

Shoroten

Quarterly Newsletter of Atisha Centre - Summer 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

Andy Weber Art Courses
2 - 11 November

Afternoon with Gen-la
1 December

Vajrayogini Retreat
29 November - 16 December

Wednesday Nights Teachings
Venerable Gyatso ~ December

Chenrezig Retreat
27 December - 1 January

Many thanks to everyone who has donated throughout the year to our various Centre projects.



We still need to raise substantial funds to complete the Kadampa 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 or see back page.

**~ Community Day ~
and Dharma Club**
18 November

Stay tuned for future events on:
www.atishacentre.org.au



Venerable Geshe Rabten ~ Spring Retreat 2018

**Discovering
BUDDHISM**

Module 6 will complete in
November and DB will recommence
with Module 7 in February 2019

CHENREZIG RETREAT WITH VENERABLE TONY BEAUMONT



*A great
opportunity
to awaken
your own
buddha nature,
vast wisdom and deep compassion.*

~ December 27th - January 1st ~
Everybody Welcome! ~ details inside

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 DIRECTORS

We have unfortunately received the resignation of our wonderful director Ruby Karmay. Ruby has directed Atisha Centre for four years and has been involved, in some way, for more than 20 years. Ruby has worked tirelessly over this time to make the Centre the success it now is. Ruby has decided to travel and further her Dharma studies through long retreats. The Centre is in good hands with Liam Chambers stepping up once more as director while we search for a suitable candidate to take on the role long-term. The Board thanks Ruby for her service to the Centre.



The Board would like to welcome Liam Chambers to the role of Director.

Liam says,

"As a leader, I have a simple philosophy: Be the best you can be. Simply, be positive, caring and helpful and look for the best outcome for a situation. As director, it is my aim, within the limitation of finances and the availability of volunteers, to have Atisha Centre be the best it can be.



"I find that genuinely and openly demonstrating my appreciation for the work and effort of others creates a bond of harmony, trust and good communication. By valuing the knowledge, skills and experience that people bring to the Centre and by building a large degree of autonomy into the role that they play, the causes and conditions are created for people to work at their best.

"When people are operating at their best, it shows in the quality of their work, relationships and eventually the harmony, atmosphere and progress of the Centre. To all staff and volunteers, I am humbled by your generosity of spirit and your compassion for your fellow human beings. It is all of you who so generously give your time, your warmth, your humour and your caring. That is Atisha Centre."

Liam Chambers

GESHE AND TRANSLATOR

Supporting the Sangha Jewel ~ Please help to support our continued hosting of our wonderful Geshe Rabten and translator Venerable Dorje. We constantly need funds to cover not only their living expenses but also visas, travel costs...everything!

You can help by:

- Supporting our fundraising activities during the year.
- Offering a monthly sum, as a 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

Or you can ring the Office on 03 5446 3336.

Please support Geshe Rabten's wonderful teachings.



Participants at this year's Spring Retreat with Genla

Positions Vacant

If you would like to volunteer at the Centre, we are currently seeking 2 live-in, managerial positions:

1. **Accommodation Manager**
2. **Gompa Manager**



~ In addition we are searching for **cooks** for courses and events ~

Please contact Liam, our new director, if you are interested to apply, on: **0429 812 715**
or email: **director@atishacentre.org.au**

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

with Venerable Rigsal

Cost of
session
\$6.00

*The final session for this year
will be held on 7th November*

10:00am to 12:00pm

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

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

Newcomers to the Centre are very welcome.

The course will recommence in February next year

Please phone 03 5446 3336 for info

MONTHLY PROGRAMME



COMMUNITY DAY & DHARMA CLUB

~18th November @ 10:00am ~

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

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

**Final for 2018
27th November**

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

**Final for 2018
23rd November**

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!*

**Final for 2018
16th December**

PUJAS AND PRECEPT DAYS

Everyone is welcome to attend these group practices held in the 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 making a donation.

For further details contact spc@atishacentre.org.au.

Guru Pujas: at 6:00pm

**2nd & 17th November / 2nd & 17th December
/ 16th & 30th January**

Medicine Buddha Pujas: at 11:00am

22nd November / 23rd December / 21st January

Tara Pujas: at 10:00am (Please note new time)

15th November / 15th December / 14th January

These are the due dates of the pujas.



Please check to confirm before coming.

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



Email: spc@atishacentre.org.au

NOVEMBER 2018

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

BUDDHIST STUDY GROUP

Special End of Year Two-Weekend Study Group



with Venerable
Geshe Rabten

~ 9th - 10th November
~ 23rd - 24th November



Lama Tsongkhapa's
"Foundation of All
Good Qualities"

Fridays 7:00pm to 8:30pm and
Saturdays 9:00am to 4:00pm

There is no set fee for these teachings but
donations are very welcome.
This supports the Dharma, helps to maintain
the Centre and keeps the teachings available.

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

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

WEDNESDAY NIGHTS

...in December



with Venerable
Thubten Gyatso

5th / 12th / 19th
December

"It's Karma"


~ 7:00pm to 8:30pm ~



By popular demand, Venerable Gyatso will
teach the subject of Karma on Wednesday
nights in December, while Venerable Geshe
Rabten is in India.

There is no charge for these teachings.
Everyone is welcome

DECEMBER 2018

MON	TUE	WED	THU	FRI	SAT	SUN
31 Chenrezig Retreat	 1st January				1 Afternoon with Gen-la 2:30pm Vajrayogini Retreat	2 Meditation 10am LTK - Guru Puja
3	4	5 "It's Karma" Ven Gyatso 7:00pm - 8:30pm	6	7	8	9 Meditation 10am
Vajrayogini Retreat						
10	11	12 "It's Karma" Ven Gyatso 7:00pm - 8:30pm	13	14	15 Tara Puja 10:00am	16 Meditation 10am
Vajrayogini Retreat						
17 Guru Puja	18	19 "It's Karma" Ven Gyatso 7:00pm - 8:30pm	20	21	22	23 Medicine Buddha Puja 11:00am
24	25	26	27	28	29	30
Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date information.			1000 Arm Chenrezig Retreat			

BUDDHIST ART COURSES

with *Andy Weber*

Andy returns again this year to teach two deity art courses.

An extremely talented artist and a Buddhist practitioner and teacher, he has been teaching for many years all over the world.



1. "Padmasambhava"

~ 2nd to 7th November ~

5 day course = \$250.00
Food ~ 3 meals at \$25.00 per day



This 5-day art course is open to anyone with a mind wishing to learn to draw this powerful Lama-deity.



2. "Yamantaka"

~ 8th to 11th November ~

3 day course = \$180.00
Food ~ 3 meals at \$25.00 per day

Please Note Yamantaka is a high-level tantric deity. As such, this course is only open to those who have received the full initiation.

AFTERNOONS WITH GEN-LA

with Venerable Geshe Rabten

1st December

A nice Saturday afternoon!

2:30pm to 4:00pm



"Patience is a Virtue"

The powerful practice where we actively work on our mind to make sure it doesn't fall victim to disturbing emotions.

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

LAMA TSONGKHAPA DAY



A very meritorious day!

Founder of the Gelugpa lineage, Lama Tsong Khapa is an emanation of Manjushri, the Buddha of Wisdom.

Sunday 2nd December



JANUARY 2019

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Chenrezig Retreat	2	3	4	5	6
7	8	9	10	11	12	13 Meditation 10am Check Website to confirm that event is happening
14 Tara Puja 10:00am	15	16 Guru Puja	17	18	19 Heart Sutra Practice Day	20 Meditation 10am Check Website to confirm that event is happening
21 Medicine Buddha Puja 11:00am	22	23	24	25	26	27 Meditation 10am Check Website to confirm that event is happening
28	29	30 Guru Puja	31	Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date info. 		

VAJRAYOGINI RETREAT

led by Venerable Tenzin Tsapel

29th November - 16th December



Price covers facility fees, course materials, three meals per day, share of offerings and fire puja expenses.

For information go to:
www.atishacentre.org.au



NB: This is a highest-yoga tantra retreat. In order to participate you must have received the initiation of Vajrayogini from a fully qualified master.



1000 ARM CHENREZIG RETREAT

led by Venerable Tony Beaumont

27th December - 1st January



Cost: \$350.00
(10% discount for members)

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

Thursday 6:00pm
Supper to Tuesday after
Breakfast



A very gentle 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. It is recommended to have taken Refuge.



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

Accommodation costs for both retreats are separate and need to be booked online (see events) or with the Centre Office

For retreat bookings and other information, please contact the Office on 03 5446 3336 or 0429 036 802

ATISHA CENTRE COMMUNITY CLASSIFIEDS



Cartwright Optometrists & Associates

Serving the Community of Bendigo for over 60 years

Shop 18 Killian's Walk Bendigo

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.

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



Atisha Centre ACCOMMODATION AVAILABLE

Single or shared rooms with ensuite bathrooms, or 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.



Building a healthier community

#Make it Local

Shop 2, 741 Calder Highway,
Maiden Gully
5449 7149 - bendigoufs.com.au



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

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

Members WANTED!

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

membership@atishacentre.org.au

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 email us or call the Office (03 5446 3336).



Atisha Buddhist Centre Bendigo



Atisha Buddhist Centre

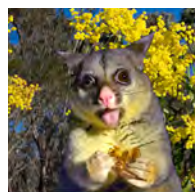
TEACHINGS AND PUBLICATIONS

All of 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 (Click "Audios")

...or you can contact the Spiritual Programme Coordinator on: spc@atishacentre.org.au

ACCOMMODATION AT ATISHA



Beautiful accommodation is available at the Centre throughout the year, for retreats, courses and personal getaways for rest and restoration.

Telephone: 5446 3336 or go to:

www.atishacentre.org.au/amenities/accommodation

VOLUNTEERING AT THE CENTRE

If you would like to volunteer at Atisha Centre, please contact our Volunteer Liaison at:

www.atishacentre.org.au/volunteering

THE DHARMA SHOP



Visit the Centre's shop. It's full of great products!

Opening times:

Tuesday to Friday:
12pm - 4pm / Saturday
& Sunday: 11am - 4pm

WISHFULFILLING JEWEL CAFE

Drop in for refreshments and excellent coffee.



KADAMPA STUPA PROJECT

We are presently building a Kadampa Stupa on the north side of the path joining the yellow brick road. It will be 6m in height with a 3.4m base.

If you would like to donate to this project, please deposit to:

Bendigo Bank - BSB: 633000
A/c Number: ACC 145953428
A/c Name: "Holy Objects"

A wonderful opportunity to make merit.



Artist's impression

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.