



# Atisha News

## Spring-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

**ANDY WEBER**  
November 2015

**VEGETARIAN FESTIVAL**  
Saturday 31st of October

**CHENREZIG RETREAT**  
28th December 1st January

**HEART SUTRA PRACTICE DAY**  
January

### Welcome Jen



It is with great pleasure that we welcome Jen Kyne to the position of Spiritual Program Co-ordinator

“Jen is motivated by the wish to serve kyabje lama zopa rinpoche and to act in accordance with his advice and guidance. She has co-ordinated many retreats at Atisha Centre and is now ready and eager to commit to the added responsibility of spiritual program co-ordinator.”

Jen recognises that Dharma practice takes many forms, which need to be acknowledged, in order to cater for a variety of people's needs and understanding. The Spiritual Program Co-ordinator position is an exciting and challenge opportunity for her to create and plan a wide range of Buddhist experiences for all to actively participate in.

Jen would like to provide more for young people, by creating a greater online presence via the enhanced use of social media and You Tube, as well as providing greater scope for active involvement on the ground level at the centre.



Introducing Losang Dorje and Geshe Rabten

### ABOUT GESHE RABTEN

We are looking forward to welcoming Geshe Rabten and Losang Dorje to our community. Due to Visa application delays the arrival dates are yet to be confirmed.

Geshe Rabten was born on 9th March 1964 in Tawang in the North Eastern State of India called Arunachal Pradesh. His parents had two sisters and a son.

He went to school in Tawang, where he learnt Tibetan and other subjects. From the age of 13 he also studied Buddhism at home. Due to these studies, a strong wish to ordain arose within him. In 1978 he joined Sera Jey Monastery where he was ordained as Ngawang Lekshe by the abbot, and entered into the monastic study programme.

In 1980 he received novice ordination from Ling Rinpoche and in 1984 full ordination from His Holiness the Dalai Lama.

In 1999 he received his Geshe Lharam degree and in 2000 he underwent tantric studies in Gyume Tantric Monastery, successfully completing his tantric studies examination.

Following that, Geshe Rabten has held various teaching and other important positions:

- |             |   |
|-------------|---|
| 2002        | He taught Buddhist philosophy at Zongkar Choden Monastery.  |
| 2003 & 2004 | He taught Buddhist philosophy at Sera Jey Secondary School.   |
| 2005        | He taught Buddhist philosophy at Ganden Namgyal Lhatse Monastery  |
| 2006 – 2011 | He taught Buddhist philosophy at Sera Jey Monastery.  |
| 2007        | He taught Buddhist philosophy for three months in Malaysia and Singapore.   |
| 2008        | He taught Buddhist philosophy for three months in Malaysia.   |
| 2011 – 2013 | He fulfilled the role of Master of the Debate Ground at Sera Jey Monastery, where he supervised and guided the monks whilst they were debating. |
| 2014        | He was Disciplinarian of Sera Jey Monastery in South India.   |

Venerable Dorje, Genla's Translator was born in London in 1970. In 1971 his family returned to South Africa, where he grew up.

He met Buddhism at the FPMT centre in London in 1996 and was ordained there at the beginning of 2003. Then he immediately moved to Nalanda Monastery in France and studied both there and at Instituto Lama Tzong Khapa in Italy until the end of 2009. From 2010 to 2012, he studied Tibetan at Sera Jey Monastery, before joining the FPMT's Lotsawa Rinchen Zangpo translation course in Dharamsala until the end of 2014. Dorje is currently back in Sera, studying with Geshe Rabten.

To set up an ongoing donation and or make a direct deposit, the Teachers fund bank account details are:

Bendigo Bank BSB 633000  
Account Number 127235273  
Account Name Teachers Fund

Please mark your Donation Geshe Translator Fund.

Note: Regular payments need to be set up by you. This can be done via the internet.



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- RUBY KARMAI



Hello to the Atisha centre community, fellow friends and dharma buddies. How incredibly fortunate we are to be able to study the Buddha's teachings. Being Director has been a challenge and so I wish to thank Lama Zopa Rinpoche for his blessing in my taking on this role.

Every year the centre changes, new holy objects appear and the gardens expand. New people are introduced to meditation and the inner workings of their own minds. We all have our individual experience of the Atisha Community. This also includes the kangaroos in the front paddock, the black crows and the tawny frog mouth owls. They too are all part of our dharma community and receive the blessings of practice. How wonderful.

Thanks to Liam and Cherry, our former directors, for their devotion and dedication to the centre. Under their guidance, the centre has been left in a very good physical, financial and spiritual condition and I wish to very much continue with their good work and contribute to the growth and stability of Atisha Centre.

Also I would like to thank Jen Kyne for taking on the Spiritual Program Co-ordinator's position with such gusto and enthusiasm. Jen brings a wealth of qualities and skills to the position and demonstrates a caring attitude toward everyone.

I would also like to welcome two new committee members Brenton Russel as Chairperson and Carla Lewinsmith as secretary.

We have started to prepare for the next phase of our strategic plan that will take us up to 2018 and beyond. We hope to finish the plan by the end of the year.

The Heart of Wisdom Inc has recently evolved out of Lama Zopa Australia Inc. This is a new name for the organization

to host long retreats for Lama Zopa Rinpoche. Rinpoche has indicated his intention to return to finish his Bodhicaryavatastra teachings over 3 more long retreats. The date for the next retreat is yet to be confirmed.

Many students from Atisha Centre attended teachings with His Holiness the Dalai Lama and Lama Zopa Rinpoche, during their recent tour in May and June.

On the home front, I would like to thank Brian Gleeson for his donation of a new caravan for Atisha use. This will assist in housing long term work exchange residents. Peter Lane will be our first resident in his role as Gompa Keeper.

I would like to wish everyone associated with the Centre, health, long life and the best conditions for practicing the Dharma.

All the best,  
Ruby Karmai

### HIS HOLINESS DALAI LAMA TEACHING AND VISIT TO ULURU

#### Poem by Jason Isma

Compelled to get tickets as soon as we heard; the time had come. We attended His Holiness Dalai Lama's visit to Uluru. Dreamlike, disorientating, settling, magnetic. Then His Holiness arrived. Meeting, journeying, sitting, listening, watching, reflecting. Comforted continuously by the presence of the Copper Coloured Mountain. Wow, wow, wow!!

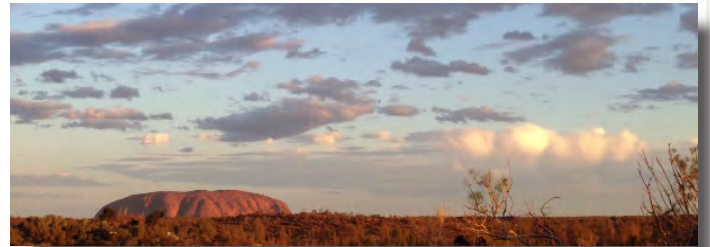


Photo of Uluru by Jason Isma

### THE GREAT STUPA OF UNIVERSAL COMPASSION



Over 8,000 people attended the Festival of Light on the 30th of May at The Great Stupa. The light and fireworks show was the highlight of the evening with an 8m long metal dragon breathing fire from level 2 of the Stupa.

The Festival started with chanting by monks from different Buddhist traditions. Visitors took part in a meditation session, listened to a talk on Buddhism by Ven. Gyatso, made offerings and wrote their wishes and hung them on a Bodhi Tree. Ven. Kunchok Rinzing conducted a workshop on sand Mandala making. The Q & A session in the relics area by the monks from the Thubten Shedrup Ling monastery was popular among visitors.

Evening sessions started with raising Peace Flags created by schools in the Bendigo area and by interfaith and community leaders. Korean drumming performance, Lion dancing, a musical about an injured Swan and an Indonesian shadow puppet show entertained the visitors, followed by the light and fireworks show.

### THUBTEN SHEDRUP LING MONASTERY

The wheels of bureaucracy move slowly but there is good news at last regarding the visa applications for Geshe Rabten and his translator. Ven. Dorje's nomination has been approved. This means that he can now apply for his visa which should be straightforward. Unfortunately, Geshe Rabten's nomination was declined on a minor technical point but hopefully with the help of an experienced barrister now working on the monastery's behalf, a new nomination will be successful.

Recently the monks attended a fund-raising event in Melbourne hosted by the Vietnamese community. The response was over-whelming. Significant funds were raised to complete the repairs to the fire-damaged gompa and abbot's residence. Thank you to all concerned for your kindness and generosity.

Meanwhile, Gyatso has escaped the cold weather and has been in Vietnam organising new statues for the monastery.

Best wishes and prayers from the monks.



## 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  
324 Lyttleton Terrace Bendigo.  
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 8.00pm 18th August - 6th October

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

### Wednesday Tara and Medicine Buddha Pujas

5.30 pm - 6.30 pm Atisha Gomba

### Talks on Meditation Thubten Gyatso



7.00 Atisha Centre Gomba  
By Donation

The secret of the mind is that all our experiences come from our mental attitude. Experiences do not come from outside. Once our inner enemies are subdued, outside enemies are naturally restrained. In essence, analytical meditation involves subduing the mind by accumulating merit and cultivating virtuous attitudes, and purifying non-virtue and abandoning non-virtuous attitudes.

#### Subjects Covered

- \* Two Aspects of Meditation
- \* Analytical and Stabilising
- \* Prerequisites of Meditation
- \* Objects of Observation

#### Sessions

- \* Setting the Mind on the Object
- \* Six Obstacles
- \* Eight Antidotes to the Obstacles

### Our Weekly Meditation Sessions

These sessions are broken into two parts, a single pointed meditation on the breath followed by an analytical meditation.

Participants can sit on a seat or on a cushion on the floor.

'Buddhist meditation involves making our mind familiar with positive states such as love, compassion, patience, serenity and wisdom, so that these become more natural and spontaneous.'

Kathleen McDonald.

## MONTHLY PROGRAM

### Community Day

#### Dharma Club for Children

16th Aug 13th Sept 11th October  
10.00am 2nd Sunday of the Month (unless specified)

**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.

**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.

### One Day Meditation Course Venerable Jampa

Saturday 15th August 12th September  
9.00 to 4.00pm

### Devotional Practices 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: [spc@atishacentre.org.au](mailto:spc@atishacentre.org.au)

**Guru Puja:** at 5.30 pm Held at Atisha Centre Gomba

Aug: 9th, 25th.  
Sept: 7th, (23rd Samten Gomba)  
Oct: (7th Samten Gomba), 22nd.

**Medicine Buddha**

**Puja:** 5.30 pm- 6.30 pm Aug: 12th, 19th, 26th.  
Sept: 9th, 16th.  
Oct: 14th, 21st, 28th.

**Tara Puja:** 5.30 pm -6.30 pm Aug 5th, Sept 2nd, Oct- No puja

**Precepts:** Just Before Dawn:

Aug: 14th, 22nd, 29th.  
Sept: 13th, 21st, 28th.  
Oct: 12th, 21st, 27th.

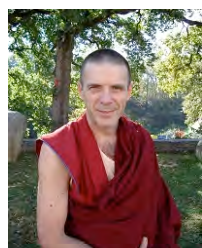
# AUGUST

SG = Samten Gomba

AMR = Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm at Weekends

MON	TUE	WED	THU	FRI	SAT	SUN
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	2 Meditation 10am
3	4	5	6	7	8	9
	Beginners Meditation 5.45pm AMR	Talks on Meditation Thubten Gyatso 7.00 pm Tara Puja. 5.30pm				Guru Puja 5.30pm
10	11	12	13	14	15	16
Discovering Buddhism Intro to Tantra 7.00pm AMR	Beginners Meditation 5.45pm AMR	Talks on Meditation Thubten Gyatso 7.00 pm Medicine Buddha Puja 5.30pm			One Day Meditation Ven. Jampa 9.00am-4.00pm	Community Day Meditation 10am Children's Dharma Club
17	18	19	20	21	22	23
Discovering Buddhism Intro to Tantra 7.00pm AMR	Introduction to Buddhism 7.00pm AMR Beginners Meditation 5.45pm AMR	Talks on Meditation Thubten Gyatso 7.00 pm Medicine Buddha Puja 5.30pm				Meditation 10am
24	25	26	27	28	29	30
Discovering Buddhism Intro to Tantra 7.00pm AMR	Introduction to Buddhism 7.00pm AMR Beginners Meditation 5.45pm AMR Guru Puja 5.30pm	Talks on Meditation Thubten Gyatso 7.00 pm Medicine Buddha Puja 5.30pm			Peaceful Living Peaceful Dying Venerable Tony	Peaceful Living Peaceful Dying Venerable Tony



## Peaceful Living Peaceful Dying Venerable Tony

Saturday August 29th 30th

Develop an understanding of issues connected with Peaceful living, letting go, using techniques of forgiveness,

transforming suffering, compassion and loving-kindness. Peaceful dying. Learn to prepare for your death and help others die peacefully with openness, acceptance and a sense of humor. Using meditations, visualizations, discussion and practical guidance, you will learn spiritual and practical approaches to death and dying from a Tibetan Buddhist perspective.

Cost \$165 Members \$185 Non Members

Includes all meals and offerings to the teacher.

For information and accommodation costs contact

Atisha office (03 5446 3336)

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



## Discovering Buddhism Introduction to Tantra Monday August 10th 17th 24th Venerable Lhundrup

Learn the meaning of tantra, how tantra works, and why it is a powerful form of practice if done with the right foundation of understanding and practice. Get a broad overview of the distinction between sutra and tantra, the four classes of tantra and the meaning of deity yoga. In addition, find out how to integrate the practices of tantra with lam-rim meditation for optimal results. This is an introduction to this module.

Discovering Buddhism is for beginners and experienced practitioners to learn about and explore Buddhist ideas and practice. There will be no practice day.

Cost: \$55 Members \$62 Non Members, this includes course materials. Tea and coffee provided

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

## One Day Meditation Retreat Venerable Jampa

Saturday Aug 15th and Sept 12th 9:00 am - 4:00 pm

This short meditation retreat is perfect for beginners, including those with no experience with meditation whatsoever. 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.

Cost: Members \$25, non members \$30. Please BYO lunch and refreshments. Tea and coffee provided.

Phone office 03 5446 3336

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

## Buddhism in a Nutshell Venerable Lhundrup

Saturday September 5th 9.00am - 4.30pm

Buddhism in a Nutshell is an introductory course for complete beginners and a refresher course for the old hands. It presents basic Buddhist philosophy and principles within the Tibetan Mahayana context, it also provides simple meditation instruction. Buddhism in a Nutshell is presented in a series of short interactive sessions allowing for questions and discussion. No prior knowledge or experience required.

Cost: \$35 Members. \$40 Non-Members. Includes course materials, tea and coffee, and offerings to the teacher. BYO lunch.

For information please contact the Atisha Office (03) 5446 3336.

# SEPTEMBER

SG = Samten Gomba

AMR= Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm at Weekends

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Introduction to Buddhism 7.00pm AMR Beginners Meditation 5.45pm AMR	2 Talks on Meditation Thubten Gyatso 7.00 pm Tara Puja. 5.30pm	3	4	5 Buddhism in a Nutshell 9.00am - 4.30pm	6 Meditation 10am
7 Guru Puja 5.30pm	8 Introduction to Buddhism 7.00pm AMR Beginners Meditation 5.45pm AMR	9 Talks on Meditation Thubten Gyatso 7.00 pm Medicine Buddha Puja 5.30pm	10	11	12 One Day Meditation Retreat Ven. Jampa 9.00am-4.00pm	13 Community Day Meditation 10am Children's Dharma Club
14	15 Introduction to Buddhism 7.00pm AMR Beginners Meditation 5.45pm AMR	16 Talks on Meditation Thubten Gyatso 7.00 pm Medicine Buddha Puja 5.30pm	17	18	19	20 Meditation 10am
21	22 Introduction to Buddhism 7.00pm AMR Beginners Meditation 5.45pm AMR	23 Guru Puja 5.30pm	24 Vajrasattva Retreat Venerable Jampa			27 Meditation 10am
28	29 Introduction to Buddhism 7.00pm AMR Beginners Meditation 5.45pm AMR	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.			



## Vajrasattva Retreat Venerable Jampa

Thursday 24th September 9.00  
Sunday 27th September 4.00pm

Purifying the mind of habitual negative tendencies and energy creates the conditions to make real progress in our meditation. Once we do intense purification, and cleanse our previous regretted actions, our mind becomes more clear, lucid and relaxed and it is much easier to gain experiential insight into the meaning of the teachings. Suited to beginners with some background of the three Principals of the Path and experienced practitioners. Retreat can be a life changing experience, and a rare opportunity to make significant changes to the way we live and think.

**Cost: Members \$300 Non Members \$330**

**Includes all meals, course materials and offerings.**

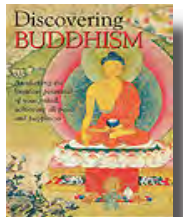
**For information and accommodation costs contact Atisha**

**Office (03) 54463336**

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

## Discovering Buddhism Mind and Its Potential Venerable Lhundrup

Monday Oct 26th, Nov 2nd 9th 16th  
Atisha Meditation Centre 324 Lyttleton Tce



Examine the mind and how it creates happiness and suffering. Learn to transform destructive thoughts and attitudes to create a positive and joyous mind!  
Discovering Buddhism is for beginners and experience practitioners to learn about and explore Buddhist ideas and practice.

**You must attend all sessions.**

Practice Day November 21st 9.00 to 4.30pm  
Atisha Centre Gomba

**Cost: Members \$90 Non Members \$100 Includes all course materials, lunch on retreat day and offerings.**

**For information and accommodation costs contact Atisha**

**Office (03) 54463336**

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

Dear Atisha Centre members,

## Membership Update

As you may be aware, Mandala magazine is now a biannual publication instead of quarterly. The first bumper edition was delivered in July 2015 as part of the benefits of being a member of AtishaCentre.

Also as members of Atisha Centre you are entitled to two free nights accommodation per year. These, however, are not accumulative. If you are unable to use them perhaps you may like to donate them to others who may be experiencing difficulty meeting the financial costs of doing a course and paying for accommodation.

Thank you to the following for renewing their membership during the past three months. Peter Korevaar, Bernice Smith, Karina de Wolf, Rima Truchanas, John Wright, Yien Law, Alan Weatherhead and Amanda Butler and we welcome our new members Nathalie Poerwantoro, Carla Lewinsmith and Lee Hunt.

We would also like to thank our many members who pay monthly by direct deposit. Your continual financial support is very much appreciated.

Many thanks,  
Kathy Rice Membership Manager





# OCTOBER

SG = Samten Gompa

AMR= Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm at Weekends

MON	TUE	WED	THU	FRI	SAT	SUN
<p>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.</p>			1	2	3	4 <b>Meditation 10am</b>
5	6 <b>Introduction to Buddhism 7.00pm AMR</b> <b>Beginners Meditation 5.45pm AMR</b>	7 <b>Talks on Meditation Thubten Gyatso 7.00 pm</b> <b>Guru Puja 5.30pm</b>	8	9	10	11 <b>Community Day Meditation 10am Childrens Dharma Club</b>
12	13 <b>Beginners Meditation 5.45pm AMR</b>	14 <b>Talks on Meditation Thubten Gyatso 7.00 pm</b> <b>Medicine Buddha Puja 5.30pm</b>	15	16	17 <b>How to Establish a Daily Practice Ven. Jampa 9.00am - 4.00pm</b>	18 <b>Meditation 10am</b> <b>Medicine Buddha Retreat 7.00 pm</b>
19	20	21 <b>Talks on Meditation Thubten Gyatso 7.00 pm</b>	22	23	24	25 <b>Meditation 10am</b>
<b>Medicine Buddha Retreat</b>			<b>Medicine Buddha Retreat with Venerable Tony</b>			
	<b>Beginners Meditation 5.45pm AMR</b>	<b>Medicine Buddha Puja 5.30pm</b>	<b>Guru Puja 5.30pm</b>			
26 <b>Discovering Buddhism Mind and its Potential 7.00pm AMR</b>	27 <b>Beginners Meditation 5.45pm AMR</b>	28 <b>Talks on Meditation Thubten Gyatso 7.00 pm</b> <b>Medicine Buddha Puja 5.30pm</b>	29	30	31	

## How to Establish a Daily a Practice Venerable Jampa

Saturday: October 17th 9:00 am - 4:00 pm  
Atisha Centre Gompa

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.

**Cost 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)

## Annual General Meeting

Sunday 8th November

The Annual General Meeting will be held at the Atisha Centre Gompa at 1pm after Community Lunch

Members wishing to nominate themselves or someone to the committee should use the prescribed form available at the office and forward to the secretary 7 days prior to the AGM Phone 035446 3336

## Medicine Buddha Retreat - 7 Days Venerable Tony

Sunday 18th October 7.00pm  
Sunday 25th October 9.00 am



Venerable Tony will lead the retreat with a mixture of Medicine Buddha practice and teachings from the Lam Rim (Graduated path to Enlightenment). During the retreat there will be time for reflection, meditation, offering practices, prayers, rejoicing, mantra recitation and special dedications

The Seven Medicine Buddha's manifested in order to pacify the obstacles to the achievement of temporary happiness, liberation and the ultimate happiness of full enlightenment. They are powerful in healing diseases as well as for purification.

The Medicine Buddha practice can be used to help purify those who have already died and liberate them from suffering. It is also very powerful in bringing about success, both temporary and ultimate.

This is a deity retreat and it is essential that you have a basic understanding of the 3 principles of the path. Renunciation, Bodhicitta and Emptiness. Prior reading: 'Introduction to Tantra by Lama Yeshe'

You may attend the course on a casual basis, as a minimum you will be required to attend 2 days.

**Cost: Members \$430 Non Members \$480**  
**Includes all meals, course materials and offerings.**  
**For information and accommodation costs contact Atisha Centre Office (03) 54463336**

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



## Cartwright Optometrists & Associates

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

**Optometrist: Yien Law BSc.Optom M.Optom (Uni.**

Yien Law is a member and past Director of Atisha Buddhist Centre  
A discount of 20% for spectacle frames when you mention Atisha Centre  
in August, September and October 2015. The 20% discount does not apply to VES  
government subsidized glasses.

## Mindfulness Practices for a Healthy Happy Life



Mindfulness practices in the Zen  
tradition of Thich Nhat Hanh.  
Guided meditations, walking  
meditations, eating meditation.  
Buddhist songs in English.

Dharma readings and discussion.  
For all ages.

**Atisha Meditation Centre**  
**324 Lyttleton Terrace, Bendigo**  
**Thursday evenings 7:00 – 8.30 pm.**  
**Contact Cilla Brady 0423 082 016**

**By Donation**

## 'ALAYA'

### Retreat for Rent



Private, quiet one room  
Shack situated on 35 acres  
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Perfect for a retreat or some  
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set up; all you need to bring  
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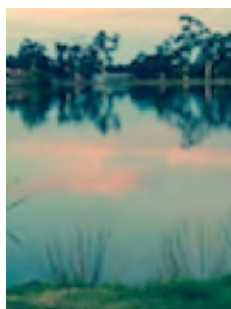
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Half price Monday - Thursday for Atisha Centre  
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Centre. Take advantage of this very generous offer from  
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100 Sailors Gully Rd  
Eaglehawk 3556

Phone: 5446 1027

## Naturopath

### Robyn McFarlane N.D.

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

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## 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

**Director:** Ruby Karmay 03 5446 3336  
director@atishacentre.org.au

**Spiritual Program:** Jen Kyne 03 5446 3336  
spc@atishacentre.org.au

**Chairperson** Brenton Russell. 03 5446 3336

**Secretary and Public officer:** Carla Lewinsmith 03 5446 3336  
secretary@atishacentre.org.au

**Treasurer:** Jason Isma

**Committee Members:** Di Gee, Maxine Hawker and  
Cameron Young

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
- 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

**Centre Management :**  
**Gompa Keeper:**  
**Membership:**  
membership@atishacentre.org.au

**Ruby Karmay**  
**Peter Lane**  
**Kathy Rice**

**Website:**  
**Office Manager:**  
**Newsletter:**  
**Finances:**  
**Atisha Gift Shop**  
**Property Manager:**  
**Social Networks:**  
**Holy Objects:**  
**Merit Box:**

**Marilyn Chambers**  
**Kathy Rice**  
**Liam Chambers**  
**Wendy Buchan**  
**Dechen Gerard**  
**Steve Williams**  
**Gina Macauley**  
**Liam Chambers**  
**Cameron Young**



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.