



# Chorten

Quarterly Newsletter of Atisha Centre - Spring 2018

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 UP

### Venerable Robina Courtin

Talk and Retreat 23 - 26 August

### "Afternoons with Gen-la"

11 Aug / 22 Sept / 20 Oct

### One Day Meditation Course

Venerable Tsapel ~ 8 September

### Intro to Buddhism Course

Venerable Jampa ~ 6 October

## Discovering BUDDHISM



### Module 5

### "Death and Rebirth"

2, 9, 16 and 18 August

~ Community Day and  
Dharma Club ~ 19 August /  
9 September / 7 October



Wishfulfilling Jewel Cafe and Courtyard

## SPRING RETREAT WITH GESHE RABTEN



Teachings from  
**Venerable Geshe Rabten**

The retreat will be led by  
Venerable Tsapel

### "The Three Principals"

This retreat will cover "The Three Principals of the Path": Renunciation, Bodhicitta and Wisdom, following the teachings of the "37 Practices of Bodhisattvas"



**September 13th - 18th**



There is no specific charge for the retreat or for the teachings, but we would like to request a donation towards facility fees.

Accommodation and food are available.  
Single sessions / single days attendance is possible

Please book the retreat and for food,  
online: [www.atishacentre.org.au](http://www.atishacentre.org.au) or by telephone **5446 3336**

## HEALING SUPPORT GROUP

Wednesdays 10:00am - 12:00pm

Stay tuned for future events on:  
[www.atishacentre.org.au](http://www.atishacentre.org.au)

Atisha Centre operates under the direction of Lama Thubten Zopa Rinpoche and 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'S REPORT RUBY KARMAY



Dear Venerable Sangha, Members, Friends and Volunteers, Bendigo has blessed us with lovely sunny winter days and very cold nights. The chough families have been growing in numbers and they make themselves very at home in our courtyard.

Rinpoche's 6 week retreat was very successful, and was followed by the welcoming of the Jade Buddha to its home-base in the Great Stupa, benefiting and inspiring everybody. Congratulations to Ian and Judy Green for their incredible dedication.

Geshe Rabten continues to bless us with his jewels of Dharma, encouraging us to take home what we have learnt to reflect and meditate. Gen-la and Dorje prepare and deliver every session so carefully. We are very fortunate and I am deeply grateful.

Many thanks to Helen Sleswick for all her work in the kitchen over the last 6 years. Welcome to Chris Wiseman running the Wishfulfilling Jewel Cafe.

The consecration of Lama Atisha's statue will take place on the **19th and 20th of August** in the Atisha Centre gumpa. Everyone is welcome to attend this auspicious event. If you have precious stones, metals or jewels that you would like to offer for the inside of the statue, please see the Office as soon as possible.

**In 2014, Lama Zopa Rinpoche offered ash relics of Lama Atisha to place in the statue**

In 1054, when Lama Atisha died, his remains were initially kept in Nyetang Monastery in Tibet. Soon after, Drontompa, Atisha's main disciple, took the remains to Reting Monastery. They have remained there until the present day.

In 1978, the Bangladesh Buddha Kristi Prachar Sangha brought back a portion of the relics from Reting Monastery. They were ceremoniously installed at Dhaka Dharmarajika Buddhist Monastery in Bangladesh which is Atisha's birthplace. With the arrival of Atisha's ash relics in Bangladesh the name of this great Buddhist scholar became renowned.

In 2013 some of the ash relics were given to Lama Zopa Rinpoche via a student. Rinpoche then offered a portion to our Atisha statue.



Our AGM is coming up on the **9th of September** after lunch. If you are a member of Atisha Centre this is your time to be updated by the Board on the happenings through out the year. It would be good to see you there.

Be well and big love ~ Ruby

### 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 a monthly amount ~ \$10.00 - \$100.00 whatever you can afford, to the teacher's fund.
- Supporting our fund-raising activities during the year.

You may make a regular, direct deposit to the Teacher's Fund 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:

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

Please support Geshe Rabten's wonderful teachings.

Please ring the Office on 03 5446 3336.

### His Holiness Dalai Lama's Birthday Celebration



Geshe Rabten and sangha gave animal blessings and performed a flag-raising ceremony.

# WEEKLY PROGRAMME



## Wednesday Nights

### LAM RIM TEACHINGS with Geshe Rabten 7:00pm to 8:30pm

Atisha Centre Meditation Hall

Geshe Rabten, our resident teacher, continues with his excellent, in-depth teachings of the “*Graduated Path to Enlightenment*” using Patrul Rinpoche’s well-known text, “**Words of My Perfect Teacher**”. These teachings are a detailed 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.*

## Wednesday Mornings

### HEALING SUPPORT GROUP

Atisha Centre Meditation Hall

10:00am to 12:00pm

with Venerable Rigsal

*1st, 8th, 15th, 22nd, 29th August  
5th, 12th, 19th, 26th September  
31st October / 7th November*



### *Meditations and talks for physical well-being and health*

A 10-week course directed towards people facing illnesses, general or long-term health conditions.

Cost of  
each  
session  
**\$6.00**

Train the mind to be better able to cope with life’s problems. As well as people with health issues we welcome carers and family members affected by the illness of others.

Newcomers to the Centre  
are very welcome.

**Please phone  
03 5446 3336 for info**

## MONTHLY PROGRAMME

### COMMUNITY DAY & DHARMA CLUB

10:00am

19th August / 9th September / 7th October

Our resident teacher Geshe Rabten will give a public talk in the Atisha Centre meditation hall at **10:00am**. Lunch will be available in the dining room/courtyard at **11:30am**. Please bring a plate or make a donation (*recommended \$10.00*)

Members of sangha will be offered lunch.

**A great way to meet people and find out about the Centre.**

**Please visit the website:** [www.atishacentre.org.au](http://www.atishacentre.org.au)

## Tuesday Nights

### BEGINNERS’ MEDITATION with Venerable Jampa

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

**Meditation ~ 5:45pm to 6:45pm**

Attendance is by donation

## Friday Mornings

### MEDITATIONS

... led by **Carol Donne** - starts at **10:30am**  
followed by refreshments in the courtyard.

Atisha Centre Meditation Hall

Attendance is by donation

## Sunday Mornings

### BUDDHIST MEDITATION

Atisha Centre Meditation Hall

**10:00am to 11:00am** (Except on Community Days)

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 outing on a Sunday morning!*

## PUJAS AND PRECEPT DAYS

Everyone is welcome to attend these group practices which are held in the Atisha Centre’s 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).

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

**Guru Pujas: at 6:00pm**

**6th & 20th August / 5th & 19th September /  
4th & 19th October**

**Medicine Buddha Pujas: at 11:00am**

**26th August / 24th September / 24th October**

**Tara Pujas: at 11:00am**

**18th August / 17th September / 17th October**

For bookings and any other  
information about our  
programme, please contact



Atisha Office on **03 5446 3336**

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





# AUGUST 2018

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	2 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	3 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	4 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	5 Meditation 10am
6 Guru Puja 6:00pm	7 Beginners' Meditation 5:45pm Anderson Rm	8 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	9 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	10 Friday Morning Meditation 10:30am	11 Afternoon with Gen-la 2:30pm	12 Meditation 10am
13	14 Beginners' Meditation 5:45pm Anderson Rm	15 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	16 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	17 Friday Morning Meditation 10:30am	18 Tara Puja 11:00am Discovering BUDDHISM Practice Day 9:00am - 4:00pm	19 Community Day Geshe Rabten Talk - 10:00am Lunch
20 Guru Puja 6:00pm	21 Beginners' Meditation 5:45pm Anderson Rm	22 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	23 Ven.Robina Public Talk	24 Friday Morning Meditation 10:30am	25	26 Meditation 10am Medicine Buddha Puja 11:00am
27	28 Beginners' Meditation 5:45pm Anderson Rm	29 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	30	31 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm		

## BUDDHIST STUDY GROUP

3 - 4 August  
31 Aug - 1 Sept  
28 - 29 September  
12 - 13 October  
26 - 27 October



with Venerable  
Geshe Rabten

### "Nagarjuna's Letter to a Friend"

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



Meditation and  
discussion included.

There is no set fee  
for these teachings.  
Please make a donation.

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

## ROBINA EVENTS

### Two events with Venerable Robina Courtin



#### 1. PUBLIC TALK

at La Trobe Art Centre  
- View Street, Bendigo

"The Wisdom  
of Reality"

23rd August  
at 5:30pm Entry fee \$25

#### 2. RETREAT

at Atisha Centre

24th - 26th August

"Freedom through  
Understanding"


Retreat Fee: \$225.00  
(less 10% - Members)  
~ daily rates available



Please book these events online: For accommodation,  
contact the Office on 03 5446 3336 directly.

\*NB: Please book this by the Thursday prior to event and  
call the Office on 03 5446 3336 for accommodation

# SEPTEMBER 2018

MON	TUE	WED	THU	FRI	SAT	SUN
 <div>                     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.                 </div>					1 <b>Study Group</b> Geshe Rabten Atisha Centre 9:00am - 4:00pm	2 <b>Meditation 10am</b>
3	4 <b>Beginners' Meditation</b> 5:45pm Anderson Rm	5 <b>Healing Guru Puja</b> Support Group 10:00am - 12:00am  <b>'Lam Rim'</b> Geshe Rabten 7:00pm - 8:30pm	6	7 <b>Friday Morning Meditation</b> 10:30am	8 <b>One Day Meditation Course</b> 9am-4pm Ven. Tsapel	9 <b>Community Day</b> Geshe Rabten Talk - 10:00am Lunch
10	11 <b>Beginners' Meditation</b> 5:45pm Anderson Rm	12 <b>Healing Support Group</b> 10:00am - 12:00am  <b>'Lam Rim'</b> Geshe Rabten 7:00pm - 8:30pm	13	14 <b>Friday Morning Meditation</b> 10:30am	<b>Spring Retreat with Geshe Rabten</b> <i>"The Three Principals"</i>	
17 <b>Tara Puja</b> 11:00am	18 <b>Beginners' Meditation</b> 5:45pm Anderson Rm	19 <b>Healing Guru Puja</b> Support Group 10:00am - 12:00am  <b>'Lam Rim'</b> Geshe Rabten 7:00pm - 8:30pm	20	21 <b>Friday Morning Meditation</b> 10:30am		
<b>Retreat with Geshe Rabten</b>					22 <b>Afternoon with Gen-la</b> 2:30pm	23 <b>Meditation 10am</b>
24 <b>Medicine Buddha Puja</b> 11:00am	25 <b>Beginners' Meditation</b> 5:45pm Anderson Rm	26 <b>Healing Support Group</b> 10:00am - 12:00am  <b>'Lam Rim'</b> Geshe Rabten 7:00pm - 8:30pm	27	28 <b>Friday Morning Meditation</b> 10:30am  <b>Study Group</b> Geshe Rabten 7:00pm - 8:30pm	29 <b>Study Group</b> Geshe Rabten Atisha Centre 9:00am - 4:00pm	30 <b>Meditation 10am</b>

## AFTERNOONS WITH GEN-LA



Everyone is invited to these popular Saturday "Afternoons with Gen-la" teachings.

**with Venerable Geshe Rabten**

**Saturdays @ 2:30pm**

**11th August ~ "The Happier States"**

...on how to achieve rebirth as a human or a god

**22nd September ~ "Severing the Bonds"**

...on how to achieve the state of Liberation

**20th October ~ "The Ultimate Step"**

...on how to achieve the state of Full Enlightenment

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

*A nice Saturday afternoon!*



## DISCOVERING BUDDHISM

*Module 5 (4 evening sessions & a practice day):*

**Thursdays 26th July / 2nd, 9th and 16th August from 7:00pm - 8:30pm and a practice day on Saturday 18th August from 9:00am to 4:00pm**

**led by Venerable Lhundrup**



## "Death and Rebirth"

You can join the course at any module. Please book online or contact the Spiritual Programme Coordinator on **0479 036 802**


## Discovering BUDDHISM

*"Awakening all limitless potential of your mind, achieving all peace and happiness"*

**Total cost for the whole of Module 5 = \$100.00 (less 10% - Members)**



# OCTOBER 2018

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Beginners' Meditation 5:45pm Anderson Rm	3 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	4 Guru Puja 6:00pm	5 Friday Morning Meditation 10:30am	6 Intro to Buddhism Course 9am-4pm Ven. Jampa	7 Community Day Geshe Rabten Talk - 10:00am Lunch
8	9 Beginners' Meditation 5:45pm Anderson Rm	10 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	11	12 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	13 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	14 Meditation 10am
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29	30 Beginners' Meditation 5:45pm Anderson Rm	31 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	<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 info.</p> 			

## ONE DAY MEDITATION COURSE

## INTRO TO BUDDHISM - COURSE



with **Venerable Tsapel**



**Saturday 8th September  
from 9:00am to 4:00pm**

Venerable Tsapel continues her very successful  
one day introductory meditation retreats.

with **Venerable Jampa**



**Saturday 6th October  
from 9:00am to 4:00pm**

Venerable Jampa leads his very popular  
one day introduction to Buddhism course.



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

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

BYO lunch

**To make a booking, please do so online:  
[www.atishacentre.org.au](http://www.atishacentre.org.au)**

Geshe Rabten's teachings are recorded. If you are  
unable to attend a session or would like to re-hear  
the teachings, the audios can be accessed online at:  
**[www.atishacentre.org.au/programme/publications-and-audios](http://www.atishacentre.org.au/programme/publications-and-audios)**  
...or you can contact the Spiritual Programme  
Coordinator on: **[spc@atishacentre.org.au](mailto:spc@atishacentre.org.au)**





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[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 Centre.

### Family Eye Health Care, Bulk Billing

#### Bendigo Cottages

*...a unique  
boutique, bed  
& breakfast  
accommodation in  
a beautiful, peaceful  
garden setting.*

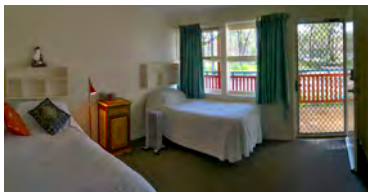


Within easy walking distance of the city centre, arts precinct, theatre and the new Bendigo Hospital. Atisha Centre and the Great Stupa are a 20 minute drive. All cottages have fully equipped kitchenette, heating and cooling, TV and free wifi. Parking is provided.

**Special rates for Atisha and FPMT members**

**Contact Diane Gee - 0478 590 050**

[www.bendigocottages.com](http://www.bendigocottages.com)



**Atisha Centre**

**ACCOMMODATION AVAILABLE**

Shared rooms with ensuite bathrooms,  
and bedrooms with shared bathrooms.

Hiring the Centre and group bookings  
available. Accommodation available for  
up to 20 people ~ also camping options.

Contact the Office: 03 5446 3336  
to book accommodation.

**UFS PHARMACIES**  
Building a healthier community  
**#Make it Local**  
Shop 2, 741 Calder Highway,  
Maiden Gully  
5449 7149 - [bendigoufs.com.au](http://bendigoufs.com.au)

### Members and Volunteers WANTED!

If you are not already a member of  
Atisha Centre, please consider joining.  
Membership supports the Centre,  
helping preserve and perpetuate the  
Dharma and its availability.



Also, we are always in need of volunteers  
to help run the many areas of the Centre.

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

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 ~ [director@atishacentre.org.au](mailto:director@atishacentre.org.au)  
**Spiritual Programme Coordinator:** Andy Melnic  
~ [spc@atishacentre.org.au](mailto:spc@atishacentre.org.au)  
**Secretary:** Nic Aunger ~ [secretary@atishacentre.org.au](mailto:secretary@atishacentre.org.au)  
**Treasurer:** Tom Castles ~ [treasurer@atishacentre.org.au](mailto:treasurer@atishacentre.org.au)  
**Machig Labdron Nunnery:** Venerable Tenzin Tsapel  
**Chairperson:** Trevor Smith  
**Vice Chairperson:** Peter Lane

All Board members volunteer their time and service.

## KEY PERSONNEL

Centre Management:	Ruby Karmay
SPC: Website:	Andy Melnic
Office Manager:	Sally Mason
Financial Manager:	Wendy Buchan
Membership:	Kathy Rice
Property Manager:	Steve Williams
Gompa Keeper:	Venerable Lozang Rigdal
Kitchen Manager:	Position Vacant
Accommodation Manager:	Alison Thomson
Volunteer Coordinator:	Alison Thomson
Newsletter / Publicity:	Andy Melnic
Facebook:	Ingrid Sorum
Shop Manager:	Tim Allen
"Wishfulfilling Jewel Cafe":	Chris Wiseman
EGroups / Archive Site:	Andy Melnic
Holy Objects:	Liam Chambers



## MEMBERSHIP UPDATE

We would like to thank the following people who have become new members of Atisha Centre: Carmela Quimbo, Peter Stripes, David Gardner, Nicole Botham and Pamela Gaulke. Also, thanks to longtime members Kevin and Bernice Smith and to all our subscribers.

As members of Atisha Centre, you are entitled to receive the Mandala Magazine twice a year. The June/December issue has been sent and you should receive it soon.

### If you would like to become a new member of Atisha Centre please contact the Office

Once your membership has been approved you can either pay online, call the office or organise a monthly debit payment.

If you have any queries regarding membership please do not hesitate to call the Office between 12:00pm to 4:00pm Monday to Friday or email us at

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

**Kathy Rice, Membership**

## 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;
- Off-peak accommodation rates.

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



**Atisha Buddhist Centre Bendigo**



**Atisha Buddhist Centre**



### **Visit our books and gift shop -**

Open Tues to Sat: 10am - 4pm / Sun: 11am - 4pm

For information about volunteering please ask at the Office or the shop or phone 0424 071 171

**[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.