

September
2019

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat



Retreat

Meditation

Study Program

Buddhist Teaching

Wellbeing Program

Traditional Arts

Community & Social Events



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Chenrezig Institute is affiliated with the FPMT

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

Welcome

Chenrezig Institute traces its origins to 1974, when a month long meditation course - the first of its kind in Australia - was conducted by Lama Thubten Yeshe and Lama Zopa Rinpoche in nearby Diamond Valley, Mooloolah. This historic course attracted approximately 200 people from all across Australia. During the course many students decided they wanted the opportunity for ongoing study and so the Eudlo property was donated by four students so that a meditation centre could be established. This rather barren plot of land, lying fallow, became what is now the lush sub-tropical environment of Chenrezig Institute. This transformation from one-time cattle grazing land to thriving centre for Tibetan Buddhist education and practice was made possible by the hard work of countless volunteer students and visitors over many years.

The centre gets its name from Chenrezig (Sanskrit: Avalokiteshvara) the Bodhisattva of compassion. Chenrezig is one of the most beloved figures in the Mahayana Buddhist tradition. He represents the embodiment of the compassion of all the Buddhas and Bodhisattvas in their tireless work for the benefit of all beings. Chenrezig's mantra is: OM MANI PADME HUM. Chenrezig literally translates as "all seeing", and manifests in many forms; male and female, and often with many arms and eyes.

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.

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.

Services at the Centre

Reception and Gift Shop

The Reception and Gift Shop is the go-to place for Centre information, all bookings and finding that perfect gift. We also stock a wide range of Dharma practise items and books.

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

Big Love Café

Serving delicious vegetarian meals since 1974, with gluten-free and dairy-free options available. We also serve Espresso coffee and our signature chai and cakes are made on premises (G/F and Vegan too).

Thurs - Sun
Breakfast: **7:00am - 8:00am \$8**
Lunch: **12:00pm - 1:00pm \$14.50**
Supper: **5:30pm - 6:30pm \$8**

**Please book meals by 10am to avoid missing out, 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(ensuite)





Dharma Program



September 6th - 15th

The Wheel of Life: A Painting Workshop with Andy Weber

The Wheel of Life image is a teaching on how to understand the workings of our minds and how to navigate ourselves out of dissatisfied states. This profound image is depicted at the entrance of many Tibetan Buddhist temples.

Andy will support us through this drawing & painting of this iconic Buddhist image while giving us teachings on the iconography.

Friday 6th September 7:00pm to Sunday 15th September 5:00pm.

Held in the Art Centre at Chenrezig Institute.

Facility Fee:

Full 10-day Course: \$550

1st Weekend (6th-8th): \$200

1st & 2nd Weekend (6th-8th & 14th-15th): \$300

Meals and accommodation available separately.



September 7th - 8th

Discovering Buddhism: Refuge in the Three Jewels Retreat and Ceremony with Geshe Tsultrim and Ven. Chokyi

In this retreat, we reflect on the teachings and instruction from the Refuge module of the Discovering Buddhism programme. It continues the exploration of the lam-rim, the graduated path to enlightenment, and provides an opportunity to meditate on some of the key points.

This weekend will be taught by Geshe Tsultrim and Venerable Chokyi and will include the opportunity to take Refuge. Students wishing to take refuge for the first time should contact Ven Chokyi for complete information.

Saturday 7th September 9:00am to Sunday 8th September 3:45pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: This weekend is freely offered.

Meals and accommodation available separately.

September 14th



Calm Abiding Practice Day with Jhampa

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

Calm Abiding is the ideal practice for a busy life. Creating a strong and stable base of calm and relaxation we can return to whenever we are feeling stressed or overwhelmed. When we are feeling stronger it gives us the undistracted focus to be of greater benefit to ourselves and others. Jhampa will support your developing practice gently, leading you through a range of meditations and explaining how these support the Buddhist path.

Saturday 14th September 9:00am - 3:00pm.

Held in the Wellbeing Centre at Chenrezig Institute.

Facility Fee: \$25.

Meals and accommodation available separately.

September 15th



Meditation for Restless Minds with Venerable Dondrup

Do you feel restless more than relaxed?

Does life seem more difficult than easy?

Meditation isn't mystical or magical. But rather an extremely practical method we can use to overcome restlessness and the many other mental difficulties we go through. With meditation practise we give ourselves the opportunity to see things differently and then act differently.

On these Sunday mornings Ven. Gyalten Dondrup will lead various meditations we can use in daily life to help with overcoming mental difficulties. He will give simple explanations and provide space for questions and discussions.

Sunday 15th September 9:30am to 12:00pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: \$25.

Meals and accommodation available separately.



September 21st - 22nd

How to Meditate on Emptiness with Alan Carter

How do we meditate on Emptiness?

We hear lack of inherent existence, not truly existent , not existing from own side etc.

What do these mean experientially ?

Why do we need to realise emptiness?

How do we identify the object of negation?

What are the pitfalls of trying to meditate on emptiness?

How do we know when our meditation has been successful?

What conducive conditions do we need to realise emptiness?

These and many other questions I have personally been exploring and would like to share my thoughts and provide an opportunity for others to share their perspectives too.

Attendees will hopefully get some taste of emptiness in the meditations during this weekend course.

The weekend will involve presentations, discussion and meditation.

Alan Carter has been a Buddhist for 25 years and graduated from the Basic Study Programme in 2011. He has taught at various FPMT centres and was resident teacher at Chandrakirti Centre New Zealand for 1.5 years.

Saturday 21st September 9:00am to Sunday 22nd September 3:00pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: \$108.

Meals and Accommodation available separately.





Tools for Happiness: How We Think and Act with Venerable Tsultrim

How we think determines how we act, and the way we act affects how we experience our lives. Unfortunately, most of us are caught in patterns of negative thoughts – anger, frustration, regret and self-hatred - that lead to us to act in destructive ways. But just as an athlete trains their body, we can train and transform our minds. In doing so, we can free ourselves from our habitual patterns and explore new ways of living - with joy, patience, contentment, and delight.

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, forgiveness, patience, honesty and generosity. It is suitable for people of all ages, faiths, and cultural backgrounds; using everyday language for people from any or no spiritual tradition.

This is a paired workshop with *Tools for Happiness: How we Interact and Find Meaning* which will be on the 31st of October and 1st December. You don't have to do both workshops – but doing the two will give you all the tools you need to radically change your life!

Venerable Tsultrim is a counsellor with a Masters of International Studies in Peace and Conflict Resolution. She has worked extensively with people at risk of suicide and their family and friends over many years.

Saturday 28th September 9:00am to Sunday 29th September 4:30pm.

Held in the Gomba at Chenrezig Institute.

Facility Fee: \$108.

Meals and accommodation available separately.



Traditional Arts and Rituals

Sutra Writing with Venerable Thubten

Join us for a meaningful and relaxing afternoon of writing the Heart Sutra in gold ink. It is said that the act of copying any part of the sutra creates an incredible amount of merit. Everyone is welcome. This is a nice reason to come to Chenrezig, take time to contemplate, and relax in the wonderful gardens and property while here.

Saturday 14th September from 1:00p to 3:00pm.

Held in the Tara Room at Chenrezig Institute.

Facility fee: This event is freely offered. Donations welcome.

All Welcome.

Mantra Rolling at Art Centre

The Art Centre offers the opportunity for the community to 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 Centre at Chenrezig Institute.

Facility fee: This event is freely offered. Donations welcome.



Puja Dates

Tara Puja	September 6th	6:30pm - 8:30pm
Guru Puja	September 8th, 24th	6:30pm - 8:30pm
Medicine Buddha Puja	September 14th	6:30pm - 8:30pm
Vajrayogini Practice Day	September 29th	9:30am - 3:00pm



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.



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.



Vajrayogini Practice

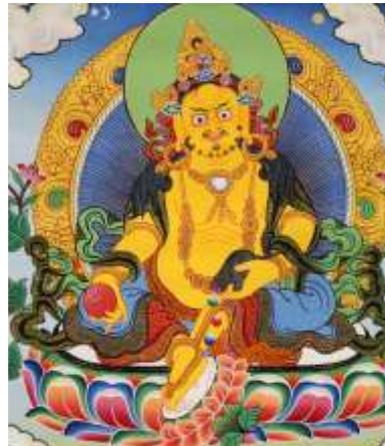
This is an intimate practice day, only for students with the appropriate initiation. There is an additional self-initiation after lunch for those qualified by the approach retreat.



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.



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.



Our Gomba in the 70's...



Nowadays!



**Geshe Tsultrim, our Resident Geshe and
Lama Zopa Rinpoche the Spiritual head of
FPMT**



The Garden of Enlightenment



Lama Tsongkhapa Statues made at the Art Centre by Garrey and team

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 to 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 to 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)

These sessions include both English and chanting of mantras in Tibetan and Sanskrit and typically take just over an hour. Everyone is welcome to join in the practice or simply come along as an observer.

Held daily in the Gompa at Chenrezig Institute unless otherwise indicated.

Weekly Dharma - Wednesdays



Outreach in Maroochydore Mind and Meditation with Lindsay Pratt

If you are interested in learning more about Buddhism and how to incorporate Meditation into your daily life. Please join in at Millwell Road Community Center in Maroochydore.

These sessions 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 to 7:00pm.

Held at Millwell Road Community Hall in Maroochydore.

Facility fee \$10. Please register online at www.chenrezig.com.au.



Weekly Dharma - Thursdays



Afternoon

Dharma Talk & Meditations with Sangha

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.

Thursday 1:15pm - 2:30 pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: \$10

Meals and accommodation available separately.



Evening

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 to 8:00pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: By Donation.

Meals and accommodation available separately.

Weekly Dharma - Fridays



Morning



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 to 12:00pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: By Donation.

Meals and accommodation available separately.

Afternoon



Guided Meditations with Sangha

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 to 1:45pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: By Donation.

Meals and accommodation available separately.



Wellbeing Program



September 6th - 8th

Living in Stillness with Annie McGhee

Stillness of the mind can only come with stillness of the body. 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, creating 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.

There will be basic mindfulness meditations each day to assist and support you.

Friday 6th September 6:30pm to Sunday 8th September 4:30pm.

Held at the Wellbeing Centre at Chenrezig Institute.

Facility fee \$120.



September 15th

Yin Yoga – the quiet practice with Annie McGhee

Yin yoga is a perfect counterbalance for us in our busy lives with the mind constantly processing information, as it allows us to drop into 'being', rather than 'doing'.

Holding poses longer and passively in a Yin practice is deeply nourishing and has a myriad of benefits for both the body and the mind. This unique style of yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing our connective tissues and the deeper layers of fascia.

Suitable for all levels, please bring your own mat and a shawl.

Sunday 15th September, 9:00am - 4:30pm.

Held at the Wellbeing Centre.

Facility fee \$75



Wellbeing Program



Weekly Yoga

Yoga Classes to make you Smile

with Erin Ashley

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. Plenty of modifications are on offer. Her classes will leave you feeling empowered and uplifted.

Thursdays & Fridays 11:00am to 12:00pm.

Held in the Wellbeing Centre at Chenrezig Institute.

Facility Fee: \$12.

Meals and accommodation available separately.



Looking Ahead

A peek at some upcoming events, check our website for booking info.

Calm Abiding Practice Day with Jhampa

October 12th



Cutting Through Illusions: The Two Truths with Geshe Phuntsok Tsultrim

October 26th to 27th



The Road to Wisdom and Compassion: Meditation and Equanimity with TY Alexander

November 16th to 17th



Essence of the Buddha's Teachings - Three Principles with Geshe Phuntsok Tsultrim

November 23rd to 24th

