

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

May
2019

Retreat

Meditation

Study Program

Buddhist Teaching

Wellbeing Program

Traditional Arts



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Chenrezig Institute is affiliated with the FPMT

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

Wel come

April is here and there's no fooling about! Special guest Ven. Yonten offers ample food for the critical thinker as real-life issues are tackled skilfully with the sword of dharma wisdom and compassion. Our weekly wellbeing needs are met with meditations on Tara, a female Buddha of compassionate action, enabling us to rid ourselves of fear and anxiety and thereby keep emotionally hygienic.

April calls for self-regulation. Come and care for yourself and those around you by spending time up on the hill.

See you soon!

Meet our Sangha

Chenrezig Institute is home to our resident teacher Geshe Phuntsok Tsultrim and a community of ordained Monks and Nuns, 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.



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.

May 3rd—5th



WIND & WATER
Discovering Feng Shui
with Ven. Jampa Ludrup
May 3rd - 5th

Wind & Water: Discovering Feng Shui
with Venerable Jampa Ludrup

Have you ever wondered why some houses feel more inviting than others? Why do you sleep so much better in some places than others? Why do you keep moving your bed and furniture until you feel 'comfortable' with it? The answer to these questions lies in the ancient Chinese technique of Feng Shui.

Venerable Jampa Ludrup is an Australian Buddhist monk in the Tibetan tradition who has been studying and practicing Feng Shui for more than 18 years. He has given dozens of courses and hundreds of consultations worldwide.

In this weekend course 'Wind and Water' Venerable Jampa will be showing all eight episodes of his excellent TV series on Feng Shui with a Q&A after each one. They are set in wonderful locations such as Florence, London and India and all have a "Golden Rule" to tell.

Venerable Ludrup will also be available for personal consultations for your home or office from Apr 2nd to 12th in the mornings. Please contact jlgeomancy@gmail.com for more details.

Friday 3rd May 6:30 pm - Sunday 5th May 3:00 pm
Held in the Gompa at Chenrezig Institute
Facility fee \$108.

May 5th



Welcome Day



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

Kind Kids - 9:30 am - 10:30 am in the Tara Room

Paper Lotus Meditation Garden - throughout Welcome Day on the Prayer Wheel Lawn

Introduction to Buteyko Breathing - 11:00 am- 12:00 noon on the Prayer Wheel Lawn

Lunch at the Big Love Café - 12:00 pm - 1:00 pm (Please book before 10:00 am. \$12.50 pp)

Feng Shui with Ven. Jampa Ludrup- 1:30 pm - 3:00 pm in the Gompa

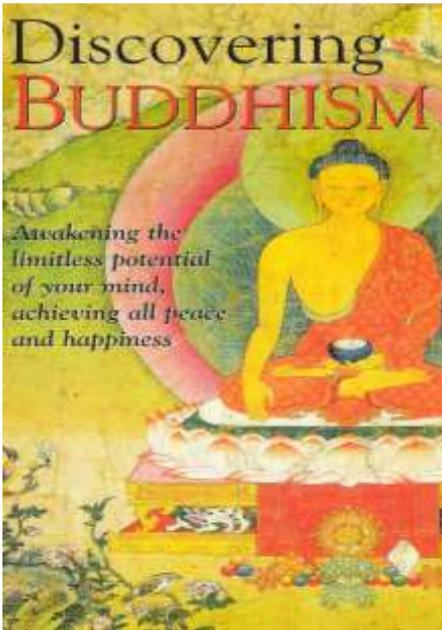
Library Book Sale - 11:00 am - 2:00 pm at the Library

Some of the things to do include fun activities in our Kind Kids Program in the Tara Room... Unwinding and relaxing as you wander to the Garden of Enlightenment...Visiting the Paper Lotus Meditation Garden where you can select an inspirational quote to contemplate and take a Paper Lotus home with you as our gift...Finding wonderful bargains in our Buddhist Book Sale...Wandering down past the Bodhi tree and browsing in our gift shop ...Joining us for a delicious vegetarian lunch in the Big Love Café...just to name a few.

Sunday 5th May from 9:30 am.

All activities on Welcome Day are freely offered, with the exception of lunch which is \$12.50 pp.

May 11th - 12th



Discovering Buddhism with Ven. Thubten Chokyi

Death and Rebirth Retreat

My religion is to live and die without regret" – Milarepa

Although we know that death is inevitable and the time of our death is unpredictable, we all live as if we have an infinite amount of time. As a result, we never really accomplish as much as we could in our lives, or do the things we really would like to do, and then eventually face our own death with fear or regret. However, it is possible to face death fearlessly, and use the reality of death as a powerful positive spiritual experience to enhance the quality of our everyday lives.

In this Discovering Buddhism module, we will explore together what to anticipate during the process of death and rebirth. We will learn how to help ourselves and others through this spiritually crucial process. We also investigate the impact that awareness of death can have in helping us resolve conflicts, experience greater degrees of mental and emotional freedom, and live life to the fullest.

If you participate in the whole Discovering Buddhism program, this module provides you with a powerful motivation to continue with your study and practice. For those who haven't started yet, or aren't able to commit to the full series, this course provides a fundamental understanding of the Buddhist view of life, death and rebirth. The weekend includes teachings, meditation sessions, and time for discussion.

Saturday 11th May 9:00 am - Sunday 12th May 3:45 pm. Facility Fee \$108.

Meals and accommodation available separately.

More than just intellectual study, the Discovering Buddhism course creates a community of students who grow together supporting each other in practice and understanding. Students undertake fourteen modules of study and retreat covering the Buddhist path in a deeply satisfying and systematic way.

Each module is completed over two months with a teaching weekend to introduce each subject and a retreat weekend for deeper reflection. This gives students time to integrate each new subject building a comprehensive base of knowledge.

May 18th



Technology for Wellbeing: Buddhism & Science with Corey Jackson

This workshop seeks to cut through the hype and present tools to better understand meditation, psychology and how we can combine them to improve our lives.

For over two millennia in retreat hermitage laboratories, meditative technology has been used to test the Buddhist teachings. With about four hundred years of history, science is a relative newcomer to studying the human condition yet it has made inconceivable improvements to the length and quality of our lives. As a Tibetan-English translator and PhD student researching meditation and emotions, Corey is in a unique position to get the most out of both fields. Join him to learn authentic Buddhist theories and practices and what the new field of 'contemplative science' has to say about them.

Saturday 18th May 9:00 am - 3:30 pm
Held in the Gompa at Chenrezig Institute
Facility fee \$55.

May 19th



Dharma in our Lives with Venerable Tony

How does Dharma benefit our day to day life and our lives in general? How does the Buddha Dharma, that has existed throughout different times and cultures, bring relevant methods to overcome our modern day problems? These will be questions discussed in this Sunday Course by Venerable Tony Beaumont.

Venerable Tony has been a Monk for nearly 30 years and has taught throughout many FPMT centres worldwide. He has had experience in dealing with Mental Health in Psychiatric Hospitals. His down to earth approach to the Dharma will provide a basis for this course.

There will be Meditation and Teaching with opportunities for discussion and Questions. This course is open to all.

**Sunday 19th May 9:30 am to 3 pm
Held in the Gompa at Chenrezig Institute
Facility fee \$55**

May 25th –26th



Bodhisattva Vows: Understanding and Protecting your Commitments

with Geshe Tsultrim & Ven. Chokyi

The commitments of the Bodhisattva vows are the foundation upon which all the realizations of the stages of the path to enlightenment will grow. These commitments fuel our spiritual practice on a day to day basis. The commitment of the Bodhisattva vows is the practice of the six perfections – giving, moral discipline, patience, effort, concentration and wisdom motivated by the compassionate mind of bodhichitta.

This course is designed especially for those who have recently taken these vows and those who want to best understand how they can protect them. Geshela will explain the vows and the attitude we should take to holding and keeping them. Venerable Chokyi will discuss the downfalls and answer questions about keeping these in our modern western context.

This course is only for students who already hold the Bodhisattva vows. Vows will NOT be given.

Saturday 25th May 9:00 am - Sunday 26th May 3:30 pm
Held in the Gompa at Chenrezig Institute
Facility fee \$108.

Regular Events



Steps on the Path to Enlightenment

Lamrim Chenmo Study Group
with Judy Bowey

Meeting twice a month, this class aims to support students as we dive deeply into teachings on the graduated path to enlightenment and examine how these teachings can shape our everyday lives. This class is ideal for students who have completed our Annual January Lam Rim Retreat with Geshe Tsultrim or modules of our Discovering Buddhism course. Let's support each other as we take steps along the well-trodden path.

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

May 19th 9:00am - 12:00pm
Facility fee \$10

Morning & Evening Dharma Practice

Visitors and community members are welcome to join our community as they complete morning and evening Dharma practice together in the Gompa at Chenrezig Institute.



In the morning sessions from 7:30 am 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 6:00 pm 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.

Weekly Teachings with Geshe Tsultrim



Transforming Suffering: The Wheel of Sharp Weapons

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

Thursdays, 6:30 pm - 8:00 pm
Held in the Gompa at Chenrezig Institute

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

In this well known text Aryadeva shares a series of memorable stories and anecdotes that illustrate how our own misconceptions and misunderstandings can prevent us from moving forward on the yogic path. Through studying this text practitioners can remove their misconceptions about how things really are, and gain an understanding of reality that can then lead to a direct experience of it, beyond conceptions and language.

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

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

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

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

Advanced Study 2019

Advanced Study Program with Geshe Phuntsok Tsultrim

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

It's curriculum greatly enhances students Dharma understanding, establishing a sound basis for ongoing study, practice, retreat and service.

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

The Lower Tantras

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

Tuesday 30th April 9:00 am - Wednesday 29th May 12:00 pm, usual schedule is 9:00am to 5:00pm Tuesday and

Wednesday

Facility Fee \$350

Meals and accommodation available separately

Held in the Gompa at Chenrezig Institute



Weekly Schedule

Teachings are with our resident teacher, Geshe Phuntsok Tsultrim, personally chosen for Chenrezig Institute by Kyabje Lama Zopa Rinpoche, with his experienced interpreter and Basic Program graduate, Ven. Kartson. The modules will be taught on two full days Tuesdays and Wednesdays with a supporting schedule of meditation, service, group discussion and tutorials. Students who wish to attain certification will need to meet criteria of attendance, service, behavior as well as pass the regular exams.

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

Online Study

This allows students to access the audio/course materials and complete the modules in their own time. It is offered at 50% of the facility fee and is booked through our website.

Writing Events



Mindful Writing

with travel writer Sharon Thrupp

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

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

Saturday 11th May 9:00 pm - 3:00 pm

Held in the Library at Chenrezig Institute

Facility fee \$25

Accommodation and meals available separately

Sutra Reading and Writing

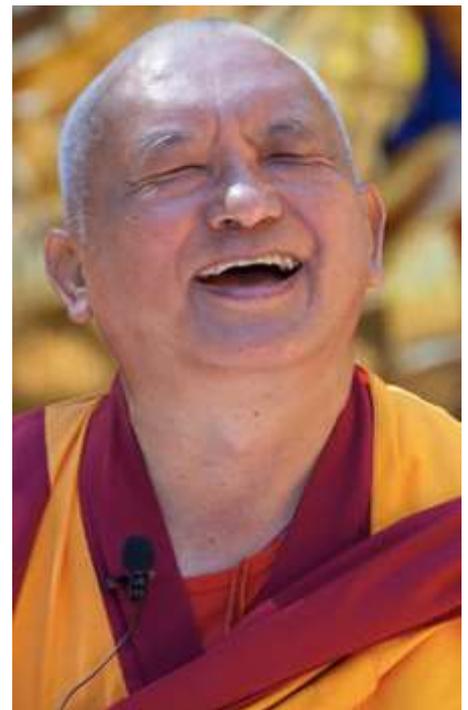
Join us for a peaceful day of reading and writing sutras - the records of the Buddha's teachings, written in verse.

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 18th May from 10:30am onwards,
held in the Library. This activity is by donation.**

Lunch in the Big Love Café is \$12.50pp.



Traditional Arts and Rituals



Mantra Rolling

Sundays May 5th, 12th, 26th

Location: Art Studio

10:00am - 3:00pm

Mantras (meaning "mind protection") are Sanskrit syllables, usually recited in conjunction with the practice of a particular meditational deity, and embody the qualities of the deity with which they are associated. They bring benefit to all who see, touch, hear or speak them.

The Art Centre offers the opportunity for the community share in the merit of rolling mantras which will be used to fill holy objects.

All are welcome! No registration needed.

Visit Chenrezig.com.au

Dharma Dates



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.

May 14th and 29th
6:30pm—8:30pm



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.

May 12th
6:30pm— 7:30pm



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.

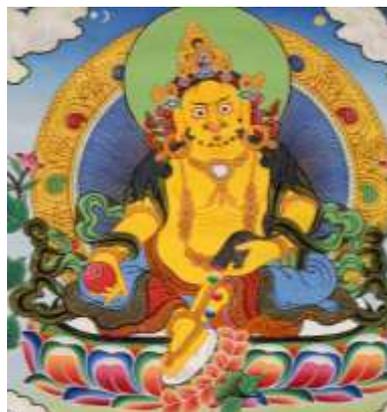
May 12th
9:30am - 3:00pm



Making Offerings

Students are welcome to bring offerings for the altar or for our Buddha statues and holy objects.

Rinpoche also advised to offer flowering plants that can be put in the garden after the Puja to benefit the beings in the garden.



Dzambala Puja

A puja to increase each student's generosity, resulting in both spiritual and material abundance. Dzambala puja is a mix of Tibetan and English and involves water offerings to Dzambala. It takes about one hour.

May 5th
6:30pm-7:30pm



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.

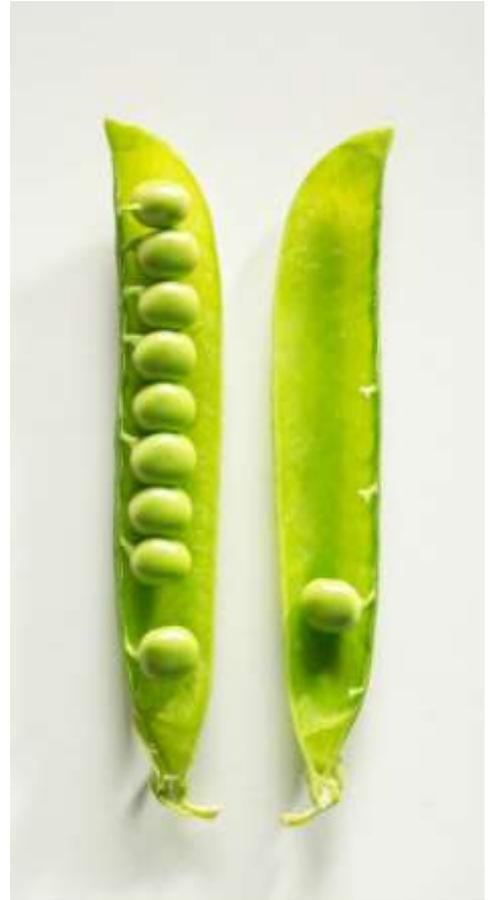
May 18th
6:30pm—7:30pm

Dealing with Attachment with Venerable Tony

Venerable Tony Beaumont will lead a short teaching and meditation based on the Buddhist concept of attachment. 'Attachment' will be clearly defined as well as how it differs from 'love' - a critical distinction. Venerable Tony will explain how attachment commonly arises, harming us and others, as well as provide practical ways to identify, overcome, and transform it when we feel it creeping in.

There will be teachings, guided meditation and time for discussion and questions. Everyone is welcome to come along.

Thursdays in May 1:15pm to 2:15pm
Held in the Gompa at Chenrezig Institute
Facility Fee \$10.



Friday Guided Meditations

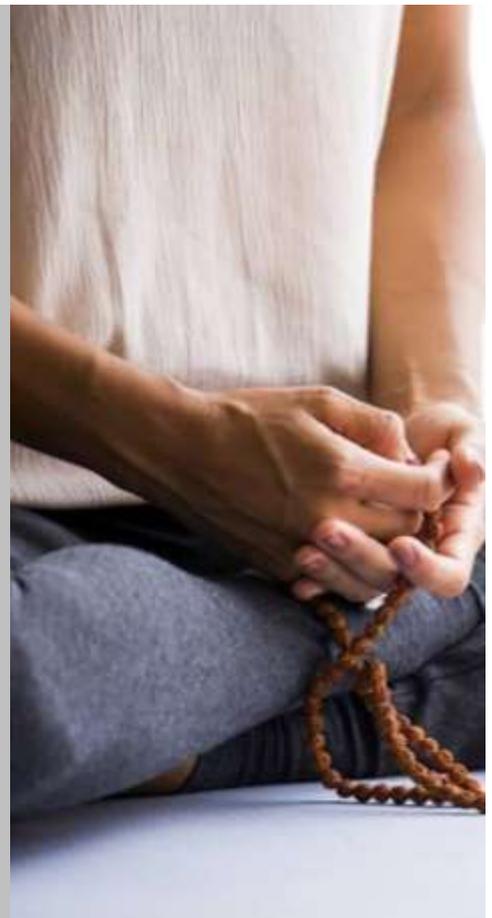
Invite more peace into your life with Buddhist meditation.

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

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

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

Fridays, 1:15pm - 1:45pm
Held in the Gompa at Chenrezig Institute
Facility Fee \$10.



Weekly Wellbeing Program

The world never stops , but we need to.

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

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



Yoga Classes to make you Smile

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

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

Thursdays and Fridays 11:00 am to 12:00 pm

Held at the Wellbeing Centre.

Facility Fee \$12



Wellbeing Courses



Return to Stillness: Yin Yoga Retreat with Annie McGhee

Yin yoga is a perfect counterbalance to our busy lives. It allows us to drop into 'being' rather than 'doing' by holding poses longer and passively. Yin practice is deeply nourishing and has myriad benefits for both body and mind. Yin sequences improve the flow of energy into the internal organs and tissues around the joints where it may have become stagnant. Through the practice of Yin yoga, we can successfully combine both asanas and meditation into a deeply transformative practice.

Suitable for all levels.

Friday 10th May 6.30 pm - Saturday 11th May 4.30 pm

Held at the Wellbeing Centre

Facility fee \$75. Meals and accommodation available separately.



Healing from Within: Transformative Mindfulness with Ruth Donnelly

Transformative Mindfulness offers easy-to-learn self-healing tools for leading a healthier and happier life. These tools are simple, effective, and suitable for people of all ages, cultures, and traditions. By breaking open our power of compassion, the underlying causes of our difficulties can be viewed very differently. Profound change can occur! Follow up workshops throughout the year to support and deepen your practice. Beginners are welcome.

Saturday 25 May 9.00 am - Sunday 26 May 4.00 pm

Held at the Wellbeing Centre

Facility fee \$150. Meals and accommodation available separately.

Pilgrimage to the Festival of Light and Peace

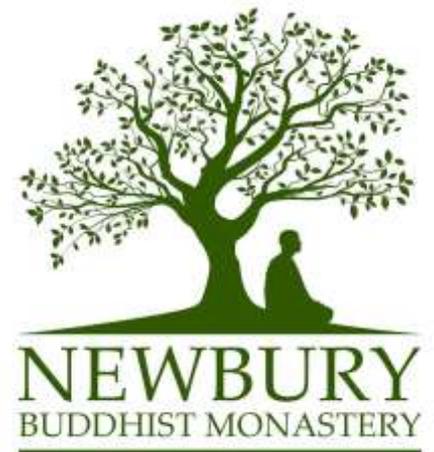
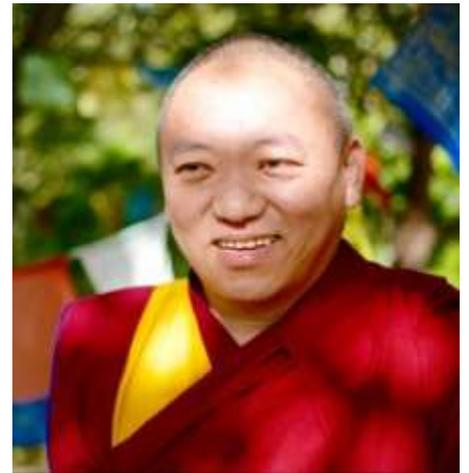
Accompanied by Geshe Tsultrim

Tour Dates: 16th - 20th May 2019

On this short pilgrimage you will be able to experience and partake in the rich and varied cultural practices of Buddhism in Australia. We will take in the Quang Minh Temple and the Great Stupa, both significant Buddhist structures, as well as the smaller monastery of Newbury in Victoria. We will then participate in the spectacular 'ILLUMIN8' Festival of Light & Peace held annually at The Great Stupa. On arrival in Melbourne, we will visit the Quang Minh Temple which is supported by a very large Vietnamese population of around 15,000. After our visit we will head to the Great Stupa of Universal Compassion, home of the Jade Buddha for Universal Peace. On our second day we will head to Newbury Buddhist Monastery for dana and lunch with local supporters, followed by an afternoon of leisure around Daylesford and Hepburn Springs. Days 3 and 4 are set aside for the two day Festival of Light and Peace at the Great Stupa.

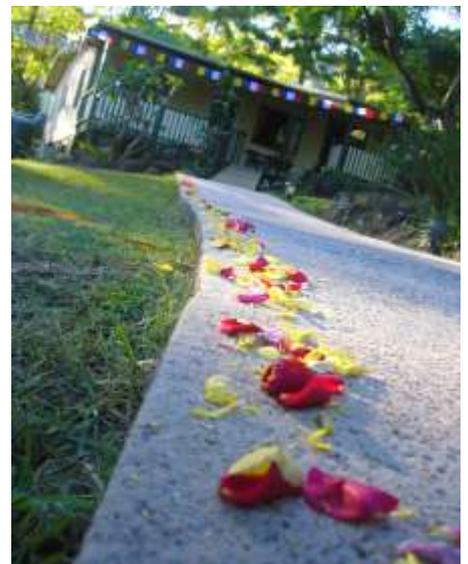
This short pilgrimage has some of the best that Buddhism in Australia has to offer!

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



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.



Explore while you're here you might like to visit our beautiful **Garden of Enlightenment**. 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 Cake baked on site and our in house Chai. All our food is vegetarian plus a vegan, gluten and dairy free option is available to order.

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



Looking Ahead

A peek at some of next month's events...

Wholefood Living

With Dr. Nikee Schoendorfer, PhD

June 1st

Discovering Buddhism:

All About Karma

With Venerable Chokyi

June 8th - 9th

Three Auspicious Nyung Na Retreats

With Venerable Chokyi

June 11th -14th

June 13th -16th

June 15th -18th

Gentle Slow Flow Yoga Retreat

With Annie Mc Ghee

June 21st -23rd

Learn to Meditate

With Venerable Palyon

June 22nd - 23rd