



# Atisha News

Autumn-2015



Atisha Buddhist Centre is a Tibetan Buddhist meditation centre, providing opportunities for study and practice of a spiritual path, where people can develop their natural wisdom and compassion.

## COMING IN 2015

**Atisha Centre Strategic Planning**  
February 22nd 11.00 am - 5.00pm.

**Nyung Nä**  
15th - 18th May

**Festival of Light**  
Great Stupa 30th May

**His Holiness Dalai Lama Teachings**  
(NSW) 4th to 15th June

**Mind and Mental Factors**  
Study Group with Venerable Jampa

**Venerable Robina Courtin**  
Heart Sutra Retreat July 20th to 26th

**Yamantaka Retreat**  
18th Sept-18th Oct



Lama Zopa Rinpoche during Bodhicaryavatara and Rinjung Gyatsa retreat, 2014

## Cultivating Emotional Balance



Corey Jackson is an accredited CEB trainer. He undertook the intensive Teaching Training course at Thanyapura Mind Centre, Phuket, Thailand in 2011. He majored in Psychology and Sanskrit at the University of Sydney and is the Tibetan interpreter at Vajrayana Institute. He has a passion for transferring ancient wisdom in a thoroughly modern context.

Cultivating Emotional Balance is a research project which arose from a dialogue between biobehavioral scientists studying emotion and the Dalai Lama, Buddhist monks, and scholars at the Mind and Life Institute in Dharamsala, India in March of 2000. This meeting was one in a series sponsored by the Mind and Life Institute to foster an interchange between Buddhist tradition and Western science.

### PUBLIC TALK

Thursday, February 12th 7.00 pm

The goal of the Cultivation Emotional Balance (CEB) training program is to train participants in the skills for reducing emotional responses that are destructive to self and others and enhancing positive states of compassion, empathy, altruism and pro-social behaviour. This greatly contributes to our sense of well-being and resilience in the face of challenges

Venue: Atisha Meditation Room,  
324 Lyttleton Terrace, Bendigo.  
(Opposite Coles' carpark)

## ANNUAL GOLDEN LAMP RETREAT



**Illuminating the  
Graduated Path to Enlightenment**  
'Focusing on Lam Rim'

**Thubten Gyatso**

3rd to 12th April

The retreat is based on Shakyamuni Buddha's teachings which form a complete and gradual spiritual path (Lam Rim) leading to ultimate happiness and enlightenment. When we develop an awareness of our current situation we gain an understanding of the nature of our dissatisfaction, and unhappiness, what the causes for these states of mind are and how we can change them. Suited to beginners and experienced practitioners.

Retreat can be life changing and offers a rare opportunity to make significant changes to the way we live and think.

See page 5 for details

Book on-line [www.atishacentre.org.au](http://www.atishacentre.org.au)



Atisha Buddhist Centre recognizes His Holiness Dalai Lama as its spiritual leader. It is affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT), a network of international Buddhist Centres. It is a registered non-profit incorporated association. ABN: 44 568 476 377



## ATISHA CENTRE DIRECTOR

I have had the pleasure of working as Director since November 2013. I would like to thank all those who showed confidence and faith in my ability; it is because of you that I have had this wonderful opportunity to work for the Dharma and our centre.

Below is an extract from the 2014 Annual Report showing the achievements for the past year, we are all very pleased and proud of our efforts.

### Financial and Other Achievements in 2014

This financial year the management committee resolved to significantly reducing Atisha Centre's debt and to acquire new holy objects (following Rinpoche's advice)

- Loan repayment to anonymous donors which has reduced total debt by more than 50 %
- Creation of a small stipend for the director position.
- Successful application to the Merit Box Project Fund for purchase of a Lama Atisha Statue
- UFS Pharmacies member financial awards for garden improvements
- Funds raised for the purchase of the Deer and Dharmachakra for the main Gompa
- Funds raised for the refurbishment of the Tara Pond
- Funds raised to complete the Reclining Buddha statue.
- Atisha Centre Gift Shop financially revitalised, the employment of stock manager, now operating very successfully
- Increased revenue from hiring out the Centre to yoga and like-minded groups
- Steady increase in membership
- CBD meditation centre and teaching space established by renovating premises formerly occupied by Atisha Gifts
- Continued robust and vibrant teaching programme
- Strengthened collaborative relationship with Great Stupa by supporting public events such as Vesak Festival of Light and Vegecareian festival.
- Strengthened links with Multi-faith community
- Many new volunteers joined the team

## THUBTEN SHEDRUP LING MONASTERY NEWS

TSL Monastery has survived the droughts and flooding rains and we are waiting for what next Hughie\* will send us. I left for Nepal before the end of Rinpoche's visit but I heard that he was very pleased with the way the course went and the new accommodation at the monastery - which we managed to finish on the day Rinpoche arrived. I cannot express the depth of my gratitude for all the people who worked so hard to complete the building. All the monks, Bob, John, Liam, Steve, Michael, Gita, Hannelore, Leyon, the list goes on and on. We nailed it!

The Kopan course went very well, 270 people attended and 85 took refuge with Rinpoche at the end. Now we are working on the visas for a new geshe and translator to be hosted by the monastery and to give teachings at Atisha centre. Rinpoche has chosen Geshe Rabten, the current gegur at Sera Je monastery, and the translator will be a monk from Nalanda Monastery in France. They are ready to come but first we have to work our way through the maze of bureaucracy to get their visas. It may take a couple of months. This is a most exciting step, especially for the monastery as we anticipate the geshe will be a source of great inspiration for the current residents and future residents.

2015 promises to be a big year for TSL/Atisha/Great Stupa. We hope you are well rested and eager to get into the new Dharma program,

Big love to all from Gyatso and the TSL monks

\*The god of weather, waves, and other such things.

- Support of Thubten Shedrup Ling's new building project through provision of labour.
- Completion of many of our Strategic Directions
- Work completed on the Compassion and Wisdom gardens around the Buddha statue.
- Front Entrance gate refurbished
- All gardens freshened and replanted
- Deer and Dharmachakra for the Gompa in place
- Lama Atisha statue for the main Gompa purchased.
- Tara pond refurbished, paved and garden established
- Reclining Buddha completed
- Purchased new catering refrigerator
- Preparation of the centre for the CPMT and Lama Zopa Australia retreat.

We have completed most of our goals from our strategic plan of 2011-2015 and it is now time to develop a new strategic plan to take us into the next five years of Centre growth. It is my pleasure to invite all members and friends of the centre to a strategic planning meeting following meditation on February 22nd from 11.00am - 5.00 pm.

All things change and people move on. After six years of service as SPC and Director of Atisha Centre I have decided to step back from leadership and hand over to new personnel. Part of our strategic planning task will be to formulate the future leadership structure of the Centre.

Thank you, again, for the opportunity to serve Atisha Centre.

Liam Chambers.

**THE GREAT STUPA OF  
UNIVERSAL COMPASSION NEWS**

**Invitation**  
Celebrate Lunar New Year  
at The Great Stupa Bendigo  
10am to 3pm Saturday 21st February

2015 HAPPY LUNAR NEW YEAR  
2015 Chai Many New Year Wishes  
2015 新年快樂 四季平安 萬事如意

Wish Prosperity and Good Health for Family and Friends  
\* Write and Hang your New Year Wishes on the Stupa Wall  
Start the New Year with a Clear Mind  
\* Join the Relics Procession and Blessings  
Enjoy  
\* Lucky Gifts Tree \* Children's Crafts \* Authentic Asian Food

25 Sandhurst Town Road Myers Flat VIC 3556 events@stupa.org.au 5446 7568 www.stupa.org.au

You are invited to join a very special relics procession from The exhibition centre to The Great Stupa.

Beautiful large vertical New Year wish banners have been printed in Vietnamese, Tibetan, Chinese and English. You can make a donation (\$25 suggested) write your new year wishes on it and hang it on the wall of any level of the Stupa.

You may also receive very special personal relics blessings inside the Stupa, listen to Dharma talk by Ven. Gyatso, enjoy performances by CV dance studio Bendigo and experience authentic Vietnamese food.

For details call 5446 7568 or email on events@stupa.org.au

### Animal Blessing and Animal Liberation

Great Stupa of Universal Compassion

**Saturday 21st March 2015**

Tibetan Monks will lead this wonderful Animal Blessing and Animal Liberation. Bring your pets, dogs, cats and turtles etc. Meet at 4pm outside the Great Stupa. Between 3 and 4pm circumambulate the holy relics at the exhibition centre with your pets at your own pace.

Finish at Atisha Centre Courtyard at 5pm with Chai and Cake.

By Donation



## WEEKLY PROGRAM

### **Sunday** **Buddhist Meditation**

10.00am - 11.00am at Atisha Centre Gomba  
Guided Meditation and short introductory talk, followed by chai in the dining room. Fantastic for beginners and experienced practitioners. Atisha Centre Office: 54463336

### **Tuesday** **Beginners' Meditation**

**5.45pm to 6.45pm**  
Atisha Meditation Room  
3 24 Lyttleton Terrace Bendigo.  
Parking opposite in Coles' Carpark

**Attendance is by Donation**

### **Introduction To Buddhism**

#### **Venerable Jampa**

A new course running over 8 weeks covering Basic Buddhist Philosophy and Principles.

This is an introductory course for beginners and a refresher for those with existing knowledge. It presents basic Buddhist Philosophy and Principles from a Tibetan Mahayana perspective as well as providing simple meditation instruction.

This course is presented in a series of short interactive sessions allowing for questions and discussion.

Subjects covered will include:

A history of Buddhism, worldly concerns, human potential, impermanence, suffering, refuge and faith, Karma, the four noble truths, equanimity, altruism, compassion and a correct view of reality.

**7.00pm to 8pm starting 3rd February- 24th March**

Atisha Meditation Room  
324 Lyttleton Terrace Bendigo.  
Parking opposite in Coles Carpark

### **Wednesday** **Tara and Medicine Buddha Pujas**

6.00pm - 7.00 pm Samten Gomba

### **In Depth Buddhist Teaching** **Thubten Gyatso**

#### **Treasury of Manifest Knowledge**

(Abhidharmakosha)  
7.30pm Atisha Gomba

Commences February 4th after the summer break.  
Treasury of Manifest Knowledge by Vasabandu sets out a detailed presentation of the constituents, faculties, Buddhist Cosmology, the six realms, karma, the afflictions and their antidotes, the various types of spiritual practitioners and their paths, and the knowledges, concentrations, and absorptions.

Standard commentary: Clarifying the path to liberation: An explanation of the treasury of Manifest Knowledge by Gendun Drup, the 1st Dalai Lama can be downloaded from Atisha Centre website.

These teachings are offered in an informal way, guided skillfully by Thubten Gyatso with a combination of teaching and group discussion.



## MONTHLY PROGRAM

### **One Day Meditation Course**

#### **Venerable Jampa**

**Saturday 7th February and 7th March**

**9.00 to 4.00pm**

### **Community Day**

#### **Dharma Club for Children**

10.00am 2nd Sunday of the Month  
8th February, 8th March, 19th April

**Community days:** Everyone welcome! Drop in for meditation and discussion, led by a sangha member, and then meet others over a shared lunch at 11.30am. Please bring a plate of vegetarian food to share.

**Dharma Club for Children:** is an exciting programme which draws on group activities to guide you and the children in your life towards making a positive difference in the world. Please bring along something special to share eg. food, flowers, drinks, ideas. Dharma Club will be held in the Small Gomba 10.00am -11.00am.

### **Pujas and Precepts**

Everyone is welcome to attend these group practices. If you know of anyone who has intense suffering, has a life threatening illness, or who has recently died, please give details to the Monastery or Atisha Centre Office. You may also sponsor a Puja for someone who is unwell by providing offerings yourself and/or making a donation.  
Contact: Ruby 0406 824 315

**Guru Puja:** at 6pm

**Held at the Monastery Gomba**

Feb: 14th 28th  
March: 15th 29th  
April: 14th 28th

**Medicine Buddha**

**Puja:** 6.00pm - 7.00pm

Feb: 11th 18th 25th  
March: 11th 18th 25th  
April: 15th 22nd and 29th

**Tara Puja:** 6.00 pm -7.00pm Feb 4th, Mar 4th, Apr 1st

**Precepts:** Just before dawn

Feb: 3rd 19th (Losar), 20th to 28th  
Mar: 1st to 5th (Day of Miracles), 27th  
Apr: 4th 18th 26th.

# FEBRUARY

SG = Samten Gomba

AMR = Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm Sundays

MON	TUE	WED	THU	FRI	SAT	SUN
Always double check our on-line calendar at <a href="http://www.atishacentre.org.au">www.atishacentre.org.au</a> for the most up to date information.						1 Meditation 10am
2	3 Beginners Meditation 5.45pm AMR Introduction to Buddhism 7.00pm AMR	4 Abhidharmakosha Gyatso 7.30pm Tara Puja. 6.00pm	5	6	7 One Day Meditation Ven. Jampa 9.00am-4.00pm	8 Community Day Meditation 10am Children's Dharma Club
9	10 Beginners Meditation 5.45pm AMR Introduction to Buddhism 7.00pm AMR	11 Abhidharmakosha Gyatso 7.30pm Medicine Buddha Puja 6.00pm	12 PUBLIC TALK Cultivating Emotional Balance 7.00 pm AMR	13	14 Guru Puja 6.00pm Cultivating Emotional Balance 9.00am-5.00pm AMR	15 Meditation 10am Cultivating Emotional Balance 9.00am-5.00pm AMR
16 Discovering Buddhism Developing Bodhicitta 7.00pm AMR	17 Beginners Meditation 5.45pm AMR Introduction to Buddhism 7.00pm AMR	18 Abhidharmakosha Gyatso 7.30pm Medicine Buddha Puja 6.00pm	19	20	21 A Casual Discussion Ven Jampa 2.00pm-4.00pm. AMR	22 Meditation 10am Atisha Centre Strategic Planning meeting 11.00am - 5.00pm
23 Discovering Buddhism Developing Bodhicitta 7.00pm AMR	24 Beginners Meditation 5.45pm AMR Introduction to Buddhism 7.00pm AMR	25 Abhidharmakosha Gyatso 7.30pm Medicine Buddha Puja 6.00pm	26	27	28 Guru Puja 6.00pm Cultivating Emotional Balance 9.00am-5.00pm	

## Cultivating Emotional Balance



The program is held over 6 full-day sessions. Participants can attend the first weekend as an introduction to CEB. However, for completion of the course, participants must attend all 6 sessions. Each day is from 9am to 5pm. Cultivating Emotional Balance (CEB) is an evidence-based training program for working with our emotions. It also incorporates ancient mindfulness techniques. The goal of the CEB program is to train participants in the skills for reducing emotional responses that are destructive to themselves and others, and enhancing positive states of compassion, empathy and altruism.

**Public Talk - 12th February 7.00pm**

Introduction Weekend - 14th & 15th February

**Atisha Meditation Room  
324 Lyttleton Terrace Bendigo**

Part One - 28th February 1st March

Part Two - 14th & 15th March

**Atisha Buddhist Centre**

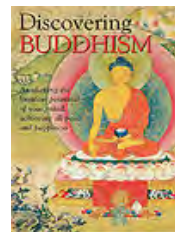
*Introduction weekend, \$140 members. \$155 non-members. Full Course: members \$490 non-members \$540. Includes hosting the teacher, all meals, course materials and offerings to the teacher. For cost of accommodation contact Atisha Centre office 54463336*

### Membership Update

Thank you to the following who have renewed their membership or who have become new members over the past three months. Your subscription is of great benefit to Atisha Centre and we rejoice in your merit. Susanna Mason, Pauline Walden, Ronda Rodwell, Frank Collins Linley Kerlin, Danielle Orr and Kerry Britten.

Many thanks,

Kathy Rice Membership Manager



## Discovering Buddhism 'How to Develop Bodhicitta'

**A Six Week Course**

**Monday 16th February to March 23rd.**

Atisha Meditation Room 7.00pm - 8.30pm  
324 Lyttleton Terrace Bendigo.

Discover the clear meditation instruction available in Tibetan Buddhism that enables us to develop our innate qualities of loving kindness and compassion. Learn the skills of applying these techniques to generate the mind of Bodhicitta, the wish to attain enlightenment for the benefit of others, known to be the heart of Buddha's teachings.

Discovering Buddhism is for beginners and experienced practitioners to learn about and explore Buddhist ideas and practice.

**Practice Day 28th March 9.00 am to 4.30pm**

*Cost: \$121members; \$130 non-members. Includes meals, admin, offerings to the teacher and course materials: Contact Atisha office for further information or accommodation costs. (03) 5446 3336.*

## One Day Meditation Courses Venerable Jampa

Saturday: February 7th, March 7th 9:00 am - 4:00 pm

The meditations will be guided and relatively short. This retreat is open to people of all ages, all faiths (or no faith), all levels of experience with meditation. It is also perfect for those with no experience with meditation whatsoever.

*Cost: Members \$25, non members \$30. Please BYO lunch and refreshments. Tea and coffee provided. Phone office 03 5446 3336*

*Book on-line [www.atishacentre.org.au](http://www.atishacentre.org.au)*

# MARCH

SG = Samten Gompa

AMR= Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm Sunday

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	Always double check our on-line calendar at <a href="http://www.atishacentre.org.au">www.atishacentre.org.au</a> for the most up to date information.				1 Meditation 10am Cultivating Emotional Balance 9.00am-5.00pm
2 Discovering Buddhism Developing Bodhicitta 7.00pm AMR	3 Beginners Meditation 5.45pm AMR Introduction to Buddhism 7.00pm AMR	4 Abhidharmakosha Gyatso 7.30pm Tara Puja. 6.00pm	5 Day of Miracles	6	7 One Day Meditation Retreat Ven. Jampa 9.00am-4.00pm	8 Community Day B.B.Q Lunch Meditation 10am Children's Dharma Club
9 Discovering Buddhism Developing Bodhicitta 7.00pm AMR	10 Beginners Meditation 5.45pm AMR Introduction to Buddhism 7.00pm AMR	11 Abhidharmakosha Gyatso 7.30pm Medicine Buddha Puja 6.00pm	12	13	14 Cultivating Emotional Balance 9.00am-5.00pm	15 Meditation 10am Guru Puja 6.00pm Cultivating Emotional Balance 9.00am-5.00pm
16 Discovering Buddhism Developing Bodhicitta 7.00pm AMR	17 Beginners Meditation 5.45pm AMR Introduction to Buddhism 7.00pm AMR	18 Abhidharmakosha Gyatso 7.30pm Medicine Buddha Puja 6.00pm	19	20 Movie Night 'Our Future' His Holiness Dalai Lama	21 Animal Liberation and Blessing The Great Stupa 4.00 pm	22 Meditation 10am
23 Discovering Buddhism Developing Bodhicitta 7.00pm AMR	24 Beginners Meditation 5.45pm AMR Introduction to Buddhism 7.00pm AMR	25 Abhidharmakosha Gyatso 7.30pm Medicine Buddha Puja 6.00pm	26	27	28 Discovering Buddhism 9.00am to 4.30pm A Casual Discussion Ven Jampa 2.00pm-4.00pm. AMR	29 Meditation 10am Guru Puja 6.00pm

## ANNUAL GOLDEN LAMP RETREAT

Illuminating the  
Graduated Path to Enlightenment  
'Focusing on Lam Rim'

Thubten Gyatso

Friday 3rd April 2.00 pm until Sunday 12th April 9.00am

Cost: Members \$495, Non Members \$548. Includes all meals, course materials and offerings. For information and accommodation costs

contact Atisha Office (03) 54463336



MOVIE NIGHT  
'Our Future'

His Holiness Dalai Lama

March 20th 7.30pm Atisha Gompa

His Holiness the Dalai Lama addresses the most pressing issues affecting us all in our modern world, his practical instruction and inspiration is a passionate call for an ethical and spiritual revolution.

This is the thinking person's guide to action and for being a compassionate and aware global citizen. The Dalai Lama shows you how to enrich your life and our future.

Come along and share a cup of chai and some cake and enjoy this wonderful thought provoking documentary.

For catering purposes please call Atisha office 54463336 if you are attending this event. By Donation.

## Casual Discussions

Venerable Jampa

Saturday February, 21st, March 28th, April 18th.  
2.00pm - 4.00pm

These casual discussions touch on various topics from the application of Buddhism in daily life to current social issues. They offer the opportunity to ask questions and to share thoughts and ideas in a relaxed and supportive environment and are suitable for people of all ages, faiths, and cultural backgrounds. All welcome.

Atisha Meditation Room 2.00pm - 4.00pm  
324 Lyttleton Terrace Bendigo.

Parking opposite in Coles' Carpark

Attendance is by donation. No need to book. For information contact office

## Monthly Community Day Sunday 10.00am

An invitation is extended to you to attend a meditation and short discussion by a Sangha member from the Thubten Shedrup Ling monastery which will be followed by a social Community Lunch. As we invite the Sangha for these lunches, we all share the good karma of offering lunch to them as well as to one another. Meditation or discussion commences at 10.00 am.

We will share a B.B.Q lunch at 11.30 am. Vegetarians and sausages will be supplied. Please bring cold vegetarian salad/food to share. If you would like to help on the day contact: [office@atishacentre.org.au](mailto:office@atishacentre.org.au)

Dharma Club for Children will be held in the Samten Gompa 10am - 11.00am. Contact Office 5446 3336



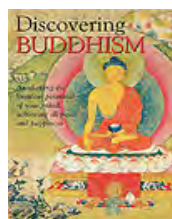
# APRIL

SG = Samten Gomba

AMR= Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm Sundays

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Tara Puja. 6.00pm	2	3 Golden Lamp Retreat Thubten Gyatso	4 Golden Lamp Retreat Thubten Gyatso	5 Meditation 10am Golden Lamp Retreat Thubten Gyatso
6 Golden Lamp Retreat Thubten Gyatso	7 Beginners Meditation 5.45pm AMR Golden Lamp Retreat Thubten Gyatso	8 Medicine Buddha Puja 6.00pm Golden Lamp Retreat Thubten Gyatso	9 Golden Lamp Retreat Thubten Gyatso	10 Golden Lamp Retreat Thubten Gyatso	11 Golden Lamp Retreat Thubten Gyatso	12 Meditation 10am Golden Lamp Retreat Thubten Gyatso
13	14 Guru Puja 6.00pm Beginners Meditation 5.45pm AMR	15 Abhidharmakosha Study Group 7.30pm Medicine Buddha Puja 6.00pm	16	17 Buddhism in a Nutshell 7.00pm	18 Casual Discussion Ven Jampa 2.00pm-4.00pm AMR Buddhism in a Nutshell 8.30am -5.00pm	19 Community Day Meditation 10am Children's Dharma Club
20	21 Beginners Meditation 5.45pm AMR	22 Abhidharmakosha Study Group 7.30pm Medicine Buddha Puja 6.00pm	23	24	25 Practices in a Daily (Buddhist) Life with Ven. Jampa 9.00am - 4.00pm	26 Meditation 10am
27 Discovering Buddhism Transform Problems 7.00pm AMR	28 Guru Puja 6.00pm Beginners Meditation 5.45pm AMR	29 Abhidharmakosha Study Group 7.30pm Medicine Buddha Puja 6.00pm	30	Always double check our on-line calendar at <a href="http://www.atishacentre.org.au">www.atishacentre.org.au</a> for the most up to date information.		



**Discovering Buddhism**  
‘Transforming Problems’  
April 27th 4 weeks through to May 18th.  
**Venerable Lhundrup**  
Atisha Meditation Room 7.00pm -8.30pm  
324 Lyttleton Terrace Bendigo.

‘Like moulding dough in your hand, you can definitely turn your mind whichever way you want’

During this course you will be guided on how to employ the special techniques of mind training as a means to transform problems into happiness and learn to like problems as much as ice cream.

When you change your object of concern to another sentient being even if it is only one other sentient being, suddenly your heart is released from self-cherishing, like limbs released from chains. When you are cherishing yourself, thinking only of your self - How can I be happy? How can I be free of problems? There is no happiness in your heart, only worry and fear. You see only problems and your mind is not relaxed. *Lama Zopa Rinpoche.*

**Practice Day:** May 23rd. 9.00 to 4.30pm **Atisha Gomba**  
Cost: members \$115 non-Members \$125

*Includes all course materials, lunch on retreat day and offerings.*



**Practices in a Daily (Buddhist) Life**  
**Venerable Jampa**

Saturday: April 25th 9:00 am - 4:00 pm  
Atisha Centre Gomba

Here is your one stop ‘hands on’ dharma workshop! Venerable Jampa will explain and demonstrate how to set up an altar, offer water bowls, how to offer prostrations, 37 heaps mandala as well as general advice on setting up a daily practice, including accumulating mantras, motivation, refuge and other daily practices.

The comfortable setting of this workshop provides you with the confidence to be able to perform these practices for yourself and understand the meaning behind each one.

It will be a ‘hands on’ day with each person given the opportunity to spend some time learning about these valuable tools and to clear away any doubts you may have. You’re welcome to bring along your own mandala set if you wish. Come and have fun.

*Facility fee: Members \$30. Non members \$35; includes all handouts plus an offering to the teacher. BYO Lunch. For further information please contact Atisha centre 03 54463336*

*Book on-line [www.atishacentre.org.au](http://www.atishacentre.org.au)*

## Buddhism in a Nutshell

**Venerable Lhundrup**

**Friday April 17th**  
**7.00pm - 8.30pm**

**Saturday April 18th**  
**8.30am - 5.00pm**

An introductory course on Buddhism for complete beginners presents basic philosophy and principles within the Tibetan Mahayana context, and provides simple meditation instruction.

Buddhism in a Nutshell is presented in a series of five sessions, which will be interactive. No prior knowledge or experiences required. Readings will be provided on the first evening. The course covers the basic principles of Buddhism such as:

- Life of Shakyamuni Buddha; the similarities of Shakyamuni Buddha’s life to ours; how the Buddha answered the big “meaning of life” questions that we all have.
- What does it mean to be a Buddhist, an “inner being”?

*Cost: \$90 members \$100 non members. Includes all course materials, supper on Friday at 6pm, lunch on Saturday and offerings. Participants must attend the evening and Saturday sessions.*

*For information or accommodation costs contact Atisha office (03) 5446 3336.*

# Atisha Centre Community Classifieds



## Cartwright Optometrists & Associates

Serving the Community of Bendigo for Over Sixty Years.

**Our new address: Shop 18 Killian's Walk Bendigo**

### Family Eye Health Care, Bulk Billing.

Digital Retinal Imaging now available  
Eye health checks (cataract, diabetes, glaucoma, macula)  
Visual Field Testing, Children's Vision, Contact Lens Fittings  
Prescription Sunglasses, Safety Standard Prescription Eyewear  
Veteran Affairs Provider  
Victorian Eye Care Service (VES) Provider, Government subsidized  
glasses for Healthcare card holders, Pensioners & Aboriginal Communities  
Private Health Insurance Claiming

**Phone 5443 5137** [www.cartwrighteyecare.com.au](http://www.cartwrighteyecare.com.au)

Optometrist: Yien Law BSc.Optom M.Optom (Uni.Melb)

Yien Law is a member and past Director of Atisha Buddhist Centre  
20% discount for spectacle frames when you mention Atisha Centre in February, March and April 2015.

The 20% discount does not apply to VES government subsidized glasses.

## 'ALAYA'

### Retreat for Rent

Private, quiet one room Shack situated on 35 acres in the beautiful Howqua Valley with river frontage. Perfect for a retreat or some time in nature. The space is set up; all you need to bring is linen, towels, food and your own personal items.

Nestled between the townships of Mansfield and Jamieson in NE Victoria. Short and long stays are welcome, with very reasonable rates.

Please contact Nic Aunger: 0402 195 514 or email [nicaunger@hotmail.com](mailto:nicaunger@hotmail.com) for further information & bookings.



Magnificent view across the valley from Alaya

100 Sailors Gully Rd  
Eaglehawk 3556

Phone: 5446 1027

## Naturopath

**Robyn McFarlane N.D.**

Bowen Therapy, Remedial Therapy, Homeopathy,  
Herbs, Massage, Iris Diagnosis.

Health fund rebates and pensioner discounts available.



*Clarelee*  
Belgrave Boutique  
Accommodation  
Terry's Ave, Belgrave  
0409 257 280

[www.clarelee.com.au](http://www.clarelee.com.au)  
[lee\\_emmett@hotmail.com](mailto:lee_emmett@hotmail.com)

Half price Monday - Thursday for Atisha Centre  
Members with all proceeds being donated to Atisha  
Centre. Take advantage of this very generous offer from  
Lee at Clarelee

NEWSLETTER DEADLINE: April 1st for May- July Edition

Email articles to [director@atishacentre.org.au](mailto:director@atishacentre.org.au)

## FRIEND OF THE CENTRE MEMBERSHIP APPLICATION

### Select membership and payment type.

- Single Member ☐ \$25 per month ☐ \$300 per year  
Single Concession\* ☐ \$15 per month ☐ \$180 per year  
Family Membership ☐ \$40 per month ☐ \$480 per year  
Family Concession ☐ \$25 per month ☐ \$300 per year  
\*I have an Australian Government Concession card Yes/No

### Names of family members associated with family membership (2 adults and children of the same household)

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Name: 

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Address: 

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Phone: 

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E-mail: 

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- ☐ I am interested in Newsletter only subscription of \$25 per year  
☐ I am interested in including Atisha Centre in my will, as a benefactor of my life insurance or in my retirement plans

### Payment Method:

- ☐ Monthly Ongoing by Direct Deposit to Atisha Centre, which you will arrange with your bank, to do this you will need:
- BSB: 633 000
  - Account Name: Atisha Centre Trading
  - Account Number: 144694429
  - Reference: Your surname, initial + Membership or Donation or whatever the purpose of your deposit.
- ☐ In person with Cash, Credit Card, Cheque or by Eftpos  
☐ Cheque by mail  
☐ On the website with your Credit Card (please note: your card details will NOT be stored) NB. Website payment is not possible for monthly payments.

## COMMITTEE

<b>Director:</b>	<b>Liam Chambers</b> 03 5446 3336 director@atishacentre.org.au
<b>Spiritual Program:</b>	<b>Ruby Karmay</b> 03 5446 3336 spc@atishacentre.org.au
<b>Secretary and Public officer:</b>	<b>Jen Kyne</b> 03 5446 3336 secretary@atishacentre.org.au
<b>Treasurer:</b>	<b>Jason Isma</b>
<b>Committee Members:</b>	<b>Di Gee, Maxine Hawker and Cameron Young</b>

All committee members volunteer their time and service.

## ATISHA CENTRE MEMBERSHIP

### BENEFITS FOR INDIVIDUALS

Being a member entitles you to:

- subscription to our quarterly newsletter
- quarterly copy of FPMT Mandala magazine
- the joy of knowing that you are helping to provide a refuge for the benefit & happiness of all sentient beings.
- discount on courses
- 10% discount at Atisha Gifts on most items
- Atisha Centre library membership
- Two nights basic accommodation per year free
- members picnics and celebrations
- all voting members may stand for the executive committee
- family and concession membership available

### BENEFITS FOR OUR CENTRE:

Membership fees help:

- to provide a Dharma centre for the benefit of all sentient beings.
- towards the ongoing day-to-day cost of running a Dharma centre.
- to create and maintain the beautiful, serene environment for the study of the Dharma.
- to renew and maintain the infrastructures such as the Gompas for teachings and meditation, the accommodation facility necessary for extended and private retreats, kitchen/dining areas so essential for our community days and gatherings and the administration and bookshop facilities.

## KEY PERSONNEL

<b>Centre Management :</b>	<b>Liam Chambers</b>
<b>Gompa Keeper:</b>	<b>VACANT</b>
<b>Membership:</b> membership@atishacentre.org.au	<b>Kathy Rice</b>
<b>Website:</b>	<b>Marilyn Chambers</b>
<b>Office Manager:</b>	<b>Kathy Rice</b>
<b>Newsletter:</b>	<b>Liam Chambers</b>
<b>Finances:</b>	<b>Maxine Hawker/ Wendy Buchan</b>
<b>Grounds/Buildings:</b>	<b>Steve Williams</b>
<b>Social Networks:</b>	<b>Gina Macauley</b>
<b>Holy Objects:</b>	<b>Liam Chambers</b>
<b>Merit Box:</b>	<b>Cameron Young</b>



Atisha Buddhist Centre Bendigo



Atisha Buddhist Centre

[www.atishacentre.org.au](http://www.atishacentre.org.au)

Phone: 03 5446 3336. Address: PO Box 97, Eaglehawk, Victoria, 3556. 25 Sandhurst Town Road.  
Atisha Centre is located just 15 minutes from the heart of Bendigo. Follow the Loddon Highway through Eaglehawk and turn left at the Allies Hotel (Allies Rd). Turn right into Sandhurst Town Rd.