



Chorten

Quarterly Newsletter of Atisha Centre - Spring 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

New Event ~

**One Day Meditation
in Bendigo ~ 3 August ~**

"Sunday at Atisha"

~ 4 August, 8 September
and 6 October ~

Venerable Robina

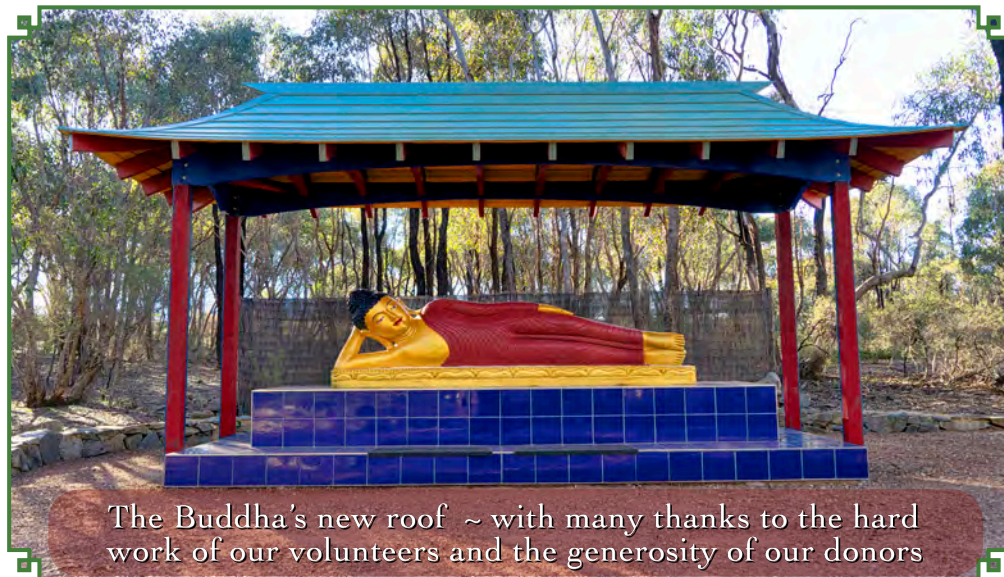
~ 15 - 18 August ~

Heruka Retreat

~ 21 September - 27 October ~

New "Study Group" Topic

~ Starting in August ~



The Buddha's new roof ~ with many thanks to the hard work of our volunteers and the generosity of our donors

Personal Retreat Room

If you would like to do a personal retreat, short or long - no need to fly to the East or even leave the state. We are now able to offer a retreat room with kitchenette, in one of our large rooms for self-contained, individual retreats.

We are happy to shop for food, as required. For further details see our website or telephone the Office on 5446 3336

Discovering **BUDDHISM** Module 9: "Samsara and Nirvana" will commence on 22 August 2019

SPRING RETREAT

with teachings from Venerable Geshe Rabten



The retreat will be led by Venerable Jampa Choepal

In November, Tibetan tangkha artist Andy Weber will return to the Centre to teach two courses:



"Wheel of Life" and
"Prajnaparamita"

See website for details.

"Praise for Dependent Arising"

by Lama Tsongkhapa

~ September 12 - 17 ~

Details inside...

Stay tuned for future events on:
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 NEWS AND NOTICES



FROM THE CENTRE DIRECTOR

To Members, Volunteers & Contributors of Atisha Centre.

Since becoming Director of Atisha Centre some two months ago I have been very impressed with how much time, effort and money it takes to keep a Dharma centre like Atisha operating.

The Centre we have today has arisen out of the voluntary efforts and generous donations of so many people, like you, over so many years. The buildings, gardens, meditation hall, office, holy objects, such as statues, have all come about due to the efforts of members and volunteers, giving freely of their time, energy and money to create an environment in which the teachings of the Buddha can be made available to anyone looking to make their lives more meaningful.

Atisha Centre is a wonderful example of the generosity of many, many people. From a relatively harsh environment, extremely hot in the summer and cold in the winter, and situated in a rain shadow which prevents the area from receiving any decent rainfall, has grown a really wonderful Dharma Centre. It truly is a testimony to the many thousands of hours of labour, not to mention dollars, that have been offered since its beginnings in 1981.

Today, Atisha Centre is a thriving Dharma Centre running more courses, teachings and retreats than ever before, and is also part of the committee which organises our kind guru Lama Zopa Rinpoche's retreats at the Great

Stupa of Universal Compassion.

Our meditation hall contains the complete collection of Lord Buddha's teachings and their commentaries, along with some of the most beautiful statues you will ever see of Shakyamuni Buddha, Taras, Lama Atisha and

Lama Tsongkhapa, along with depictions of the

17 Nalanda masters and many other holy beings. Our spiritual programme is full, with retreats, courses and weekly teachings to suit all levels of interest in the Dharma.

To continue to maintain this level of activity we have to find ways to cover our running costs which are currently over \$500 per

day. We are attempting to do this by implementing cost-cutting measures and by introducing a utility fee for our resident volunteers. Membership is also another major way we are able to meet our running costs, including the costs associated with Geshe Rabten and his translator, Venerable Dorje. If you are currently not a Member of the Centre, can I ask you please to consider becoming one. Your financial help via your membership will help Atisha Centre to continue to flourish, and for less than \$1 per day, you will be making a real contribution to the benefit Atisha Centre is able to offer.

We are also in need of volunteers in three specific areas: membership, publicity and fundraising. If you feel you may have skills in these areas, or would like find out more of what is involved in these roles, please contact me by emailing me at: director@atishacentre.org.au.

Best Wishes

Frank Brock, Centre Director



On 6th July we celebrated the birthday of His Holiness Dalai Lama, and International Sangha Day with special prayers and offerings, followed by animal liberation of several very small critters and then animal blessings. Then lunch - then cake!



A very nice community day event.

Thank you everyone for your offerings to His Holiness during the long-life prayers. Please rejoice that 20,000 Rupees was offered directly to His Holiness' private office in Dharamsala



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.*

Tuesday Mornings

HEALING MEDITATION

Atisha Centre Gompa

with Venerable Rigsal

10:00am to 12:00pm

Cost of session
\$10.00



Meditations and talks for spiritual 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 13 August to 22 October

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

10 and 25 August / 8 and 24 September / 8 and 23 October

Medicine Buddha Pujas: at 10:00am

15 August / 13 October

Tara Pujas: at 10:00am

8 August / 6 September / 6 October

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.

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 from experienced students. 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 / Email: spc@atishacentre.org.au

AUGUST 2019

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2 Friday Morning Meditation 10:30am	3 One Day Meditation Course with Ven. Jampa in Bendigo	4 Sunday at Atisha Meditation: 10am Lunch: 12pm Afternoon with Genla: 1:15pm
5	6 Beginners' Meditation 5:45pm Anderson Rm	7 Teachings with Geshe Rabten 7:00pm - 8:30pm	8 Tara Puja	9 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	10 Guru Puja Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	11 Meditation 10am
12	13 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	14 Teachings with Geshe Rabten 7:00pm - 8:30pm	15 Medicine Buddha Puja Public Talk with Venerable Robina	16 Friday Morning Meditation 10:30am	Course with Venerable Robina at Atisha Centre	
19	20 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	21 Teachings with Geshe Rabten 7:00pm - 8:30pm	22 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	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 Guru Puja
26	27 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	28 Teachings with Geshe Rabten 7:00pm - 8:30pm	29 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	30 Friday Morning Meditation 10:30am		

BUDDHIST STUDY GROUP

with Venerable
Geshe Rabten

9 - 10 August
23 - 24 August
6 - 7 September
27 - 28 September
11 - 12 October
25 - 26 October



"A Praise for
Dependent
Arising"

by Lama Tsongkhapa
...will finish in August

Lo RiG ~ New Topic ~
"Awarenesses and
Knowers"

by
Purbuchok Ngawang Jampa

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 and much appreciated. Donations support the Dharma, help to maintain the Centre and keeps the teachings available.

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

DISCOVERING BUDDHISM



with Venerable Lhundrup

Module 9 (4 Thursday evening sessions and a practice day):

"Samsara and
Nirvana"

Thursdays: 22 and 29 August,
5 and 19 September
from 7:00pm - 8:30pm
and a practice day
on Saturday 21 September
from 9:00am to 4:00pm

Total cost for whole of Module 9
= \$100.00 (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.

To make a booking, please do so online:

www.atishacentre.org.au
or phone the Office on 5446 3336

SEPTEMBER 2019

MON	TUE	WED	THU	FRI	SAT	SUN
30	 <div> <p>Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date info.</p>  </div>					1 Meditation 10am
2	3 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	4 Teachings with Geshe Rabten 7:00pm - 8:30pm	5 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	6 Friday Morning Meditation 10:30am Tara Puja Study Group Geshe Rabten 7:00pm - 8:30pm	7 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	8 Guru Puja Sunday at Atisha Meditation: 10am Lunch: 12pm Afternoon with Genla: 1:15pm
9	10 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	11 Teachings with Geshe Rabten 7:00pm - 8:30pm	Spring Retreat with Geshe Rabten			
16	17 Beginners' Meditation 5:45pm Anderson Rm	18 Teachings with Geshe Rabten 7:00pm - 8:30pm	19 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	20 Friday Morning Meditation 10:30am	21 Discovering BUDDHISM Practice Day 9:00am-4:00pm	22 Meditation 10am
Spring Retreat					Heruka Retreat	
23	24 Guru Puja Healing Meditation Beginners' Meditation 5:45pm	25 Teachings with Geshe Rabten 7:00pm - 8:30pm	26	27 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	28 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	29 Meditation 10am
Heruka Retreat						

ONE DAY MEDITATION RETREAT



IN BENDIGO

with Venerable Jampa

This new format meditation course will be held at:

The Randall Room
St Andrew's Uniting Church
26 Myers Street, Bendigo

...and will include lunch at
"The Eight Sisters" Nepalese
Restaurant (3 mins walk away)

~ Saturday 3 August
9:00am to 4:00pm

Cost: ~ \$95.00
includes a sumptuous lunch
(10% discount for members)

Join Jampa this August for another very inspiring Saturday meditation course.

Venerable Jampa leads his retreats at a relaxed pace with an emphasis on kind awareness. His approach to facilitation is warm, welcoming and fun.



To make a booking, please do so online:
www.atishacentre.org.au
or phone the Office
on 5446 3336

PUBLIC TALK AND RETREAT

with Venerable Robina Courtin

1. PUBLIC TALK

at La Trobe Art Centre
- View Street, Bendigo

"When the
Chocolate Runs Out"

15 August
at 5:30pm ~ Entry fee \$28 ~



2. RETREAT

at Atisha Centre
16 - 18 August


"The Meaning of a
Meaningful Life"

Retreat Fee: \$240.00
(less 10% - Members)
~ daily rates available



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

OCTOBER 2019

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	2 Teachings with Geshe Rabten 7:00pm - 8:30pm	3	4 Friday Morning Meditation 10:30am	5	6 Tara Puja Sunday at Atisha Meditation: 10am Lunch: 12pm Afternoon with Genla: 1:15pm
Heruka Retreat						
7	8 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	9 Teachings with Geshe Rabten 7:00pm - 8:30pm	10	11 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	12 Study Group Geshe Rabten 9:00am - 4:00pm	13 Meditation 10am Medicine Buddha Puja
Heruka Retreat						
14	15 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	16 Teachings with Geshe Rabten 7:00pm - 8:30pm	17	18 Friday Morning Meditation 10:30am	19	20 Meditation 10am
Heruka Retreat						
21	22 Healing Meditation 10:00am - 12:00pm Beginners' Meditation 5:45pm Anderson Rm	23 Guru Puja Teachings with Geshe Rabten 7:00pm - 8:30pm	24	25 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	26 Study Group Geshe Rabten 9:00am - 4:00pm	27 Meditation 10am
Heruka Retreat						
28	29 Beginners' Meditation 5:45pm Anderson Rm	30 Teachings with Geshe Rabten 7:00pm - 8:30pm	31	Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date info.		

SPRING RETREAT

with teachings from
Venerable Geshe Rabten

"A Praise for Dependent Arising"

by Lama Tsongkhapa

This retreat will supplement this year's Study Group subject - an excellent opportunity to fashion a meditation practice on dependent arising and developing wisdom.

The retreat will be led by Venerable Jampa Choepal



The retreat is open to everyone, whether or not a "Study Group-ee"

Accommodation and food available. Single days attendance possible



Cost of whole retreat: ~ \$275.00

~ September 12 - 17 ~

Please book the retreat online: www.atishacentre.org.au
or by telephone 5446 3336

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
12:00pm to 1:00pm ~ Lunch ~ \$12.00 on the day
1:15pm to 2:45pm ~ Afternoon teaching from Genla

~ 4 August ~ Genla's Afternoon Teaching:

"The Refuge Mind"

The benefits and meditation methods of Refuge
A Refuge Ceremony will take place at 2:45pm

~ 8 September ~ Genla's Afternoon Teaching:

"The Faith of Certainty"

Faith of conviction is the root of all peace and joy.
Its essence, how to generate and meditate on it.

~ 6 October ~ Genla's Afternoon Teaching:

"The Karma of It All"

All about karma.

There is no set fee, 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

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



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

100 Sailors Gully Rd
Eaglehawk 3556

Phone: 03 5446 1027

Naturopath

Robyn McFarlane N.D.

Bowen Therapy, Remedial Therapy, Homeopathy,
Herbs, Massage, Iris Diagnosis.

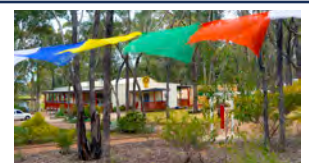
Health fund rebates and pensioner discounts available.

REIKI ~ CRYSTAL
THERAPY
pellowah ~ CRYSTAL
DREAMING

By appointment - Call Linley
0457 289 331 Conc. Discount

Discount for Atisha Centre Members
Member of IICT

UFS PHARMACIES
Building a healthier community
#Make it Local
Shop 2, 741 Calder Highway,
Maiden Gully
5449 7149 - bendigoufs.com.au



**Atisha Centre
GUEST EVENTS
ACCOMMODATION
AVAILABLE**

**Hire the Centre
for Guest Events.**

Accommodation and
venue space for up
to 20 people. Contact
the **Office:**
03 5446 3336 to book.

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



Our current courses of teachings "Praise for Dependent Arising" in Study Group and Wednesday Night Teachings: "Essence of Refined Gold" are now available for viewing on our YouTube page. Please go to our "Audios & Videos" page at:

www.atishacentre.org.au/programme/publications_main

VOLUNTEERING AT THE CENTRE

If you would like to volunteer at Atisha Centre, please contact the Office at:

office@atishacentre.org.au

THE DHARMA SHOP

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

Opening times:

Wednesday and Thursday:
12pm - 4pm / Friday to
Sunday: 11am - 4pm



WISHFULFILLING JEWEL CAFE



Drop in for a chat, 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 129206090
A/c Name: "Dharma Project"

A wonderful opportunity to make merit.



Artist's impression

CENTRE MEMBERSHIP

Benefits for Members

Being an Atisha Centre member entitles you to:

- Subscription to our quarterly newsletter;
- 10% discount in gift shop and on course fees;
- Atisha Centre Library membership;
- Members' events.

Family and concession membership available. See our website for further details

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

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.