



**Geshe Lobsang Jamyang** teaches on Wednesday mornings, 10:30am - 12noon from the text ***A Guide to the Bodhisattva's Way of Life*** and Thursday evenings 7pm – 8:30pm with teachings on the **16 Aspects** of the Four Noble Truths. You don't have to have attended any previous sessions; **new students always welcome**.

Chenrezig Institute **Sangha lead meditations and introductory teachings** on Wednesday evenings 6:30pm - 7:30pm and Thursday afternoons 1:15pm - 1:45pm. The Sangha also lead a casual class, **Taste of Tibetan Buddhism**, on Friday afternoons 1:30pm - 2:45pm in the Dharma Study Room. You are welcome to **join in anytime**. (There will be no Wednesday evening session on September 7, come for Puja instead). Entry to general programme events is by donation and **bookings are not necessary**.

### Classes on the Coast at Millwell Road Community Centre in Maroochydore

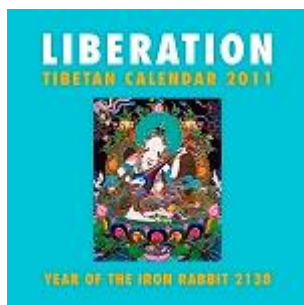
**Tuesday classes have expanded** and a new 6-week round of classes all led by Lozang Lhagsam **starts on September 27**.

- **Learn to Meditate from 10am to 11:30am**. This course uses basic Buddhist meditation techniques. However, it doesn't assume you are Buddhist or want to be; **these practices benefit everyone** who uses them.
- Drop in or a **Taste of Tibetan Buddhism from 1pm to 2pm** to explore the fundamentals of Buddhist Philosophy. Great for those who think they might have an interest in Buddhism but not ready to attend the more structured programmes.
- **Discovering Buddhism: Death and Rebirth from 6pm - 7:30pm** Be guided in skillful reflection on the meaning of death and what to expect at the death-time. In this way, fulfill your purpose in life, resolve conflicts, and develop the skills to help both yourself and others at the time of death.

No need to book for any of the Tuesday classes. Facility Fee \$10 per session.

**Meditation/Discussion** continues every **Wednesday evening from 6pm to 7pm** with Lindsay Pratt. No bookings required. Your donations help us to keep this programme running

### Dharma Dates from the Tibetan Astrological Calendar



#### GURU PUJA

Wednesday 7 September 6pm  
Thursday 22 September 5pm  
Thursday 6 October 5pm  
Saturday 22 October 6pm  
Saturday 5 November 6pm  
Sunday 20 November 6pm

#### TARA PUJA

Monday 5 September 6pm  
Tuesday 4 October 6pm  
Thursday 3 November 5pm

#### MEDICINE BUDDHA PUJA

Monday 12 September 6pm  
Tuesday 11 October 6pm  
Thursday 10 November 5pm

#### SHAKYAMUNI BUDDHA PUJA

Thursday 17 November 5pm

#### DZAMBHALA PUJA

Sunday 4 September 6pm  
Sunday 2 October 6pm  
Sunday 6 November 6pm

#### PRECEPT DAYS

Monday 5 September 5:30am (at home)  
Monday 12 September 5:15am  
Tuesday 27 September 5am  
Tuesday 4 October 5am (at home)  
Tuesday 11 October 4:45am  
Wednesday 26 October 4:30am  
Thursday 3 November 4:30am (at home)  
Thursday 10 November 4:30am  
Thursday 17 November 4:15am  
Friday 25 November 4:15am

#### NO PRAYER FLAGS

It is inauspicious for prayer flags to be hung on the following dates:

September 1, 13, 25 & 28  
October 9 & 22  
November 5 & 17

#### BUDDHA DAYS

Descent from Tushita : November 17

### Guide to Weekend Courses and Retreats

Colour codes make it easier to explore what we offer

#### Buddhist Philosophy with Tibetan Teachers

"Gold courses" are taught by Tibetan lamas, including our resident Geshe. The level may be from introductory to advanced and will be indicated in the description.

#### Buddhist Philosophy

"Burgundy courses" indicate Buddhist teachings by Western Teachers. Course descriptions indicate the level of the teachings.

#### Introductory Teachings

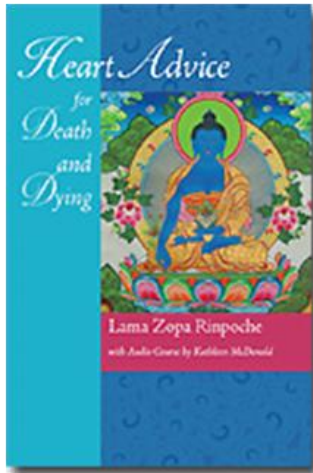
"Green courses" are either aimed at a general audience (not specifically Buddhist) or are an introductory Buddhist teaching, suitable for anyone interested.

#### Complementary

"Blue Courses" are not part of the Buddhist Tradition but are compatible with it. They offer a variety of ways keeping your body healthy and your mind peaceful.

## September 2011

### Live Well with Lozang Lhagsam



Death is inevitable; so why do we pretend that it is not part of life? Generally, when we actively think about death and prepare for it, we find peace, fulfilment, and happiness in our current lives and our fear of death disappears.

This one-day course helps us to realize the certainty of death, none so far have been able to escape it! Use the knowledge to fulfill your purpose in life, resolve conflicts, and develop the skills to help both yourself and others at the time of death.

Venerable Lhagsam was ordained in 2000 and is a graduate of the Buddhist Studies Programme. Lhagsam has a Post Graduate Certificate in Palliative Care from Flinders University and has worked with Cittamani Hospice Service for the last 15 years.

**Saturday 3<sup>rd</sup> September 9am – 4:30pm. Facility fee \$49**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)

### Tibetan Medicine Lecture Series, Unit 1: History with Doctor Ani Nyidon



Jointly hosted by Chenrezig Institute and the Australian Tibetan Medicine Association.

This weekend workshop is the first unit of an in-depth Traditional Tibetan Medicine study programme. The first unit provides an **in-depth introduction** to the art of Tibetan Medicine and gives students the **basic skills** to apply the **ancient wisdom and methods** in their own life or clinical practice. The complete programme consists of 3 weekend lecture units in 2011 (the other weekends scheduled in December and in 2012), with the following 3 lectures units and a 10 day intensive clinic training unit to follow in 2012.

Dr. Ani Nyidon is an experienced and respected Tibetan doctor who trained under the **physician to the Dalai Lama** at one of the most distinguished schools, Men-tsee-khang, in Dharamsala India.

**Saturday 3<sup>rd</sup> September 9:30am – Sunday 4<sup>th</sup> September 4:30pm**

Course fee \$180 (\$140 concession) per unit if paid individually or to attend this unit only, except Unit 6 - \$450. Full course price \$1350 (\$1050 concession) Accommodation and meals available separately; **bookings essential**.

More information [austriantibetanmedicine.blogspot.com](http://austriantibetanmedicine.blogspot.com)

All enquiries to [austriantibetanmedicine@gmail.com](mailto:austriantibetanmedicine@gmail.com)



### Spring Celebration Open Day Sunday 4<sup>th</sup> September



Spring has sprung with an Open Day filled with opportunities to explore what the centre has to offer. All Open Day activities are offered by the centre **without charge**; donations are welcome to help support our ongoing activities.

**9:30am – 10:15am** Guided tour of the centre – meet top of the steps by big stupa

**10:15am – 12noon** Dharma Club for Kids – meet on the prayer wheel lawn

**10:30am – 12noon** Talk on fundamental Buddhist philosophy in the Gompa (meditation hall)

**12noon – 1:00pm** Lunch in Lama Yeshe's Big Love Café

**12:30pm – 1:30pm** Live music on the lawn

**1:30pm – 2:15pm** Guided meditation in the Gompa (meditation hall)

**2:30pm – 3:30pm** Guided tour of the Garden of Enlightenment – meet in the Big Love Café

**No need to book** for individual activities, except lunch (before 10am) at \$9.90 per person. **Gluten-free & dairy-free lunch available; please advise when booking.**

## Discovering Buddhism: Samsara and Nirvana Retreat Day with Tenzin Tsepal

This retreat day reflects on the teachings and instruction from the Samsara and Nirvana module. Retreat days are the perfect tool to provide a **review** of the key principles, join in on **group discussion**, and benefit from the opportunity to ask questions and **clear away doubts**. Then sit in meditation to deepen your understanding. An excellent chance for those who have completed the module previously, studying DB online, or via home-study to connect with fellow students and enjoy **group practice and meditations**.

**Saturday 10<sup>th</sup> September 9am – 3:30pm. Facility fee \$49**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)

## ACTing with Mindfulness with NeLi Martin and Rachel Collis

Living according to our values brings a mixture of stress and happiness. This weekend workshop on mindfulness highlights the skills needed to **deal with painful thoughts** and feelings so they have less impact and influence on us. Acceptance and Commitment Training (ACT) is one of the new **mindfulness-based approaches** that enable us to get our lives moving in rich, full, and meaningful ways. **Featured recently** in the Making Australia Happy program on the ABC, ACT has scientific evidence to support its benefits.

NeLi Martin is a qualified Psychologist who integrates her Psychology training and many years of mindfulness study and practice. Rachel Collis has been a Consultant Psychiatrist and currently presents seminars throughout Australia.

**Saturday 10<sup>th</sup> September 9am – Sunday 11<sup>th</sup> 4:30pm. Facility fee \$99**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)

## Art of Enlightenment with Ray Furminger

In the Tibetan tradition, paintings and statues are not just pieces of art – they are tools that act as a support for meditation. In this class Ray teaches us how to draw a range of Tibetan Buddhist iconography using traditional techniques.

This introductory course is aimed at complete beginners, no prior art experience is necessary. Ray has studied Buddhist art for many years under master artist Andy Weber in the UK and now lives and works at Chenrezig Institute where he is the resident artist.

**Sunday 11<sup>th</sup> September 9am – 4:30pm. Facility fee \$49**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)

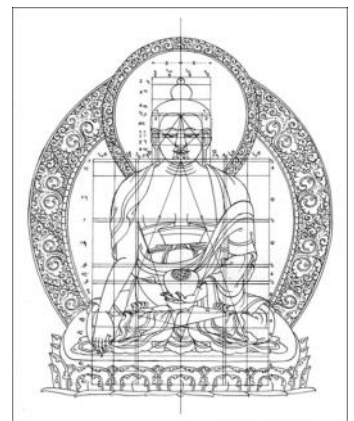
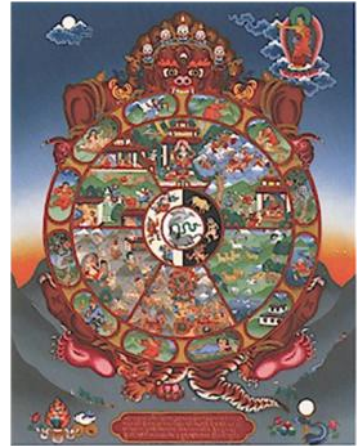
## Making Friends with Death with Geshe Lobsang Jamyang and Tenzin Tsepal

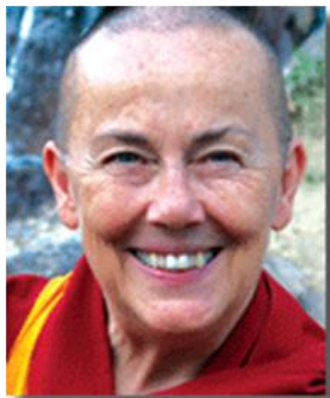
Many fear that even thinking about death takes the joy out of living, but in order for us to live a happy, fulfilling, and authentic life, we need to think about all eventualities. In preparing for the inevitable truth that we will die, we find peace in our current lives and leave no room for fear to grow. The Buddha said, if you constantly remind yourself of death you will make sure that this life will become more meaningful.

Chenrezig Institute is **delighted to sponsor the facility fee** for this weekend course. We are able to sponsor your facility fee from time to time by allocating 5% of everything purchased in the shop to our sponsorship account.

**Saturday 17<sup>th</sup> September 9am – Sunday 18<sup>th</sup> 4:30pm. Facility fee \$0**

Accommodation and meals available separately [Bookings essential](#)





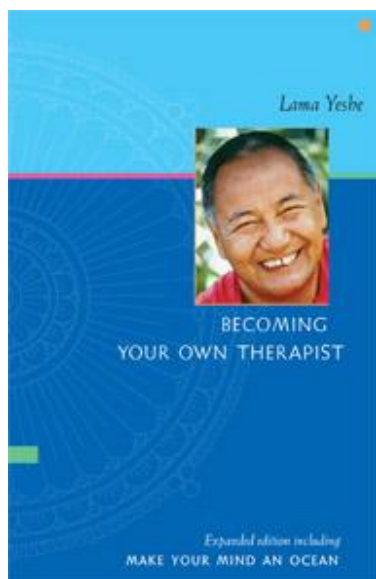
## Finding Freedom and Happiness An Evening with Robina Courtin in Kawana Waters

The fundamental thing that Buddha is saying is that the main cause of whether we're happy or suffer is not the outside event, it's the internal experience, the way we interpret events, actions, and feelings. In other words, **we completely control our own happiness.**

Experience the unbelievable power, passion, and frankness that is Robina Courtin, her unique style and ability to cut through to the essence in a snap is massively popular and hugely inspiring.

Venerable Robina has been a Buddhist nun for 33 years and is renowned throughout the world for her unique way of teaching. Born in Australia, an award-winning film, *Chasing Buddha*, documents her life and includes her work the **Liberation Prison Project**. She is one of the subjects of an ABC Television *Australian Story*, Vicki Mackenzie's *Why Buddhism?* and a film by Christine Lundberg, *On the Road Home*.

**Wednesday 21<sup>st</sup> September 7pm – 8:30pm. FREE TALK!** Lake Kawana Community and Arts Centre, located behind Stockland Park on 114 Sportsmans Parade, Bokarina parallel to the Nicklin Way (Hall 3).



## Becoming Your Own Therapist An Evening with Robina Courtin in Noosa Heads

*"Each of us should know his mind, you must become your own psychologist. Every human being has the ability to understand his mind, when you understand your mind, control follows naturally. Without understanding how your inner nature is changing, how can you find eternal happiness? The lasting happiness lies in you, in your own mind, your conscience"* - Lama Thubten Yeshe

**Thursday 22<sup>nd</sup> September 7pm – 8:30pm. FREE TALK!** Noosa Springs Golf and Spa Resort, Links Drive Noosa Heads QLD (Plantation Room).

## Vajrayogini Practice Day led by Geshe Lobsang Jamyang

New practices can be confusing and overwhelming, but once you understand the structure it can be easily incorporated into your daily routines.

Geshe-la has kindly offered to lead us through the Vajrayogini practice to be sure now we've been practicing for a while that we understand how and why the practice is so and to help us with problem areas; pronunciations, mudras, offering arrangements, or other questions and clarifications. **Available for those with Highest Yoga Tantra initiation in Vajrayogini.**

**Saturday 24<sup>th</sup> September 9am – 4:30pm. Facility fee \$49**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)



## Tools to Finding Happiness with Lozang Tsultrim

The 16 Guidelines are direct and practical tools for making life better. They provide a simple, robust framework for reflecting on the ways we think, speak, act, and find meaning in life, and for creating the causes of true happiness and fulfillment. The Guidelines are an initiative of the **Foundation of Developing Compassion and Wisdom**, a secular non-profit organization which aims to help people everywhere develop their innate capacity for compassion and wisdom in order to live a happy, peaceful and beneficial life. These programs are designed for people with any or no spiritual tradition.

**Sunday 25<sup>th</sup> September 9am – 4:30pm. Facility fee \$49**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)



## Learn to Meditate in Maroochydore

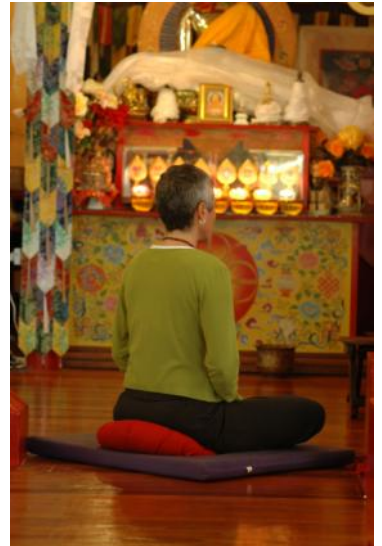
### Tuesdays 10am from Sept 27 with Lozang Lhagsam

Over six weeks this course teaches you basic Buddhist meditation techniques, however we don't assume you are Buddhist, or ever want to be. These **practices benefit everyone** who uses them. Meditation is a tool for learning about the mind and how we relate to the world. It also benefits us on a physical level, helping to **reduce stress and anxiety, and increase happiness**.

The course covers the purpose and benefits of meditation, posture, common obstacles, and how to establish a regular practice. **Come for one session or all!**

Ordained in 2000, Venerable Lhagsam is a graduate of the Buddhist Studies Programme. Lhagsam holds a Post Graduate Certificate in Palliative Care from Flinders University and has worked with Cittamani Hospice Service for the last 15 years.

**Tuesday mornings 10am – 11:30am from September 27<sup>th</sup>** at Millwell Road Community Centre. **Bookings not necessary!** \$10 facility fee per session.



## Taste of Tibetan Buddhism in Maroochydore

### Tuesdays 1pm from Sept 27 with Lozang Lhagsam

**Want to try meditation, or maybe understand a little bit more about Buddhism?** Taste of Tibetan Buddhism is a casual course in Buddhist Philosophy. Join in for a relaxed exploration into the world of Tibetan Buddhist philosophy, a little meditation, and discussion. Topics include:

- The Mind and its Potential
- How to Meditate
- Establishing a Daily Practice
- Karma, and
- Transforming Problems

An excellent opportunity to get an overview of Buddhist teachings in the Tibetan tradition. **Join in at any time**, all welcome.

**Tuesday afternoons 1pm – 2pm from September 27<sup>th</sup>** at Millwell Road Community Centre. **Bookings not necessary!** \$10 facility fee per session



## Discovering Buddhism: Death & Rebirth in Maroochydore

### Tuesdays 6pm from Sept 27 with Lozang Lhagsam

Death is something we all have to face. Each of us will one day die but before then we'll probably lose many of our closest relatives and friends; through illness, accidents, or suicide.

It's only natural to want to face death peacefully and without fear, but without preparation, that may be difficult due to our anxiety, ignorance, and attachment to the things of this life.

This 6-class course will look at the Tibetan Buddhist approach to dying, death, and rebirth and how to best prepare for these undeniable and immensely important events.

Be guided in skillful reflection on the inevitability of death and what to expect at the time of death.

This understanding helps you to live a better life everyday; fulfill a purposeful life, resolve conflicts, and develop the skills to help yourself and others at the time of death.

**Tuesday evenings 6pm - 7:30pm for six weeks from September 27<sup>th</sup>** at Millwell Road Community Centre, Maroochydore. **Bookings not necessary!** \$10 facility fee per session.





## Art Retreat: Medicine Buddha and Four Healing Dakinis with Andy Weber

Chenrezig Institute is delighted to welcome back world-renowned Buddhist artist Andy Weber to lead the annual art retreat. This intensive five-day retreat focuses on drawing and painting the Medicine Buddha (Great King with the radiance of a lapis jewel) and the four healing dakinis.

Learn about the symbolism contained in every detail and how Tibetan Buddhist art can be used as a tool to compliment your practice.

**Absolutely no artistic experience is needed.** This course is suitable for beginners and advanced students and is dedicated to the quick recovery and long life of Lama Zopa Rinpoche.

**Attend the full 5 days or just the weekend.**

**Saturday 1<sup>st</sup> October 9am – Wednesday 5<sup>th</sup> 5pm. Facility fee \$250 for the full retreat. Weekend only Facility fee is \$120**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately (discounted 10% for those attending the full retreat). [Bookings essential](#) Contact Reception for a list of materials.

## Yes, You Can Meditate! with Lozang Drolma

This one-day meditation course uses basic Buddhist meditation techniques. However, it doesn't assume you are Buddhist or want to be; **these practices benefit everyone** who uses them. Meditation is a tool for learning about our mind and how we relate to the world. It also benefits us on a physical level, helping to **reduce stress and anxiety, and increase happiness.**

The course covers the purpose and benefits of meditation, posture, common obstacles and how to establish a regular practice.

Venerable Drolma ordained in 2005, she a recent graduate of the Buddhist Studies Programme.

**Saturday 1<sup>st</sup> October 9am – 4:30pm. Facility fee \$49**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)

## First Sundays Sunday 2<sup>nd</sup> October

**10:15am – 12noon** Dharma Club for Kids, **10:30am – 12noon** Talk on fundamental Buddhist philosophy, **12noon – 1pm** Lunch, **2pm – 3:30pm** Afternoon Tea with the Lamas

All First Sunday activities are offered by the centre without charge. **Everybody welcome!** Lunch in the Big Love Café is \$9.90 per person. Please book by 10am if you will be joining us for lunch. Stay on for **Afternoon Tea with the Lamas**

## Afternoon Tea with the Lamas Sunday 2<sup>nd</sup> October

Many students had the good karma to meet Lama Yeshe in the 70s and 80s and/or have had teachings directly from Lama Zopa Rinpoche. Now you can **experience the preciousness of their teachings** available to us all on DVD and through stories. Chenrezig Institute elders and senior students facilitate these informal afternoon sessions where you can **hear stories** about the Lamas and their early days, **watch a DVD** of their teachings and ask questions. This is the ideal way to refresh your connection or "meet" the Lamas for the first time!

Everyone is very welcome! **Cake and chai is offered** by the Centre. Your RSVP is appreciated to ensure we cater sufficiently.

**Sunday 2<sup>nd</sup> October 2pm – 3:30pm. FREE!**



## Animal Blessing in Eudlo Park Sunday 2<sup>nd</sup> October from 2pm

To mark World Animal Day we'll hold an animal blessing at Eudlo Park, so bring your pets - on a leash or in a cage - and meet us in the park from 2pm.

Think how many billions and billions of animals there are in this world and how difficult it is for an insect to have the karma to be reborn as someone's pet dog let alone a higher rebirth, so to help your animals we'll recite mantras, have holy objects for you and your pets to circumambulate, blessed nibbles, and blessed water.

**Sunday 2<sup>nd</sup> October 2pm – 3:30pm. Eudlo Park, enter off Rosebed Street, Eudlo. Bookings not necessary! BYO Poop bags!**



## Discovering Buddhism: How to Develop Bodhicitta with Tenzin Tsepal

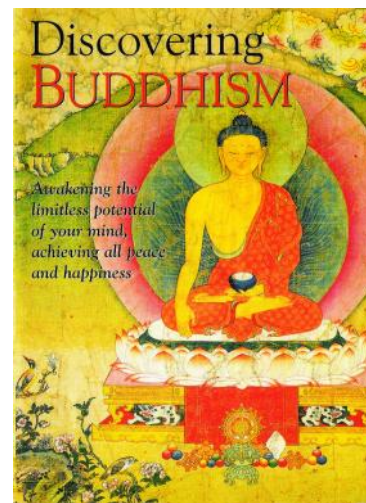
Who wouldn't like to be more loving and compassionate? Tibetan Buddhism provides clear meditation instruction on how to develop these innate qualities. Anyone can become skilled at applying these techniques to generate the mind of Bodhicitta, the wish to attain enlightenment for the benefit of others.

The Discovering Buddhism programme is highly recommended for students at any level. It's the quintessential programme to get a solid basis for Tibetan Buddhist Philosophy. You can join in for a single module or do the whole programme at a centre, by homestudy, or online.

Venerable Tsepal was ordained by His Holiness the Dalai Lama in 2001. She is a graduate of the Buddhist Studies Programme and is Chenrezig Institute's primary Western Teacher.

**Saturday 8<sup>th</sup> October 9am – Sunday 9<sup>th</sup> 3:30pm. Facility fee \$99**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)



## Karma Exposed with Geshe Lobsang Jamyang and Tenzin Tsepal

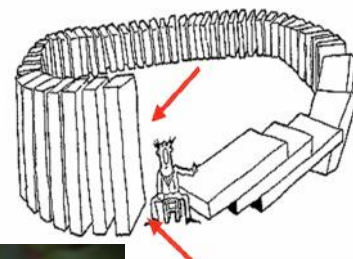
Karma literally, is **action**. The Buddha taught that every action (and even a thought in this sense is action) produces its own result, pleasurable or painful.

Since we want to be happy and avoid suffering, an understanding of Karma is indispensable. Geshe Jamyang explains the mechanisms of Karma, how to use this knowledge to influence our view on who we are, why things happen to us, and how to accept what happens - the good and the bad as a result of our own actions.

Geshe-la was born in Tibet in 1966 and took ordination at the age of 16. Following 22 years of study at Kardze Monastery in Tibet and then Sera-Je monastery in South India after he fled Tibet, he attained the highest degree in Buddhist philosophy, Geshe Lharampa.

**Saturday 15<sup>th</sup> October 9am – Sunday 16<sup>th</sup> 4:30pm. Facility fee \$99**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)





## Yamantaka Retreat led by Tenzin Tsepal

Full details in the Advanced Programme section of this edition.

Participants **must have the appropriate initiation to attend** (Solitary Hero Yamantaka).

**Sunday 16<sup>th</sup> October – Friday 11<sup>th</sup> November. Facility fee \$540**

10% discount ie \$486 for FPMT members). Sangha – no charge. Accommodation costs vary between \$365 and \$1152 for the four weeks, depending on the level of accommodation chosen. [Bookings essential](#)

## Everyday Kindness: Life's Unfinished Business with Renate Ogilvie

*"My religion is simple, my religion is kindness"* –His Holiness the 14<sup>th</sup> Dalai Lama

The unfinished business that we carry with us is a source of stress and often the root of regret and anger. Dealing with it takes courage and humility, but asking for, or granting forgiveness, expressing our love, gratitude, and appreciation to those who have inspired us, are essential to our happiness. Learn how to develop a habit of kindness and let go of the past.

Renate is a registered psychotherapist in private practice. She is a special advisor to the Bhutan Nuns Foundation and is a student of Lama Zopa Rinpoche. Renate has a unique talent for helping us relate the teachings to our everyday lives, and encourages questions and discussion, as well as doubt and disagreement.

**Saturday 22<sup>nd</sup> October 9am – Sunday 23<sup>rd</sup> 4:30pm. Facility fee \$99**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)



## Educating Our Kids: The Seven Steps – an Introduction an evening talk with Pam Cayton in Montville

The Seven Steps are a blend of science and the best of Eastern and Western education models. Join Pam for a fascinating talk on the elements that compose the core curriculum of an "intentional school". Get tips you can implement at home or school and get inspired to make a difference.

Pam founded Tara Redwood School (California) in 1996 with the aim of educating the whole child: not only to convey the joy of learning, but to provide a foundation for the emotional and inner development of each child. The school's staff have researched, created and implemented strategies for awakening compassion, wisdom and social responsibility in the hearts and minds of children.

**Thursday 27<sup>th</sup> October 6:30pm – 8:30pm. FREE TALK!**

Montville Village Hall (Located next to St. Mary's Church on Memorial Place)

## The Seven Steps to Knowledge, Strength, & Compassion with Pam Cayton

The Seven Steps to Knowledge Strength & Compassion is the core curriculum for the Essential Education program at Tara Redwood School, a secular values-based independent pre- and primary school in California.

After 20 years, this curriculum emerged as an integrated approach to help ignite the wish in the hearts of children to be kind and wise. Emphasizing mindfulness, interconnection, change, perception, empathy and compassion, this workshop provides a guide to empowering you and children in your life to make a positive difference in the world.

**Saturday 29<sup>th</sup> October 9am – Sunday 30<sup>th</sup> 4:30pm. Facility Fee \$120** 10% discount for FPMT members and concession card holders. Accommodation and meals available separately. [Bookings essential](#)



## The Nature of Mind with Robina Courtin

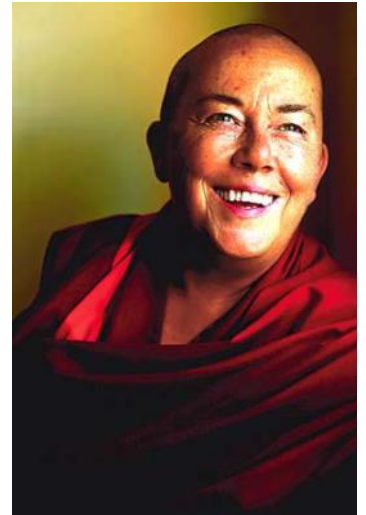
What we're dealing with in practicing a spiritual path is the mind, so it is important to have an understanding of what this is. This teaching looks at how our mind shapes our experiences and the ways you can use the Buddhist teachings to work with your mind.

Venerable Robina's teachings are often challenging, hard-hitting, serious, funny, visceral, inspiring, and empowering. She specialises in applying the wisdom of Tibetan Buddhism to contemporary urban life.

Robina has been a Buddhist nun for 33 years and is renowned throughout the world for her unique way of teaching. Born in Australia, an award-winning film, *Chasing Buddha*, documents her life and includes her work the **Liberation Prison Project**. She is one of the subjects of an ABC Television *Australian Story*, Vicki Mackenzie's *Why Buddhism?* and a film by Christine Lundberg, *On the Road Home*.

**Saturday 5<sup>th</sup> November 9am – Sunday 6<sup>th</sup> 4:30pm. Facility Fee \$120**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately [Bookings essential](#)



## Tools to Finding Happiness: How We Think, How We Act with Lozang Tsultrim

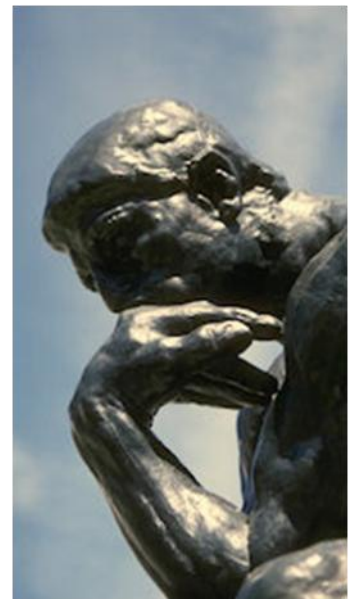
Thoughts lie at the root of every word we speak and every action we perform. Just as an athlete trains their body, we can train and transform our minds, and in so doing shift our habitual patterns and explore new ways of living - with humility, patience, contentment, and delight. How we choose to act defines and colours the quality of our experiences.

This workshop provides **straightforward tools for developing happiness** and meaning in everyday life by focusing on how we think and how we act. We learn the deeper value of kindness, honesty, generosity and right speech. **Suitable for people of all ages, faiths, and cultural backgrounds;** using everyday language for people from any or no spiritual tradition.

Venerable Tsultrim has been a student of Chenrezig Institute for 13 years. She is a counsellor with a Master of International Studies in Peace and Conflict Resolution. She works with people at risk of suicide, their family and friends. Tsultrim uses mindfulness techniques and other Buddhist principles to help people make changes to develop peace and contentment in their hearts.

**Saturday 12<sup>th</sup> November 9am - Sunday 13<sup>th</sup> 4:30pm. Facility fee \$99**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; [Bookings essential](#)



## Discovering Buddhism: How to Develop Bodhicitta Retreat Day with Tenzin Tsepal

This retreat day reflects on the teachings and instruction from the How to Develop Bodhicitta module. Retreat days are the perfect tool to provide a **review** of the key principles, join in on **group discussion**, and benefit from the opportunity to ask questions and **clear away doubts**. Then sit in meditation to deepen your understanding. An excellent chance for those who have completed the module previously, studying DB online, or via homes-study to connect with fellow students and enjoy **group practice and meditations**.

**Saturday 12<sup>th</sup> November 9am – 3:30pm. Facility fee \$49**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; [Bookings essential](#)



## Discovering Buddhism: Death and Rebirth Retreat Day with Lozang Lhagsam



This retreat day reflects on the teachings and instruction from the Death and Rebirth module. Retreat days are the perfect tool to provide a **review** of the key principles, join in on **group discussion**, and benefit from the opportunity to ask questions and **clear away doubts**. Then sit in meditation to deepen your understanding. An excellent chance for those who have completed the module previously, studying DB online, or via homes-study to connect with fellow students and enjoy **group practice and meditations**.

**Sunday 13<sup>th</sup> November 9am – 3:30pm. Facility fee \$49**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; [Bookings essential](#)

## Buddha Day: Descent from Tushita Thursday 17<sup>th</sup> November



Today we celebrate Buddha's descent from Tushita Heaven where he had spent three months teaching his mother and other gods & goddesses there so that they, too, might be released from the pitiable state of samsara. This was done to repay the kindness of his mother Mayadevi for all that she had done for him.

**4:15am – 4:45am** Precepts

**9am – 12noon** Golden Light Sutra recitation

**9am – 3pm** Stupa making in the Garden of Enlightenment

**5pm – 6:30pm** Shakyamuni Buddha

Buddha Days are great merit making opportunities. To help you make merit on Buddha Days we schedule precepts, pujas, sutra recitations, and/or holy-object making. All activities are freely offered by the centre and if you make holy objects all day Lama Zopa Rinpoche will sponsor lunch. Book for lunch by 10am. Join us if you can or do some merit-making activities yourself, like liberating animals that would otherwise be killed.

**Rinpoche offers lunch to all who work with holy objects throughout the day.**

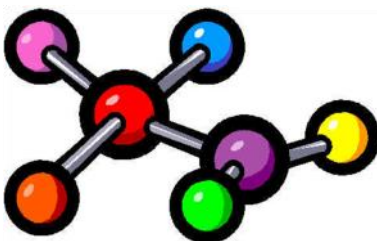
## How Things Exist with Geshe Lobsang Jamyang and Tenzin Tsepal



The Buddha said there are twelve links in the "chain" of Dependent Origination. Dependent Origination is the Buddhist understanding on how things come to be, are, and cease to be. According to this teaching, no beings or phenomena exist independently of other beings and phenomena.

Geshe-la was born in Tibet in 1966 and took ordination at the age of 16. Following 22 years of study at Kardze Monastery in Tibet and then Sera-Je monastery in South India after he fled Tibet, he attained the highest degree in Buddhist philosophy, Geshe Lharampa.

**Saturday 19<sup>th</sup> November 9am - Sunday 20<sup>th</sup> 4:30pm. Facility fee \$99** 10% discount for FPMT members and concession card holders. Accommodation and meals available separately; [Bookings essential](#)



## Chenrezig Inc. Annual General Meeting Saturday 19<sup>th</sup> November at 5pm

The Chenrezig Inc. AGM will be held on Saturday November 19th at 5pm in the Community Room. If you have an interest in the continued success of the centre and wish to make a contribution to how it is managed then please consider becoming a Chenrezig Inc member and then mark the AGM date in your diary. Drop your completed membership form and the \$2 fee into the office by 31st October. Blank forms can be obtained from Reception.





## Chenrezig Arms Members Tea Party Sunday 20<sup>th</sup> November from 2:30pm

The annual Tea Party for the Arms of Chenrezig members with Geshe-la and the Sangha is on Sunday November 20 from 2:30pm in the Community Room. Don't worry if you want to attend Geshe-la's teaching, it will finish by 3pm. To help us to cater sufficiently please RSVP to Reception via [info@chenrezig.com.au](mailto:info@chenrezig.com.au)



## Exploring the Lam-rim: Meditation Retreat with TY (Thubten Yeshe)

**Dive into the Graduated Path** to Enlightenment (lam-rim) in four weekend meditation retreats during 2011. In these **short retreats**, the focus will be on **deep exploration** of the lam-rim meditations through **reflection** and concentrated meditation.

**Highly recommended** for those who have completed at least some of Discovering Buddhism programme and/or have attended lam-rim teachings here, at Kopan, or elsewhere.

Lama Zopa Rinpoche says, *"You do not do meditation courses and spiritual practice to have a healthy body, and not even to have temporary peace of mind; you do spiritual practice to have everlasting mind-peace, with ultimate liberation from mental afflictions, or disturbing thoughts."*

**Friday 25<sup>th</sup> November 7pm – Sunday 27<sup>th</sup> 4:30pm. Facility fee \$99**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; [Bookings essential](#)

## Tools to Finding Happiness: How We Relate, How We Find Meaning - with Lozang Tsultrim

The four qualities of **respect, forgiveness, gratitude** and **loyalty** are powerful tools to strengthen our relationships with the people around us. Since our own happiness ultimately depends on their happiness, this is one of the most direct and effective routes to a happy life.

The search for meaning depends on our ability and willingness to explore new and unfamiliar territory. It is a challenge to venture deep into oneself and find out how to create a happy and fulfilling life: **Aspiration, Principles, Service** and **Courage**

Venerable Tsultrim has been a student of Chenrezig Institute for 13 years. She is a university-trained counsellor with a Master of International Studies in Peace and Conflict Resolution.

**Saturday 26<sup>th</sup> November - Sunday 27<sup>th</sup> 4:30pm. Facility fee \$99**

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; [Bookings essential](#)



### **Full commentary on the Long Sadhana of Yamantaka 16th August to 7th October**

Eight week module of our Buddhist Studies Programme with main teacher Lharumpa Geshe Lobsang Jamyang and assistant teacher, Lozang Tsewang, and interpreter Yaki Platt. This will be a line-by-line commentary of the long sadhana of this profound and complex practice, essential for any serious practitioner especially those wishing to complete the retreat commitment.

### **Yamantaka Retreat 16th October to 11th November**

Yamantaka is an emanation of the wrathful form of Manjushri whose practice focuses on protection and the removal of obstacles. This four week highest yoga tantra retreat will include intensive daily practice of Yamantaka (3-4 sessions per day) plus Lama Chöpa, and will incorporate retreat advice from Lama Zopa Rinpoche and Geshe Tashi Tsering.

Four weeks has been allocated, this offers students the rare opportunity to comfortably complete mantra recitations, with additional time for single-pointed meditation on the visualized Yamantaka mandala. Retreatants are required to attend all four weeks, and the retreat will conclude with a traditional fire puja.

Participants must have the Solitary Hero Yamantaka initiation to attend. Although the retreat is not restricted to Advanced Programme students, those interested are encouraged to attend the commentary with Geshe Jamyang (16 Aug – 7 Oct) or to familiarize themselves with materials from previous commentaries given by Geshe Tashi Tsering (available as home study packages. Contact [bsp@chenrezig.com.au](mailto:bsp@chenrezig.com.au) for details) Senior students will be available for short discussions in the first week of the retreat.

Facility fee - \$540 (10% discount ie \$486 for FPMT members) Sangha – no charge Accommodation costs vary between \$365 and \$1152 for the four weeks, depending on the level of accommodation chosen.

### **Mind and Awareness (Lorig) 29th November to 16th December**

**Jampa Ignyen**, who will teach this course, was the first tutor of CI's Buddhist Studies Programme which he helped to establish. He was a monk in the Tibetan Buddhist Tradition for 20 years spending much of that time studying all the major texts and completing his Geshe Studies at Sera Monastic University in India. He holds a PhD from Latrobe University and is currently a translator for the Institute of Tibetan Classics. As well, he is a wonderfully clear and kind teacher, able to bring his vast understanding into simple terms for his students. We are most fortunate to have him return to teach this course.

Facility fee \$300 (10% discount for members) Sangha – no charge. Full-time participants receive discounts on accommodation and meals.

## **Plans for 2012**

**Buddhist Tenets** combined with study of Logic, will be offered by Geshe Jamyang during the first half of 2012. Dates are not yet firm but it is most likely that this important module, essential for further philosophical study, will be scheduled during the months of February and March (and possibly April).

### **Masters Programme level Madhyamaka Study starts 2012**

After three successful rounds of the FPMT Basic Programme, the Institute will offer an extensive study of Madhyamaka (emptiness) over 18 months in 2012 and 2013 with Geshe Lobsang Jamyang, Lozang Tsewang (BP graduate) and Yaki Platt.

Teachings will be offered in modules of approximately 8 weeks duration, interspersed with breaks to allow consolidation and reflection. A one-month led retreat will complete the study.

All serious students are welcome to apply.

Reasonable course fees are charged to lay students with packages including food and accommodation at the centre. Sangha pay no course fees, are offered lunch by the centre each day and may be eligible for accommodation in the centre's sangha communities.

A previous study of lam-rim, Mind and Awareness and Buddhist Tenets at Basic Programme level will be essential requisites:

- **Mind and Awareness will be taught by Jampa Ignyen - 29th November to 16th December 2011**
- **Kopan Down Under, CI's annual lam-rim Retreat will be scheduled during the first two weeks of January 2012**
- **Buddhist Tenets will be offered by Geshe Jamyang during the first half of 2012.**
- Fully completed **home-study** (from Chenrezig Institute, FPMT, or Instituto Lama Tsong Khapa) will also be accepted.

Please contact the advanced study [programme coordinator](mailto:bsp@chenrezig.com.au) ([bsp@chenrezig.com.au](mailto:bsp@chenrezig.com.au)) for further information about any of these courses and the retreat, or to be placed on an email list to receive all future updates about this exciting programme.