



# Chorten

Atisha Centre Newsletter - May 2022

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.



## Non Violent Communication 2-Day Workshop



~ 7 and 8 May ~

led by  
Venerable Tenzin  
Lekdron

Assisted by Carmela Quimbo

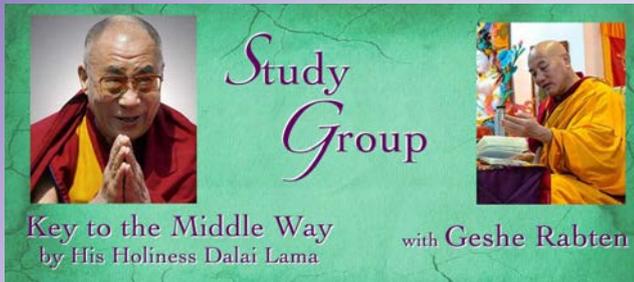


Everybody Welcome!

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



# EVENTS AT ATISHA CENTRE IN MAY



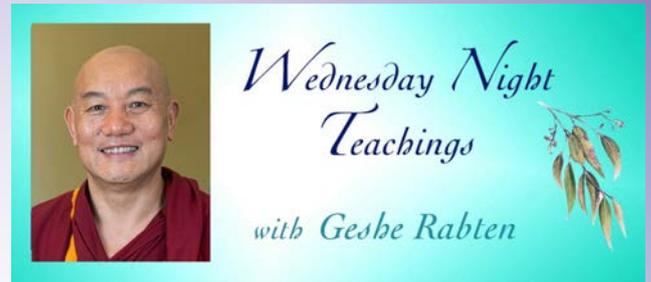
*Study Group*

Key to the Middle Way  
by His Holiness Dalai Lama

with Geshe Rabten

Advanced Buddhist studies.  
Please make sure you book for meals if required.

Fridays 7:00pm to 8:30pm and  
Saturdays 9:00am to 4:00pm:  
13 & 14 May and 27 & 28 May

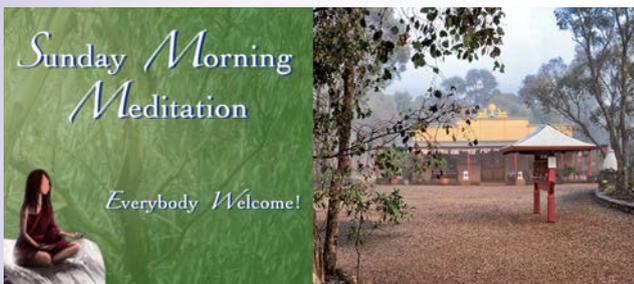


*Wednesday Night Teachings*

with Geshe Rabten

In-depth teachings on the Graduated  
Path to Enlightenment.  
*Teachings open to all.*

Each Wednesday: 6:30pm to 8:00pm

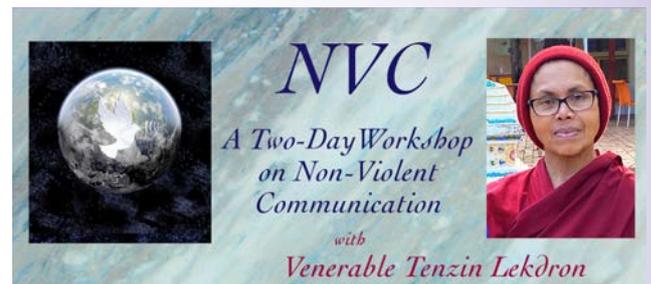


*Sunday Morning Meditation*

Everybody Welcome!

Each Sunday morning, a senior student leads an hour of guided meditation ~ perfect for beginners. An excellent opportunity just to sit with your mind in a peaceful and relaxed atmosphere.

Sundays: 10:00am to 11:00am



*NVC*

A Two-Day Workshop  
on Non-Violent  
Communication

with  
Venerable Tenzin Lekdron

Two-day workshop ~ Building Empathy and  
Connection During Conflict.

*Open to everyone. Book now online.*

Saturday and Sunday 7 and 8 May  
from 9:00am to 4:00pm



*Prayers for the Deceased*

A short, monthly practice to recite prayers and mantras to help and guide those who have recently passed away.

*All are welcome to attend. No need to book.*

Sunday 29 May from 9:00am to 9:40am  
Stay for Sunday Meditation at 10:00am



*Hatha Yoga for Everyone*

with  
Venerable Thubten Drime

Hatha yoga is for everybody. Let the joy of yoga bring about the changes you wish for.

Monday 2, 9, 16 and 30 May  
10:00am to 11:00am



Accommodation is  
available at the Centre  
[atishacentre.org.au/accommodation](http://atishacentre.org.au/accommodation)



April's Working Bee  
Many thanks to all the people who  
helped last month. It was a great day.  
Thanks to Ken for organising.

MON	TUE	WED	THU	FRI	SAT	SUN
30 Yoga 10:00am	31	 <div style="border: 1px solid black; padding: 5px; display: inline-block;">                     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.                 </div>				1 Meditation 10am
2 Yoga 10:00am	3					4 Teachings with Geshe Rabten 6:30pm - 8:00pm
9 Yoga 10:00am Tara Puja 4:30pm	10	11 Guru Puja 5:30pm Teachings with Geshe Rabten 6:30pm - 8:00pm	12	13 Study Group Geshe Rabten Atisha Centre 7:00pm - 8:30pm	14 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	15 Meditation 10am
16 Yoga 10:00am Medicine Buddha Puja - 4:30pm	<b>Work in progress on Kadampa Stupa</b>					22 Meditation 10am
23	24	25 Guru Puja 5:30pm Teachings with Geshe Rabten 6:30pm - 8:00pm	26	27 Study Group Geshe Rabten Atisha Centre 7:00pm - 8:30pm	28 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	29 Prayers for the Deceased 9:00am Meditation 10am



**Wednesday Nights  
LAM RIM TEACHINGS  
with Geshe Rabten**

**6:30pm to 8:00pm**

Atisha Centre Gompa

**“Lama Chöpa”**

A copy of the course text is available during the classes.

Geshe Rabten, our resident teacher, presents excellent, in-depth teachings on the “*Graduated Path to Enlightenment*”.

Currently, Genla is teaching on the Guru Puja practices from the text composed by the 1st Panchen Rinpoche, Lobsang Chökyi Gyaltsen.



**COMING UP NEXT MONTH**



**~ A DOUBLE  
NYUNG NÄ RETREAT**

with Dr Alan Molloy

~ 11 to 16 June ~

**SAKADAWA**

**~ A 3-DAY RETREAT**

**“WHAT IS THE MIND AND WHY DOES IT MATTER?”**

with Venerable Tenzin Tsapel

~ 17 to 20 June ~

**PUJAS AT THE CENTRE**

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, you can give details to Atisha Centre Office and a dedication will be made.

You may also sponsor a puja for someone who is unwell by making a donation.

Please confirm dates and times online before coming.



# CHORTEN is the newsletter of ATISHA CENTRE

## TEACHINGS AND PUBLICATIONS

All of Geshe Rabten's teachings are recorded. If you are unable to attend a session or would like to rehear the teachings, the audios can be accessed online at:

[www.atishacentre.org.au](http://www.atishacentre.org.au) (click "Publications")

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



Our current courses of teachings: Study Group's "Key to the Middle Way" and Wednesday Night Teachings "Lama Chöpa - Teachings on Guru Puja" are now available for viewing on our YouTube page. Please go to our "Publications" page at:

[https://atishacentre.org.au/publications\\_date](https://atishacentre.org.au/publications_date)

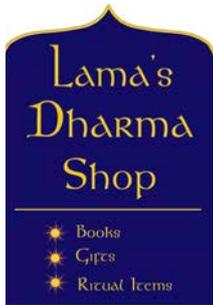
Also available are teachings and meditations from other teachers.

## 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)

## "LAMA'S DHARMA SHOP"



### Shop opening times:

Wednesday to Sunday:  
11:00am - 4:00pm

Online shop:

[shop.atishacentre.org.au](http://shop.atishacentre.org.au)

### Please note:

"Wishfulfilling Cafe" will be temporarily closed until we can find a new Kitchen-Café Manager and Barista.

## DHARMA TEACHINGS SPONSORSHIP PROGRAMME

Please consider becoming a sponsor in order for Atisha Centre to continue to offer these teachings that benefit many sentient beings.

[https://atishacentre.org.au/dharma\\_programme\\_sponsorship/](https://atishacentre.org.au/dharma_programme_sponsorship/)



## FROM LAMA ZOPA RINPOCHE



Some profound advice and inspiration from Lama Zopa Rinpoche, during these difficult times.

Rinpoche explains how our purpose in life is to benefit every single living being, to cherish and offer compassion to not only those who benefit us, but those who are strangers, and

even those who harm us.

Here is an excerpt from Rinpoche's advice:

MY MOST DEAR, MOST KIND, MOST PRECIOUS WISHFULFILLING ONES

It is so important to continually develop compassion for sentient beings. That is the source of happiness for every single hell being, hungry ghost, animal, human being, sura being, asura being, and intermediate state being.

It is said in the sutra Perfectly Contained Holy Dharma of Arya Compassionate One:

"If you wish to achieve enlightenment quickly, do not follow many Dharmas. Follow one Dharma. What is that? That is great compassion. Whoever has great compassion has all the Dharmas of the buddhas in the palm of their hands. They are achieved without effort. In short, great compassion is the root of all Dharma."

It is said in the Middle Gomrim:

"Even if you are standing, even if you are going, you should meditate on great compassion toward sentient beings."

This just mentions two activities as an example, but it means all the actions—sleeping, eating, working, reading, writing, everything—should be done with compassion. This is the advice. Especially during that time, you yourself will be at peace and have happiness and other sentient beings won't receive harm from you.

## VOLUNTEERING AT THE CENTRE



Volunteering with us is a wonderful opportunity to offer service in a peaceful and beautiful setting. We at Atisha Centre seek committed people to join our small dedicated team and embrace the challenges that working in a semi-residential programme centre brings.

If you think you would like to volunteer at Atisha Centre, please see our volunteer page:

[atishacentre.org.au/volunteering](http://atishacentre.org.au/volunteering)

[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.