance (CEB) training blends ancient techniques for developing mindfulness, empathy and compassion with ground breaking scientific understanding of emotions. The course has been clinically proven to reduce people's destructive emotional episodes, improve professional and personal relationships and develop resilience in the face of adversity.

Blending theory and practice, CEB gives a genuine experience of ancient techniques made relevant to a modern lifestyle and world view. This unique program is the brainchild of Dr. Paul Ekman, a world renowned psychologist within the field of emotions and Dr Alan Wallace, a highly respected meditation teacher and scholar of contemplative traditions.

Introductory weekend: Saturday 2 Feb 9:00am - Sunday 3 Feb 3:30pm, at the Wellbeing Centre at Chenrezig Institute.

The course continues: 16th - 17th Feb and 2nd - 3rd March for those who have attended the introductory weekend (making a total of six sessions to complete the training). Facility fee \$150 for the introductory weekend, \$420 for the whole course.

Meals and Accommodation are available separately.



Corey is completing a research masters on attention and emotion skills at Sunshine Coast University where he is also a sessional staff member. He has a degree in Psychology and Sanskrit from Sydney University and also works as a Tibet-English translator of Buddhist practice and philosophy. As a leading trainer of the peer-reviewed Cultivating Emotional Balance, he regularly runs workshops for organisations and individuals around Australia and is passionate about using ancient understanding in a modern context.

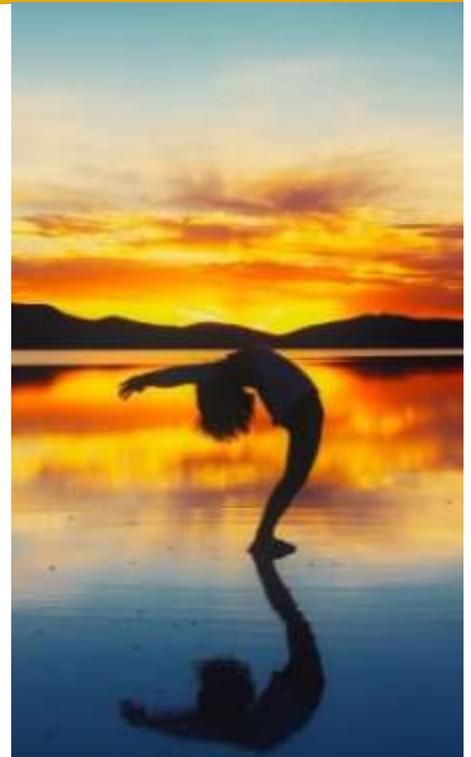
Thank you for disposing of me respectfully

Wellbeing Program

Return to Stillness: 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 8th Feb 6:30pm - Saturday 9th Feb 4:30pm
held at Wellbeing Centre. Facility fee \$75 Please wear loose comfortable clothing.



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.

Life's Unfinished Business with Renate Ogilvie

The unfinished business that most of us carry with us is like a constant white noise of stress in our lives. This would be reason enough to address it. But asking for or granting forgiveness, expressing our love properly, our gratitude and appreciation to those who have inspired us, is of utmost importance as we practice the teachings and prepare ourselves for death, when any unfinished business will distract and disturb the mind at a crucial time.

Saturday 23rd February 9:00am - Sunday 24th February 4:00pm at the Wellbeing Centre Facility fee \$120 Meals and accommodation available separately.



Renate Ogilvie has taught at Buddhist centres around the world for over 20 years. She combines modern approaches to psychotherapy with Buddhist philosophy in order to help individuals deal with the difficulties of everyday life.

Thank you for disposing of me respectfully

Wellbeing Program



Introduction to Taoist Tai Chi

Using an easy-to-learn teaching approach, this program will introduce participants to the moves of Taoist Tai Chi. Brought to the western world nearly 50 years ago by Chinese Taoist monk Master Moy Lin-shin, Taoist Tai Chi™ arts are designed specifically for holistic health and meditation. The wide-ranging benefits include improvement of balance, circulation, strength, coordination and flexibility. There are benefits for many specific health issues including back pain, postural problems, and stress reduction.

The International Taoist Tai Chi Society has 42,000 members in 26 countries, with all organizations operating on a non-profit, volunteer and charitable basis. The Society has been operating in Australia since 1980 and offers classes in most capital cities and some regional areas.

Participants in this program will be introduced to about the first 25 moves of the tai chi sequence and will learn how Taoist Tai Chi works on health, as well as being introduced to the Taoist tradition of the Society.

Sunday 10 Feb 9:30am to 4:00pm, at the Wellbeing Centre at Chenrezig Institute.

Meals and Accommodation are available separately.



Kind Kids Program 2019

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

Sunday 3rd February 9:00am - 10:00am How we Think (Humility, Patience, Contentment, Delight). In the Gompa. Please wear comfortable shoes and clothes you can create and have fun in. **This event is by donation. Donations to the Kind Kids program cover the cost of art materials and resources for the children.**

Maroochydore Program

Relax and Take Control: Introducing Balance with Corey Jackson

Our lives have become busier than ever before. Stress and anxiety are on the increase, but it doesn't have to be this way. We can learn tools and techniques to take control of our own wellbeing, improving our creativity, relationships and resilience. It's a balancing act that is surprisingly simple and delivers a reliable return on our investment for years to come.

Discover a unique blend of modern science and ancient contemplative approaches to resilience and flourishing.

Wednesdays 6:00pm-7:30pm January 16, 23 and 30

\$15 per session or \$40 for the three-part series includes tea and coffee (doors open at 5.45pm).

Our Maroochydore program has a great new Venue! The Hive Business Space : Suite 101, Tower 2 Kon Tiki Business Centre 101/55 Plaza Parade, Maroochydore.

Enjoy a lovely quite space with free onsite undercover parking and downstairs cafes if you need to grab a bite on the way to class. This is a fully accessible location.

Relax and Take Control: Balancing A Busy World with Corey Jackson

Our lives have become busier than ever before. Stress and anxiety are on the increase, but we can learn to take control of our own wellbeing. With the right tools and understanding we can improve our creativity, relationships and resilience. It's a balancing act that is surprisingly simple and delivers a reliable return on our investment for years to come.

Discover a unique blend of modern science and ancient contemplative approaches to resilience and flourishing.

Wednesdays 6:00pm - 7:30pm February 13, 20 and 27

\$15 per session or \$40 for the three-part series includes tea and coffee (doors open at 5.45pm).



Corey Jackson is currently working on a PhD in mindfulness and emotions at the University of the Sunshine Coast. He has a degree in Psychology and Sanskrit, works as a Tibetan-English translator. He is passionate about bringing the benefits of ancient wisdom to the modern world.

Pilgrimage to the Festival of Light and Peace

Accompanied by Geshe Tsultrim and Ven. Dronsel

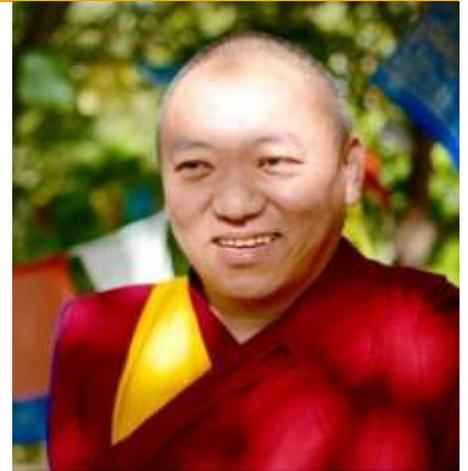
TOUR DATES: 16th - 20th May 2019

On this short pilgrimage you will be able to experience and partake in the rich and varied cultural practices of Buddhism in Australia. We will take in the Quang Minh Temple and the Great Stupa, both significant Buddhist structures, as well as the smaller monastery of Newbury in Victoria. We will then participate in the spectacular 'ILLUMIN8' Festival of Light & Peace held annually at The Great Stupa.

On arrival in Melbourne, we will visit the Quang Minh Temple which is supported by a very large Vietnamese population of around 15,000. After our visit we will head to the Great Stupa of Universal Compassion, home of the Jade Buddha for Universal Peace. On our second day we will head to Newbury Buddhist Monastery for dana and lunch with local supporters, followed by an afternoon of leisure around Daylesford and Hepburn Springs. Days 3 and 4 are set aside for the two day Festival of Light and Peace at the Great Stupa.

This short pilgrimage has some of the best that Buddhism in Australia has to offer!

**For further inquiries please email
tour@eknotravel.com.au or call 0437967819**



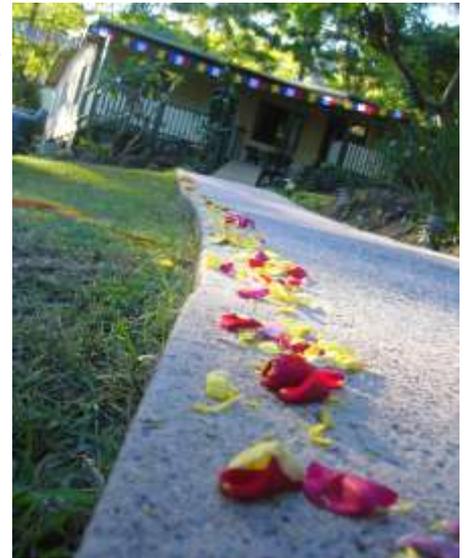
NEWBURY
BUDDHIST MONASTERY



Thank you for disposing of me respectfully

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.



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



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

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				<p>1</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Guided Meditation 1:15pm - 1:45pm</p>	<p>2</p> <p>Cultivating Emotional Balance: Intro Weekend Commences 9:00am (Wellbeing)</p> <p>Vajrasattva Preliminary Practice Retreat Commences (Tara Room)</p> <p>Finding "True" Love 9:00am - 3:00pm</p> <p>The Flower: Eight Auspicious Symbols Commences 9:30am (Art Studio)</p>	<p>3</p> <p>Cultivating Emotional Balance: Intro Weekend Concludes 3:30pm (Wellbeing)</p> <p>Welcome Day 9:00am onwards</p> <p>The Flower: Eight Auspicious Symbols Concludes 4.00pm (Art Studio)</p> <p>Lamrim Chenmo Study Group 9:00am - 12.00pm</p> <p>Dzambala Puja 6:30pm</p>
<p>4</p>	<p>5</p> <p>Happy Losar 10.00am onwards</p>	<p>6</p> <p>The Gateway to Understanding Commences 6:30pm</p>	<p>7</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>The Gateway to Understanding Concludes 3:30pm</p> <p>Anger, Patience and Forgiveness 1:15pm - 2:30pm (Library)</p>	<p>8</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Yin Yoga Retreat Commences 6:30pm (Wellbeing)</p> <p>Lotus Project for Peace 10:30am - 12:00pm</p> <p>Guided Meditation 1:15pm - 1:45pm</p>	<p>9</p> <p>Yin Yoga Retreat Concludes 4:30pm (Wellbeing)</p> <p>Discovering Buddhism: The Spiritual Teacher Commences 9:00am</p>	<p>10</p> <p>Discovering Buddhism: The Spiritual Teacher Concludes 3:45pm</p> <p>Introduction to Taoist Tai Chi 9:30am - 4:00pm (Wellbeing)</p> <p>Mantra Rolling 10:00am - 3:00pm (Art Studio)</p>
<p>11</p>	<p>12</p>	<p>13</p> <p>Tara Puja 6:30pm</p>	<p>14</p> <p>Guru Puja 7:30am</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Anger, Patience and Forgiveness 1:15pm - 2:30pm (Library)</p>	<p>15</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Lotus Project for Peace 10:30am - 12:00pm</p> <p>Guided Meditation 1:15pm - 1:45pm</p>	<p>16</p> <p>Crafting a Life of Fulfilment: Meditation and Medication 9:00am - 3:00pm</p> <p>Cultivating Emotional Balance Commences 9:00am (Wellbeing)</p> <p>Sutra Reading and Writing from 10:30am (Library)</p>	<p>17</p> <p>Buddhist Beliefs: Ancient Philosophy for Modern Times 9:30am - 12:00pm</p> <p>Creating Compassion 1:45pm - 3:30pm</p> <p>Lamrim Chenmo Study Group 9:00am - 12:00pm</p> <p>Cultivating Emotional Balance Concludes 3:30pm (Wellbeing)</p> <p>Vajrayogini Practice 9:30am - 3:00pm (Library)</p>
<p>18</p>	<p>19</p> <p>Buddha Day: Day of Miracles 9.00am onwards</p>	<p>20</p>	<p>21</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Anger, Patience and Forgiveness 1:15pm - 2:30pm (Library)</p>	<p>22</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Lotus Project for Peace 10:30am - 12:00pm</p> <p>Guided Meditation 1:15pm - 1:45pm</p>	<p>23</p> <p>Inviting Happiness: The Eight Verses of Thought Transformation Commences 9:00am</p> <p>Life's Unfinished Business Commences 9:00am (Wellbeing)</p>	<p>24</p> <p>Inviting Happiness: The Eight Verses of Thought Transformation Concludes 3:45pm</p> <p>Life's Unfinished Business Concludes 4:00pm (Wellbeing)</p>
<p>25</p>	<p>26</p>	<p>27</p> <p>Guru Puja 6:30pm</p>	<p>28</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Anger, Patience and Forgiveness 1:15pm - 2:30pm (Library)</p>			