

July 2019

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

Re t r e a t

Me d i t a t i o n

St u d y P r o g r a m

B u d d h i s t T e a c h i n g

W e l l b e i n g P r o g r a m

T r a d i t i o n a l A r t s

C o m m u n i t y & S o c i a l E v e n t s



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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

Chenrezig Institute is a Buddhist retreat and study centre nestled in the hills of the Sunshine Coast hinterland in Queensland, Australia. Established in 1974, the Institute was among the first Tibetan Buddhist centres in the western world and remains one of the largest. It is a registered charitable organisation affiliated with the FPMT.

We provide a range of Buddhist and secular programmes through which people's minds and hearts can be transformed for the benefit of others.

Our programmes include meditation retreats, teachings on Buddhism, advanced study courses, art classes, workshops on Buddhist psychology, and mental well being.

The centre also has accommodation facilities, a vegetarian cafe, library, meditation hall, art studio, memorial garden and beautiful grounds which are all open to the general public from Thursday to Sunday every week.

Reception & Gift Shop

Our Reception and Gift Shop is the go-to place for friendly information, bookings, and high-quality gifts not easily found elsewhere. Come and find a treasure to take home!

Thurs - Fri	10:00am - 2:00pm
Sat - Sun	8:30am - 3:00pm

Big Love Café

Delicious vegetarian meals, with gluten-free and dairy-free options, including vegan and gluten-free desserts.

Thurs—Sun	
Breakfast:	7:00am - 8:00am
Lunch:	12:00pm - 1:00pm
Supper:	5:30pm - 6:30pm

**Meals must be booked by 10am, online or through Reception*

Library

Browse our wide selection of Buddhist texts ranging from those for beginners to advanced students. We also carry titles on psychology, philosophy, spirituality and other religions.

Thurs & Fri	11:00am - 2:00pm
Sat & Sun	11:00am - 3:00pm

Accommodation

We offer a variety of accommodation options to meet your needs:

Dormitory:	\$27	Single (Motel style):	\$52 - \$60
Twin (Motel Style):	\$40 - \$50	Retreat Huts:	\$70 - \$80



Dharma Program



July 6th



His Holiness the Dalai Lama's Birthday

Including a public talk by Geshema Chopa Tenzin Lhadron & Geshema Tshering Dolma.

Chenrezig Institute will host celebratory activities on this auspicious day, bringing our community together to rejoice in all of the benefit that His Holiness has brought to the world.

7:30am - 9:00am Morning Dharma Practice

10:30am -12:00pm Public talk with Geshema Chopa Tenzin Lhadron & Geshema Tshering Dolma (see below)

12:00pm - 1:00pm Lunch at Big Love Café. Please book in advance.

Free Chai & Birthday Cake to celebrate! (Big Love Café)

1:30pm - 3:00pm Movie of His Holiness in the Gompa

Public talk by Geshemas

Chenrezig Institute is very pleased to announce that Geshema Chopa Tenzin Lhadron and Geshema Tshering Dolma will be giving a public talk about the journey of becoming Geshemas under the strong and far sighted vision of His Holiness the XIV Dalai Lama.

This casual morning talk will provide a great opportunity for insight into the path of nuns training in the Geshema program, and the lives of such inspirational women. Come show your support for the women taking the Dharma to the world in this way.

This talk is open to all and will be in English. Please book in advance on the website.

Saturday 6th July 10:30am - 12noon. Held in the Gompa.

Facility fee \$35

July 7th



Calm Abiding Practice Day with Jhampa

Calm Abiding is the ideal practice for a busy life. Creating a strong and stable base of calm and relaxation we can return to this whenever we are feeling stressed or overwhelmed.

When we are feeling stronger it gives us the undistracted focus to be of greater benefit to ourselves and others. Jhampa will support your developing practice gently, leading you through a range of meditations and explaining how these support the Buddhist path.

Sunday 7th July 9:00am - 3:00pm. Held in the Wellbeing Centre.

Facility fee \$25.



July 7th



Buddhist Beliefs: What about Reincarnation? with Venerable Gyalten Dondrup

Find out what Buddhists believe about life, the universe and everything. This series is designed for those curious to know the Buddhist take on big issues such as existence, reincarnation and karma through the lens of everyday living. Join us for a morning of conversation, questions and meditation as Ven. Dondrup shares key concepts and beliefs that inspire a Buddhist approach to life.

Informed by the book *Approaching the Buddhist Path* by His Holiness the Dalai Lama and Venerable Thubten Chodron, this series has a framework that allows students to explore a Buddhist way of life in a fun and informal way.

**Sunday 7th July 9:30am - 3:00pm. Held in the Gompa.
Facility Fee \$55**



July 9th—Aug 28th

Advanced Study Program: Highest Yoga Tantra with Geshe Tsultrim

The *Advanced Study Program* offered at Chenrezig Institute is a comprehensive, five-year, twelve-subject course of studies designed by Lama Zopa Rinpoche.

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

Geshe Tsultrim encourages students who have not received empowerments to attend these precious teachings, in order for them to have a good understanding before they make a commitment to this path.

**Tuesday 9th July 9:00am - Wed 28th August 5:00pm
Usual schedule is 9:00am - 5:00pm Tuesday and Wednesday Facility Fee \$450
Meals and accommodation available separately.
Online Study available for 50% off. See Chenrezig website for details.**

July 13th—14th



Discovering Buddhism: All About Karma Retreat with Venerable Chokyi

In this retreat, we reflect on the teachings and instruction from the “All About Karma” module of the Discovering Buddhism program. It also continues the exploration of the lam-rim, the graduated path to enlightenment, and provides an opportunity to meditate on some of the key points. The retreat provides a chance to ask questions about the teachings and participate in group discussions. It is an excellent opportunity to clear away any doubts you may have, or for those studying at home or online to enjoy group practice and meditation. Everyone is welcome to attend this retreat weekend, even if you haven’t attended the previous modules.

**Saturday 13th July 9:00am - Sunday 14th July 3:45pm. Held in the Gompa.
Facility Fee \$108**

July 20th—21st



The Heart of the Path: The Four Noble Truths with Geshe Tsultrim & Venerable Chokyi

In this weekend course with our precious resident Tibetan teacher Geshe Tsultrim, we explore the foundations of Buddhist thought: the Four Noble Truths. These are not religious or esoteric ideals. They present a clear view of reality and practical methods of working with our own mind to transform our life. They are often compared to the diagnosis and treatment of illness: the Buddha showed how the problems we experience - pain, dissatisfaction, fear and unhappiness - can be understood and remedied.

Whether you are Buddhist or not, beginner or advanced student, the continual study of these principles is the key to leading a happy life. Come along to learn more about them, or deepen your understanding. All welcome.

**Saturday 20th July 9:00am - Sunday 21st July 3:30pm. Held in the Gompa.
Facility fee \$108.**



July 26th—28th



Compassionate Care for the Dying with Geshe Tenzin Zopa

Organised by Cittamani & Karuna Hospices and Chenrezig Institute.

Geshe Tenzin Zopa will lead this weekend retreat on the Death and Dying process. Geshe Zopa will combine his years of experience in hospice care with his vast knowledge of the death and dying process explained within Buddhism to teach on this subject in detail.

During Kyabje Lama Zopa Rinpoche's visit last year Rinpoche advised Cittamani & Karuna Hospice staff to request teachings about the process and stages of death and invite many people from FPMT and other hospices. Rinpoche expressed the importance of awareness of the stages and process of death for carers and professionals supporting people approaching the end of life.

Over the weekend there will be a panel of Palliative Care & FPMT hospice workers addressing the subject of compassionate practice and relevant issues, in particular how Buddhist teachings translate into spiritual and practical care for dying people and their families.

**Friday 26th July 6:30pm - Sunday 28th July 3:30pm. Held in the Gompa.
Facility Fee \$108.**



July 31st—Aug 4th

Overflowing with Compassion: Chenrezig Retreat with Venerable Chokyi

We will focus on developing compassion through the joyful and uplifting practice of reciting the mantra of Chenrezig, the Buddha of Compassion. It is easy to recite and easy to remember - and its meaning is extremely profound. The benefits of reciting 'Om mani padme hum' are immeasurable: it purifies our negative karma, develops our compassionate heart, and ultimately it creates the causes for us to actualise the entire path to enlightenment.

This retreat fulfills the wishes of Lama Zopa Rinpoche, who considers this practice so powerful that he has asked his students to complete 100 million of these retreats. No previous retreat experience is needed to participate in this life-changing opportunity.

**Wednesday 31st July 6:30pm - Sunday 4th August 12:00pm. Held in the Gompa.
Facility Fee: \$0.**

**Accommodation and meals available for purchase separately.
Meals must be booked before 9.30 am on the day of the event.**

Daily Dharma



Morning & Evening Dharma Practice with Chenrezig Community

Join us as we complete morning and evening Dharma practice together. Sessions are in English, with Tibetan and Sanskrit mantra chanting. Come to practice or observe.

7:30am - 8:30am we complete practices for:

- Blessing our speech to create positive karma
- Purifying negative karma (prostrations to the 35 Buddhas)
- Strengthening our connection to our spiritual teachers and reviewing the stages of the path (Guru Puja)

6:00pm - 7:00pm we complete practices for:

- Strengthening our connection to our spiritual teachers (Lama Tsongkhapa Guru Yoga)
- Purifying negative karma (Vajrasattva Practice)
- Protecting from harm and clearing obstacles to practice (Protector Prayers)

Traditional Arts and Rituals

Mantra Rolling at the Art Studio

The Art Centre offers the opportunity for the community share in the merit of rolling mantras which will be used to fill holy objects. *Mantras* are Sanskrit syllables which embody the qualities of the deity with which they are associated. They bring benefit to all who see, touch, hear or speak them.

Sundays 10:00am- 3:00pm. Held in the Art Studio. All Welcome.

This event is freely offered. Donations welcome.

Pujas

Dzambala Puja	July 7th	6:30pm - 7:30pm
Tara Puja	July 10th	6:30pm - 7:30pm
Guru Puja:	July 11th	4:00pm - 6:00pm
Vajrayogini Practice	July 14th	9:30am - 3:00pm (Tara Room)
Medicine Buddha Puja	July 16th	6:30pm - 7:30pm
Guru Puja:	July 27th	6:30pm - 8:30pm

Weekly Dharma—Wednesday

Outreach in Maroochydore

Mind and Meditation with Lindsay Pratt

If you are interested in learning more about Buddhism and how to incorporate Meditation in to your daily life please join in at Millwell Road Community Center in Maroochydore on Wednesdays between 6:00pm and 7:00pm.

These sessions will incorporate Buddhist meditation practices with philosophical discussions. Come see how this ancient and rich tradition can support greater clarity and peace in your life through its many techniques and mind training practices.

The evenings will be led by Lindsay Pratt, a student of Buddhism for the last 40 years, with experience in instruction for 30 years.

Wednesdays 6:00pm - 7:00pm. Held at Millwell Road Community Hall in Maroochydore. Facility fee \$10. Please register online.

Weekly Dharma—Thursday

Transforming Suffering: The Wheel of Sharp Weapons with Geshe Tsultrim

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 Tsultrim 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, 6:30pm - 8:00pm. Held in the Gompa.

By Donation.

Dharma Talk & Meditations

Join us for Thursday afternoon Dharma talks and meditations with an experienced monk or nun from the Chenrezig Institute community who will present a topic in relation to the Buddhist path. There will be descriptions and examples of how it is relevant to life and especially ways to benefit our everyday life through contemplation and meditation. These sessions provide a great chance to listen to some Buddhist Ideas and principles and help us find ways to put them into practice. All Welcome.

Open Topic July 4th

Death & Dying with Ven. Lhagsam July 11th - Aug 8th

1:15pm - 2:30pm. Held in the Gompa.

Facility Fee \$10.



Weekly Dharma—Friday

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

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

Fridays, 10:30am - 12:00pm. Held in the Gompa.

By Donation.

Guided Meditations

Invite more peace into your life with Buddhist meditation.

Each Friday you can slow down and join one of the Chenrezig Institute monks or nuns as they lead you through a gentle reflective meditation. If you've never meditated before this a great supportive environment to give it a try. Get comfortable in a chair or on the floor and allow yourself to be fully relaxed and present in this beautiful space.

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

Fridays, 1:15pm - 1:45pm. Held in the Gompa.

Facility Fee \$10.



Wellbeing Program



Weekly Yoga

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.

Thursdays & Fridays 11:00am - 12:00pm. Held at the Wellbeing Centre.

Facility Fee \$12.



July 12th—13th



Living In Stillness: Yin Yoga Retreat with Annie McGhee

Immerse yourself in the deeply nourishing practice of Yin yoga, and experience a shift as mindfulness-based principles are incorporated to create a sense of calmness & reflection.

We will go deeper, with longer held poses and create greater stillness of the mind and more openness and flexibility of the body, and explore several types of pranayama (breathing exercises) and meditations. We can then successfully combine both our asanas and meditation into a deeply transformative practice.

The longer and passively held poses in the meditative practice of Yin yoga are the perfect counterbalance for us in our busy lives. We have an opportunity to relax and completely let go and sink deeper and soften into the pose in order to experience a sense of peace and stillness within us.

Friday 12th July, 6:30pm - Saturday 13th July, 4:30pm. Held at the Wellbeing Centre.

Facility fee \$75. Suitable for all levels.

Chenrezig Institute Program July 2019

June 9th



Mindful Writing with travel writer Sharon Thrupp

Explore your outer and inner journeys through the power of the pen. Whether you've got a lived experience you've been wanting to share or a desire to tap into your creativeness through storytelling, this course will get you seeing with fresh eyes and thinking with an open mind. Writing can be a transformative tool for self-discovery, meaningful connection to others and invite an overall sense of wellness. This course will get you thinking and writing mindfully with a focus on personal writing, group discussion and sharing.

Sunday 13th July 9:00am - 3:00pm. Held in the Tara Room.

Facility fee \$25.

July 14th



Dance Yourself Awake with NeLi Martin

"Dance Yourself Awake" is a form of Conscious Dance that has no structured steps or choreography. Conscious Dance is a practice using music and movement to find our essence as expressed through the body. If we tune in to how our body wants to move; in harmony with the dance, we encounter connection and meaning; love in all its guises. This is possible when we show up, let go, move and breathe; when we embrace the moment we are in without agenda or judgement. Music and guidance will carry us through this journey. Dancing consciously gives us the opportunity to feel what is going on right now in our body and to express what is. "The quickest way to still the mind is to move the body."

Sunday 14th July 9:00am - 4:00pm. Held at the Wellbeing Centre.

Facility fee \$75.

Looking Ahead

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

Buddha Day (*His First Teaching*) & Welcome Day

See our website for our special program

August 4th



Writing Retreat

With Sharon Thrupp

August 10th - 11th



The Road to Wisdom & Compassion: Meditation & Equanimity

With T.Y. Alexander

August 16th - 18th



Karma Cleanup: Cleanse & Heal

With Geshe Tsultrim & Venerable Chokyi

August 24th - 25th



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.