

March
2020

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

Retreat

Meditation

Study Program

Buddhist Teaching

Wellbeing Program

Traditional Arts

Community & Social Events



33 Johnsons Rd, Eudlo QLD 4554

Ph: (07) 5453 2108

info@chenrezig.com.au

www.chenrezig.com.au

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



March 13th - 15th

Teachings on Lama Tsongkhapa Guru Yoga With Kyabje Lama Zopa Rinpoche

Lama Zopa Rinpoche is a Tibetan Buddhist scholar and meditator who for 30 years has overseen the spiritual activities of the extensive worldwide network of centres, projects and services that form the Foundation for the Preservation of the Mahayana Tradition (FPMT), which he founded with Lama Thubten Yeshe.

In 1974, Lama Yeshe and Lama Zopa Rinpoche established Chenrezig Institute and since then the centre has had the great fortune of welcoming Lama Zopa Rinpoche many times. It is a very precious opportunity to receive direct teachings and we feel extremely fortunate to welcome Rinpoche in March.

During this auspicious three-day visit Lama Zopa Rinpoche will give a commentary on Lama Tsongkhapa Guru Yoga. Rinpoche will provide the lung for the practice during the commentary.

Lama Tsongkhapa was a great fourteenth century Tibetan Buddhist teacher, scholar and saint who founded the Gelug school of Tibetan Buddhism.

‘Lama Tsongkhapa’s teachings have everything to achieve full enlightenment. Especially clear are the most important points of sutra and tantra,’ Rinpoche explained.

‘With Lama Tsongkhapa’s teachings, there is clear understanding, easy, quick realisations, and one makes less mistakes. You should know that you are extremely fortunate to meet Lama Tsongkhapa’s teachings and practice them. It is extremely important to practice Lama Tsongkhapa Guru Yoga. This way you will be able to meet Lama Tsongkhapa’s teachings in future lives.’

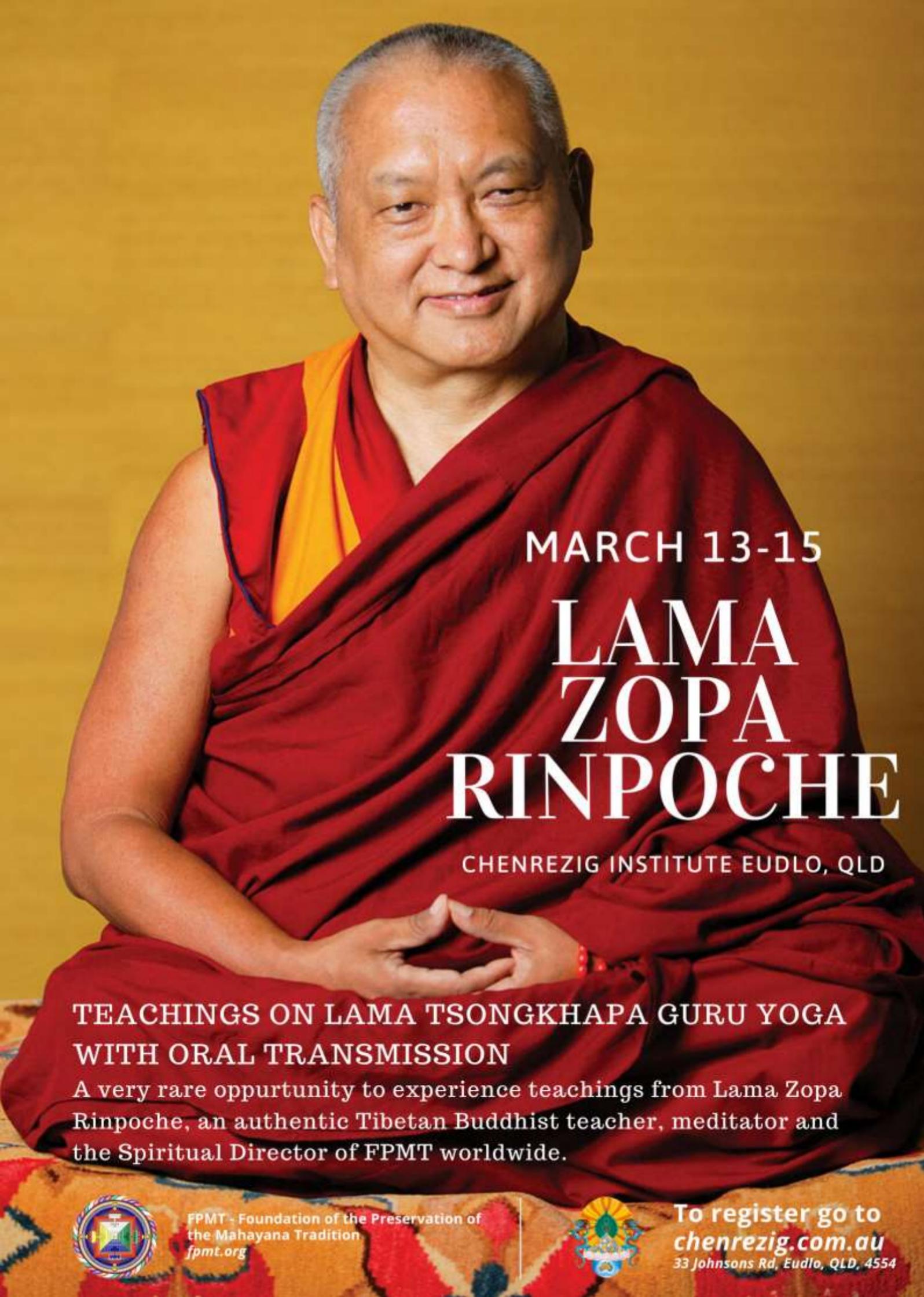
The teaching session times with Lama Zopa Rinpoche are:

Friday 13 March: 7.00pm to 9.00pm

Saturday 14 March: 4.00pm to 5.30pm, followed by a break. Teaching resumes 6.30pm to 8.00pm.

Sunday 15 March: 4.00pm to 5.30pm, followed by a break. Teaching resumes 6.30pm to 8.00pm.

For more information and to book go to www.chenrezig.com.au

A portrait of Lama Zopa Rinpoche, a Tibetan Buddhist teacher, seated in a meditative posture. He is wearing traditional maroon and orange robes. The background is a solid warm yellow. The text is overlaid on the right side of the image.

MARCH 13-15
**LAMA
ZOPA
RINPOCHE**

CHENREZIG INSTITUTE EUDLO, QLD

**TEACHINGS ON LAMA TSONGKHAPA GURU YOGA
WITH ORAL TRANSMISSION**

A very rare opportunity 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



March 7th - 8th



Discovering Buddhism : Samsara and Nirvana Retreat Weekend with Ven. Chokyi

In this retreat we reflect on the teachings and instruction from the Samsara and Nirvana module of the Discovering Buddhism program. The retreat 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, and 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.

Having met the Dharma in 1990, **Venerable Chokyi** ordained with Kyabje Zopa Rinpoche in 2006. Venerable Chokyi is a resident teacher at Chenrezig Institute where she has been leading meditation and teaching foundation Buddhist studies, such as Discovering Buddhism and leading retreats for many years. Venerable Chokyi has been the Director of Liberation Prison Project since 2010. Prior to ordination, she taught at university and worked in the community sector for over 20 years.

Saturday 7th March 9:00 am - Sunday 8th March 3:45 pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: \$135 Meals and accommodation available separately.

March 21st - 22nd



Calm Abiding Practice Weekend Retreat with Ven. Jhampa

The Calm Abiding Practice Weekend will give participants the opportunity to gain and deepen their understanding and experience of the practice of Shamatha. The weekend will be a blend of insightful and eclectic teachings as well as considerable amount of time dedicated to practice. Topics covered in teachings will include among others, the mechanisms of Shamatha practice, mind as a root of happiness and dissatisfaction, the stages on the path of Shamatha and how our practice relates to everyday life.

Jhampa was a monk at Chenrezig institute for many years studying philosophy and engaged in practice. He then lived in India for some years learning Tibetan and Buddhist Philosophy. He is now studying Psychotherapy at University. People find his approach to learning about the workings of the mind very clear and up-to-date.

Saturday 21st March 9:00 am - Sunday 22nd March 3:00 pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: \$90 Meals and accommodation available separately.

March 28th - 29th



Tools for Happiness: How We Think and Act with Ven. Tsultrim

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

Ven. 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 families and friends over many years. In the the last few years Tsultrim has spent some time in retreat in India and Nepal. She has great confidence that by cultivating our kindness, compassion and wisdom we can develop resilience, strength and courage that will help us in our daily lives.

Saturday 28th March 9:00 am - Sunday 29th March 4:30 pm.

Held in the Gompa at Chenrezig Institute.

Facility Fee: \$135 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 8th March 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



Dzambhala Puja	March 1st	6:30pm - 7:30pm
Tara Puja	March 2nd	6:30pm - 8:30pm
Guru Puja	March 4th	6:30pm - 8:30pm
Vajrayogini Practice Day	March 8th	9:30am - 3:00pm
Shakyamuni Buddha Puja	March 9th	4:00pm—5.30pm
Guru Puja	March 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.

Thursdays 1:15pm - 2:30 pm.

Held in the Tara Room 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 10:30am - 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.

Fridays March 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:

- 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 (except Mondays) 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.

Weekly Outreach—Thursdays



Outreach in Currimundi Group Meditation with Peter Shepherd

Group meditations are a great way to learn how to meditate in a supportive environment. Suitable for beginners but also for experienced practitioners looking to deepen their practice. Peter will gently lead a couple of 25 minute meditations, primarily practising mindfulness of breathing, a practice which has been beneficial for people from a wide variety of backgrounds for thousands of years.

Peter has been studying and practising Buddhism since 2009 and is passionate about people coming to understand and uncover their innate positive potential for genuine well being, wisdom and kindness. He has previously led weekly group meditations on behalf of Chenrezig Institute over a five year period. His teachers include the Dalai Lama, Alan Wallace and Dzongsar Khyentse Rinpoche.

Thursdays 7:00pm - 8:00pm.

Held at Bloomin Lotus Yoga Studio 7/ 2 Coora Cres, Currimundi QLD 4551

By Donation. Donations go to Bloomin Lotus Yoga Studio for the venue.

Wellbeing Program



Friday Weekly Yoga



Yoga With Erin

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. Erin’s classes are suitable for beginners to advanced students and cater for all fitness levels and abilities with plenty of modifications on offer. Find out more www.erinashley.com.au

Fridays 11:00am to 12:00pm.

Held in the Wellbeing Centre at Chenrezig Institute.

Facility Fee: \$12. Lunch available separately.



March 6th– 7th



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 6th March 6.30pm - Saturday 7th March 4.30pm.

Held at the Wellbeing Centre.

Facility fee \$95. Meals and accommodation available separately.

March 21st—22nd



Mindful Writing Retreat with Sharon Thrupp

This retreat seeks to assist writers (or those willing to explore the possibility) with the skills necessary to find and share their voice with the world -- share a personal story, keep a private journal, improve your writing skills, or simply increase your level of joy and satisfaction in your life.

Whether your goals are writing a memoir, blogging, public speaking, business communications, social media posting, personal essay or journal writing, this weekend is for students with all motivations, levels of experience and goals are welcome.

The group will be led by Sharon Thrupp who has spent many years living in India as well as Nepal and Japan and writes about her experiences through short stories and blogs. She has been running her own travel company for 13 years, writes travel stories and blogs for publication at <https://eknotravels.com/blog/>. She is also an experienced Pilgrimage leader having organized pilgrimages for Chenrezig Institute to India, Nepal and Japan over the past seven years. She is currently writing her memoir.

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

Held in the Tara room

Facility fee \$130

Meals and Accommodation available separately.

Looking Ahead

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

Healing from Within

with Ruth Donnelly

April 4th and 5th



Calm Abiding Practise Day

with Jhampa

April 18th



Discovering Buddhism: How to develop Bodhichitta

with Venerable Chokyi

April 25th and 26th

