



# Atisha News

Winter - 2016



Atisha 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 2016

### Discovering Buddhism

Presenting the Path  
2nd to 23rd May

### Advanced Buddhist Studies:

Four Schools of Tenets  
With Geshe Rabten  
May June & July

### Festival of Light

Great Stupa Of Compassion  
28th May

His Holiness Dalai Lama's Birthday  
International Sangha Day  
10th July

On this special Community Day  
Atisha Centre recognises and celebrates  
the wonderful contribution of all sangha  
members

This day gives members and friends  
an opportunity to make offerings to  
the Sangha in appreciation of all they  
contribute to us and for what they  
represent.

## Community Weekend

Friday Night once a month  
Soup, Hot Breadrolls and a Movie.  
We are planning regular Friday Night  
Fundraisers at the Atisha Centre  
Dining Room. Cost : \$15-

Saturday 10am - 4pm  
One Day Meditation Courses.  
June 11th and July 9th  
We are planning on recommencing  
this on Saturdays.  
Cost: \$25 Members \$35 Non-members.  
Will commence in June.  
BYO lunch. Book on-line.

This is still to be confirmed as regular  
once a month events.  
Keep an eye on the website and  
e-groups for confirmation



Gen-la says "Hello everyone, Tashe Delek". We are meeting for the first time today and I am really pleased about this. I hope that we develop a good relationship together. The reason we

have all come here today – we have all come from our homes or from far away, is not just to have a good time and just to be a little happy together, we have come for a more special reason than for that.

In general we are all really exactly the same. We all look for happiness wherever in the world we are from, whoever we are, we seek happiness and that is why we have all come here today. It is really for this reason of all seeking happiness and wanting to be more content in our lives that we have all come here today, and when I say that I hope that we all develop a good relationship and we have a long term relationship together it is really with this motivation, that we are all seeking happiness and we all achieve that happiness in dependence on each other. Therefore it is necessary that this relationship turns out well for all of us because happiness is what we are all seeking.

Amongst people there are some we describe as better people and others who we maybe don't describe in such a way. It is important to understand the reasons why there are some people we consider to be better. If you take the word 'good' there are many divisions within the word 'good'. For example, we can look at things, we can look at people, we can look at food, there are many different things we can describe with this word 'good'. Today we are going to talk, in particular, about how a person can turn out to be good, how a person can develop their own good qualities.

Consider someone who is healthy and has a good body, someone who has good clothes and presents himself nicely. This

isn't the kind of person we describe as a 'good' person even if they have these good external things. Someone who is wealthy and someone who is impressive in the way they present themselves, this is not necessarily someone who we may describe as being a good person. Likewise someone who has a lot of power, connected through their work or someone who is very brave. These, again, are not necessarily qualities that we ascribe to someone whom we call a 'good' person. Whatever age someone is, whether they are young or whether they are middle aged or they are old, these are all people who can be called good people. And someone who gives us difficulty or makes problems for us, whether we are young or whether we are middle aged or whether we are older, these are all kinds of people we also don't describe as good and we prefer not to be around.

Now that we have looked at many classifications of what we don't consider as necessary components for a good person, so, what is a good person? Everyone would really agree that a good person is someone who is kindhearted, who thinks about others, who is altruistic, who is compassionate. Thinking back to what was said before, then the opposites of those things – someone who doesn't have good clothes, such a person is not who we call a bad person. If we think of all those criteria that we mentioned before and we take the opposite, these don't make bad people. If we think of the opposites of what we said before, these aren't attributes that we would attribute to a bad person either, or a person of bad nature. Rather it is someone who has a harmful personalities, someone who is selfish and who doesn't look out for the benefit of others but is only looking out for him/herself and someone with a bad motivation who engages in harmful activities. This is generally what we consider to be a bad natured person.

*Continued on Page 5*



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 KARMA



Dear Venerable Sangha, members, friends and supporters of Atisha Centre.

The highlight of the last 3 months has been the arrival of Geshe Rabten and Venerable Dorje to the Atisha centre, Thubten Shedrup Ling Monastery and the Great Stupa of Universal Compassion. Geshe Rabten has started to integrate into life here

and has attended two community events.

Wednesday night Lam Rim from the 'Words of My Perfect Teacher' has brought many new and old faces together with the focus on studying and learning about the Buddha Dharma.

We have also introduced the advanced Buddhist program on the Heart Sutra Grounds and Paths. These teachings have allowed us to involve the larger Victorian community with students travelling from Melbourne, Castlemaine, Woodend, Albury Wodonga, Castlemaine and Bendigo

Geshe Rabten teaches in a clear, relaxed and compassionate way encouraging us to stabilize what we are learning and to integrate its benefits into our life and the lives of those around us.

Geshe-la made various comments about how fortunate we are here to have the centre set up to practice, students who are keen to practice and qualified teachers. Let us all make use of these amazing conditions that we have created.

Geshe-la has commenced English lessons and attends the local TAFE college on three mornings a week.

I would like to extend an invitation to our community to set up an on going donation to support Geshe Rabten and

### THE GREAT STUPA OF UNIVERSAL COMPASSION



The Festival of Light kicks off at 12 noon on Saturday 28th May. Entry to the day time activities is free. The day program includes talks, workshops, tours of the Great Stupa and more.

Vegetarian food will be available throughout the day and into the evening.

"Tickets for the Festival of Light and fireworks display are now available. An entry fee of \$5 secures a reserved seat for the evening program commencing at 6.00pm. The evening show has been revamped. Seating will be close to the action on stage ensuring a much better view of the light and firework display. Some of the performances this year include:

- \*Tibetan monks chanting
- \*Fire performances
- \*Vietnamese dancing
- \*Korean drumming

Vegetarian food will be available throughout the day and into the evening. The day program includes talks, workshops, tours of the Great Stupa and more.

If you are interested in volunteering at Festival of Light please e-mail: [marketing@stupa.org.au](mailto:marketing@stupa.org.au).

Venerable Dorje. To support a qualified teacher is a rewarding opportunity to help participate in sharing the dharma jewel. Even the smallest amount regularly is a wonderful contribution.

You may make a direct deposit to the Teachers fund bank account.

Bendigo Bank BSB 633000

Account Number ACC 127235273

Account Name Teachers Fund

Please mark your Donation Geshe Translator Fund.

Note: Regular payments will need to set up by you. This can be done via internet banking or at you bank. One off donations can be made via our website. [www.atishacentre.org.au](http://www.atishacentre.org.au)

The weather has been fairly dry here, and we thank Pauline and Elizabeth who have donated money towards purchasing water. Peter Korevaar very kindly donated money for a new pump. Thank you very much, Peter.

I would like to sincerely thank Jen Kyne for her contribution as Spiritual Program Coordinator over the past year. Jen has an amazing eye for detail and whatever she does is always done very well with devotion and care. Jen has contributed significantly, has stayed on site and has been able to deal with a diverse range of issues.

Thank you to Cameron Young who will be the acting Spiritual Program Coordinator until a permanent SPC is announced.

Kind regards  
Ruby Karmay

### THUBTEN SHEDRUP LING MONASTERY

Geshe Rabten is studying English 3 days a week at Bendigo TAFE. He and Dorje feel very comfortable in their accommodation at the monastery. We have mostly completed repairs of the fire damage and we are now finishing the new altar, painting the beautiful images of Tara and Amitabha Buddha made in Vietnam. The multi-skilled Bob Waterhouse has been supremely helpful in countless ways at the monastery. Jampa has begun his 1-year retreat on Kangaroo Island. Lhundrup will soon return from a teaching visit to our centre in Bunbury WA. Yeshe and Namgyal continue to work tirelessly in the numerous jobs of maintaining the kitchen, grounds, and rooms at the monastery, and it is rumoured that the Rolling Stones are seeking Gyatso to join their group after his rendition of Mick Jagger's "Satisfaction" to 1,000 people at the Hordern Pavilion in Sydney.

Much love from the monks.

### MEMBERSHIP UPDATE

Dear members of Atisha Centre,

Your financial support of the Atisha Centre is most appreciated. We thank the following for renewing their membership over the past three months. John Tsenikidis, Brian Gleeson, Maggie Wallace, Carol Donne, Phillipa Chantry, Min Li Chong, Lee Hunt, Sally Dudgeon, Dennis Kenny, Brian Ashen, Dave Chapman, Peter Korevaar and Nic Auger.

A warm welcome and thank you to: Surai Bryson, Michael Rodda, Anne Crosbie and Michelle Bernoth, who are new members to Atisha Centre.

Many thanks,

Kathy Rice - Membership Manager



## 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: 5446 3336

*Please note a change in this program for 2016 on  
Community Days. Please see below for information  
regarding this.*

### Tuesday Beginners Meditation

5.45 to 6.45pm  
Anderson Room, St. Paul's Anglican Cathedral  
8 Myers St. Bendigo.  
Enter via Bush's Lane off Mollison St.

Please note: There will no beginner's meditation during  
the school holidays (June 28th to July 5th)  
**Attendance is by Donation**

Our weekly meditation sessions are broken into  
two parts, a single pointed meditation on the breath fol-  
lowed 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.**

### Wednesday Tara and Medicine Buddha Pujas

5:30pm Samten Gomba (Small Gomba)  
Except School Holidays and Guru Puja Dates.

### Wednesday Lam Rim Teaching Geshe Rabten 7.00pm – 8:30pm

Geshe Rabten, our resident teacher, is teaching on the Lam  
Rim- 'The Graduated Path To Enlightenment'. This follows  
the text, '*Words of My Perfect Teacher*' by Patrul Rinpoche  
and are presented in blocks of six weeks. The text is  
available from the Atisha Dharma shop.

These teachings are suitable for beginners and experienced  
Buddhist practitioners alike.

**Attendance by donation.**

### One Day Meditation Course

June 11th and July 9th

9:00 am - 4:00 pm Atisha Centre Gomba

This short meditation course 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 \$35. 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)*

## MONTHLY PROGRAM

### Community Day

May 8th, June 12th and July 10th.

*Please note that July 10th will be devoted to celebrating  
His Holiness Dalai Lama's birthday and Interntional  
Sangha day (see page 7)*

### Dharma Club for Children May 8th

Dharma Club for Children: is an exciting program  
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 e.g. food, flowers, drinks, ideas. Dharma Club will  
be held in the Samten Gomba (Small Gomba) from 10am  
– 11am.

Community Days: Atisha Centre's teacher, Geshe Rabten  
will give a public talk instead of the morning meditation  
in the Atisha Centre Gomba at 10:00am followed by a  
shared lunch in the dining room/courtyard at 11:30am.

What a wonderful opportunity to meet Geshe Rabten  
and his translator, Venerable Dorje and make an offering  
of food to the sangha by bringing a plate of vegetarian food  
to share on community days.

### Puja and Precept Days

Everyone is welcome to attend these group practices.  
If you know of anyone who has intense suffering, has a  
life threatening illness, has recently died or to pray for  
the success of a project, please give details at the Atisha  
office so we may include their name on the dedication  
list. You may also sponsor a Puja for someone who is  
unwell by providing offerings and or making a donation.  
For further details please contact: [spc@atishacentre.org.au](mailto:spc@atishacentre.org.au)

**Guru Puja:** 6.00pm Atisha Centre Gomba 6.00pm

May 2nd, 16th,  
June 14th.  
July 14th.

**Medicine Buddha Puja:** Atisha Centre Gomba 5:30pm

May 11th, 18th, 25th.  
June 8th, 15th, 22nd, 29th.  
July 13th, 20th.

**Tara Puja:** Atisha Centre Gomba 5:30pm

May 4th.  
June 1st.  
July 6th

**Precept Days:**

May 6th, 13th, 14th, 21st .  
June 5th, 12th, 20th  
July 4th, 12th, 19th

# MAY

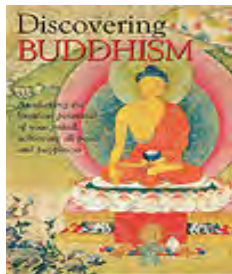
SG = Samten Gumpa

AR = Anderson Room St. Paul's Cathedral

Atisha Shop 11.00 am - 2.00pm Sunday

MON	TUE	WED	THU	FRI	SAT	SUN
30	31 Beginners Meditation 5.45pm AR		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 Guru Puja 6.00pm  Discovering Buddhism Presenting the Path 7.00pm SG	3  Beginners Meditation 5.45pm AR	4 'Lam Rim' Geshe Rabten Atisha Centre 7.00pm  Tara Puja. 5.30pm	5	6	7	8 Meditation 10am  Community Day Meditation 10.00am Children's Dharma Club
9  Discovering Buddhism Presenting the Path 7.00pm SG	10  Beginners Meditation 5.45pm AR	11 'Lam Rim' Geshe Rabten Atisha Centre 7.00pm Medicine Buddha Puja 5.30pm	12	13  Tenets Geshe Rabten Atisha Centre 7.00pm - 8.30pm	14  Tenets Geshe Rabten Atisha Centre 9.00am - 4.00pm	15 Meditation 10am
16 Guru Puja 6.00pm  Discovering Buddhism Presenting the Path 7.00pm SG	17  Beginners Meditation 5.45pm AR	18 'Lam Rim' Geshe Rabten Atisha Centre 7.00pm Medicine Buddha Puja 5.30pm	19	20	21	22 Meditation 10am
23  Discovering Buddhism Presenting the Path 7.00pm SG	24  Beginners Meditation 5.45pm AR	25 'Lam Rim' Geshe Rabten Atisha Centre 7.00pm Medicine Buddha Puja 5.30pm	26	27 Daylesford Dharma School. Staff Development Day	28 The Great Stupa's Festival of Light	29 Meditation 10am  Discovering Buddhism 'Presenting the Path' Practice Day 9.00am - 4.30 SG

## Discovering Buddhism



### Presenting the Path Venerable Lhundrup

In this module get an overview of the entire Tibetan Buddhist path to awakening. Study the life story of the Buddha and discover a unique system for putting Buddhist philosophy into practice – the Lam-rim, or “graduated path to enlightenment.”

**Mondays May 2nd 9th 16th and 23rd 7.00pm**  
**Practice Day Sunday May 29th 9am – 4:30pm**

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

Cost: Members \$99 Non-Members \$110.  
This includes course materials, offerings and refreshments.  
Lunch on Practice day is BYO.

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

## Advanced Buddhist Studies Four Schools of Tenets

Geshe Rabten

These teachings, for experienced practitioners, will be held on a fortnightly basis: Friday 7.00pm - 8.30pm  
Saturday 9.00am - 4.00pm.

May 13th and May 14th.  
June 3rd and 4th June 17th and 18th  
July 1st and 2nd  
July 15th and 16th July 29th and 30th

Geshe Rabten, Atisha Centre's Resident Teacher, will present a series of teachings based on the 'Four Schools of Tenets'. These teachings are a concise and accessible introduction to the four main schools of Buddhist tenets representing the differing levels of interpretation of the sutras delivered by the Buddha.

We suggest an offering to the Centre of between \$5 and \$20 on the Friday night and between \$20 and \$50 for the Saturday. This way you get the benefit of supporting the dharma, help maintain the Centre and keep these teachings available.

These teachings are recorded. If you are unable to attend a session or you would like to follow up you can access the audio here: <https://archive.org/details/@atishacentrebendigo>

See our website to arrange supper on Friday night, breakfast and lunch on Saturday. [www.atishacentre.org.au](http://www.atishacentre.org.au)

# JUNE

ACG Atisha Centre Gompa SG = Samten Gompa AR = Anderson Room St. Paul's Anglican Cathedral Atisha Centre Shop 11.00 am -2.00pm at Weekends

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Tara Puja. 5.30pm	2	3 Tenets Geshe Rabten Atisha Centre 7.00pm - 8.30pm	4 Tenets Geshe Rabten Atisha Centre 9.00am - 4.00pm	5 Meditation 10am
6	7 Beginners Meditation 5.45pm AR	8 Medicine Buddha Puja 5.30pm	9	10 Movie Night with Soup and Bread	11 One Day Meditation Course Ven. Lhundrup 9.00am-4.00pm	12 Community Day Meditation 10.00am Children's Dharma Club
13	14 Guru Puja 6.00pm Beginners Meditation 5.45pm AR	15 'Lam Rim' Geshe Rabten Atisha Centre 7.00pm Medicine Buddha Puja 5.30pm	16	17 Tenets Geshe Rabten Atisha Centre 7.00pm - 8.30pm	18 Tenets Geshe Rabten Atisha Centre 9.00am - 4.00pm	19 Meditation 10am
20	21 Beginners Meditation 5.45pm AR	22 'Lam Rim' Geshe Rabten Atisha Centre 7.00pm Medicine Buddha Puja 5.30pm	23	24	25	26 Meditation 10am
27	28	29 'Lam Rim' Geshe Rabten Atisha Centre 7.00pm	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.		

*Continued from Page 1*

Generally what we talk about someone we consider to be a good person, it does not mean that they are necessarily always working for the welfare of others or always good hearted because most of us at times are better natured and at times we are less better natured. So we all tend to be a bit mixed like that. Generally what we consider to be the characteristics of someone who is good natured is someone who is kind hearted and altruistic.

If we think of someone who we consider to be kind hearted and good natured we would be able to think of situations where things aren't going as they hoped and they maybe have got a bit upset, this doesn't take away from that person still being a kind hearted and good person.

So within our mental continuum we all have the qualities of being good natured and kind hearted. This is something that we all possess within us. What differentiates and divides people, whether they are genuinely good natured and kindhearted or generally not so much, is not that they have something missing inside themselves. These qualities of being kind hearted and good natured – whether people are familiar with them and whether they have developed them through meditating or through cultivating their good qualities, will strengthen and will grow and everyone can become more and more kind hearted.

Through cultivating our innate minds of love and compassion that we all have, these minds will strengthen and become more dominant within us. This is something that we can all do. For example, think of an illustration of sports people. They have had to train and practice a tremendous amount to get to the level of performance right now and if we were to try and imitate them, for sure we would not be able to

come anywhere close to what they have achieved and that is really down to the amount of energy and practice, the amount of familiarisation they have put into developing that skill as opposed to ourselves who haven't. It is really through the sports person's motivation and great interest in what they want to achieve that they practice a lot and make great effort and overcome a lot of difficulties to achieve what they want. Obviously, it is really through applying consistent effort like that they are able to achieve the outstanding results that they do.

How this can apply to our everyday working life? If we go to work just with the motivation of "OK I'm going to work today - how is this going to benefit me? How is my own personal circumstance going to improve from the effort I make today ? That is not really the kind of motivation that is going to develop us as better people. But if we go to work with the awareness that we work in a community and through our energy our community will do better , whether that is our company or the people we work with, whatever work we do it has an impact on those around us. Also, if we have the motivation that through this energy and effort I am going to make today, those around me and my community are going to benefit from that, then that is developing good qualities within us and the effort we make will bring a beneficial result for all people.

*This is an astract from Geshe Rabten's teaching from our 'Open Day' earlier this year. If you would like to hear the entire teaching go to:*

<https://archive.org/details/@atishacentrebendigo>

**This need to be set up on the net**

# JULY

ACG Atisha Centre Gompa SG = Samten Gompa AR = Anderson Room St. Paul's Anglican Cathedral Atisha Centre Shop 11.00 am -2.00pm 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 <b>Tenets</b> <b>Geshe Rabten</b> Atisha Centre 7.00pm - 8.30pm	2 <b>Tenets</b> <b>Geshe Rabten</b> Atisha Centre 9.00am - 4.00pm	3 <b>Meditation 10am</b>
4	5	6 <b>'Lam Rim'</b> <b>Geshe Rabten</b> Atisha Centre 7.00pm <b>Tara Puja. 5.30pm</b>	7	8 <b>Movie Night</b> with Soup and Bread	9 <b>One Day Meditation Course</b> Ven. Lhundrup 9.00am-4.00pm	<b>Celebration of Dalai Lama's Birthday. International Sangha Day</b>
11	12 <b>Beginners Meditation 5.45pm AR</b>	13 <b>'Lam Rim'</b> <b>Geshe Rabten</b> Atisha Centre 7.00pm <b>Medicine Buddha Puja 5.30pm</b>	14 <b>Guru Puja 6.00pm</b>	15 <b>Tenets</b> <b>Geshe Rabten</b> Atisha Centre 7.00pm - 8.30pm	16 <b>Tenets</b> <b>Geshe Rabten</b> Atisha Centre 9.00am - 4.00pm	17 <b>Meditation 10am</b>
18	19 <b>Beginners Meditation 5.45pm AR</b>	20 <b>'Lam Rim'</b> <b>Geshe Rabten</b> Atisha Centre 7.00pm <b>Medicine Buddha Puja 5.30pm</b>	21	22	23	24 <b>Meditation 10am</b>
25	26 <b>Beginners Meditation 5.45pm AR</b>	27 <b>Medicine Buddha Puja 5.30pm</b>	28	29 <b>Tenets</b> <b>Geshe Rabten</b> Atisha Centre 7.00pm - 8.30pm	30 <b>Tenets</b> <b>Geshe Rabten</b> Atisha Centre 9.00am - 4.00pm	31 <b>Meditation 10am</b>

## His Holiness Dalai Lama's Birthday



Keep Sunday July 10th free as Atisha Centre warmly invites you to celebrate the Birthday of His Holiness Dalai Lama who is universally regarded as one of the great spiritual friends of our time. His teachings are rooted in a life dedicated to peace, human rights and social change, and the transformation of the human heart and mind.

Also, we ask you to help us to recognise International Sangha Day, an annual event and a time for lay people to reflect on the Sangha's (Monks and Nuns) kindness in making the Buddha's sacred teachings available and to express appreciation for the Sangha and those who support them in their work. On this day, Sangha members will lead some short prayers and praises to Shakyamuni Buddha. Offerings can be made to the Sangha during the prayers. If you're not aware of current needs of the Sangha, a cash offering or hardware vouchers will enable them to purchase needed goods and food.

Offerings in envelopes can be made to the Sangha during the prayers. Other offerings can be left in the Gompa.

Please join us for lunch, and bring a plate of vegetarian food to share.

**For further information, or to help on the day, please phone the Atisha office on 03 5446 3336.**

## Fourteenth International Sangha Day July 10<sup>th</sup> 2016



On July 10th we celebrate His Holiness' birthday as well as International Sangha Day. On this day we have the opportunity to show respect for, and appreciation of, our Sangha and to generate deeper awareness of the Sangha jewel.

From the early days of the FPMT, monks and nuns have served tirelessly to help bring the benefit of the Buddha's teachings to the far corners of this planet. Today, the FPMT International Mahayana Institute (IMI) community has approximately 280 monks and nuns who continue to serve throughout the FPMT in many capacities: as registered teachers, directors, spiritual program coordinators, editors and more. By donating to the Lama Yeshe Sangha Fund you can show your support and appreciation of the Sangha.

The Sangha, by taking vows of renunciation, living in morality and having the space to focus on the Dharma are an integral part of maintaining the existence of the Buddha's teachings. It is for this reason that FPMT International Sangha Day is set to fall on the First Turning of the Wheel.

International Mahayana Institute director, Ven Chantal Carrerrot, says:

*"International Sangha Day provides an opportunity for the lay and monastic communities to come together in recognition of our interdependence and acknowledge the ways in which we rely on each other for our practice of the Dharma".*





## 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 May, June and July 2016.

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 e-mail [nicaunger@hotmail.com](mailto:nicaunger@hotmail.com) for further information.*



### Atisha Centre ACCOMMODATION AVAILABLE

#### House of Peaceful Bliss

Two Shared rooms with En-suite bathroom a lounge and five comfortable bedrooms with shared bathrooms.

Hiring the centre and group bookings available.  
Accommodation available for up to 20 people plus we offer camping options.

Contact Kathy: 5446 3336 to book your accommodation.

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

## 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)

---



---

Name: 

---

Address: 

---

Phone: 

---

E-mail: 

---

- ☐ 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.

## ATISHA CENTRE BOARD

<b>Director:</b>	<b>Ruby Karmay</b> 03 5446 3336 director@atishacentre.org.au
<b>Spiritual Program: (acting)</b>	<b>Cameron Young</b> 03 5446 3336 spc@atishacentre.org.au
<b>Chairperson</b>	<b>Brenton Russell.</b> 03 5446 3336
<b>Secretary and Public officer:</b>	<b>Carla Lewinsmith</b> 03 5446 3336 secretary@atishacentre.org.au
<b>Machig Lapdron Nunnery</b>	<b>Venerable Tsapel</b>
<b>Treasurer:</b>	<b>Cameron Young</b>
<b>Committee Members:</b>	<b>Diane Gee.</b>

All board 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

**Website:**

**Office Manager:**

**Newsletter:**

**Finances:**

**Atisha Gift Shop**

**Property Manager:**

**Social Networks:**

**Holy Objects:**

**Merit Box:**

**Ruby Karmay**

**Vacant**

**Kathy Rice**

**Marilyn Chambers**

**Kathy Rice**

**Liam Chambers**

**Wendy Buchan**

**Dechen Gerrard**

**Steve Williams**

**Gina Macauley**

**Carla Lewinsmith**

**Liam Chambers**

**Vacant**



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.