



# Chorten

Quarterly Newsletter of Atisha Centre - Summer 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

**Andy Weber Buddhist Art**  
~ 1 to 10 November ~

**Discovering Buddhism**  
*Module 10* "Transforming Problems"  
~ 7, 14 and 21 November ~  
~ 5 and 7 December ~

**One Day Intro to Buddhism**  
*at the Centre* ~ 16 November ~

**Atisha Centre AGM**  
~ 24 November ~

**"Sunday at Atisha"**  
~ 1 December ~

**Wednesday Night**  
**with Venerable Gyatso**  
~ 4, 11 and 18 December ~

**Golden Light Sutra**  
**Practice Day**  
~ 18 January ~

## 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

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

## LAMA TSONGKHAPA DAY

600 Year Anniversary of  
Lama Tsongkhapa's Parinirvana

~ 21 December ~



Members' Puja  
Light Offerings  
Celebration Day  
Lunch offered

## CHENREZIG RETREAT WITH VENERABLE TONY BEAUMONT



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

~ 27 December to 1 January ~

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 NEWS AND NOTICES

Lama Tsongkhapa was born in 1357 in the Tsongkha valley of Amdo province in northeast Tibet. He experienced visions of Manjushri, who bestowed empowerments on him and gave him teachings.

Lama Tsongkhapa devoted much of his energy to giving extensive teachings. He passed away, attaining the state of paranirvana in 1419. Lama Tsongkhapa made an extremely significant impact on the development of Buddhism in Tibet and his influence extended to Mongolia and China. He wrote prolifically and lucidly on topics connected with both sutra and tantra, and thanks to his clear and elegant style these great works remain illuminating, relevant and accessible to this day.



In the final analysis, in order to cut off our compulsive wandering in cyclic existence, we must cultivate the most refined wisdom - the realisation of the emptiness of inherent existence. No lesser insight will suffice.

*Lama Tsongbkapa*

*Join us for the 600 year anniversary of the passing and paranirvana of this great lama ~ 21 December ~*

## KADAMPA STUPA PROJECT - ROLE VACANT

We are urgently seeking someone to take over as **Coordinator of the Kadampa Stupa Project**. At this stage in the process we need to gather more holy objects to fill the vase section of the stupa including mantras which need to be printed, cut and rolled in a very specific way. The mantra rolling is usually done as a group activity and organising this will be part of the Coordinator's role.

The Centre will be able to help and support and we also have books which explain the correct methods for filling stupas and the list of holy objects needed.

This is a great and rare opportunity for someone who has the time and energy to help create a very powerful holy object from which many sentient beings will benefit in the future.

If you would like more information on this volunteer position and would like to discuss the role, please contact:

**director@atishacentre.org.au.**



## KITCHEN MANAGER - ROLE VACANT

We are also looking for an exchange volunteer to fill the position of **Kitchen Manager**. The role covers responsibility for all aspects relating to management of the kitchen/dining area.

We are offering caravan accommodation onsite in exchange for 20 hours a week voluntary work.

If you would like to apply for this position, please contact: **director@atishacentre.org.au.**



*This year's Spring Retreat was a great success. Genla taught this 5-day retreat on "Praise for Dependent Arising" by Lama Tsongkhapa. All these teachings are available as both audio files and YouTube videos (see our site!) Thank you to Venerable Jampa for leading all the meditations and discussions.*



*Many thanks to all the kind people who donated towards our new oven and stove. Installed and "cooking with gas". Our cooks are very happy!*

# WEEKLY PROGRAMME

## Wednesday Nights

### LAM RIM TEACHINGS with Geshe Rabten

Final for 2019  
27 November

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, is an all-you-need-to-know synthesis of the total teachings of the Buddha. The text is available to buy from the Atisha shop.

## 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:

6 and 21 November / 6 and 21 December / January TBA

### Medicine Buddha Pujas: at 10:00am

12 November / 12 December  
January TBA

### Tara Pujas: at 10:00am

4 November / 4 December  
January TBA

Please confirm dates and times before coming.



## Atisha Centre AGM

~ 24 November ~  
11:15am

## Tuesday Nights

### BEGINNERS' MEDITATION

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

5:45pm to 6:45pm

Attendance is by donation



Final for 2019  
10 December

## 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 2019  
6 December

## Sunday Mornings

### BUDDHIST MEDITATION

Atisha Centre Gompa

10:00am to 11:00am

Final for 2019  
17 December

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!

## Wednesday Nights in December

with Venerable Gyatso

4, 11 and 18  
December

"Life Sucks!"

How to live  
and die skillfully



~ 7:00pm to 8:30pm ~

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





No charge for these teachings, but donations would be appreciated.

Everyone is welcome.



# NOVEMBER 2019

MON	TUE	WED	THU	FRI	SAT	SUN
				1 <b>Friday Morning Meditation 10:30am</b>	2	3 <b>Meditation 10am in Great Stupa</b>
				<b>Andy Weber Art Course No.1</b>		
4 <b>Tara Puja</b>	5 <b>Beginners' Meditation 5:45pm Anderson Rm</b>	6 <b>Guru Puja</b> <b>Teachings with Geshe Rabten 7:00pm - 8:30pm</b>	7 <b>Discovering BUDDHISM</b> Atisha Centre 7:00pm - 8:30pm	8 <b>Friday Morning Meditation 10:30am</b> <b>Study Group Geshe Rabten 7:00pm - 8:30pm</b>	9 <b>Study Group Geshe Rabten 9:00am - 4:00pm</b>	10 <b>Meditation 10am in Great Stupa</b>
<b>Andy Weber Art Course No.1</b>				<b>Andy Weber Art Course No.2</b>		
11	12 <b>Medicine Buddha Puja</b> <b>Beginners' Meditation 5:45pm Anderson Rm</b>	13 <b>Teachings with Geshe Rabten 7:00pm - 8:30pm</b>	14 <b>Discovering BUDDHISM</b> Atisha Centre 7:00pm - 8:30pm	15 <b>Friday Morning Meditation 10:30am</b>	16 <b>One Day Intro to Buddhism with Ven. Jampa</b>	17 <b>Meditation 10am</b>
18	19 <b>Beginners' Meditation 5:45pm Anderson Rm</b>	20 <b>Teachings with Geshe Rabten 7:00pm - 8:30pm</b>	21 <b>Guru Puja</b> <b>Discovering BUDDHISM</b> Atisha Centre 7:00pm - 8:30pm	22 <b>Friday Morning Meditation 10:30am</b> <b>Study Group Geshe Rabten 7:00pm - 8:30pm</b>	23 <b>Study Group Geshe Rabten 9:00am - 4:00pm</b>	24 <b>Meditation 10am</b> <b>Atisha Centre AGM</b>
25	26 <b>Beginners' Meditation 5:45pm Anderson Rm</b>	27 <b>Teachings with Geshe Rabten 7:00pm - 8:30pm</b>	28	29 <b>Friday Morning Meditation 10:30am</b>	30	

## BUDDHIST STUDY GROUP

with  
Venerable Geshe Rabten

8 - 9 November  
22 - 23 November

Two subjects depending  
on completion of the first:

"Parting from the Four Clingings"

by Jetsün Drakpa Gyaltsen

and

"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 10 (4 Thursday evening  
sessions and a practice day):**

"Transforming  
Problems"

**Thursdays: 7, 14 and 21  
November, and 5 December  
from 7:00pm - 8:30pm  
and a practice day  
on Saturday 7 December  
from 9:00am to 4:00pm**

**Total cost for whole of Module 10  
= \$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**

# DECEMBER 2019

MON	TUE	WED	THU	FRI	SAT	SUN
30 <b>Chenrezig Retreat</b> 27 December to 1 January	31	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 <b>Sunday at Atisha</b> Meditation: 10am Lunch: 12pm Afternoon with Genla: 1:15pm
2	3 Beginners' Meditation 5:45pm Anderson Rm	4 Tara Puja <b>Teachings with Ven. Gyatso</b> 7:00pm - 8:30pm	5 <b>Discovering BUDDHISM</b> Atisha Centre 7:00pm - 8:30pm	6 <b>Guru Puja</b> Friday Morning Meditation 10:30am	7 <b>Discovering BUDDHISM</b> Practice Day 9:00am-4:00pm	8 Meditation 10am
9	10 Beginners' Meditation 5:45pm Anderson Rm	11 <b>Teachings with Ven. Gyatso</b> 7:00pm - 8:30pm	12 Medicine Buddha Puja	13 Friday Morning Meditation 10:30am	14	15 Meditation 10am
16 <b>Nyung Nä</b>	17	18 <b>Teachings with Ven. Gyatso</b> 7:00pm - 8:30pm	19	20	21 <b>Guru Puja</b> <b>Lama Tsongkhapa Day</b>	22
23	24	25	26	27	28	29 <b>Chenrezig Retreat</b> 27 December to 1 January

## INTRO TO BUDDHISM COURSE

with Venerable Jampa Choepal

A course that gives a brief introduction to Buddhist philosophy and important principles in a Buddhist's daily life.

Come and join Jampa in this one day "Intro to Buddhism", where you will work through important Buddhist topics including:

- A brief history,
- The nature of the mind,
- The Four Noble Truths,
- The Noble Eightfold Path,
- Karma,
- Bodhicitta,
- Emptiness.



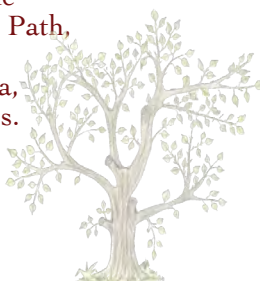
~ 16 November ~  
9:00am to 4:00pm

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

**Course Fee: \$60.00 ~ includes lunch**  
(less 10% - Members)



Suitable for beginners, curious about Buddhism and a great refresher for those with more experience in Buddhism.



## NYUNG NÄ RETREAT

led by Dr Alan Molloy



Join Alan for another 2-day Nyung Nä practice retreat of 1000-Arm Chenrezig.



Retreat begins ~ **Friday 13 December at 6:00pm**  
with a welcome and introduction

First session ~ **Saturday 14 December at 6:00am**  
with precepts

Retreat finishes ~ **Monday 16 December at 7:30am**  
with breakfast.

This highly beneficial retreat is open to everyone.  
For information about the structure of the retreat please see website or telephone SPC on 0479 036 802

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



# JANUARY 2020

MON	TUE	WED	THU	FRI	SAT	SUN
<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>		1 <b>Chenrezig Retreat</b>	2	3	4	5
6	7	8	9	10	11	12 Meditation 10am Please check web-site to confirm before coming
13	14	15	16	17	18 <b>Golden Light Sutra Practice Day</b>	19 Meditation 10am Please check web-site to confirm before coming
20	21	22	23	24	25	26 Meditation 10am Please check web-site to confirm before coming
27	28	29	30	31		

## SUNDAY AT ATISHA

with Venerable  
Geshe Rabten



*A nice Sunday outing!*

*Genla's final event for the year!*



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**

~ 1 December ~ *Afternoon Teaching:*

*"Genla's Xmas Tidings"*

*How to make Xmas beneficial and avoid Xmas difficulties*

*Meditation and teachings by donation*



## CHENREZIG RETREAT

led by Venerable  
Tony Beaumont

**27th December - 1st January**

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.



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

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

**Friday 6:00pm Supper to Wednesday after Breakfast**



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

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



# 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)

**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)



**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.**

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.

*Please help to support our continued hosting of our  
wonderful Geshe Rabten and translator Venerable Dorje.*

#### 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 on 5446 3336.



**REIKI**

~ CRYSTAL  
THERAPY



~ CRYSTAL  
DREAMING

By appointment - Call Linley  
0457 289 331 Conc. Discount

Discount for Atisha Centre Members  
**Member of IICT**



## 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)



Our current courses of teachings "Lorig, Awarenesses and Knowers" 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](http://www.atishacentre.org.au/programme/publications_main)

## VOLUNTEERING AT THE CENTRE

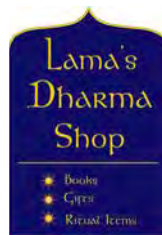
If you would like to volunteer at Atisha Centre, please contact the Office at:

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

## "LAMA'S DHARMA SHOP"



Visit our shop. It's full of great products!



### Opening times:

Wednesday and Thursday:  
12pm - 4pm /

Friday to Sunday:  
11am - 4pm



## 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](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.