



Geshe Lobsang Jamyang teaches on **Wednesday mornings, 10:30am-12noon** from the text *Jewel Ornament of Liberation* and **Thursday evenings 7:00pm-8.30pm** teachings on **Parting from the Four Attachments**. You don't have to attend any previous sessions; **new students are always welcome**.

There will be no Wednesday morning teaching on March 8th

Chenrezig Institute Sangha lead **guided meditations** on **Wednesday evenings 6:30pm – 7:30pm** and **Thursday afternoons 1:15pm-1:45pm**. The sangha also lead an introductory programme, **Taste of Tibetan Buddhism**, on **Friday afternoons 1:30-2:45pm**.

There will be no Wednesday evening meditation on April 13th, 27th & May 11th

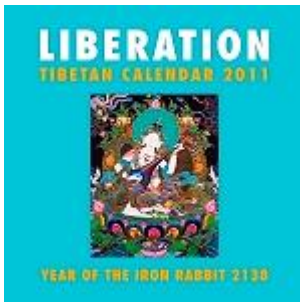
There will be no Taste of Tibetan Buddhism on Friday April 22nd

Entry to general programme events is by donation and bookings are not necessary.

Classes on the Coast

A Taste of Tibetan Buddhism continues on **Wednesday evenings at 6pm** at the Millwell Road Community Centre in Maroochydore. The classes provide an introduction to Tibetan Buddhist philosophy and meditation. From the beginning of May this Wednesday evening session transforms into a **Meditation/Discussion** one-hour session to make way for a more structured introductory Buddhist philosophy class; **Buddhism in a Nutshell** which starts on **Tuesday afternoons at 3:30pm – 5pm** in May.

Discovering Buddhism: How to Meditate concludes with the final 2 classes on **Tuesday evenings March 1st and 8th** at Millwell Rd. A **retreat day** for this module is scheduled on **March 27th**. The next module in the **Tuesday evening** Discovering Buddhism series, **Presenting the Path**, commences May 10th.



Dharma Dates from the Tibetan Astrological Calendar

GURU PUJA

Tuesday 15 March 6pm
 Tuesday 29 March 6pm
 Wednesday 13 April 6pm
 Wednesday 27 April 6pm
 Thursday 12 May 5pm
 Friday 27 May 5pm

TARA PUJA

Sunday 13 March 6pm
 Monday 11 April 6pm
 Wednesday 11 May 6pm

MEDICINE BUDDHA PUJA

Saturday 19 March 8am
 Monday 18 April 6pm
 Tuesday 17 May 6pm

SHAKYAMUNI BUDDHA PUJA

Saturday 5 March 6pm
 Saturday 19 March 6pm

DZAMBHALA PUJA

Sunday 6 March 6pm
 Sunday 3 April 6pm
 Sunday 1 May 6pm

PRECEPT DAYS

Friday 4 March 5:15am
 Saturday 5 March 5:15am
 6 Mar - 18 Mar 5:15am [at home each day]
 Saturday 19 March 5:15am
 Sunday 3 April 5:30am
 Monday 11 April 5:30 [at home]
 Monday 18 April 5:30am
 Tuesday 3 May 5:45am
 Wednesday 11 May 6am [at home]
 Tuesday 17 May 6:00am

NO PRAYER FLAGS

It is inauspicious for prayer flags to be hung on the following dates:
 March 15, & 26
 April 10 & 21
 May 7, 18, & 30

BUDDHA DAYS

Losar to Day of Miracles March 5 - 18

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.

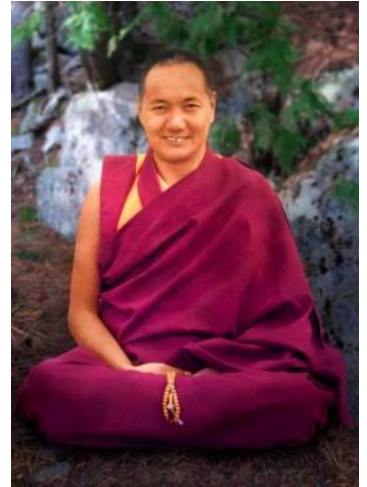
Losar and Lama Yeshe Day - Saturday 5th March

In 1984, twenty minutes before dawn on the first day of the Tibetan New Year, the heart of Lama Thubten Yeshe stopped beating. He was forty-nine years old. In the FPMT-world, Losar has since become Lama Yeshe Day.

Join us to remember and **pay tribute to the founder of Chenrezig Institute** and the FPMT, the great yogi and teacher, **an extraordinary man** who moved the hearts of thousands during his fifteen brief years among Westerners.

5:15 – 5:45am	Precepts
9:00 – 3:00pm	Stupa making
6:00 – 7:30pm	Shakyamuni Buddha Puja
7:30pm	Lama Yeshe DVD in the Gompa

Losar is a Buddha Day & thus a **great merit-making opportunity**. To help you make merit on Buddha Days we schedule **precepts, pujas, & holy-object making**. **Lama Zopa Rinpoche offers lunch** to anyone who makes holy objects for the day! Bookings for lunch essential.



Tools to Finding Happiness: How We Find Meaning with Lozang Tsultrim

Even if we know deep down that things will change, we try to ignore the fact. Yet a life without change would be unthinkable, devoid of opportunity to grow and develop. If each of us can make wise decisions there is infinite potential in every moment – and it is up to you to grasp it. **If everything is changing, anything is possible!** Venerable Tsultrim **presents tools for making friends with change and skills to find meaning in everything.**

A student of Chenrezig Institute for 12 years, Tsultrim has a Masters in International Studies in Peace and Conflict Resolution. In her professional life she works with people at risk of suicide using mindfulness techniques and Buddhist principles to help people to shift perspective, make changes and develop peace and contentment in their hearts.

Saturday 5th March 9am – 4:30pm Facility fee \$49

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; bookings essential



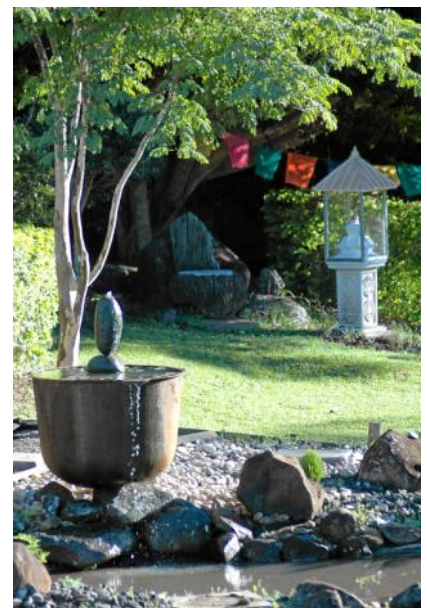
Open Day: Autumn Celebration - Sunday 6th March

We're **celebrating autumn** with an Open Day filled with **opportunities to explore** what the centre has to offer. The Big Love Café **is open for lunch**, morning and afternoon tea; you are also welcome to bring a picnic if you prefer. All Open Day activities are offered by the centre **without charge**; donations are welcome to help support future projects. There is no need to book for individual activities, except for lunch. Big Love Café meal is \$9.90 per person – Please book by 10am.

9:30am – 10:15am	Guided tour of the centre
10:30am – 12noon	Talk on Buddhist philosophy
10:30am – 12noon	Dharma Club for Kids
12noon	Lunch and from 12:30pm live music on the lawn
1:30pm – 2:30pm	Guided meditation
2:30pm – 3:30pm	Garden of Enlightenment Tour

Discovering Buddhism Weekly: How to Meditate with Lozang Lhagsam at Maroochydore

Continues on Tuesday evenings, 6:30pm - 8:00pm from February 1st to March 8th at Millwell Road Community Centre. Bookings not necessary. \$10 facility fee per session. Highly recommended for all.



Solitary Hero Yamantaka Initiation with Geshe Tashi Tsering / Kuzho Lama Lozang Rigdzin

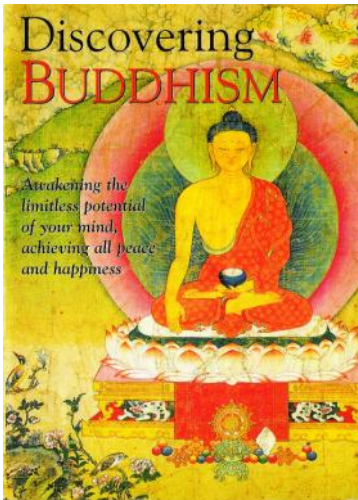


For serious students and those wishing to attend the Buddhist Studies Programme module on Highest Yoga Tantra and the later Yamantaka Commentary, **Geshe Tashi Tsering** will offer this **precious initiation** into the **powerful practice** of Solitary Hero Yamantaka over two afternoons.

It is expected that all participants have a good understanding of and strong faith in the Buddhist Path according to the teachings of Tibetan Buddhism, particularly the three principles of the path: renunciation, the mind of enlightenment and the correct view. They should also have a **sincere wish to practice tantra** and to engage in this **practice of Yamantaka in particular**. Various **vows and commitments will be taken** during the initiation and a special guru/disciple relationship created with Geshe Tashi Tsering, which should not be taken lightly. Any newer students should carefully read 'Taking the Initiation' a document available from Reception, and be sure they understand and are willing to keep these commitments.

Tuesday 8th March from 2pm and Wednesday 9th March from 2pm
Facility fee \$100. 50% discount for students enrolled in the BSP Highest Yoga Tantra module. Accommodation and meals available separately; bookings essential – **space is limited so book early**

Discovering Buddhism: All About Karma Retreat Day with Tenzin Tsepal



This retreat day reflects on the teachings from the All About Karma module, and provides a review of the key principles, **group discussion**, and opportunities to **ask questions** and clear doubts. Then sit in meditation to **deepen your understanding**. An excellent chance for those studying DB at home or online to connect with fellow students and **enjoy group practice** and meditations.

Venerable Tsepal trained in clinical and administrative healthcare in the U.S. A life-changing 3-month retreat in 1998 propelled her to live and study in Dharamsala, India for 2 years where she was ordained by His Holiness the Dalai Lama in 2001. Tsepal is a graduate of the Buddhist Studies Programme. She is currently Chenrezig Institute's primary Western Teacher.

Saturday 12th March 9am – 3:30pm. Facility fee \$49

10% discount for FPMT members and concession card holders. **Anyone can join in** on the retreat day, even if you didn't attend the teaching weekend. Accommodation and meals available separately.

Yes, You Can Meditate! with Lozang Yangchen



This one-day beginner meditation course uses basic Buddhist meditation techniques. However, it doesn't assume you are Buddhist or want to be; **these practices benefit anyone** 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 will cover the purpose and benefits of meditation, posture, common obstacles and how to establish a regular practice. The day includes instruction, discussion and practice.

Venerable Yangchen has been a Buddhist nun since 1999, and has studied under the guidance of Geshe Tashi Tsering and Geshe Lobsang Jamyang. Professionally, Yangchen is a nurse.

Sunday 13th March 9am – 4:30pm Facility fee \$49

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; bookings essential

Day of Miracles - Saturday 19th March

According to the **Tibetan lunar calendar** the first month is **the miracle month**. Shakyamuni Buddha performed many miracles to bring the most benefit to sentient beings. Through the acts of this fifteen day period from Losar to the Day of Miracles, the Buddha introduced many to the path of Dharma.

5:15 – 5:45am	Precepts
8:00 – 8:45am	Medicine Buddha Puja
9:00 – 3pm	Stupa making all day
6:00 – 7:30pm	Shakyamuni Buddha Puja

Day of Miracles is a Buddha Day and thus a **great merit making opportunity**. To help you make merit on Buddha Days we schedule precepts, pujas, and holy-object making. **Lama Zopa Rinpoche offers lunch** to anyone who makes holy objects for the whole day! Bookings for lunch essential. Lunch is \$9.90 for those who aren't making stupas.



Beginning with the Truth - a FREE course with Geshe Jamyang and Tenzin Tsepal

The **Four Noble Truths** are well known as the Buddha's first and most essential explanation of his enlightened **realizations**. The Truths diagnose the human existential predicament: the endless cycle of wanting--not getting--being sad--wanting again. Understanding that there is a way to end the cycle and then to **find a middle way** between the pursuit of complete and ultimate sensory pleasure and the pursuit of utter self-denial.

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.

The centre is delighted to sponsor the facilitation cost for this weekend course. Feel free to **invite your friends and family** for this special occasion. **Book early** – places are limited.

Saturday 19th March 9am – Sunday 20th March 4:30pm Facility fee \$0

Accommodation and meals available separately; bookings essential



Everyday Kindness: In Relationships with Renate Ogilvie

"My religion is very simple, my religion is kindness" - His Holiness the 14th Dalai Lama

How can we translate the profound teachings of the Buddha into the complexity of our modern lives and, in particular, the often challenging area of our relationships? Renate explains simple techniques, meditations and other practices that can **make a difference** in your life and the lives of those you know and meet.

This workshop is for those new to Buddhism as well as older students, and anyone else who wants to **develop kindness and intimacy** in their relationships.

Renate is a registered psychotherapist in private practice. She is a special advisor to the Bhutan Nuns Foundation. Renate is a student of Lama Zopa Rinpoche who asked her 'to teach and educate', which she says has "filled an otherwise aimless life with meaning". Renate has a unique talent in helping us relate the teachings to our everyday lives and encourages questions and discussion, as well as doubt and disagreement.

Saturday 26th March 9am – Sunday 27th March 4:30pm Facility fee \$99

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; bookings essential



March/April 2011



Discovering Buddhism Retreat Day: How to Meditate with Lozang Lhagsam

This **retreat day** reflects on the teaching and instruction from the How to Meditate module. Retreat days provide a review of the key principles, group **discussion**, and opportunities to **ask questions** and clear doubts. Then sit in meditation to deepen your understanding.

Anyone can join in on the retreat day, even if you didn't attend the weekly teachings. These retreat days are an excellent chance for those studying DB at home or online to **connect with fellow students** and enjoy group practice and meditations.

Venerable Lhagsam worked as a registered nurse in mental health, alcohol, and drug services. She took ordination in 2000. Lhagsam lives and studies at Chenrezig and regularly commutes to Langri Tangpa Centre in Brisbane where she also teaches.

Sunday 27th March 9am – 3:30pm. Facility fee \$49

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; bookings essential

Buddhism in a Nutshell with Lozang Drolma

This is **Buddhism for complete beginners**. This introductory course presents basic Buddhist philosophy and principles within the Tibetan Mahayana context, and provides **simple meditation instruction**. Topics include: who is the Buddha, the nature of our minds, working with disturbing emotions, and why we meditate. You don't have to be Buddhist to attend; **all welcome!**

Venerable Drolma grew up in a village in Suffolk, England, where she lived until she came to Australia in 2005 and found her way to Chenrezig Institute as a volunteer. Drolma was ordained by Geshe Tashi Tsering 5 years ago and since then has been engaged in full time study in the Buddhist Studies Programme.

Saturday 2nd April 9am – 4:30pm. Facility fee \$49

10% discount for FPMT members and concession card holders. Accommodation and meals available separately; bookings essential

First Sundays - 3rd April

Everybody welcome! Free activities.

10:30am – 12noon Talk on Buddhist philosophy with Geshe Lobsang Jamyang
10:30am – 12noon Dharma Club for Kids — **fun for all kids**
12noon – 1:00pm Lunch in Lama Yeshe's Big Love Café

The Big Love Cafe will be in full swing from gam for coffee, cake, lunch and afternoon tea. You are also welcome to bring a picnic if you prefer. While you're here **visit the Garden of Enlightenment**, or browse in **our extensive library**.

All First Sunday activities are offered by the centre without charge. Lunch in the Big Love Café is \$9.90 per person. Please book by 10am if you will be joining us for lunch. Gluten-free and dairy-free meals available. There is no need to book for individual activities. Everybody welcome!



Discovering Buddhism: Refuge in the Three Jewels with Geshe Lobsang Jamyang and Lozang Drolma

Part of the Discovering Buddhism Programme. Highly Recommended for All

Find out what it means to take refuge in the Three Jewels and the essential practices of refuge. Learn about **the advantage** of taking lay vows and their role in enhancing our spiritual growth. The topic for this 7th module of acclaimed Discovering Buddhism series is **Refuge in the Three Jewels** – Buddha, Dharma and Sangha. This is a key topic in the Buddhist teachings and we're delighted to have a **Refuge Master** to teach this module in the DB programme.

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 9th April 9am – Sunday 10th April 3:30pm Facility fee \$99

10% discount for FPMT members and concession card holders Accommodation and meals available separately; bookings essential



Refuge Ceremony - Sun 10th April at 4:30pm with Geshe-la

Geshe-la will provide the opportunity for anyone wishing to take Refuge in a formal ceremony. You don't need to attend the teachings to take or re-take Refuge with Geshe-la. Please contact Reception to receive further information or to reserve a space.



ACTing with Mindfulness with NeLi Martin and Rachel Collis

Living according to our values brings us a mixture of stress and happiness. This weekend workshop on mindfulness will highlight the skills needed to **deal with painful thoughts** and feelings so they have less of an impact and influence on us. **Acceptance and Commitment Training (ACT)** is one of the new mindfulness-based approaches that enables 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 16th April 9am – Sunday 17th April 4:30pm Facility fee \$99

10% discount for FPMT members and concession card holders Accommodation and meals available separately; bookings essential

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Home-Study Modules

The Buddhist Studies Programme offers a range of subjects for study at home. Packages created from the teachings of Geshe Tashi Tsering. They include audio teachings (MP3 files) of all Geshe-la's teachings on CD, edited transcripts of these teachings, revision questions to help students go over the sometimes complex material, charts and extra materials and the weekly tests (with answer sheets) taken by students attending at the centre. Home-study students are able to work through the material at their own pace, and are even offered home-study certificates of completion. Packages cost from \$80 depending on the length of the course and whether materials are sent entirely on CD or as printed hard copies.

See the website for details or email bsp@chenrezig.com.au.

Easter Course: Seven Point Mind Training with Geshe Lobsang Jamyang and Tenzin Tsepal



The key objective of this training is to help us **transition** from the constrictions of self-centeredness to the **warm kinship** with others which occurs through the cultivation of cherishing others even more than we cherish ourselves. This mind training technique is especially well-suited for an active life; it does not require that we withdraw into seclusion.

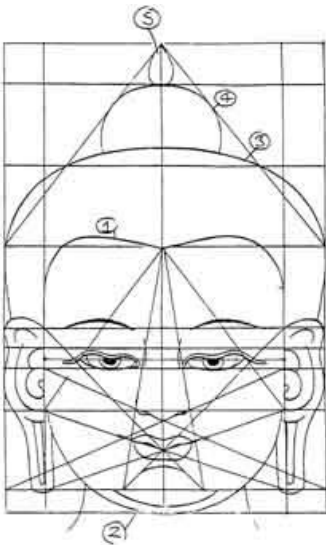
Condensing **the compassionate path** to Buddhahood into practical instructions that use the circumstances of everyday life, Geshe Jamyang presents the Seven Point Mind Training - the very **core of the entire Tibetan Buddhist practice** - over 4 days of teaching with discussion and tutorial sessions led by Venerable Tsepal. The course is arranged as 2 days of teachings, one full-day meditation, and 2 more days of teachings.

Friday 22nd April 9am – Tuesday 26th 4:30pm Facility fee: \$210

10% discount for FPMT members & concession card holders. Accommodation & meals available separately; bookings essential.

The Institute is also offering 10% discount on all meals and accommodation for those attending the full Easter course.

Art of Enlightenment: An Introduction to Buddhist Drawing with Ray Furminger



This **hands-on drawing course** taps into traditional Buddhist art and Deity images in the Tibetan tradition. They are not just pieces of 'art' – they are maps of the enlightened state that act as a support for meditation. Images and other representations are also regarded as actual deities in accordance with the Refuge vows and, as such, form a basis of faith and devotion.

In this class Ray teaches us **how to draw Buddha Shakyamuni** using traditional techniques and covers some of the symbolic meaning of the image. This introductory course is **aimed at complete beginners**, no prior art experience is necessary. Students with some experience of Buddhist iconography gained in previous courses are also **welcome** and will have the opportunity to study an alternative deity.

Ray has studied Buddhist art for many years under master artist Andy Weber in the UK and now lives and works at Chenrezig where he is the resident artist.

Saturday 30th April 9am – 4:30pm Facility fee \$49

10% discount for FPMT members & concession card holders. Accommodation & meals available separately; bookings essential

First Sunday with Afternoon-Tea - 1st May

Everybody welcome! **Free activities and free afternoon tea.**

10:30am – 12noon	Talk on fundamental Buddhist philosophy
10:30am – 12noon	Dharma Club for Kids — fun for all kids
12noon – 1pm	Lunch served in Lama Yeshe's Big Love Café
2pm - 3:30pm	Afternoon tea with the Lamas (see next entry for details)

All First Sunday activities are offered by the centre **without charge**. Lunch in the Big Love Café is \$9.90 per person. Please book by 10am if you will be joining us for lunch. **Gluten-free and dairy-free meals are available.**

Sunday 1st May from 10:30am

No charge for activities, or afternoon tea with the Lamas (see next entry)

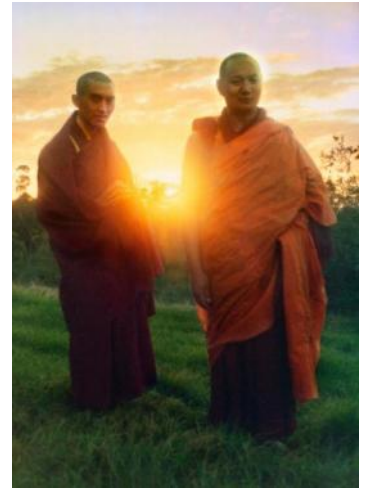


Afternoon-Tea with the Lamas - 1st May

Many senior students and Sangha members had the good karma to **meet Lama Yeshe and Lama Zopa Rinpoche** in person and now you can experience the preciousness of their teachings available to us all **through stories and DVD**.

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! No previous teachings are necessary. **Everyone is very welcome!** Cake and chai is offered by the Centre. Your **RSVP** is appreciated to ensure we cater sufficiently.

Sunday 1st May 2:00 – 3:30pm. No charge



DB Retreat Day: Refuge in the Three Jewels with Tenzin Tsepal

This retreat day reflects on the teaching and instruction from Refuge in the Three Jewels module. **Anyone can join in** on the retreat day, even if you didn't attend the weekly teachings.

Retreat days provide a review of the key principles, group discussion, and opportunities to ask questions and clear doubts. Then sit in meditation to **deepen your understanding**. Excellent chance for those studying DB at home or online to connect with fellow students and **enjoy group practice** and meditations.

Saturday 7th May 9am – 3:30pm. Facility fee \$49

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



Yamantaka Practice Day with Lozang Tsewang

Yamantaka is the Highest Yoga Tantra manifestation of Manjushri, the Buddha of Wisdom. Yamantaka is said to be a meditational deity whose power and might is incomparable. In these times where afflictions and other interferences are widespread and strong, Yamantaka acts as the protector and refuge of the practitioner. To take full benefit of this practice it is important to know how to correctly engage in it. This practice day is **only for those who have received the Solitary Hero Yamantaka Initiation**.

Venerable Tsewang ordained 9 years ago. Tsewang completed a BA (Hons) at Melbourne University and is a graduate of the Buddhist Studies Programme. She is Chenrezig Institute's resident Umdze (chant leader) and BSP Tutor.

Saturday 7th May 9am – 3:30pm. Facility fee \$49

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



Spiritual Support Programme

Geshe Jamyang and members of the Chenrezig Nuns' Community are available by appointment to assist you with your practice, questions about Buddhism, to help you deal with loss, suffering, or put life circumstances into perspective.

For appointments please call Reception on 5453 2108 or email info@chenrezig.com.au

Chenrezig Institute Dress Code

We respectfully request that all people on the property respect the contemplative, monastic environment and conform to our modest standards of dress. In the Gompa (meditation hall) please also cover shoulders, legs above the knee, and remove footwear and headwear.

Buddhism in a Nutshell - weekly in Maroochydore from Tuesday May 10 with Lozang Yönten



This is **Buddhism for complete beginners**. This introductory course presents basic Buddhist philosophy and principles within the Tibetan Mahayana context, and provides **simple meditation instruction**. Topics include: the nature of our minds, working with disturbing emotions, and why we meditate. You don't have to be Buddhist to attend; **all welcome!**

Venerable Yonten has practiced Buddhism for more than 15 years, she has been ordained for 7 years and completed CI's 5 year Buddhist Studies programme. Yonten has undertaken retreats in the Tibetan Buddhist and Zen traditions and brings together the pure ancient tradition of the Buddha together in a contemporary, conversational format ideal for both new comers to Buddhist as well as long time students.

Commences Tuesday afternoons, 3:30pm - 5:00pm from May 10th at Millwell Road Community Centre. Bookings not necessary. \$10 facility fee per session. Highly recommended for all.

DB: Presenting the Path - weekly in Maroochydore from Tuesday May 10 with Lozang Yönten



Part of the Discovering Buddhism programme - highly recommended fir students of all levels.

This course offers students a complete overview of the Buddha's life as well as the entire spiritual path from the point of view of the Three Principle Aspects of the Path and the Three Scopes. In the 14th Century, Lama Tsong Khapa arranged the Buddha's teachings into a logical progression, making it easier to understand and practice in order to fully develop the individual human mind. Known in Tibet as the steps of the path to enlightenment (lam.rim), this genre of teaching is found in every major Tibetan Buddhist tradition, and this proven method is still perfectly suited to the spiritual seeker of today.

Commences Tuesday evenings, 5:30pm - 7pm from May 10th for six weeks at Millwell Road Community Centre. Bookings not necessary. \$10 facility fee per session. Highly recommended for all.



Healing in Tibetan Buddhism with Tenzin Tsepal



The Buddha said that healing essentially comes from the mind, therefore it's important for us to **understand the nature of the mind**, and how it is pure, separate from the faults that cause mental and physical illness and suffering. Understanding the central role played by karma and mental habits like selfishness, anger, attachment, guilt, **builds confidence** that they are temporary and can be removed. Developing positive attitudes like compassion, self-acceptance, forgiveness and wisdom are the **real inner medicines that heal** our mind and the causes of our problems.

We'll **explore the methods and meditations** to help heal the mind and body as outlined by the accomplished yogi and teacher Lama Zopa Rinpoche, in the book *Ultimate Healing*. Join us to learn the keys to inner **well-being and happiness**.

Saturday 14th May 9am – Sunday 15th May 4:30pm Facility fee \$99

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

A Guide to the Bodhisattva Way of Life with Geshe Lobsang Jamyang and Tenzin Tsepal



In all of the Tibetan Buddhist tradition there is no single treatise more deeply revered or **widely practiced** than A Guide to the Bodhisattva Way of Life. Composed in the eighth century by the Indian Bodhisattva Shantideva, it became an **instant classic** in the curricula of the Buddhist monastic universities of India and its renown has grown ever since.

Geshe Jamyang presents **Shantideva's methods to harmonise one's life** with the Bodhisattva ideal and inspires us to cultivate the perfections of the Bodhisattva; **generosity, ethics, patience, zeal, meditative concentration and wisdom**.

This course is also excellent preparation for His Holiness' teachings in Melbourne or a great summary of Geshe-la's recent teachings at Langri Tangpa Centre. Equally, as a standalone teaching, all can benefit.

Saturday 21st May 9am – Sunday 22nd May 4:30pm Facility fee \$99

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

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



TY presents an **amazingly practical** system of reflections and meditations for **transforming our lives** right now. Deep, serious meditation on the lam-rim brings integrated insight.

Highly recommended for those who have completed at least some of the Discovering Buddhism programme 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"

Since 1974 TY has been a student of Lama Thubten Yeshe and Lama Zopa Rinpoche. For five years she studied in Nepal and India, during which time she ordained as a Buddhist nun and remained a nun for nine years. TY has received teachings over the years from many high lamas. Currently she teaches and leads retreats both in Australia and overseas

Friday 27th May 7pm – Sunday 29th May 4:30pm Facility fee \$99

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