February 2020

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

February 1st - 9th

Mindfulness, Selflessness and Compassion Retreat

with Glen Svensson

This 9 day retreat will focus on three core elements of practice – **Shamatha, Vipashyana & Compassion**. During the first half of the retreat we will focus primarily on the shamatha practice, the practice of cultivating mindfulness to develop a calm, clear & focussed mind. During the second half of the retreat we will focus primarily on the vipashyana practice, the practice of applying mindfulness to gain insights into ourselves & our world of experience. Throughout the entire retreat both the mindfulness & selflessness (ie. shamatha & vipashyana) practices will be supplemented with compassion practice.

The retreat will be run in silence from the first evening until breakfast on the last morning. All retreatants are required to commit to all sessions during the retreat. This retreat is suitable for both beginners and those already established in these practices.

Originally from Australia, **Glen** has been a student and practitioner of Tibetan Buddhism since 1995 and graduated from the seven-year Masters Program in Advanced Buddhist Studies of Sutra and Tantra at Istituto Lama Tzong Khapa (Pomaia, Italy) in 2004. Since 2005 he has taught and led meditation retreats in India, Europe, North America and Australia with a clear and structured teaching style and emphasizing the integration of philosophical view, meditation and daily life conduct.

Saturday 1st February 4:00pm - Sunday 9th February 12 noon.
Held in the Gompa at Chenrezig Institute.
Facility Fee $450 . Meals and accommodation available separately.

February 15th - 16th

Discovering Buddhism: Samsara an Nirvana

with Ven. Chokyi

We are all stuck in **Samsara** - our ordinary lives that seem to be an endless cycle of hope, struggle, achievement and disappointment, where somehow we don't seem to be able to stay happy for very long. But things don't necessarily have to be this way. But things don't necessarily have to be this way. The Buddha taught that is is possible completely transform our lives and experience a state of lasting happiness, freedom and joy. This is **Nirvana** - an imperturbable peaceful and positive state of mind.

In this module of Discovering Buddhism, we will explore the profound teachings that clearly outline the mechanisms of cause and effect. These teachings show us how we create our own difficulties, as well as how we can break free of the cycles that keep us locked in to unhappiness and suffering. We will investigate how we can empower ourselves with practical tools that will give us the confidence, commitment and energy for spiritual transformation.

Saturday 15th February 9:00 am - Sunday 16th February 3:45 pm.
Held in the Gompa at Chenrezig Institute.
Facility Fee: $108 . Meals and accommodation available separately.

February 15th

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 15th February 9:00am - 3:00pm.
Held in the Wellbeing Centre at Chenrezig Institute.
Facility Fee: $25. Meals and accommodation available separately.

February 22nd - 23rd

Death and Dying in the Tibetan Buddhist Tradition

with Ven. Tony

The Tibetan Buddhist way of relating with death is not to ignore it or fear it, but rather cultivate our awareness that death is inevitable and use that experience as a way to guide our life in a positive way.

Over a weekend Ven. Tony will teach on the subject of death , covering points such as :
- How the awareness of our Death will guide us to live a meaningful and purposeful life.
- How Tibetan Buddhism's methods can help us when we experience death.
- What methods can be a support when we or those around us experience grief.

Whether you're a long-time practitioner, an enthusiastic beginner, or somewhere in between, this retreat will offer you teachings and tools for making the most of the entirety of your human experience—including your death—as a meaningful journey.

Saturday 22nd February 9:30 am to Sunday 23rd 3:00pm.
Held in the Gompa at Chenrezig Institute.
Facility Fee: $108. Meals and accommodation available separately.

February 29th - March 1st

Mindfulness in Motion

with Ven. Tsultrim

The practice of mindfulness is straightforward, practical and one of the key techniques to happiness. In this two day course, we explore different kinds of mindfulness and discover how to turn our every day activities of thought, word and action into mindfulness practices.

In this two day course, we explore different kinds of mindfulness and discover how to turn our every day activities of thought, word and action into mindfulness practices. You'll be able to practice at home, at work and with friends and family appreciating each of your experiences with greater awareness, attention, understanding and kindness. This course is appropriate for anyone wanting to find out more about Mindfulness and how it can help. Everyone is welcome to attend.

Saturday 29th February 9:00am to Sunday 1st March 4:30pm .
Held in the Gompa at Chenrezig Institute.
Facility Fee: $108. Meals and accommodation available separately.

February 29th - March 1st

Back to Basics Retreat with T.Y. Alexander

The first teaching that Buddha gave – traditionally called the Four Noble Truths – is the foundation of all the rest of his teachings, and those of all the Buddhist teachers who have followed in his wake.

During this weekend we will look at these four principles in a practical way as an aid to understanding our lives and a means to deepen our meditation practice. We will look at these four facets of life using Buddha's most fundamental meditation practices – the powerful Four Close-placements of Mindfulness.

This weekend is the first of four workshops with T.Y. dealing with 'basic' Buddhist topics during 2020 on:

- 30th and 31st May
- 29th and 30th August
- 28th and 29th November

T.Y. Alexander met her principal teachers Lama Thubten Yeshe and Lama Thubten Zopa Rinpoche in 1974; she studied and practiced in Nepal and India for the next four years. For nearly nine years she lived as an ordained Buddhist nun in various FPMT centres in Europe and the UK after leaving Nepal. In 1985 she moved to Australia, where she teaches, leads retreats and engages in other work within the FPMT.

Saturday 29th February 9:00am to Sunday 1st March 4:00pm
Held in the Gompa at Chenrezig Institute.
Facility Fee: $108. **Meals and accommodation available separately.**

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.

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.

Sunday 16th February from 1:00pm to 3:00pm.
Held in the Art Centre at Chenrezig Institute.
Facility fee: This event is freely offered. Donations welcome.
All Welcome.

Mantra Rolling

at Art the 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	February 2nd	6:30pm - 7:30pm
Guru Puja	February 4th	6:30pm - 8:30pm
Vajrayogini Practice Day	February 16th	9:30pm - 3:00pm
Guru Puja	February 18th	6:30pm - 8:30pm

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.

Returning on Thursday 13th February 1:15pm - 2:30 pm.
Held in the Gompa at Chenrezig Institute.
Facility Fee: $10.

Evening

The 4 Immeasurables
Venerable Chokyi

Over 4 weeks Venerable Chokyi will teach on Thursday evenings from 6:30pm - 8:00pm. There will be an explanation of the 4 Immeasurables - which is very commonly recited and practised as a foundation for other practices.

The 4 Immeasurables are as follows;
- Immeasurable Equanimity
- Immeasurable Loving Kindness
- Immeasurable Compassion
- Immeasurable Joy

Please Join in to learn about and practice the 4 Immeasurables - to bring benefit to yours and others lives.

Thursdays 13th Feb - 5th March 6:30pm - 8:00pm.
Held in the Gompa at Chenrezig Institute.
By Donation.

Weekly Dharma - Fridays

Morning

The Seven-Limb Prayer

Venerable Tony

Over 4 weeks Venerable Tony will teach on Friday Mornings from 10:00am - 12:00noon. There will be an explanation of the Seven-Limb Prayer - which is very commonly recited as a foundation before other practices.

Lama Zopa says "Without all seven limbs, there is no way for your practice to carry you to enlightenment."

Fridays 14th Feb - 6th March 10:30am - 12:00noon.
Held in the Gompa at Chenrezig Institute.
By Donation.

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.

Returning on Friday 14th February 1:15pm to 1:45pm.
Held in the Gompa at Chenrezig Institute.
Facility Fee: By Donation.

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 Outreach– 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.

February 16th

Kind Kids

Children and their families are invited to join us for a workshop with Buddhist stories, craft activities, meditation and music relaxation in a welcoming friendly environment.
An opportunity for the young ones to explore Buddhist concepts like generosity and compassion in a creative and easygoing way.
It is suitable for all families who want to come together to enjoy these practical tools and fun experiences for creating more kindness and peace in the world.

Sunday 16th February 10:30am - 12noon
Held in the Tara Room at Chenrezig Institute.
By donation. Donations to the Kind Kids Program cover the cost of art materials and resources for the children.

Wellbeing Program

February 8th - 9th

Connect, Restore, Refresh with Lou Coles

This weekend retreat will provide the time and methods to connect back to yourself. By having the time and space to come back to yourself after the sometimes busy and hectic Summer break.

Support your body through **a journey of movement, breath and acupressure tapping** into stillness and calm within a supportive and encouraging group space. It's time to allow your body and mind the peace and rest it needs to restore and refresh to take on the year ahead with more calm and clarity.

Lou works with people face to face and online across Australia, mostly struggling with chronic and serious illness. Her work is influenced by her background in science and nature combined with her life experience of having come through Chronic Fatigue Syndrome with the support of meditation, yoga and EFT tapping. **Lou is an Emotional Freedom Techniques (EFT) Practitioner** and she recently demonstrated EFT Tapping for pain and stress-relief with Dr Charlie Teo on the **SBS TV program 'Medicine or Myth?'** with great results.

Saturday 8th February 9:00am - Sunday 9th February 3:30pm.
Held at the Wellbeing Centre.
Facility fee $150. Meals and accommodation available separately.

February 21st– 22nd

VIN YIN : a Vinyasa Flow and Yin yoga course

with Annie McGhee

In this yoga course you'll be led through a Vinyasa flow practice, including Sun Salutations, twists, backbends, seated and standing poses and inversions in the mornings and a restful, nurturing Yin yoga practice in the afternoons.

The smooth flowing sequences of Vinyasa yoga synchronise movement with the breath, which benefits both self-awareness and mindfulness. You'll develop a stronger body-mind connection and an increased sense of strength and flexibility. The longer held poses of Yin yoga allow you to slow down and surrender into a deeper sense of stillness and relaxation for your mind and create more openness and flexibility of the body. There will be basic mindfulness meditations and pranayama (breathing exercises) each day to assist and support you during the retreat.

Annie McGhee has been practicing numerous styles of yoga for more than five decades and teaching yoga for over 36 years. She has led yoga and meditation retreats, workshops and classes in Australia, Indonesia, Nepal and India.

Friday 21st February 6.30pm - Saturday 22nd February 4.30pm.
Held at the Wellbeing Centre.
Facility fee $95. Meals and accommodation available separately.

Friday Weekly Yoga

Yoga With Erin

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 and Buddhist teachings and experience true peace of mind.

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, to integrate the awake-mind back into the body and breath.

Erin’s classes are suitable for beginners to advanced students and cater for 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

Returning in 2020 on February 6th.
Fridays 11:00am to 12:00pm.
Held in the Wellbeing Centre at Chenrezig Institute.
Facility Fee: $12. Meals and accommodation available separately.

MARCH 13-15

LAMA ZOPA RINPOCHE

CHENREZIG INSTITUTE EUDLO, QLD

TEACHINGS ON LAMA TSONGKHAPA GURU YOGA WITH ORAL TRANSMISSION

A very rare oppurtunity to experience teachings from Lama Zopa Rinpoche, an authentic Tibetan Buddhist teacher, meditator and the Spiritual Director of FPMT worldwide.

FPMT - Foundation of the Preservation of the Mahayana Tradition
fpmt.org

To register go to
chenrezig.com.au
33 Johnsons Rd, Eudlo, QLD, 4554