

Nov/Dec

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

2018

Retreats

Meditation

Study Programs

Buddhist Teachings

Wellbeing Programs

Traditional Arts & Rituals

Community & Social Events



CHENREZIG INSTITUTE

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Chenrezig Institute is affiliated with the FPMT

The Foundation for the Preservation of the Mahayana Tradition
is a worldwide organisation of over 150 centres founded by
Lama Yeshe and Lama Zopa Rinpoche

Welcome

November and December already! This year has flown by and we are busy preparing for our annual retreat period over December and January. Over this time we look forward to welcoming back the students who consider this part of their yearly practice. It's a lovely opportunity to reconnect with friends and the Dharma in a way to sustain you for the year ahead.

If you've never participated in one of our retreats before this is a great way to get a taste for our community and the joy to be found in the Buddha's teachings. But be quick, places in our retreats sell out fast.

See you there!

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.

Meditation

Calm Abiding Practice Days with Corey Jackson

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

Calm Abiding is the ideal practice for a busy life creating a strong and stable base of calm and relaxation we can return to whenever we are feeling stressed or overwhelmed. When we are feeling stronger it gives us the undistracted focus to be of greater benefit to ourselves and others.

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

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

**Saturday 3rd Nov and 1st Dec 9:00am - 3:00pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$25**

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



Corey Jackson trained in India as a meditation teacher and translator of Tibetan Buddhist Philosophy. He has a degree in Psychology and Sanskrit and a unique passion for combining the best of ancient wisdom and modern research. He was certified by B. Alan Wallace and Eve Ekman as a Cultivating Emotional Balance trainer in 2011.

Thank you for disposing of me respectfully

Buddhist Teachings



Meditations on Parting from the Four Attachments: How to Make your Mind Dharma with Geshe Tsultrim and Ven. Chokyi

Lama Zopa Rinpoche cautions us that “*everything exists on the tip of the wish*”. Our intention is critical when practicing Dharma. What prevents a performance of dharma from being dharma practice is the contamination of our intention by the eight worldly concerns. These four pairs of motivating factors: determination to acquire pleasure and not pain, gain and not loss, fame and not infamy, and praise and not blame, drive us to attempt to manipulate our experience of the world.

It should be no surprise that when we first encounter Buddhism, the eight worldly concerns simply shift their focus from material wealth or climbing the career ladder to the more subtle worldly rewards such as enhanced powers of concentration.

Parting from the Four Attachments teaches the remedy to these worldly concerns shattering their grip on us and allowing us to turn our mind to Dharma. Through systematic meditations on the preciousness of our human life, impermanence and death, karma, and the drawbacks of samsara we can move beyond the self centered worldly concerns that hold us back on the Dharma path.

Throughout this weekend course Geshela’s extensive knowledge will be complimented by Ven. Chokyi’s down to earth approach to practice - a powerful combination to support you in your development.

Saturday 24th Nov 9:00am - Sunday 25th 3:30pm, held in the Gompa at Chenrezig Institute. Facility Fee \$108



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.

Thank you for disposing of me respectfully

Buddhist Teachings

Living and Dying Well with Ven. Lhagsam

Death comes to all living beings and at that crucial time of transition from one life to the next, we may not know how to best help our loved ones or ourselves.

This course gives practical advice on preparing for death and assisting others through this time. We investigate how the awareness of our mortality can help us resolve conflicts, experience greater degrees of emotional freedom and live life to the fullest! The course also provides practices to do at the time of death, advice for the 'non-religious' and prayers for funerals of all types. This course has been developed for Buddhists and non-Buddhists and is suitable for students of all levels.

**Sunday 18th Nov 9:00am - 4:30pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$55**



Ven. Lhagsam has 20 years experience in palliative care. She brings the insight and experience of both the wisdom of the Buddha and the modern medical field. She has helped many people (and her cat) through protracted illness and death, and conducts funerals for Buddhists and non-Buddhists alike.

Buddhist Beliefs: The Middle Way Between Religion and Science with Ven. Tony Beaumont

Join us for a morning of conversation, questions and meditation as Ven. Tony shares key concepts and beliefs that inform a Buddhist approach to life. Everyone is welcome.

In today's sessions we'll explore how Buddhism fits between religious doctrine and scientific theory and what that means at a day to day level for most Buddhists. The session will end with a guided meditation as a way of exploring this concept.

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



Ongoing Study Programs

Discovering Buddhism: Presenting the Path Retreat with Ven. Thubten Chokyi

During the course of his lifetime, the Buddha gave thousands of teachings. The key to beginning to understand them is knowing an appropriate order in which to study them. Realising this, a succession of great Buddhist scholars arranged all the teachings of the Buddha into a clear and easily accessible system called the 'lam-rim chenmo', or graduated path to enlightenment. This map of the Buddha's teachings forms the heart of Tibetan Buddhism.

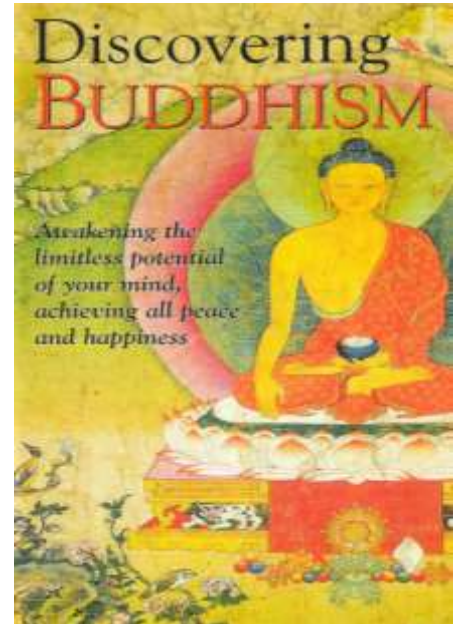
In this practice weekend course, we will reflect on the teachings from the 'Presenting the Path' module of the Discovering Buddhism program. We will review key principles, have group discussion and be guided through a variety of meditation practices.

This is a wonderful opportunity to review the contents of the previous teaching weekend: the progressive, step-like structure of the lam-rim, its three scopes, where you fit in at your present stage of spiritual development, what you need to do next and how to get from here to enlightenment. Although beneficial, you don't need to have attended the first weekend of this module. All welcome!

**Saturday 10th Nov 9:00 am – Sunday 11th Nov 3:45 pm,
held in the Gompa at Chenrezig Institute.**

Facility fee \$108* Or if you have joined our Loyalty Reward Program this course is free for you!

Accommodation and meals available separately.

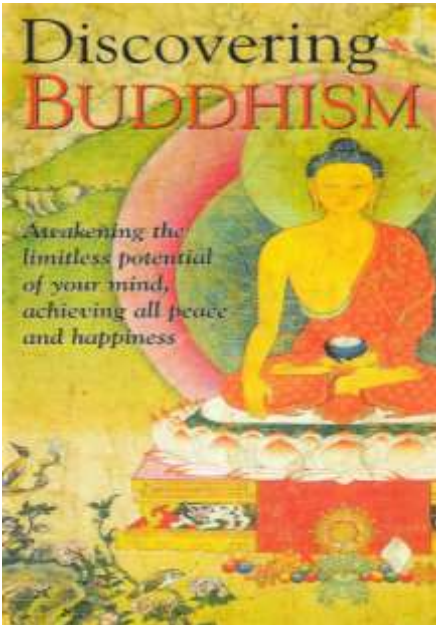


Discovering Buddhism Loyalty Reward

In recognition of the ongoing commitment our Discovering Buddhism students make, Chenrezig Institute has created a Loyalty Reward Program. Students who complete five consecutive Discovering Buddhism weekend courses are welcome to attend the sixth Discovering Buddhism course in the series *with no course fee*.

Over the course of the program this Loyalty Reward equals nearly a 20% discount on course fees for this life changing course. This discount applies to the Facility Fee. Meals and accommodation are available separately.

Ongoing Study Programs



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Discovering Buddhism: Preparing for Retreat with Venerable Chokyi

Why is retreat important? *"In order for our spirituality, wisdom, concentration, and insight into reality to grow, we need time and space. Our normal modern environment does not give us this... You can see, that Jesus and other great spiritual leaders went into solitary retreat. Christian, Muslim, Indian, Tibetan; all went into isolation for certain periods and gained their high accomplishments through practicing intensively like that. So the history of human experience also shows that Dharma realizations come only through concentrated, twenty-four-hour-a-day practice.*

And when you are in that situation, you can conduct research into your experiences, just like scientists investigate phenomena in their laboratories. You can analyze your dreams, your sleep and whatever else come up, and you can supplement your research by reading and study." - Lama Thubten Yeshe

In this weekend course, we will spend time investigating methods of retreat and discussing the benefits that can be found in both solitary and group retreat experiences. We'll explore the Special Integration Practices of the Discovering Buddhism Program – Lam Rim Retreat, Preliminary Prostrations, Vajrasattva Practice and Nyung Na Retreat. We'll grow to understand how each of these intensive practices help to prepare our minds in the best possible way to gain realisations on the path to enlightenment.

This is a perfect preparation for students joining us for our annual Vajrasattva and Lam Rim Retreats.

**Saturday 8th Dec 9:00am - Sunday 9th Dec 3:45pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$108**

Ongoing Study Programs

Advanced Program Module Three, 2018

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

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

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

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

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

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

Facility fee \$200

10% discount for students attending the full retreat.

Accommodation and meals available separately.

The Advanced Study Program offered at Chenrezig Institute is a five year comprehensive, practice-oriented course of Buddhist Study for students wishing to extend their understanding of Buddhist thought and to receive a qualification enabling them to teach in FPMT centers.

Teachings are with our resident teacher, Geshe Phuntsok Tsultrim, personally chosen for Chenrezig Institute by Kyabje Lama Zopa Rinpoche. Geshela is assisted by experienced interpreter and Advanced Study Program graduate, Ven. Kartsön (aka Yaki Platt).



A new study format and better work life balance

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

Sponsored Karma Yoga Retreat



As the year draws to a close it's time to come together to create a beautiful new beginning!

We invite students to join us for a retreat focused on creating harmony and positive karma as we work together to honor Lama Zopa Rinpoche's vision for Chenrezig Institute.

Each morning of the retreat we'll gather for Guru Puja and to set our motivation. During each day we'll be working together on tasks to upgrade the Gompa. These include painting the back wall of the Gompa Dharmakaya blue, preparing new altars for Medicine Buddha and Dzambala and installing light offerings to our beautiful gold Chenrezig Tsa Tsas. We'll complete painting the posts, desks and doors and most exciting of all - offering a gorgeous new throne for our Shakyamuni Buddha Statue. There will be lots of preparing, painting, polishing and beautifying!



We'll finish the day with a session of dedication and rejoicing in the wonderful work we've accomplished together. To complete the last day of the retreat we'll focus our energies on readying the Gompa for an inspiring retreat season. This will be a wonderful opportunity to create a truly beautiful and harmonious atmosphere across the property.

To ensure that many students can participate we'll be offering our retreat participants free accommodation and meals in return for their participation.

Thursday 13th December 9.00 am to Sunday 16th December at Chenrezig Institute concluding approximately 6 pm with evening practice.

Places on this retreat are limited and by an application. Please complete the application form on our website. We look forward to welcoming you.

Annual Release and Renew Retreat



**Wednesday 26th 6:30pm -
Monday 31st 9:00am
December
Facility fee \$275**

**Accommodation and meals
available separately for
purchase. They are
discounted by 10% for those
attending the full retreat.**

*Having met the Dharma in
1990, Venerable Chokyi
ordained in 2006. She is a
resident teacher at Chenrezig
Institute where she has been
leading meditation and
retreats for many years.*

Release and Renew: Vajrasattva Retreat with Ven Chokyi

Complete your year with the powerful act of releasing all that has gone before and start the New Year with a renewed sense of calm, feeling inspired and motivated. In Buddhist purification, we can let go of the past with mindfulness and perception, and open up to the brightness and potential of the present moment. In this state of openness, we resolve to make beneficial changes in our lives which help increase our emotional and mental wellbeing.

Our week-long Purification retreat has been described as life-changing by previous participants. With time for deep reflection in beautiful surroundings, we begin to see how our thoughts, speech and actions have influenced the course of the year; we start to notice how our relationships have been impacted by our own responses to life.

Through the gentle but powerful and stabilising practices of meditation, Buddhist mantra recitation and visualisation we are encouraged to loosen our hold on the past, release our anxieties and regrets and let go of our pain and heartache. Through the beautiful and profound act of purification, we refresh ourselves with strong, positive mental habits, replacing negativities and worries with potent, aspirational resolutions for the future. This transformative process clears the way for us to fully embrace a more relaxed, peaceful and happy approach to life.

Come along and join us for this period of surrender, quiet reflection and positive transformation. You will enjoy the tranquil ebb and flow of a traditional Buddhist retreat and be supported in your journey with like-minded people. The retreat ends with a beautiful symbolic light offering ceremony, a sublime memory to carry forward into the New Year. This retreat is suitable for beginners or experienced practitioners alike, but a basic understanding of karma will greatly benefit your time here. All welcome!

Annual Path to Peace Retreat

Path to Peace: Annual Lam Rim Meditation Retreat with Geshe Tsultrim and Ven. Chokyi

Our annual lam-rim retreat has been running at Chenrezig Institute since 1974 and benefited many thousands of people looking to understand and integrate the teachings of the Buddha into their everyday life.

Our Path to Peace retreat is an amazing opportunity to gain a complete overview of the Buddhist path and fully immerse yourself in practice. Our resident Tibetan Teacher Geshe Tsultrim will take you step-by-step through Buddhist principles and psychology; you will investigate ways of subduing the mind, and explore methods of cultivating wisdom and compassion, the two goals of the path to enlightenment. This fascinating retreat encompasses guided meditation, discussion groups and explanations of the Buddhist world-view and psychology.

This year's course will combine teachings from Lama Tsongkhapa's famous prayer 'The Foundation of All Good Qualities' with a strong emphasis on meditative practices to increase our ability to be of benefit to others. We will dedicate time to the uplifting practices of the Four Immeasurables (Equanimity, Loving Kindness, Compassion and Joy) and Tong Len (Giving and Receiving meditation). There will be strong practice orientation with daily prayers and pujas.

You will be able to experience daily life in our thriving Buddhist community, and discover the relevance and freshness of traditional Buddhist teachings to your own life. The lam-rim has been greatly appreciated many thousands of people as an excellent means for clarifying their direction in life, no matter their religion or philosophy.



**Wednesday 2nd January
6:30pm to Sunday 13th
January 12:00pm
Facility fee \$350**

**10% Discount for 1000 Arms
of Chenrezig members.**

**Accommodation and meal
packages are available
separately for purchase. They
are discounted by 10% for
those attending the full
retreat.**

*There will be a Refuge
ceremony at the conclusion of
this retreat for students
wanting to take the formal
step of becoming a Buddhist.*

Membership and Weekly Programs



Taste of Tibetan Buddhism

This introductory course covers topics such as Mind and its Potential, How to Meditate, Establishing a Daily Practice, Karma and Transforming Problems. A new topic is explored each week, making it an excellent opportunity to get an overview of core Buddhist teachings in the Tibetan tradition. You are also welcome to drop in and attend on a casual basis.

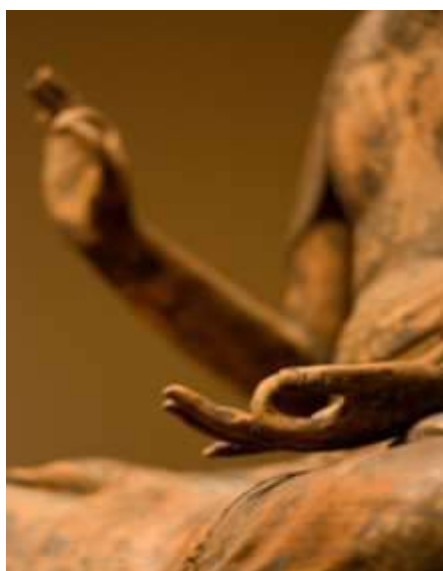
**Thursdays, 1:15pm - 2:30pm,
held in the Tara Room under the Gompa. By donation.**



Guided Meditation

Join one of our experienced sangha members as they lead you through a reflective meditation. This is a perfect way to try out Buddhist meditation and experience how a short, peaceful experience can invite more peace into your everyday life. Suitable for everyone, Buddhist and non Buddhist alike. Join us for the meditation after lunch. Please check our calendar as retreats and teachings may effect these sessions.

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



The 1000 Arms of Chenrezig Institute

By becoming a member of 1000 Arms of Chenrezig Institute, you are supporting the growth and flourishing of the Buddha's teachings in Australia and beyond. Through the merit of your generosity you establish a connection with the deity of compassion Chenrezig and His Holiness the Dalai Lama.

As a token of our appreciation we offer a range of benefits including course and accommodation discounts, special prayers and pujas, as well as access to FPMT online learning.

Weekly Teachings with Geshe Tsul trim

Geshe Tsultrim continues to share two important Buddhist texts for our ongoing students. Both of these teachings are offered to our community by donation.

On Thursday evenings Geshe is teaching Lorig or Mind and Cognition. This is a perfect class for those who already have some previous understanding of Buddhist concepts and want a deeper understanding of Buddhist Psychology. Geshe invites students' questions and there are friendly group discussions and debate.

On Friday mornings Geshe is teaching from Aryadeva's 'Four Hundred Verses'. This is an excellent place to get to know Geshe's warm and encouraging teaching style and become familiar with this very helpful text. Everyone is welcome.



Mind and Cognition (Lorig)

Understand the Buddhist view of the mind and discover how Buddhism explains the connection between thought and reality. This is an introduction to Buddhist psychology and includes an exploration of positive and negative emotions and cognitive states. Suitable for students with some previous experience.

**Thursdays, 6:30pm - 8:00pm,
held in the Gompa at Chenrezig Institute. By donation.**



Four Hundred Verses by Aryadeva

Aryadeva shares a series of memorable stories and anecdotes that illustrate how our own misconceptions and misunderstandings can prevent us from moving forward on the yogic path. Suitable for everyone.

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



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

Traditional Arts and Rituals

Tsa Tsa Painting Workshop

Join us as we paint these beautiful Buddhist icons, bringing forth our own joy as we reflect on their special qualities. A relaxing and meaningful way to nurture your creativity.

**Sunday 4th Nov and 2nd Dec 1:00pm - 4:00pm,
held in the Art Studio at Chenrezig Institute. By donation.**



Mantra-Rolling Workshop

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

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

**Sunday 11th November 10:00am - 3:00pm,
held in the Art Studio at Chenrezig Institute.
By donation.**



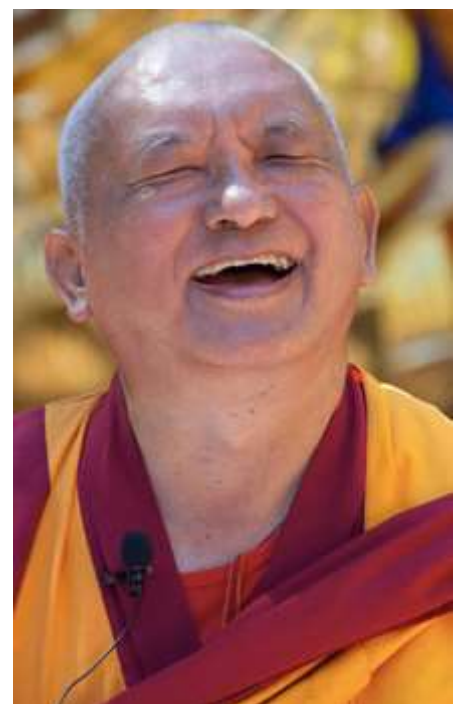
Sutra Reading and Writing

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

We'll gather in the Tara Room, set our motivation and read through a sutra reflecting on its benefits as shared by Lama Zopa Rinpoche. There will be plenty of time to share our thoughts and enjoy chai together.

After lunch we will be writing sutras (Buddhist scriptures) in gold ink. This is a deeply relaxing and satisfying way to spend the afternoon. Everyone is welcome to join in this peaceful day of recitation and reflection.

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



Traditional Arts and Rituals



The Two Fish: Symbols of Happiness, Contentment and Freedom

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 The Two Fish workshop we will explore the meanings of the symbol and where it is found in Buddhist art. We will draw the fish and paint them. All students should be able to finish the workshop with a completed image of The Fish 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 8th Dec 9:30am – Sunday 9th Dec 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

Lama Tsong Khapa Day

Lama Tsong Khapa Day

Lama Tsongkhapa (1357-1419) was a Tibetan Buddhist master whose studies and meditations in all the major schools of Tibetan Buddhism resulted in the founding of the Gelugpa lineage. It is traditionally celebrated with beautiful light offerings symbolising the light of wisdom dispelling the darkness of ignorance. Ignorance here refers to our own misunderstanding - seeing ourselves as ordinary rather than connecting with our inherent incredible potential to each become a Buddha. Light is offered to the eyes of all who see with pristine clarity and to awaken us to our true nature.

To make the most of this precious opportunity we have scheduled a Holy Objects Workshop, and we'll be making extensive light offerings. We will finish the day together with a beautiful Guru Puja and sharing of tsog offerings. We'd love to have you join us for this very special day.

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

Between 10:00am and 3:00pm get hands on making stupas at our Holy Object Workshop at the Garden of Enlightenment. Lama Zopa offers lunch to anyone who works with holy objects today so this is a great opportunity to learn how to make these traditional ornaments.

From 5:00pm we'll begin making light offerings and preparing the Gompa for a Guru Puja with Tsog Offering. Donations of fairy lights, tea light candles or fruit for the day's celebration are very welcome.

From 6:30pm **Guru Puja** and extensive light offerings.

Sunday 2nd December 9:00am onwards

All activities today are freely offered, with the exception of Lunch in the Big Love Café which is \$12.50pp. Please book your lunch by 10:00am on the day of the event so that we can prepare something delicious for you.





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.

2nd and 17th of Nov and Dec 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.

15th Nov and Dec 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.

11th Nov 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.

4th Nov from 6:30pm in the Gompa (No Dec)



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.

23rd Nov and 22nd Dec from 6:30pm in the Gompa

Welcome Day

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!

Start the day by heading into reception where our friendly team will welcome you with a map and answer any questions you have about the day's program.

Between 9:00am and 10:00am younger family members will enjoy the fun activities in our **Kind Kids Program** 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.

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

Wander down past the Bodhi tree and browse in our Buddhist book and gift shop before joining us for a delicious vegetarian lunch in the Big Love Café. Relax in the sun on the prayer wheel lawn before heading back to the temple for Geshe Tsultrim's talk "**What do Buddhists believe?**" at **1:30 pm**.

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

Sunday 4th November 9:00am onwards

All activities on Welcome Day are freely offered, with the exception of Lunch in the Big Love Café which is \$12.50pp. Please book your lunch by 10:00am on the day of the event and let us know if you'll need a gluten or dairy free meal so that we can prepare something delicious for you.



Wellbeing Weekly Yoga

Bliss by Yoga with Baillie

Baillie bases her classes around participants and will tailor them to individual needs. She begins with breathing exercises, to quiet the mind and prepare for practice. Each class will include gentle stretching, balancing poses, and sun salutations. Students will get to know their bodies and themselves more closely through practice. The focus is listening to and working with the body gently, which can only be achieved through a kind approach.

Thursdays 4:00pm - 5:00pm, held at the Wellbeing Centre at Chenrezig Institute. Facility fee \$12



Baillie left behind a successful role in the high stress world of financial planning to pursue a career that fulfilled her at a much deeper level. She qualified in India in Ashtanga Vinyasa and has complimented this intensive training with Sivananda Hath yoga. She is keen to share the physical and emotional benefits of yoga.

NEW Creative Writing Course



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

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

Thursday 18th Nov 10.30am - 3.00pm, held in the Tara Room. This course is freely offered by the Chenrezig Institute. Meals and accommodation are available separately.

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

Wellbeing

The Art of Sitting with Jane Shamrock

Many Buddhist practitioners spend significant periods of time sitting, however sitting is sometimes an uncomfortable or painful experience. The Feldenkrais method offers insights into the habits which cause pain and the strategies to change those habits.

The Art of Sitting day is a range of comprehensive Feldenkrais classes involving small, mindful movement sequences designed to explore posture and body awareness and the lessons are mostly done lying down. There will be time for individual problem solving and exploration of the many options for comfortable sitting.

Saturday 8th December 9:00am - 3:30pm, held at the Wellbeing Centre at Chenrezig Institute. Facility fee \$75



Jane Shamrock has been a Buddhist practitioner and Feldenkrais teacher for many years; she completed her Feldenkrais training in 1993 and has been teaching ever since.

Mindfulness in Movement with Katharina Lein

Learn how to listen to your body, enhance your self-knowledge and body awareness. Based on Mary Whitehouse's "Authentic Movement" approach to dance therapy, participants follow structured and free movement improvisation based on imagery to reveal their body's inner impulses to move (in silence and with background music). Suitable for all levels, no experience necessary. Please wear clothes you feel comfortable moving in and bring a journal for reflection.

Sunday 9th December 9:00am - 3:00pm, held at the Wellbeing Centre at Chenrezig Institute. Facility fee \$75



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

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: 16 - 17 Feb and 2 - 3 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

Stay Chenrezig Institute offers a unique opportunity to stay in a Tibetan Buddhist community. Come for our weekly classes, courses or retreats or simply enjoy the peaceful rainforest atmosphere.

There is a range of comfortable and affordable accommodation options, ranging from \$27 per night for a simple dorm room through to \$80 per night for your own comfortable retreat hut with ensuite. Please visit our website for a detailed list and photos of all our accommodation options.

We look forward to welcoming you.



Play While you're here you might like to visit our beautiful **Garden of Enlightenment**, consecrated by the Dalai Lama. Our friendly **library** volunteers are happy to share their knowledge of our impressive collection of books and dvds. You can sign up for our weekly yoga classes in our **Wellbeing Centre**. Down in the **Art Studio** you can learn traditional Buddhist arts such as tsa tsa painting and stupa making.

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

Shop Opening Hours: **Thurs - Fri: 10:00am - 2:00pm**
 Sat - Sun: 8:30am - 3:00pm



Eat Lama Yeshe began the tradition of cooking for students and the custom of preparing meals with mindfulness and care continues to this day, with many volunteers offering service under the guidance of our experienced cooks. Breakfast, lunch and supper are available as well as delicious homemade cake, chai and tea. All our food is vegetarian and a vegan, gluten and dairy free option is available to order for lunch.

We cook our meals especially for you, so please ensure you book before 10:00am on the day of your meal and let us know if you are gluten or dairy free or vegan so that you will not be disappointed.



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

November and December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Advanced Program Module 3: Transforming Death, Intermediate State and Rebirth	Advanced Program Module 3: Transforming Death, Intermediate State and Rebirth	1 Advanced Program: Transforming Death, Intermediate State and Rebirth Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm	2 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room) Guru Puja 6:30pm	3 Calm Abiding Practice Day 9:00am - 3:00pm	4 Welcome Day 9:00am onwards Dzambala Puja 6:30pm
5	6 Advanced Program Module 3: Transforming Death, Intermediate State and Rebirth	7 Advanced Program Module 3: Transforming Death, Intermediate State and Rebirth	8 Advanced Program: Transforming Death, Intermediate State and Rebirth Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Yoga with Baillie 4:30pm - 5:30pm (Wellbeing) Lorig Teachings with Geshela 6:30pm - 8:00pm	9 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room)	10 Discovering Buddhism Module 3 (Retreat) Commences 9:00am Sutra Reading and Writing from 10:30am (Tara Room)	11 Discovering Buddhism Module 3 (Retreat) Concludes 3:45pm Vajrayogini Practice 9:30am - 3:00pm (Tara Room) Mantra Rolling 10:00am - 3:00pm (Art Studio)
12	13	14	15 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm Tara Puja 4:00pm	16 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room)	17 Buddhist Beliefs: Between Religion and Science 9:30am - 12:00pm Guru Puja 6:30pm	18 Living Well and Dying Well 9:00am - 4:30pm Creative Writing Group 10:30am - 3:00pm (Tara Room)
19	20	21	22 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm	23 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room) Medicine Buddha Puja 6:30pm	24 Meditation Commences 9:00am	25 Meditation Concludes 3:30pm
26	27	28	29 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm	30 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room)	1 Dec Calm Abiding Practice Day 9:00am - 3:00pm	2 Dec Lama Tsongkhapa Day 9:00am onwards Guru Puja 6:30pm
Sponsored Karma Yoga Retreat 13 to 16 December Please apply online www.chenrezig.com.au			6 Dec Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm	7 Dec 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room)	8 Dec Discovering Buddhism Preparing for Retreat Commences 9:00am The Art of Sitting 9:00am - 3:30pm (Wellbeing) Eight Auspicious Signs: The two Fish Commences 9.30am (Art Studio)	9 Dec Discovering Buddhism Preparing for Retreat Concludes 3:45pm Mindfulness in Movement 9:00am - 3:00pm (Wellbeing) Eight Auspicious Signs: The two Fish Concludes 4.00pm (Art Studio)