



Atisha News



Winter 2017

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 Study Group

"37 Practices of Bodhisattvas"
See Calendar for dates

Relaxation Meditation

with Carole Donne every Friday
Come at 10am for refreshments
Meditation starts at 11am

Festival of Light

20th May

Yamantaka Retreat

13th June to 4th July

His Holiness Dalai Lama Birthday & Animal Blessings

Sunday 16th July



The stupa project is well under way!



Many thanks to those who have donated to the Kadampa Stupa project so far. We still need to raise a substantial amount to build the stupa and to fill it with wealth offerings.

If you would like to share in the karma of creating such a merit-producing holy object, please donate: online at www.atishacentre.org.au/product/donate or see back page.

Community Day and Children's Dharma Club

14th May and
11th June

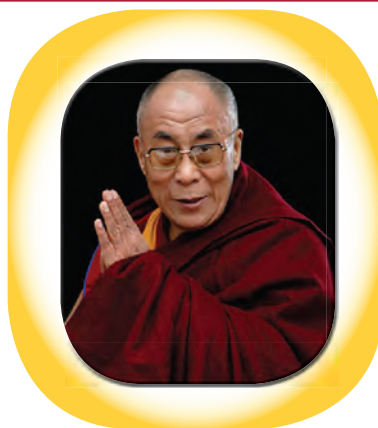
Everyone is welcome!



At the end of February Geshe Rabten performed a ground blessing and clearing ceremony, with offerings to the landlord and various local spirits.

Next came the digging of the mandala footings, followed by the first pouring of foundations and wealth vase offerings.

BIRTHDAY CELEBRATION FOR HIS HOLINESS DALAI LAMA



"A fun day at Atisha"

A day for the whole family

16th July

Sunday 10:00am to 4:00pm

*Ceremony, Speeches,
Dharma Club for Kids,
Animal Blessings and
Animal Liberation*



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



Dear venerable sangha, members, friends and volunteers.

Thank you to each and every one of you for all you do.

A kookaburra greeted me this morning as I arrived at the Centre, another beautiful Autumn day. It is

a nice reminder of our many sentient friends who share the space with us here at Atisha Centre.

We have also had three tawny frogmouths in the trees in the courtyard.

We welcome Sally Mason to the position of Office Manager. We wish Theresa all the best.

Dawn Cooper has taken on the position of governance support and together we have been working on developing our strategic plan for Atisha Centre.

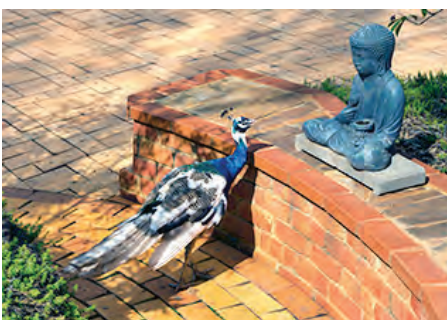
We have had exciting news that Kyabje Lama Zopa Rinpoche will be coming to Bendigo around the middle of March in 2018, for 6 weeks.

There will be opportunities to serve - in preparation for the retreat, during the retreat and after the retreat. There is a lot to do, so stay tuned!

Every year Venerable Roger Kunsang, on behalf of the FPMT organisation, checks with one of Rinpoche's gurus and also with Khadro-la (Khadro Rangjung Neljorma Khandro Nangsel Dronme) what practices should be done to help create the conditions for Rinpoche to have good health for the coming year.

Khadro-la has recently advised that certain prayers need to be recited, together with a number of pujas. She has advised us to recite the "Vajra Cutter Sutra", and "Dependent Arising: A Praise of the Buddha".

We are requesting everyone to join in the recitation of these prayers during the rest of this Tibetan year, and keep track of your recitations. At the end of the Tibetan year (ie: just before Losar 2018) we will ask you to send us the number of prayers recited, and will offer the accumulated total number of recitations to Rinpoche.



At the end of the Easter Retreat, a visiting peahen made supplications to our courtyard Buddha.



GESHE AND TRANSLATOR

"Supporting the Sangha Jewel" ~ our treasured Geshe Rabten and translator Venerable Dorje.

We can work together:

- Reciting the Golden Light Sutra.
- Offering \$10.00 - \$100.00 a month regularly to the teachers fund or whatever you can afford.
- Supporting our fund raising activities during the year.
- Dedicating your support to the "Perfection of Giving" by remembering emptiness and the causes and conditions for the enlightened mind.

I would like to 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 wonderful teachings from Geshela and a skilled and kind translator. Please continue with your support.

You may make a regular, direct deposit to the Teachers' Fund and bank account:

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](#)).

We are now covering 75% of our costs and still relying on our savings from 2015. Please support Geshe Rabten's wonderful teachings.

You may wish to make specific one off donations to airfares, English lessons or medicines. Please ring the Office.

Thank you, big love, **Ruby Karmay**

THUBTEN SHEDRUP LING MONASTERY

The small 16 Arhats in their new home inside the gompa, beautifully painted by Gareth.



Everything at the monastery flows along happily. The monks all attended and enjoyed the wonderful Easter retreat at the Centre, on "Lamp for the Path". The pavillion for the new prayer wheel is near to completion.

Gyatso

GREAT STUPA



The next Festival of Light will be held at the Great Stupa on **Saturday 20th May**

03 5446 7568
info@stupa.org.au

WEEKLY PROGRAMME

Sundays

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. ~A nice Sunday morning outing!

Tuesdays

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

Fridays

RELAXATION MEDITATION

Come for refreshments and a chat from 10:00am.

Meditation starts at 11:00am with Carole Donne

Atisha Centre Meditation Hall

Wednesdays

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

SOUP AND MOVIE NIGHT

All proceeds go to supporting
Geshe Rabten and Venerable Dorje

Friday 12th May
and 14th July

6:00pm to 8:00pm

Suggested donation = \$15



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).

For further details contact spc@atishacentre.org.au

Guru Pujas:

21st May / 4th and 19th June

3rd July at 6:00pm

Medicine Buddha Pujas:

16th May / 20th June / 18th July
at 11:00am

Tara Pujas:

2nd May / 6th June / 4th July
at 11:00am

COMMUNITY DAY AND DHARMA CLUB FOR CHILDREN

14th May, 11th June and 16th July (HHDL Birthday)

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.



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

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Tara Puja 11:00am Beginners' Meditation 5:45pm Anderson Room	3 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	4	5 Relaxation Meditation Morning 11:00am 37 Practices Geshe Rabten 7:00pm - 8:30pm	6 37 Practices Geshe Rabten Atisha Centre 9:00am - 4:00pm	7 Meditation 10am
8	9 Beginners' Meditation 5:45pm Anderson Room	10 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	11	12 Relaxation Meditation Morning 11:00am Soup and Movie Night 6pm	13 One Day Meditation Course 9.00am-4.00pm	14 Community Day Children's Dharma Club 10:00am Geshe Rabten Morning talk
15	16 Medicine Buddha Puja 11:am Beginners' Meditation 5:45pm Anderson Room	17 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	18	19 Relaxation Meditation Morning 11:00am	20 Festival of Light	21 Meditation 10am Guru Puja 6:00pm
22	23 Beginners' Meditation 5:45pm Anderson Room	24 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	25	26 Relaxation Meditation Morning 11:00am 37 Practices Geshe Rabten 7:00pm - 8:30pm	27 37 Practices Geshe Rabten Atisha Centre 9:00am - 4:00pm	28 Meditation 10am
29	30 Beginners' Meditation 5:45pm Anderson Room	31 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm				

BUDDHIST STUDY GROUP

"The 37 Practices of Bodhisattvas"



with
**Venerable
Geshe Rabten**



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

**5th-6th May / 26th-27th May
9th-10th June
7th-8th July / 21st-22nd July**

Venerable Geshe Rabten continues his teachings with Venerable Dorje translating, of the 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

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

www.atishacentre.org.au

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

MON	TUE	WED	THU	FRI	SAT	SUN
<p>Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date information.</p>			1	2 Relaxation Meditation Morning 11:00am	3 One Day Meditation Course 9.00am-4.00pm	4 Meditation 10am Guru Puja 6:00pm
5	6 Tara Puja 11:00am Beginners' Meditation 5:45pm Anderson Room	7 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	8	9 Saka Dawa Relaxation Meditation Morning 11:00am 37 Practices Geshe Rabten 7:00pm - 8:30pm	10 37 Practices Geshe Rabten Atisha Centre 9:00am - 4:00pm	11 Community Day Children's Dharma Club 10:00am Geshe Rabten Morning talk
12	13 Beginners' Meditation 5:45pm Anderson Room Yamantaka Retreat	14 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm Yamantaka Retreat	15 Yamantaka Retreat	16 Relaxation Meditation Morning 11:00am Yamantaka Retreat	17 "Truths" No.1 with Geshe Rabten 2:30pm Yamantaka Retreat	18 Meditation 10am Yamantaka Retreat
19 Guru Puja 6:00pm Yamantaka Retreat	20 Medicine Buddha Puja 11:am Beginners' Meditation 5:45pm Anderson Room Yamantaka Retreat	21 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm Yamantaka Retreat	22 Yamantaka Retreat	23 Yamantaka Retreat	24 Yamantaka Retreat	25 Meditation 10am Yamantaka Retreat
26 Yamantaka Retreat	27 Beginners' Meditation 5:45pm Anderson Room Yamantaka Retreat	28 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm Yamantaka Retreat	29 Yamantaka Retreat	30 Yamantaka Retreat		

ONE DAY MEDITATION COURSE

BUDDHIST DAILY PRACTICE DAY



led by **Venerable Tsapel**

Saturday 13th May
9:00am - 4:00pm

and

Saturday 3rd June
9:00am - 4:00pm

Venerable Tsapel will continue her very successful introductory meditation retreats.

These retreats are open to people of all ages, all faiths (or no faith), all levels of meditation experience.

led by **Venerable Jampa**

Saturday 15th July
9:00am - 4:00pm

Venerable Jampa will lead this one day workshop with excellent advice on how to set up and maintain a Buddhist practice



Topics such as: Water bowl offerings (method and meaning), Mandalas, Refuge, Meditation etc.



To make a booking for any of these 3 courses, please do so online:
www.atishacentre.org.au

For information, please contact the Office on 03 5446 3336

Cost for each: \$35.00
(less 10% - Members)

BYO lunch



MON	TUE	WED	THU	FRI	SAT	SUN
31	<p>Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date information.</p>				1 "Truths" no.2 with Geshe Rabten 2:30pm Yamantaka Retreat	2 Meditation 10am Yamantaka Retreat
3 Guru Puja 6:00pm Yamantaka Retreat	4 Tara Puja 11:00am Beginners' Meditation 5:45pm Anderson Room Yamantaka Retreat	5 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	6	7 Relaxation Meditation Morning 11:00am 37 Practices Geshe Rabten 7:00pm - 8:30pm	8 37 Practices Geshe Rabten Atisha Centre 9:00am - 4:00pm	9 Meditation 10am
10	11 Beginners' Meditation 5:45pm Anderson Room	12 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	13	14 Relaxation Meditation Morning 11:00am Soup and Movie Night 6pm	15 Buddhist Daily Practice Day 9.00am-4.00pm	16 HHDL Birthday Int'l Sangha Day Animal Blessings Dharma Club
17	18 Medicine Buddha Puja 11:am Beginners' Meditation 5:45pm Anderson Room	19 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	20	21 Relaxation Meditation Morning 11:00am 37 Practices Geshe Rabten 7:00pm - 8:30pm	22 37 Practices Geshe Rabten Atisha Centre 9:00am - 4:00pm	23 Meditation 10am
24	25 Beginners' Meditation 5:45pm Anderson Room	26 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	27	28 Relaxation Meditation Morning 11:00am	29	30 Meditation 10am

TWO AFTERNOONS

"Truths"

Geshe Rabten will teach over two Saturdays on:

"The Two Truths" and the "Four Noble Truths"

**2:00pm
Saturdays
17th June and 1st July**

with Venerable
Geshe Rabten



After each of the teachings there will be a led meditation followed by afternoon tea.

*Suitable for everybody
Everyone is most welcome.*

*There is no set fee for these afternoons,
but we like to suggest a donation of \$20*

For information, contact
the Office on 03 5446 3336

Members and Volunteers WANTED!

If you are not already a member of Atisha Centre, please consider becoming one. Through membership you support and keep the Centre going which in turn preserves and perpetuates the Dharma and its availability.



Also, we are always in need of volunteers to help run the Centre - co-ordinating courses and events, working in the grounds, helping in the shop and many more activities.

**Please contact the Office for both
these areas - on 03 5446 3336**



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

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

Yien Law is a member and past director of Atisha 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 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 the Office: 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
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 ~ director@atishacentre.org.au
Spiritual Programme Coordinator: Andy Melnic
~ spc@atishacentre.org.au
Secretary and Public Officer: Carla Lewinsmith
~ secretary@atishacentre.org.au
Treasurer: {currently vacant}
~ treasurer@atishacentre.org.au
Machig Labdron Nunnery: Venerable Tsapel
Acting Chairperson: Peter Lane
Other Board Members: Diane Gee

KEY PERSONNEL

Centre Management:	Ruby Karmay
Office Manager:	Sally Mason
Financial Manager:	Wendy Buchan
Membership:	Kathy Rice
Website:	Marilyn Chambers /Andy Melnic
Property Manager:	Steve Williams
Gompa Keeper:	Peter Lane
Kitchen Manager:	Helen Sleswick
Accommodation Manager:	Marcus Travaglia
Newsletter / Publicity:	Andy Melnic
Facebook:	Carla Lewinsmith
Shop Manager:	Tim Allen
EGroups / Archive Site:	Andy Melnic
Holy Objects:	Liam Chambers



All Board members volunteer their time and service.

MEMBERSHIP UPDATE

Thank you to everyone who renewed their membership to Atisha Centre over the past three months.

To all our members, those who make regular monthly debits and those who pay either yearly or half yearly, we extend our sincere "thank you" and wish you and your families great happiness.

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;
- 10% discount in gift shop and on course fees;
- Atisha Centre Library membership;
- Two free nights basic accommodation per year;
- Members' events;
- All voting members may stand for the Board;
- Family and concession membership available.

BENEFITS FOR OUR CENTRE

Membership fees help:

- 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 infrastructures such as the venues for teachings and meditation, the accommodation facility necessary for extended and private retreats, kitchen/dining areas so essential for our programme and community gatherings. and the administration and giftshop facilities.

membership@atishacentre.org.au



Atisha Buddhist Centre Bendigo



Atisha Buddhist Centre

KADAMPA STUPA PROJECT

We are presently building a Kadampa Stupa on the grounds of the Centre. Its location is 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 donate to this project, please deposit to:

**Bendigo Bank - BSB: 633000
Account Number: ACC 145953428
Account Name: "Holy Objects"**

This is a wonderful opportunity to make merit.



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.