



# Chorten

Quarterly Newsletter of Atisha Centre - Winter 2019

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

**Intro to Buddhism Course**

~ 4 May ~

*New Event* ~ **"Sunday at Atisha"**  
~ 12 May and 9 June ~

**Nyung Na at Sakadawa**

~ 15 - 17 June ~

**HH Dalai Lama Birthday**

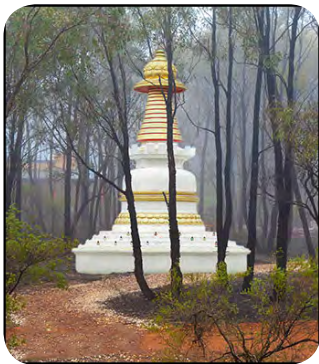
~ 6 July ~

**Vajrasattva Retreat**

~ 18 - 22 July ~



**Discovering** *Module 8: "Establishing a Daily Practice"*  
**BUDDHISM** will commence on 23 May 2019



We are planning in August to further the Kadampa Stupa project. We will be filling the stupa body with holy objects, texts (not messages), mantras and precious items. If you would like to offer your own precious items to add to the filling, please contact the Office on 5446 3336

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

*His Holiness Dalai Lama's  
Birthday Celebration & Sangha Day*

*Ceremony, Short Speeches,  
Prayers, Animal Blessings*

~ **Saturday July 6** ~  
**10:00am**

*Bring your pets!*



*"A fun family day at Atisha"*  
**Please book for lunch**

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 NEWS AND NOTICES

*Lama said:*

*"When you fully understand that whatever dawns in your mind is apprehended conceptually, the sphere of ultimate reality will dawn without your needing to rely on anything else. Once you place your mind and the knowledge of that dawning, dwell on it in single pointed equipoise. How amazing!"*



Our Publications Project has taken a step forward. We have now launched our YouTube page. From now on, you will be able to view selected teachings from Geshe Rabten online.. Please go to our "Audios & Videos" page at:

[www.atishacentre.org.au/programme/publications\\_main](http://www.atishacentre.org.au/programme/publications_main)

The current Study Group teachings: **"Praise for Dependent Arising"** and Wednesday Night Teachings: **"Essence of Refined Gold"** are now available for viewing on YouTube.

## ATISHA CENTRE SHOP



*Really worth a visit.*



The books and gifts shop has come along in leaps and bounds thanks to the excellent management of Jan and Robyn and all the wonderful shop staff.

... The great news, if you haven't already heard, is that Lama Zopa Rinpoche will be returning to the Centres for a four week retreat inside the Great Stupa of Universal Compassion.



**~ 21 March – 19 April 2020 ~**  
[www.lamazoparetreat.org.au](http://www.lamazoparetreat.org.au)

As you are aware, Ruby Karmay resigned as Director of Atisha Centre late last year and I have been Acting Director since that time. I am now very pleased to



announce that Frank Brock has accepted the



position of Centre Director, starting



from 1st May. Frank has been a long-term member of FPMT and his devotion to Rinpoche has included being Director of two other Centres: Root Institute in Bodhgaya and Lawudo Retreat Centre in Nepal.

In recent weeks, we have also said goodbye to our Secretary, Nic Aunger and Chairperson, Trevor Smith. We expect to fill the missing roles very soon.

**Liam Chambers ~ Acting Director**

## THUBTEN SHEDRUP LING MONASTERY



Two newly ordained monks have joined the monastery. We are very happy to welcome Venerable



Thubten Jampa (left) and Atisha Centre's long-term student (Barry) Venerable Thubten Sangpo (right).

**Big love to all, Gyatso**

# WEEKLY PROGRAMME

## Wednesday Nights

### LAM RIM TEACHINGS

with Geshe Rabten

7:00pm to 8:30pm

Atisha Centre Gompa



Geshe Rabten, our resident teacher, presents the excellent, in-depth teachings of the "Graduated Path to Enlightenment" using the text by His Holiness Sonam Gyatso, the 3rd Dalai Lama:

**"Essence of Refined Gold"**, a detailed presentation of the 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 Gompa

with Venerable Rigsal

10:00am to 12:00pm



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

A course open to everybody. The focus is on training the mind in order to handle everyday problems more constructively, whether they be mundane problems or health problems. Our attitude of mind is most important.

Newcomers to the Centre are very welcome.

**This course will run from 15 May to 12th June**

**Please phone 03 5446 3336 for info**

## PUJAS AND PRECEPT DAYS

Everyone is welcome to attend these group practices held in the Centre's gompa (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.

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

**14 and 29 May / 12 and 27 June / 11 and 27 July**

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

**18 May / 17 June / 16 July**

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

**12 May / 10 June / 10 July**

Please check to confirm dates before coming.

## 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 Gompa

**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 outing on a Sunday morning!*

## 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:

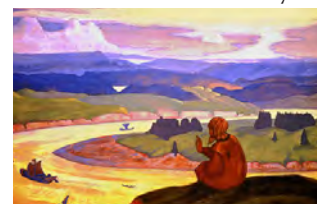
- Supporting our fundraising activities during the year.
- Offering a monthly sum, as a direct deposit to the Teacher's Fund bank account:



**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 or you can ring the Office.



*Please support Geshe Rabten's amazing teachings.*



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

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



MON	TUE	WED	THU	FRI	SAT	SUN
		1 Teachings with Geshe Rabten 7:00pm - 8:30pm	2	3 Friday Morning Meditation 10:30am	4 "Intro to Buddhism" 9am-4pm with Ven. Jampa	5 Meditation 10am
6	7 Beginners' Meditation 5:45pm Anderson Rm	8 Teachings with Geshe Rabten 7:00pm - 8:30pm	9	10 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	11 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	12 Tara Puja Sunday at Atisha Meditation: 10am Lunch: 12pm Afternoon with Genla: 1:15pm
13	14 Guru Puja Beginners' Meditation 5:45pm Anderson Rm	15 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	16	17 Friday Morning Meditation 10:30am	18 Medicine Buddha Puja	19 Meditation 10am
20	21 Beginners' Meditation 5:45pm Anderson Rm	22 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	23 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	24 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	25 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	26 Meditation 10am
27	28 Beginners' Meditation 5:45pm Anderson Rm	29 Healing Support Group Guru Puja Teachings with Geshe Rabten 7:00pm - 8:30pm	30 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	31 Friday Morning Meditation 10:30am		

## BUDDHIST STUDY GROUP



with Venerable Geshe Rabten

10 to 11 May  
24 to 25 May  
7 to 8 June  
21 to 22 June  
12 to 13 July  
26 to 27 July

"Praise for Dependent Arising"

by Lama Tsongkhapa

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.

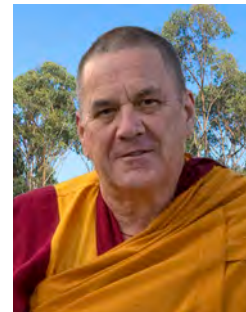
See our website to book supper for Friday night, breakfast and lunch for the Saturday, Please book by the Thursday prior to event.

## DISCOVERING BUDDHISM

with Venerable Lhundrup

Module 8 (6 Thursday evening sessions and a practice day):

"Establishing a Daily Practice"



Thursdays:

23 and 30 May & 6, 13, 20 and 27 June from 7:00pm - 8:30pm and a practice day on Saturday 29 June from 9:00am to 4:00pm



Total cost for whole of Module 8 = \$130.00 (less 10% - Members)

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

These courses are specifically designed for beginners and those of you curious to find out more.

You can join the course at any time. If you wish to join from Module 8, please book online or contact Spiritual Programme Coordinator on 0479 036 802

# JUNE 2019

MON	TUE	WED	THU	FRI	SAT	SUN
		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.			1	2 Meditation 10am
3	4 Beginners' Meditation 5:45pm Anderson Rm	5 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	6 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	7 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	8 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	9 Sunday at Atisha Meditation: 10am Lunch: 12pm Afternoon with Genla: 1:15pm
10 Tara Puja	11 Beginners' Meditation 5:45pm Anderson Rm	12 Healing Support Group Guru Puja Teachings with Geshe Rabten 7:00pm - 8:30pm	13 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	14 Friday Morning Meditation 10:30am	Sakadawa Nyung Nä	
17 Sakadawa The Day Guru Puja at 6:00pm	18 Beginners' Meditation 5:45pm Anderson Rm	19 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	20 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	21 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	22 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	23 Meditation 10am
24	25 Beginners' Meditation 5:45pm Anderson Rm	26 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	27 Guru Puja Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	28 Friday Morning Meditation 10:30am	29 Discovering BUDDHISM Practice Day 9:00am - 4:00pm	30 Meditation 10am

## INTRO TO BUDDHISM - COURSE



A one-day course  
with *Venerable Jampa*

~ Saturday 4 May ~  
9:00am to 4:00pm

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



**Cost: \$35.00**  
(10% discount for members)  
(BYO lunch)

To make a booking, please do so online:  
[www.atishacentre.org.au](http://www.atishacentre.org.au)  
or phone the Office on 5446 3336

## NYUNG NÄ AT SAKADAWA

led by *Dr Alan Molloy*



Join us for this most auspicious period of the year for a 2-day Nyung Nä practice retreat of 1000-Arm Chenrezig. At Sakadawa, the Buddha was born, became enlightened and passed into parinirvana

Retreat begins ~ **Friday 14 June at 6:00pm**  
with introduction from Geshe Rabten

First session ~ **Saturday 15 June at 6:00am**  
with precepts


Retreat finishes ~ **Monday 17th June at 7:30am**  
with breakfast.

This highly beneficial retreat is open to everyone.  
For information about the structure of the retreat and bookings please see website or telephone the Office

*The Sakadawa Guru Puja will be on the Monday at 6:00pm*



# JULY 2019

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Beginners' Meditation 5:45pm Anderson Rm	3 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	4	5 Friday Morning Meditation 10:30am	6 HHDL Birthday International Sangha Day Animal Liberation	7 Meditation 10am
8	9 Beginners' Meditation 5:45pm Anderson Rm	10 Healing Support Group Tara Puja Teachings with Geshe Rabten 7:00pm - 8:30pm	11 Guru Puja	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
15	16 Medicine Buddha Puja Beginners' Meditation 5:45pm Anderson Rm	17 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	18	19 Friday Morning Meditation 10:30am	20	21 Meditation 10am
22 VAJRASATTVA RETREAT	23 Beginners' Meditation 5:45pm Anderson Rm	24 Teachings with Geshe Rabten 7:00pm - 8:30pm	25	26 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	27 Guru Puja Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	28 Meditation 10am
29	30 Beginners' Meditation 5:45pm Anderson Rm	31 Teachings with 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> 			

## VAJRASATTVA RETREAT



led by Venerable Jampa

Once again Venerable Jampa will lead this very popular retreat on Vajrasattva, the Buddha of Purification, a gentle yet powerful practice suitable for beginners. A wonderful opportunity to purify aeons of negative karmic imprints.

18 to 22 July

from 6:00pm Thurs to after breakfast Mon

Cost for full retreat: \$275.00  
(less 10% - Members)

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

Accommodation available

## SUNDAY AT ATISHA

with Venerable  
Geshe Rabten



A nice Sunday outing!



- 10:00am to 11:00am ~ Sunday Meditation
- 11:15am to 12:00pm ~ Morning tea in the courtyard with Genla (speaking English)
- 12:00pm to 1:00pm ~ Lunch
- 1:15pm to 2:45pm ~ Afternoon teaching from Genla

~ 12 May ~ Genla's Afternoon Teaching:

*"The Opportune and the Rare"*

The manner in which happiness is attained on the basis of a life marked by the freedoms and endowments

~ 9 June ~ Genla's Afternoon Teaching:

*"A Bright New Rebirth"*

The mind training techniques that are shared with Beings of Small Capacity

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

# 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](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

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](http://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](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



## 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](http://www.atishacentre.org.au)** (Click "Audios")

...or you can contact the Spiritual Programme Coordinator on: **[spc@atishacentre.org.au](mailto: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](http://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](http://www.atishacentre.org.au/volunteering)**

## THE DHARMA SHOP

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

### Opening times:

Tuesday to Thursday:  
12pm - 4pm / Friday to  
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

## 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](mailto: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**

**[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.