

March

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

33 Johnsons Rd, Eudlo QLD 4554

Ph: (07) 5453 2108

info@chenrezig.com.au

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

March is here to show us a new part of ourselves. Deepen your contemplative investigations and wellbeing through weekly meditation sessions, retreats, study and yoga, or simply bring friends and family along for a lovely day out!

Easter can be made truly meaningful this year by joining Geshe Tsultrim for the Lama Tsongkhapa Guru Yoga Retreat. Important topics will also be explored through a fresh dharma lens with special guest Ven. Yonten.

March is here and ready to burst with potential! Make your way up the hill to make the most of it.

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.

Special Guest Ven Yonten



Ven. Yonten is known for her fresh, modern approach and warm, engaging teaching style. She regularly teaches at Mahamudra Centre in New Zealand and is a faculty member of Human Spirit: Psychoanalytic-Buddhist Training Program in Lod, Israel. Originally from the United States, Venerable Yönten became a nun when she was 21 (in 2003), and with the permission of her Abbot received gelongma/ bhikshuni ordination in 2011.

Bodhichitta and the Bodhisattva vows: meditations and explanation with Ven. Yonten

The aspiration for enlightenment. Wishing to benefit others. Universal altruism. Buddhahood.

While the bodhisattva ideal is often referred to in Buddhist classes, we don't always have time to go into the depths of what it means for oneself as an individual practicing it in ordinary modern life.

This course will flesh out many subtle nuances of this profound topic as well as give concrete logistics of how and why to practice the bodhisattva vows - whether you have them already, are thinking about taking them or are just curious about what they are all about.

There will be a formal presentation of the topic as well as relaxed discussion and question time. Course includes guided meditation suitable for beginners and advanced practitioners alike.

Sat 23rd March 9:00am - Sun 24th March 4:00pm
Held in the Gompa at Chenrezig Institute.
Facility Fee \$108

Taking the Bodhisattva Vows with Geshe Tsultrim

At the request of students Geshe Tsultrim will be offering both Refuge vows and Bodhisattva Vows at the conclusion of the Path to Peace Lam Rim Meditation retreat on Sunday 13th of January.

Please keep an eye on our website for further details of these special opportunities. Or contact the program coordinator at spc@chenrezig.com.au

Practice Weekend



Heal the Heart: Meet the Medicine Buddhas with Ven. Tony

At times we are all faced with the inevitable reality of pain or illness in our loved ones or in ourselves. How can we meet these changes with gentleness, patience and skill? One approach is the beautiful practice of the Medicine Buddha, which is used in healing illness, creating health and harmony, and helping those who have died.

The Medicine Buddha embodies the healing aspect the mind. Through the practice of meditation on the Medicine Buddha, one can generate enormous power to heal oneself and others. It is particularly powerful during difficult times - especially in healing the heart and mind to overcome negative patterns of thinking, and developing qualities of compassion and kindness.

“When we recite the Medicine Buddhas' names and mantras, we receive the results of the prayers they made in the past ... doing the Medicine Buddha practice is very powerful for success. People think Medicine Buddha is only for healing. It's not only for healing but for everything”.
Lama Zopa Rinpoche



This retreat will focus on the practices of Medicine Buddha including meditation, visualization, and mantra recitation. There will also be time for quiet personal reflection, questions, and discussion. It is an excellent opportunity to cultivate a strong conviction and reliance on our own wisdom and potential for healing. The retreat is suitable for anyone. All welcome!

Friday 1st March 6:30 pm - Sunday 3rd March 3:30pm
Facility Fee \$108

Meals and accommodation available separately. Please note it is preferable to stay on site for this retreat as the morning sessions start at 5:30am on Saturday and Sunday.

Enjoy more than chocolate this Easter



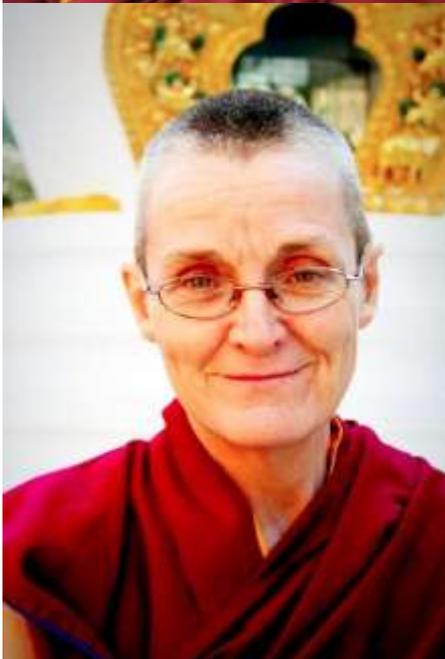
Lama Tsongkhapa Guru Yoga Retreat with Geshe Tsultrim and Ven Chokyi

Within Tibetan Buddhism, there is an emphasis on creating a connection with a spiritual friend or teacher who will be able to support and nurture your personal development. This friend will provide inspiration, encouragement, guidance and most importantly lead a life of example. In modern terms he is the ultimate life coach, but for far beyond this lifetime.

When choosing this teacher, students are advised by the Buddha to look carefully for specific qualities and not to make a commitment until they are completely sure. This is where Lama Tsongkhapa enters the picture. As the author of the Great Treatise on the Stages of the Path (Lam Rim Chen Mo) and Founder of the Gelug school of Buddhism, Lama Tsongkhapa is revered. Both the Dalai Lama and Lama Zopa Rinpoche teach this powerful yet accessible practice specifically because it is particularly helpful for creating the karma to meet a qualified spiritual teacher. It removes obstacles for creating this important connection and increases the blessings that come from this mentoring relationship.



This retreat is ideal for students who have taken refuge with Geshela or who are starting to attend his teachings.



Geshe Phuntsok Tsultrim will attend the retreat, assisting and inspiring us with a transmission of the recitation as well as sharing motivations, teachings, visualisations and other tips to help us understand and benefit from this practice. Retreat Leader will be experienced teacher, Ven Chokyi who is known for her warm and encouraging teaching style.

Thursday 18 April 6:30pm - Monday 22nd April 12:00pm
Facility fee \$200 Accommodation and meals available separately for purchase.

Thank you for disposing of me respectfully

Curious about Buddhism?

Buddhist Beliefs Series

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 Sundays between 9.30am and 12.00pm.

March Buddhist Beliefs: Living Buddhism Day to Day with Ven Gyalten 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 Buddhism can be integrated into all aspects of our life creating a richly transformative experience. The session will end with a guided meditation as a way of exploring this concept.

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



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.

Curious about Meditation?

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.



Creating Compassion Series

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

March Creating Compassion

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

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

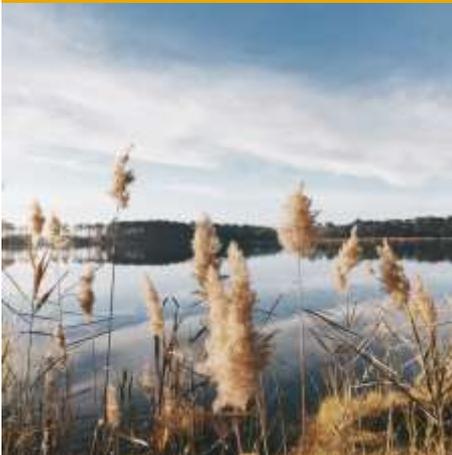
Introductory Courses

March Crafting “Following a Path”

Saturday 16 March
9:00am to 3:00pm

Your 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 Fulfilment

Genuine fulfilment 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 Fulfilment 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.

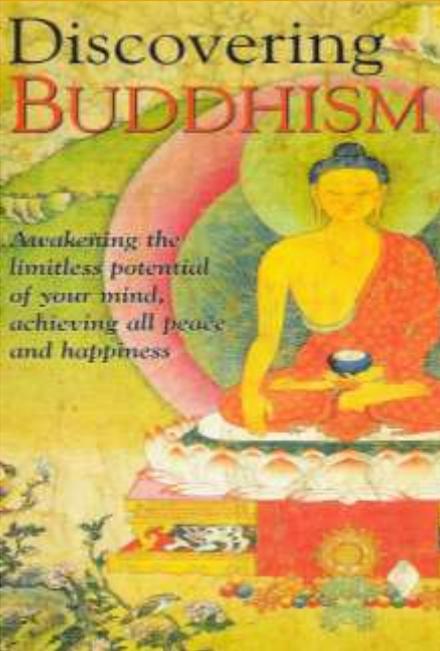
Throughout the year we’ll explore these themes:

- 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 Courses



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.

“Very clear, varied approach, approachable, good fun, great learning experience.” “Fantastic ability to clearly describe “complicated topics.”

DB Students 2018

Discovering Buddhism with Ven. Chokyi

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.

March Discovering Buddhism Retreat: 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 retreat, we reflect on the teachings and instruction from The Spiritual Teacher module of the Discovering Buddhism programme. The retreat provides a chance to ask questions about the teachings and participate in group discussions. It is an excellent opportunity to clear away any doubts you may have, or for those studying at home or online to enjoy group practice and meditation. Everyone is welcome to attend this retreat weekend, even if you haven't attended the previous modules.

**Saturday 9th March 9:00am - Sunday 10th March 3:45pm
Facility Fee \$108**

Meals and accommodation available separately.

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. This enables us to reduce our disturbing emotions and live a better life that minimises the harm we do to others and maximises being of benefit, thus providing a basis for wisdom and compassion.

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

**March class: Sunday 3rd March and
Sunday 17th March 9am to 12 noon
Facility fee \$10 per person**

Advanced Courses

Cutting Through Delusions: Meet Manjushri with Geshe Tsultrim and Ven Chokyi

In this fascinating weekend course Geshela introduces us to the *Praise to Manjushri (Gang-lo-ma)* and the deity who inspired it. Legend has it the praise was composed by 100 Indian mahasiddhis. Each one separately decided to say a verse of praise to Manjushri, who at that time blessed their minds. Ninety-nine of them wrote the same praise, which became known as *Gang-lo-ma*.

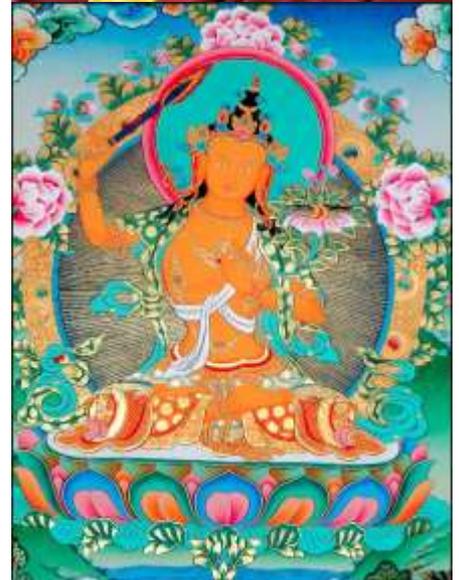
Meet Manjushri

Manjushri's most distinctive emblem is the flaming sword that he holds aloft in his right hand. The sword symbolizes his mind's ability to cut through the fetters that bind beings to the cycle of delusion and suffering. The flames suggest that the sword is not a literal one, and flames in Buddhist iconography invariably represent transformation; Manjushri's wisdom does not destroy ignorance in the conventional sense, but transforms it into Wisdom.

In Manjushri's left hand is his other characteristic emblem: the stem of a lotus, which bears a book. This book is the Perfection of Wisdom, which is both the source of his realization and a concrete symbol of it. Manjushri is also often depicted as sitting on the skin of a lion. This represents the use of wisdom to tame the mind, which is compared to subduing a ferocious lion.

If you'd like to follow the example of Manjushri and learn more about taming your mind through this beautiful and inspiring praise we invite you to join us for this weekend of study, meditation and practice.

Saturday 30th March 9.00am - Sunday 31st March 3.45pm
Facility Fee \$108
Meals and accommodation available separately.



Geshe Phuntsok Tsultrim
was born in Tibet in 1969. At the age of 14 he became a monk at Sera Je Monastery in India, where he was awarded his Geshe degree (the equivalent of a doctorate in Buddhist studies) in 2005. He then spent a further two years studying tantra at Gyume Tantric Monastery. Geshe Tsultrim is immensely popular for the warm and approachable way in which he presents the Dharma.

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).

Our Advanced Programme continues in 2019 with the study of the Grounds and Paths of Secret Mantra!

We have scheduled two modules to cover this extensive and important subject. The ***Grounds and Paths of Secret Mantra*** modules offer a concise overview of the structure of the tantric path, widely acclaimed in Tibet as the swiftest and most sublime means to realize buddhahood. Presenting the paths of all four classes of tantra, these subjects provides a clear overview of its complex path structure.



Weekly Schedule

The modules will be taught on two full days Tuesdays and Wednesdays with a supporting schedule of meditation, service, group discussion and tutorials with our interpreter Ven Kartson. Students who wish to attain certification will need to meet criteria of attendance, service, behavior as well as pass the regular exams.

Students are encouraged to stay on site where possible and take advantage of our excellent library and conducive environment. They are eligible for a 10% discount on accommodation when they stay for an entire module.

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

Advanced Study 2019

The Lower Tantras

Most of the empowerments we take belong to the first of these classes, Action Tantra and most emphasis is naturally given to this, but the teachings give a clear overview of the pre-requisites, empowerments and practices of all three lower classes of tantra. This study will enhance and deepen the practice of those already engaging in these practices, and enable others to prepare for taking this important step with understanding and confidence.

If you would like to get the maximum benefit from our regular practices such as Tara, Medicine Buddha, Guru Puja or our annual Mani and Nyung Nay retreats this is an excellent opportunity.

Tues 30th April 9.00am - Wed 29th May 12noon

Usual schedule is 9.00am to 5.00pm

Tuesday and Wednesday Facility Fee \$350

Meals and accommodation available separately.

Highest Yoga Tantra

We have allotted eight weeks to this fascinating and complex subject which teaches the basics of both the generation and completion stages of the most powerful path to enlightenment, that of Highest Yoga Tantra.

Tues 9th July 9.00am - Wed 28th August 12.00pm

Usual schedule is 9.00am to 5.00pm

Tuesday and Wednesday Facility Fee \$450

Meals and accommodation available separately.



Texts

The text for these teachings will be *The Illumination of the Texts of Tantra - The Principles of the Grounds and Paths of the Four Great Secret Classes of Tantra* by Ngawang Palden. This text is available in the magnificent *Principles of Buddhist Tantra*, from Wisdom Publications. (available in both paperback and ebook formats).

Online Study

This option, allows students to access the audio and data materials and complete the modules in their own time. Online study is offered at 50% of the facility fee and is booked through CI website. For more information visit our Advanced Program page or contact BSP@chenrezig.com.au

Study Prerequisites

Although we expect many of the students attending these modules will have empowerments, on the basis of advice from the great master, Ven. Kirti Tsenshab Rinpoche, Geshela has decided that students who have not received empowerments will be encouraged to attend these precious teachings, in order for them to have a good understanding even before they make a commitment to this path.

Weekly Teachings with Geshe Tsul trim



Transforming Suffering: The Wheel of Sharp Weapons

Composed by the great Indian yogi Dharmarakshita more than a thousand years ago, this text is among the most esteemed of the so-called mind training teachings. Mind training is all about employing techniques for transforming suffering into happiness. Geshela will guide us verse by verse through Dharmarakshita's classic, explaining the workings of karma, the benefits of altruism, and the means to cut through our true enemies: self-grasping and self-cherishing.

**Starting in March 2019
Thursdays, 6:30pm - 8:00pm,
held in the Gompa at Chenrezig Institute.**

Travelling the Yogic Path: Teachings on Aryadevas' Four Hundred Verses

In this well known text 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. Through studying this text practitioners can remove their misconceptions about how things really are, and gain an understanding of reality that can then lead to a direct experience of it, beyond conceptions and language.

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



Serious study for fun loving students

These classes are an excellent way to get to know Geshela's warm and encouraging teaching style and make connections with your fellow students. The classes include everyday examples and discussions to make learning meaningful. Questions and debate are encouraged and students support each other with peer to peer learning.

Discussions are often revisited over supper or chai and cake in the café before class. Many students find this a great way to integrate the teachings into their busy lives.

These classes are offered by donation to the community. Please offer whatever you can to support the flourishing of the Dharma.

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)

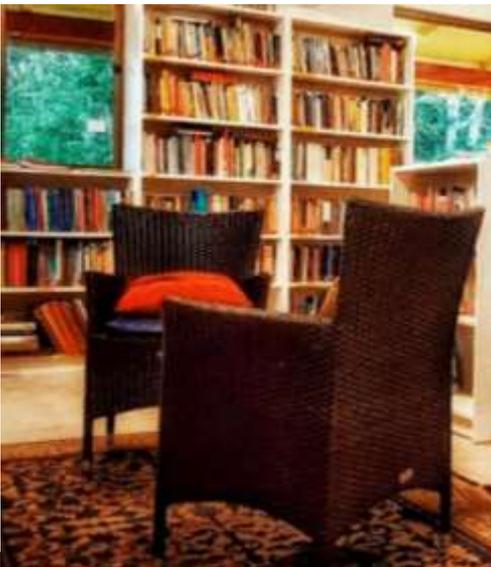
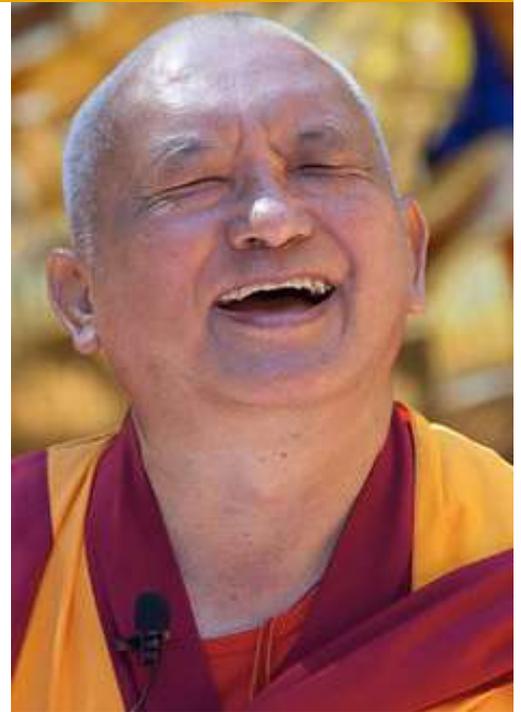
These sessions include both English and chanting of mantras in Tibetan and Sanskrit and typically take one hour. Everyone is welcome to join in the practice or simply come along as an observer.

Thank you for disposing of me respectfully

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



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!

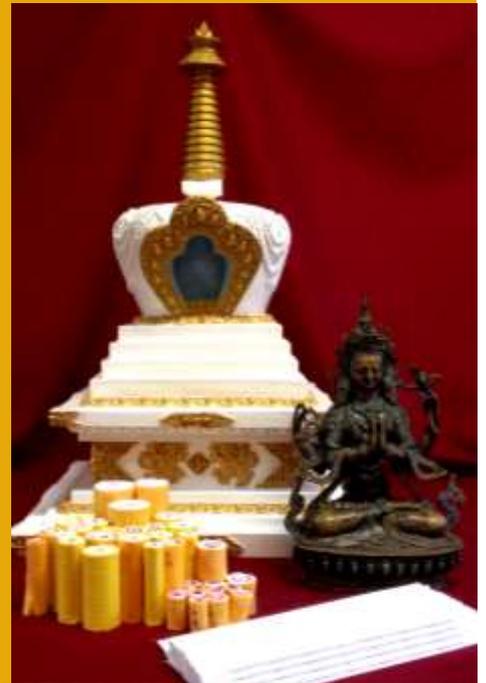
Traditional Arts and Rituals

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 March 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 Conch Shell: Eight Auspicious Symbols

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 Conch Shell workshop we will explore the meanings of the symbol and where it is found in Buddhist art. We will draw and paint the Conch Shell. All students should be able to finish the workshop with a completed image of the Conch Shell 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 16th March 9:30am – Sunday 17th March 4:00pm,

held in the Art Studio at Chenrezig Institute.

Facility fee \$120

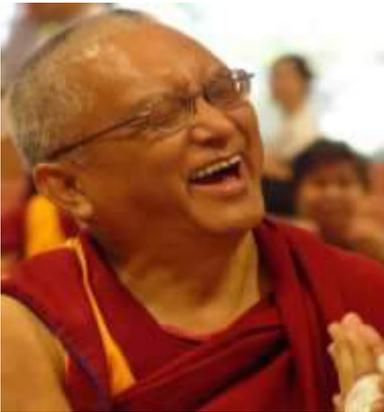
General Materials fee \$12

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

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

Justine Hefel 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.

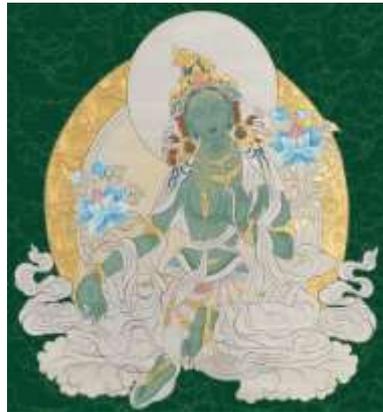
Thank you for disposing of me respectfully



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.

1st, 16th and 30th of March 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.

14th March from 4:00pm in the Gompa



Vajrayogini Practice

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

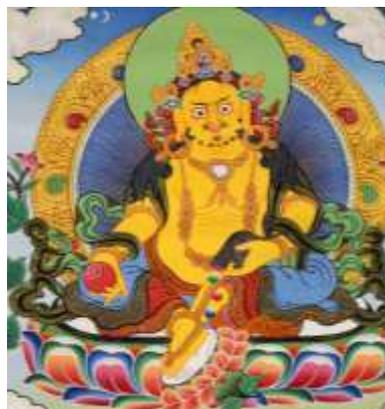
17th March from 9:30am - 3:00pm



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 March 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.

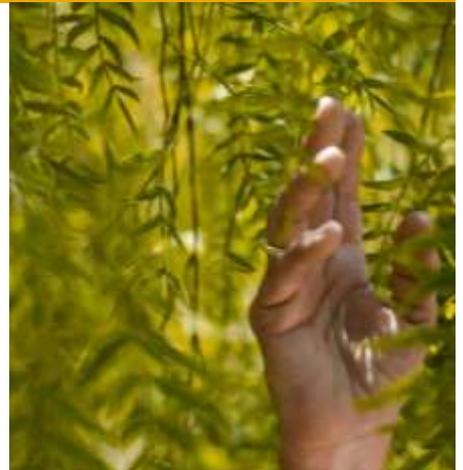
21st March from 4:00pm in the Gompa

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 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 at www.erinashley.com.au

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



Visit our Library

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! **Open Wednesday to Sunday 1pm to 3:30pm**



Thank you for disposing of me respectfully

Weekly Wellbeing

Healing Meditations with Ven. Tony

Join Venerable Tony for these meditation sessions to bring wellness and peace of mind. Venerable Tony will introduce students to the healing qualities of the Buddha, including compassion, loving kindness and joyous effort. These same qualities are present in all of us and can be cultivated to sustain us through the most challenging of times.

There will be breathing meditation, guided meditation and time for discussion and questions. Everyone is welcome to join us for these heartfelt teachings. You don't need to be a Buddhist to enjoy or benefit from them. Come along to any or all sessions.

Thursdays in March 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.**



Wellbeing Program



Living in Stillness - Yin Yoga Retreat with Annie McGhee

Immerse yourself in this deeply nourishing weekend practice of Yin, and experience a shift as mindfulness-based principles are incorporated to create a sense of calmness and reflection. The longer and passively held poses in the meditative practice of Yin yoga are the perfect counterbalance for you in your busy life.

Using props to fully support the body, you can relax and completely let go and sink deeper and soften into the pose in order to experience stillness of the body and the mind. In these poses we move beyond the muscles, which are Yang, as they're soft & elastic, into the Yin connective tissues (the ligaments & the fascia), which are stiff & inelastic. By keeping the muscles soft, we release deeper layers of connective tissue, increasing mobility in the body, especially in the joints and hips, which tighten up due to prolonged sitting and standing.

On a subtler level, the Yin sequences improve the flow of prana (chi/life-force) through the energy channels (nadis/meridians) into the internal organs and tissues around the joints, where energy may have become stagnant. Through the practice of Yin yoga, we can successfully combine both asanas and meditation into a deeply transformative practice. Please wear loose, comfortable, modest clothing. If you have your own mat, please bring it. Suitable for all levels.

Friday 8th March 6.30pm to Sunday 10th March 4.30pm, held in the Wellbeing Centre at Chenrezig Institute. Facility Fee: \$120 Meals and accommodation available separately.

Annie recommends her students stay on site to gain the most possible benefit from this retreat.

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. She inspires students to develop an open-hearted approach to life.

Annie's courses usually sell out so please enrol early to avoid disappointment.

Wellbeing Program



Mindfulness: A Force for Radical Change with Corey Jackson

"If we examine ourselves every day with mindfulness ... a possibility for change and self-improvement can open within us." HH Dalai Lama.

Cultivating mindfulness sets the stage for improving our lives. It is the basic ingredient of all other practices and creates the stability needed to make a radical transformation. There are many different techniques suitable for all types of people and this retreat will introduce a wide range of approaches allowing people to choose the ones they find most effective.

Drawing heavily on his connection with Alan Wallace, Corey will combine clear discussion with both silent and guided meditation. Learn to relax in the face of stress, understand its causes and develop habits that lead to happiness. Take a weekend to unplug, unwind and learn powerful tools for transforming our lives.

Friday 15th March 6.30 pm - Sunday 17th March 3:00 pm, held in the Wellbeing Centre at Chenrezig Institute.

Facility fee \$108

Accommodation and meals available separately.

Guests are encouraged to stay onsite for this course so they can participate in morning and evening meditation sessions and experience the benefits of a retreat setting.

Please wear loose comfortable clothing and if you like to meditate laying down please bring a yoga mat to increase your comfort. Chairs, couches, meditation cushions and mats will also be provided or bring along your own.



Corey Jackson is currently working on as 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.

Thank you for disposing of me respectfully

Wellbeing Program



Mindful Writing with travel writer Sharon Thrupp

Explore your outer and inner journeys through the power of the pen. Whether you've got a lived experience you've been wanting to share or a desire to tap into your creativeness through storytelling, this course will get you seeing with fresh eyes and thinking with an open mind .

Writing can be a transformative tool for self-discovery, meaningful connection to others and invite an overall sense of wellness. This course will get you thinking and writing mindfully with a focus on personal writing, group discussion and sharing.

Sunday 24th March 9:00am - 3:00pm,
held in the Library at Chenrezig Institute.

Facility fee \$25

Accommodation and meals available separately.



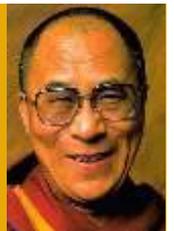
Lotus Project for Peace

Sunday 10 March

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

Under the guidance of paper artist Lek Hoffman the community created many beautiful paper lotuses. These delicate flowers represent our hopes for the Tibetan people and the flourishing of Human Rights throughout our world.

Our completed lotuses 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. Please join us today to reflect on peace and hope for Tibet and the world.



Thank you for disposing of me respectfully

Maroochydore Program

Mind the Hype: Meditation Essentials with Corey Jackson

Have you thought that meditation might help you, but not sure where to start? Have you learned to meditate and struggled to keep it up? Join us for this three part series and learn to bring presence and a sense of relaxation to everything you do. Learn by guided meditations supported by discussion to understand how we can expect the practices benefit our daily lives.

This course is open to all walks of life - beginners, experienced meditators and sceptics alike.

Wednesdays 6:00pm - 7:30pm

March 13th, 20th and 27th

\$15 per session or \$40 for the three-part series

Includes tea and coffee (doors open at 5:45pm)

Spark Something New: Mindfulness & Creativity with Corey Jackson

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

Mindfulness training can help us be more aware of new ideas and possibilities that might otherwise go unnoticed. In this series, Corey draws on his experience as a professional musician and creativity tutor at the National Institute for Dramatic Arts (NIDA).

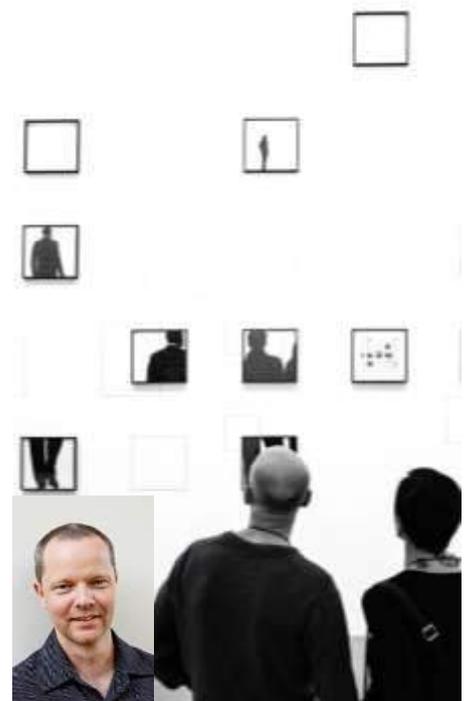
Discover this unique approach to creating change and innovation in our personal and professional lives.

Wednesdays 6:00pm-7:30pm April 10th, 17th and 24th

\$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.



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 quiet 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.

Pilgrimage to the Festival of Light and Peace

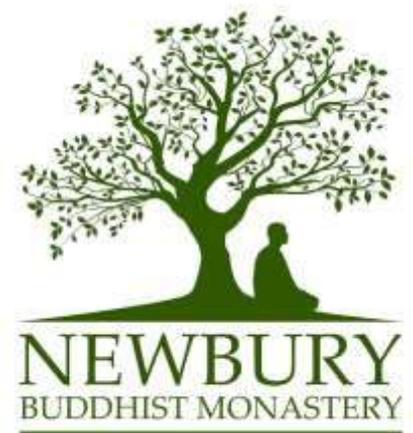
Accompanied by Geshe Tsultrim and Ven. Dronsel
TOUR DATES: 16th - 20th May 2019

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 offering 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



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.

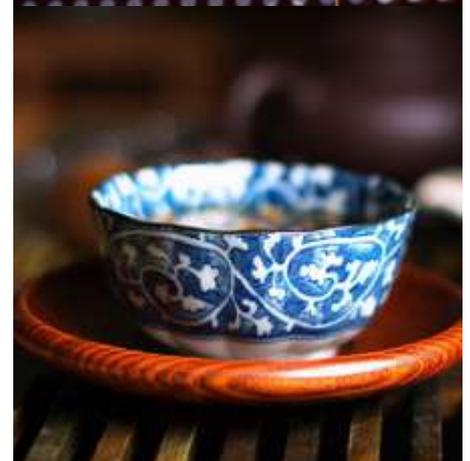
Our **Dharma gift shop** has everything you need to set up your altar, as well as a wide selection of books, practice items and gifts for friends and family.

Shop Opening Hours: **Thurs - Fri: 10:00am - 2:00pm**
 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

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				<p>1</p> <p>Lotus Project for Peace 10:30am - 12:00pm</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Guided Meditation 1:15pm - 1:45pm</p> <p>Guru Puja 6:30pm</p> <p>Medicine Buddha Practice Weekend Commences 6:30pm</p>	<p>2</p> <p>Cultivating Emotional Balance: Commences 9:00am (Wellbeing)</p> <p>Medicine Buddha Practice Weekend Continues</p>	<p>3</p> <p>Medicine Buddha Practice Weekend Concludes 3:30pm</p> <p>Cultivating Emotional Balance Concludes 3:30pm (Wellbeing)</p> <p>Lamrim Chenmo Study Group 9:00am - 12.00pm</p> <p>Dzambala Puja 6:30pm</p>
4	5	6	<p>7</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Healing Meditations 1:15pm - 2:30pm</p> <p>Wheel of Sharp Weapons with Geshela 6:30pm - 8:00pm</p>	<p>8</p> <p>400 Verses Teachings 10:30am - 12:00pm</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Guided Meditation 1:15pm - 1:45pm</p> <p>Yin Yoga Retreat Commences 6:30pm (Wellbeing)</p>	<p>9</p> <p>Discovering Buddhism: The Spiritual Teacher Commences 9:00am</p> <p>Yin Yoga Retreat Continues (Wellbeing)</p>	<p>10</p> <p>Lotus Project for Peace Exhibition Time?</p> <p>Mantra Rolling 10:00am - 3:00pm (Art Studio)</p> <p>Discovering Buddhism: The Spiritual Teacher Concludes 3:45pm</p> <p>Yin Yoga Retreat Concludes 4:30pm (Wellbeing)</p>
11	12	13	<p>14</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Healing Meditations 1:15pm - 2:30pm</p> <p>Tara Puja 4:00pm</p> <p>Wheel of Sharp Weapons with Geshela 6:30pm - 8:00pm</p>	<p>15</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>400 Verses Teachings 10:30am - 12:00pm</p> <p>Guided Meditation 1:15pm - 1:45pm</p> <p>The Conch Shell: Eight Auspicious Symbols Commences 9:30am (Art Studio)</p> <p>Mindfulness: A Force for Radical Change Commences 6:30pm (Wellbeing)</p>	<p>16</p> <p>Crafting a Life of Fulfilment: Following a Path 9:00am - 3:00pm</p> <p>The Conch Shell: Eight Auspicious Symbols Concludes 4:00pm (Art Studio)</p> <p>Mindfulness: A Force for Radical Change Continues (Wellbeing)</p> <p>Sutra Reading and Writing from 10:30am</p> <p>Guru Puja 6:30pm</p>	<p>17</p> <p>Buddhist Beliefs: Living Buddhism Day to Day 9:30am - 12:00pm</p> <p>Creating Compassion 1:45pm - 3:30pm</p> <p>Lamrim Chenmo Study Group 9:00am - 12.00pm</p> <p>Mindfulness: A Force for Radical Change Concludes 3:00pm (Wellbeing)</p> <p>Vajrayogini Practice 9:30am - 3:00pm</p>
18	19	20	<p>21</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Healing Meditations 1:15pm - 2:30pm</p> <p>Medicine Buddha Puja 4:00pm</p> <p>Wheel of Sharp Weapons with Geshela 6:30pm - 8:00pm</p>	<p>22</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>400 Verses Teachings 10:30am - 12:00pm</p> <p>Guided Meditation 1:15pm - 1:45pm</p>	<p>23</p> <p>Bodhicitta and Bodhisattva Vows Commences 9:00am</p>	<p>24</p> <p>Bodhicitta and Bodhisattva Vows Concludes 4:00pm</p> <p>Creative Writing Group 9:00am - 3:00pm</p>
25	26	27	<p>28</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>Healing Meditations 1:15pm - 2:30pm</p> <p>Wheel of Sharp Weapons with Geshela 6:30pm - 8:00pm</p>	<p>29</p> <p>Yoga with Erin 11:00am - 12:00pm (Wellbeing)</p> <p>400 Verses Teachings 10:30am - 12:00pm</p> <p>Guided Meditation 1:15pm - 1:45pm</p>	<p>30</p> <p>Cutting Through Delusions: Meet Manjushri Commences 9:00am</p> <p>Guru Puja 6:30pm</p>	<p>31</p> <p>Cutting Through Delusions: Meet Manjushri Concludes 3:45pm</p>