

# Atisha News

Summer 2016

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 UP

**Buddhist Studies Programme**  
"37 Practices of Bodhisattvas"

**"Road to Peace"**

with Venerable Gyatso  
7th, 14th and 21st December

**Chenrezig Retreat**  
27th - 31st December

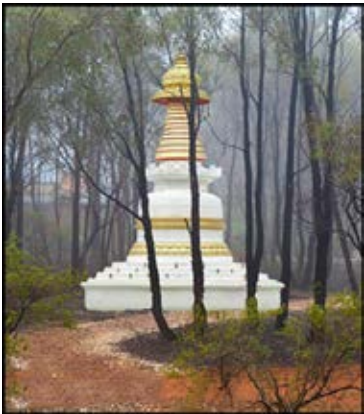
**Heart Sutra Practice Day**  
21st January

**Feng Shui Events**  
27th - 30th January

**9 Day Retreat**  
Easter 2017



Geshe Rabten performed a blessing ceremony of the statues of the 16 Arhats at Thubten Shedrup Ling Monastery. Many guests from the Vietnamese community, including the Abbot of the Quang Minh Buddhist Temple in Braybrook attended the event which was followed by a delicious lunch prepared by our Vietnamese friends. We rejoice in the amazing generosity of this community; the major part of the expenses for producing and delivering the Arhat statues has been donated by them.



## Kadampa Stupa

Support our building of a  
Kadampa Stupa at Atisha Centre

[www.atishacentre.org.au](http://www.atishacentre.org.au)  
*Holy Object Projects*

**Community Day and  
Children's Dharma Club**  
6th November and  
11th December

*Everyone is welcome!*



Many thanks to Andy Weber, artist and teacher who led two especially powerful Buddhist art courses in September. The courses, both well-attended, featured mandala and deity creations and statue painting and the 'opening of the eyes'.



**23rd  
December**  
*A very  
meritorious  
day!*



Join us in puja to celebrate ~

## Lama Tsong Khapa Day

Considered an emanation of Manjushri, the Buddha of Wisdom, Lama Tsong Khapa single-handedly inspired an entire religious renaissance.

He founded the Gelugpa lineage of Tibetan Buddhism. Today, thousands of Buddhists join to commemorate his anniversary. If you wish to make offerings of candles, food and flowers, you are most welcome to do so.

Atisha Buddhist Centre recognises 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 KARMAY



Gratitude to Lama Zopa Rinpoche, Geshe Rabten, venerable sangha members and the Atisha community.

There is now a steady programme in place with Geshe Rabten. Geshela has a powerful and clear mind and we are so fortunate. Every teaching is a blessing.

Andy is doing a splendid job in the spiritual programme. There is an

expanding team of volunteers. Thank you to all who participate in the karma yoga.

There is a swirl of activity in the office, accommodation, grounds and shop and this interconnectivity enables the programme and events to take place. Please rejoice.

Thanks to all the members who attended the AGM in September; our new model rules have been now updated on the Consumer Affairs website. There will be changes to the membership over the next two months.

Theresa is settling in as Office Manager and we welcome Charlie into the Atisha Shop. The shop is now open most days. Thanks so much to Dechen and Jen for their dedication over the last few years. We miss your presence at the Centre.

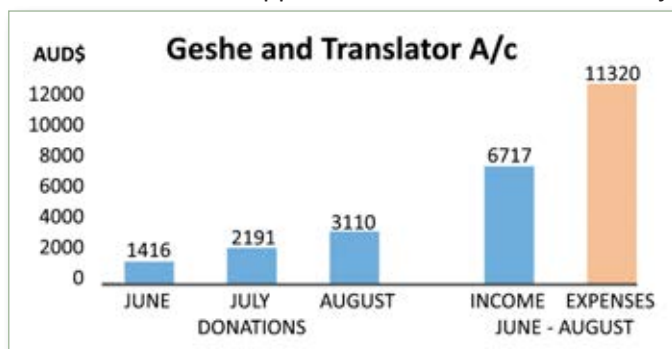
The master plan for the Centre is near completion and will be submitted to the council by the end of the year. The nunnery, community building, toilet block (close to courtyard) and staff accommodation plans have been prepared.

An auspicious rain has been with us over the last two months with flowering of orchids, rainbows and full dams. The new drainage channels are working well, thanks to a lot of digging and hard work. We are ready for the summer ahead.

**Big love - Ruby**

## GESHE AND TRANSLATOR

I would like extend a big thank you those who have been supporting Geshe Rabten and Venerable Dorje with financial donations. We are truly blessed to have such a wonderful teacher and a skilled and kind translator. Please continue to support Geshela and Venerable Dorje.



You may make a regular, direct deposit to the Teachers Fund and bank account. At present we have 15 people who regularly donate to this fund.

**Bendigo Bank - BSB: 633000**  
**Account Number: ACC 127235273**  
**Account Name: "Teachers Fund"**

Please mark your donation: **"Geshe Translator Fund"**. One-off donations can be made via our website (*back page*). At present we are covering just over half of the expenses for the fund and are relying on savings from 2015, for the rest. Please support Geshe Rabten's wonderful teachings.

## THUBTEN SHEDRUP LING MONASTERY

Geshe Rabten with the assistance of his translator Dorje, continues to present wonderfully clear and motivating teachings at Atisha Centre. Gen-la will return to India for two months at the end of November. Meanwhile, he continues English lessons at TAFE. A big thank you to Hannelore Best and Di McLure for driving Gen-la to and from classes.

Venerable Gyatso has been busy with the completion of landscaping around the statues of the 16 arhats (+3). They are an inspiring welcome for visitors after the walk up the path from Atisha Centre. Following a wetter than normal Spring the gardens should be quite a sight when the warmer weather arrives.



Meanwhile, Bob and John have completed construction of a portico at the rear of the abbot's building. Colin has continued assisting Gyatso with painting statues.

Venerable Namgyal has moved to Queensland where he will work and prepare for long retreat. He hopes to return to the monastery in the future. We would like to express our appreciation of the contribution Namgyal made to the community during his stay, particularly the great amount of work helping with the recovery and repairs after the fire last year. The monks send their prayers and best wishes to both Namgyal and Kai.

**with love from the monks**

## GREAT STUPA



A massive statue of Ksitigarbha is under production in Vietnam. The statue is to go in the South-East corner of the Great Stupa gumpa. It will be 4.5 metres wide and nearly 7 metres high. Lama Zopa Rinpoche felt it was important to have Ksitigarbha represented in the main gumpa of the Great Stupa and he has overseen every step of the design of

the statue. We have been perfecting the artwork for several months and are currently into the fourth prototype.

The production of the Ksitigarbha statue itself has been fully sponsored by a benefactor. Rejoice! But we – The Great Stupa of Universal Compassion, Bendigo are looking for help with the filling of the statue with mantras and holy objects, as well as the painting.

For all donations and enquiries please email [info@stupa.org.au](mailto:info@stupa.org.au)

## MERIT BOXES



Please bring in your **merit box** collection in an envelope and give it to Theresa in the Office on or before the 15th of December this year. We will then make an offering with it on Lama Tsong Khapa day.

Merit box donations enable one to contribute to many funds and activities of the FPMT including our Centre. Through the kindness of our teacher Kyabje Lama Zopa Rinpoche we have been given the chance to create enormous merit in a relatively short time. Giving regularly with good motivation is the key to training the mind in generosity.

If you would like to be involved in this ongoing project and receive a merit box, please contact Theresa in the Office.



# WEEKLY PROGRAMME

**Sunday**

## **BUDDHIST MEDITATION**

*at Atisha Centre Meditation Hall*

**10:00am to 11:00am**

*Guided meditation and short introductory talk. Join us afterwards for tea and refreshments in the dining room; meet people and check out our books and gift shop. Fantastic for beginners and experienced practitioners.*

**Tuesday**

## **BEGINNERS' MEDITATION**

*Anderson Room, St Paul's Anglican Cathedral,  
8 Myer Street, Bendigo.*

*Enter by the rear - Bush's Lane off Mollison Street*

**5:45pm to 6:45pm**

*A great way to unwind after a busy day.*

**Attendance is by donation**

**Wednesday**

## **TARA OR MEDICINE BUDDHA PUJAS**

**5:30pm**

*Atisha Centre Meditation Hall*

**Wednesday**

## **LAM RIM TEACHINGS**

**with Geshe Rabten**

**7:00pm to 8:30pm**

*Atisha Centre Meditation Hall*

*Geshe Rabten, our resident teacher, continues with his excellent teachings of the "Graduated Path to Enlightenment" using Patrul Rinpoche's well-known text, "Words of My Perfect Teacher". These teachings are suitable for everybody. In fact they are a presentation of the complete path to Enlightenment, an all-you-need-to-know synthesis of the total teachings of the Buddha. The text is available to buy from the Atisha shop.*

# MONTHLY PROGRAMME

## **PUJAS AND PRECEPT DAYS**

*Everyone is welcome to attend these group practices which are held in the Atisha Centre meditation hall. If you know of anyone who has intense suffering, has a life threatening illness, or has recently died, please give details to Atisha Centre Office. You may also sponsor a *puja* for someone who is unwell by providing offerings yourself and/or making a donation (Please see website: [www.atishacentre.org.au](http://www.atishacentre.org.au)).*

For further details contact [spc@atishacentre.org.au](mailto:spc@atishacentre.org.au)

**Guru Pujas:**

**9th and 23rd November, 9th December**

**13th and 28th January**

**at 6:00pm**

**Medicine Buddha Pujas:**

**Wednesday 30th November, 14th December**

**and 25th January**

**at 5:30pm**

**Tara Pujas:**

**Wednesday 2nd November and 7th December**

**at 5:30pm**



**For bookings and any other information about our programme, please contact the Atisha Office on 03 5446 3336**

## **SOUP AND MOVIE NIGHT**

*All proceeds go to supporting Geshe Rabten and Venerable Dorje*



**Friday 11th November**

**7:00pm to 9:00pm**

**Suggested donation = \$15**



## **COMMUNITY DAY AND DHARMA CLUB FOR CHILDREN**

**6th November and 11th December**

*On Community Days, our resident teacher Geshe Rabten will give a public talk in the Atisha Centre meditation hall at **10:00am**. This is followed by a shared lunch (please bring a plate) in the dining room/courtyard at **11:30am**. This is a great opportunity to meet people and find out about the Centre.*

**Dharma Club:** This is an exciting children's programme which draws on 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 small meditation room from **10:00am to 11:00am**.



MON	TUE	WED	THU	FRI	SAT	SUN
	1 Beginners' Meditation 5:45pm Anderson Room	2 Tara Puja 5:30pm 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	3	4 37 Practices Geshe Rabten Atisha Centre 7:00pm - 8:30pm	5 37 Practices Geshe Rabten Atisha Centre 9:00am - 4:00pm	6 Community Day Children's Dharma Club 10:00am Geshe Rabten Morning talk
7	8 Beginners' Meditation 5:45pm Anderson Room	9 Guru Puja 6:00pm 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	10	11 Movie Night with Soup and Bread	12	13 Meditation 10am
14	15 Beginners' Meditation 5:45pm Anderson Room	16 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	17	18	19	20 Meditation 10am
21	22 Beginners' Meditation 5:45pm Anderson Room	23 Guru Puja 6:00pm 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	24	25 37 Practices Geshe Rabten Atisha Centre 7:00pm - 8:30pm	26 37 Practices Geshe Rabten Atisha Centre 9:00am - 4:00pm	27 Meditation 10am
28	29 Beginners' Meditation 5:45pm Anderson Room	30 Medicine Buddha Puja 5.30pm 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	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.			

## BUDDHIST STUDIES PROGRAMME

### "The 37 Practices of Bodhisattvas"



with  
**Venerable Geshe Rabten**

**Friday 7:00pm to 8:30pm and  
Saturday 9:00am to 4:00pm**

**4th-5th November  
25th-16th November**

Venerable Geshe Rabten will teach and Venerable Dorje will translate, this important *lojong* text by Gyalse Tokme Zangpo. In 37 verses, it gives instructions on how to follow the bodhisattva path.



There is no set fee for these teachings but we suggest an offering to the Centre of between \$5 and \$20 for the Friday night and between \$20 and \$50 for the Saturday. This supports the Dharma, helps to maintain the Centre and keeps the teachings available.

Our teachings are recorded. If you are unable to attend a session or would like to re-hear the teachings, the audios can be accessed by contacting the Spiritual Programme Coordinator:

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

See our website to arrange supper for Friday night, breakfast and lunch for the Saturday: \*

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

**\*NB: Please book this by the Thursday prior to event.**

# DECEMBER 2016

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 Meditation 10am
5	6 Beginners' Meditation 5:45pm Anderson Room	7 Tara Puja 5:30pm <b>Road to Peace</b> Venerable Gyatso Atisha Centre 7:00pm	8	9 Guru Puja 6:00pm	10	11 Community Day Children's Dharma Club 10:00am <b>Meditation</b>
12	13 Beginners' Meditation 5:45pm Anderson Room	14 Medicine Buddha Puja 5:30pm <b>Road to Peace</b> Venerable Gyatso Atisha Centre 7:00pm	15	16	17	18 Meditation 10am
19	20	21 <b>Road to Peace</b> Venerable Gyatso Atisha Centre 7:00pm	22	23 Lama Tsong Khapa Day Puja Atisha Centre 7:00pm	24	25
26	27	28	29	30	31 "Karma and Its Purification" 7:00pm with Ven. Gyatso	
Chenrezig Retreat ~ with Venerable Lhundrup						

## WEDNESDAY NIGHTS IN DECEMBER

### "The Road to Peace"

with  
**Venerable  
Thubten Gyatso**



*Talks on Chapter 5 of Shantideva's  
"Bodhisattvacharyavataara"*

**Wednesdays 7:00pm to 8:30pm  
7th, 14th and 21st December**

There is no cost for these teachings.

*On New Year's Eve at 7:00pm*  
Venerable Gyatso will give a talk  
and lead a meditation on  
"Karma and Its Purification"  
This will be followed by a group  
reading of the Golden Light Sutra.

## ANNUAL CHENREZIG RETREAT

*led by Venerable Lhundrup*



**Cost: \$300 members  
\$330 non-members**

Includes all meals,  
course materials and  
offerings to the teacher.

For information or  
accommodation costs  
contact Atisha Office.

**27th - 31st December**

**Tuesday 6:00pm Supper to Saturday Lunchtime**

A very gentle and peaceful practice suitable both  
for beginners and more experienced practitioners.

No particular requisites for attending, other than a  
wish to generate a positive attitude to benefit others.

**A wonderful opportunity to awaken  
your own Buddha nature, vast  
wisdom and deep compassion**

For bookings and other information,  
please contact the Office on 03 5446 3336



MON	TUE	WED	THU	FRI	SAT	SUN
30 Feng Shui Workshop						1
2	3	4	5	6	7	8 Meditation 10am
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.						
9	10	11	12	13 Guru Puja 6:00pm	14	15 Meditation 10am
16	17	18	19	20	21 Heart Sutra Recitation Day	22 Meditation 10am
23	24	25 Medicine Buddha Puja 5:30pm	26	27 Feng Shui Public Lecture	28 Guru Puja 6:00pm	29 Meditation 10am Feng Shui Workshop

## HEART SUTRA PRACTICE DAY



**21st January 2017**  
9:00am to 4:00pm



For the fourth year in a row we will conduct a practice day of Heart Sutra recitations towards our commitment to the Green Tara statue in our Meditation Hall.

Come along at any time during the day and participate in the sessions. This year we shall move around and recite the sutra in different locations of the Centre, including the Great Stupa, our Meditation Hall, in front of the Buddha statue etc, so you might have to look for us.

There will be breaks including morning tea.

A copy of the sutra text is provided;  
all you need to do is bring yourself along.

Recitation of the words of the Buddha is one of the great practices, especially of purification.

*Join us - Benefit yourself - Benefit sentient beings.  
Have a good time!*

**PLEASE BRING YOUR OWN LUNCH**

Any enquiries, please contact the Office 03 5446 3336

## FENG SHUI

**with Venerable Jampa Ludrup**

Venerable Jampa will return to give a public lecture and three workshops on the ancient Chinese technique of Feng Shui

For more information: [www.jlgeomancy.com](http://www.jlgeomancy.com)

### Public Lecture

*"Wind and Water"*

**Friday 27th January 2017: 7:00pm**

**Cost will be \$20 on the door or via website**

### Workshop One

*"Essentials in Form School Feng Shui"*

**Sunday 29th January 2017: 10:00am to 5:00pm**

**Members: \$100 Non-Members: \$110**

### Workshop Two

*"Essentials in Compass School Feng Shui"*

**Monday 30th January 2017: 10:00am to 5:00pm**

**Members: \$100 Non-Members: \$110**

### Workshop Three

*"Introduction to the Flying Star School Feng Shui"*

**4th and 5th February 2017: 10:00am to 5:00pm**

**Members: \$180 Non-Members: \$200**

## EASTER COURSE 2017

**Venerable Geshe Rabten**

will teach

**Lama Atisha's**

**"Lamp of the Path"**

over a 9 day retreat at Easter.

*Stay tuned for details*





## 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 subsidised  
glasses for Healthcare card holders, Pensioners and 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.



### '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 is available for up to 20 people and we offer camping options.

Contact Theresa: 03 5446 3336 to book accommodation.

100 Sailors Gully Rd  
Eaglehawk 3556

Phone: 03 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**

## ATISHA CENTRE BOARD

**Director:** Ruby Karmay 03 5446 3336  
~ director@atishacentre.org.au  
**Spiritual Programme:** Andy Melnic 03 5446 3336  
~ spc@atishacentre.org.au  
**Secretary and Public Officer:** Carla Lewinsmith 03 5446 3336  
~ secretary@atishacentre.org.au  
**Treasurer:** Cameron Young 03 5446 2634  
~ treasurer@atishacentre.org.au  
**Machig Labdron Nunnery:** Venerable Tsapel 0447 975 131  
**Chairperson:** Brenton Russell: 03 5446 3336  
**Vice Chairperson:** Peter Lane: 0407 117 737  
**Other Board Members:** Diane Gee

## KEY PERSONNEL

**Centre Management:** Ruby Karmay  
**Office/Accom. Manager:** Theresa Smith  
**Financial Manager:** Wendy Buchan  
**Membership:** Kathy Rice  
**Website:** Marilyn Chambers  
**Property Manager:** Steve Williams  
**Gompa Keeper:** Peter Lane  
**Newsletter / Publicity:** Andy Melnic  
**Facebook:** Carla Lewinsmith  
**Shop Manager:** Charlie Robinson  
**EGroups / Archive Site:** Andy Melnic  
**Holy Objects:** Liam Chambers



All Board members volunteer their time and service.

## MEMBERSHIP UPDATE

Many thanks to the following members who have renewed their membership to Atisha Centre during the past three months: Brian Ashen, Elizabeth Masters, Ken Fox, MaryW, Kaye Jacob, Anne Francis, Brian Gleeson, Robyn Howells and Celia Weston. Welcome and thank you to our new members: Venerable Tsapel, Theresa Smith, Barry Dunn, Jeannie McIntyre, Mark Heron, Debra Moore and Josephine Ford. Your financial contributions to Atisha Centre are most warmly welcomed.

*Kathy Rice, Membership*

**If you would like to become a new member of Atisha Centre please contact the Office on 03 5446 3336**

## CENTRE MEMBERSHIP

### BENEFITS FOR INDIVIDUALS

**Being an Atisha Centre member entitles you to:**

- subscription to our quarterly newsletter;
- half-yearly copy of FPMT Mandala Magazine;
- the joy of knowing that you are helping to provide a refuge for the benefit and happiness of all sentient beings;
- discount on some courses;
- Atisha Centre library membership;
- Two nights basic accommodation per year, free;
- members' picnics and celebrations;
- all voting members may stand for the Board;
- family and concession membership available

### BENEFITS FOR OUR CENTRE

**Membership fees help:**

- to provide a Dharma centre for the benefit of all sentient beings;
- to support 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 meditation rooms 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.

[membership@atishacentre.org.au](mailto:membership@atishacentre.org.au)



**Atisha Buddhist Centre Bendigo**



**Atisha Buddhist Centre**

## KADAMPA STUPA PROJECT

We wish to build a Kadampa Stupa on the grounds of the Centre. Its location will be on the north side of the path joining the yellow brick road. It will be 6 metres in height with a 3.4 metre base.

If you would like to contribute financially or with skills please see our website.

So far we have raised \$8878 through donations. Stage one = \$10,000.

*This is a wonderful opportunity to make merit.*



[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 Road). Turn right into Sandhurst Town Road.