

Chorten

Atisha Centre Newsletter - June 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.



KADAMPA STUPA BUILDING PROJECT

The stupa is filled and capped and ready for the next stages: form-work, building, painting, landscaping, etc...

Many thanks to all the people whose hard work and financial contributions have enabled this project to reach its current state

~ Sakadawa ~



Double Nyung Nä

led by
Dr Alan Molloy

~ 11 to 14 June
and 14 to 16 June ~

Weekend Retreat

*“What Is Mind
and Why Does
It Matter?”*

led by
Venerable Tenzin Tsapel

~ 17 to 19 June ~



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

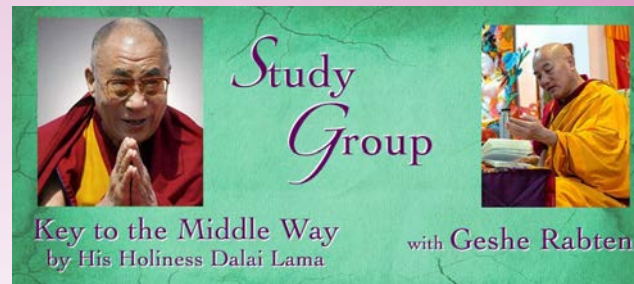


EVENTS AT ATISHA CENTRE IN JUNE



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

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



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:
10 & 11 June and 24 & 25 June



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.

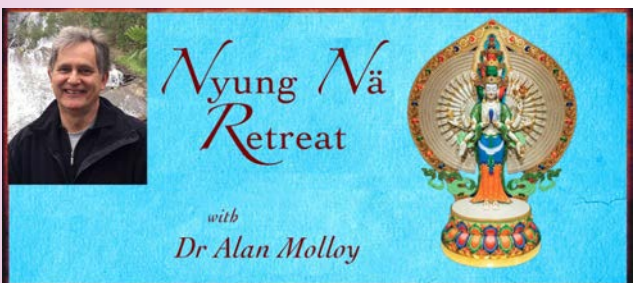
Sundays: 10:00am to 11:00am

NB: Not happening on 12 or 19 June



"What Is Mind and Why Does It Matter?"

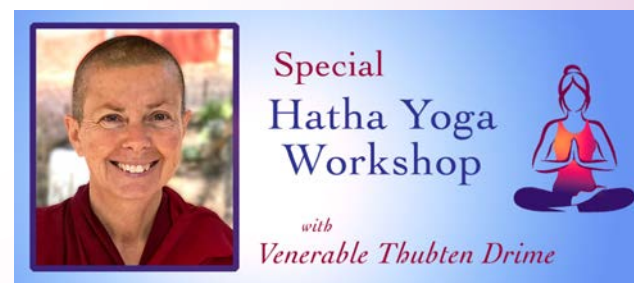
Friday 17 June to Sunday 19 June
See website for details



Fasting retreat based on Chenrezig, the Buddha of Compassion.

Double or single Nyung Nā ~ Book now online.

Saturday 11 to Tuesday 14 June
and Tuesday 14 to Thursday 16 June



A monthly Hatha Yoga workshop.

Book online or simply turn up.

Saturday 4 June ~ 10:00am to 12:00pm



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

Monday 8 and 27 June and Thursday 23 June
10:00am to 11:00am



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 26 June from 9:00am to 9:40am
Stay for Sunday Meditation at 10:00am

MON	TUE	WED	THU	FRI	SAT	SUN
<p>Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date info.</p>		1 Teachings with Geshe Rabten 6:30pm - 8:00pm	2	3	4 Hatha Yoga Workshop	5 Meditation 10am
6 Yoga 10:00am	7 Tara Puja 4:30pm	8 Teachings with Geshe Rabten 6:30pm - 8:00pm	9 Guru Puja 5:30pm	10 Study Group Geshe Rabten Atisha Centre 7:00pm - 8:30pm	11 Study Group Geshe Rabten 9:00am - 4:00pm	12 2 Nyung Näs
13	14 Sakadawa	15 Teachings with Geshe Rabten 6:30pm - 8:00pm	16	17	18	19
2 Nyung Näs Retreats with Alan Molloy				Weekend Retreat with Ven Tsapel		
20	21	22 Teachings with Geshe Rabten 6:30pm - 8:00pm	23 Yoga 10:00am Guru Puja 5:30pm	24 Study Group Geshe Rabten Atisha Centre 7:00pm - 8:30pm	25 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	26 Meditation 10am Prayers for the Deceased 9:00am
27 Yoga 10:00am	28	29 Teachings with Geshe Rabten 6:30pm - 8:00pm	30			



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.

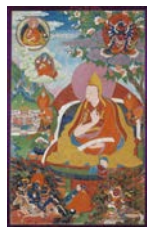


~ WINTER RETREAT ~

with Geshe Rabten

"AN ORNAMENT OF DHARMA"
~ Engage from the Heart
from a text by Gendün Gyatso,
the 2nd Dalai Lama

~ 7 to 11 July ~



COMING UP NEXT MONTH

~ CITTAMANI TARA RETREAT ~

NB: ONLY AVAILABLE TO INITIATES
OF CITTAMANI TARA
Retreat led by Venerable Tenzin Tsapel

~ 28 July to 20 August ~



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 (click "Publications")

...or you can contact the Spiritual Programme Coordinator on: 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:

atishacentre.org.au/publications_date

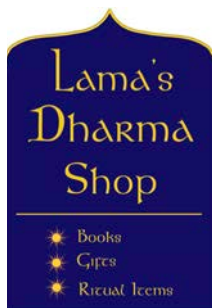
Also available are teachings and meditations from other teachers.

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

"LAMA'S DHARMA SHOP"



Shop opening times:

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

Online shop:

shop.atishacentre.org.au

Please note:

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

KADAMPA STUPA

If you would like to donate specifically to this project, please go to this link:

atishacentre.org.au/kadampa-stupa-project

Wonderful opportunity to make merit.



Artist's impression

LAMA ZOPA RINPOCHE



Lama Zopa Rinpoche with Khandro-la (Kunga Bhuma - Rangjung Neljorma Khadro Namsel Dronme)

Please join us in reciting Refuge and Bodhicitta prayers specifically to remove obstacles and for the long life and good health of our holy teacher and guru, Lama Thubten Zopa Rinpoche.

This request came from FPMT Central Office, via Rinpoche's attendant, Venerable Roger Kunzang.

Refuge and Bodhicitta

*Sang gyä chö dang tshog kyi chhog nam la
Jang chhub bar du dag ni kyab su chhi
Dag gi jin sog gyi päi tshog nam kyi
Dro la phän chhir sang gyä drub par shog*

I take refuge until I am enlightened
In the Buddha, the Dharma, and the Supreme Assembly.
By my merits of generosity and so forth,
May I become a buddha to benefit transmigratory beings.

Please let us know the number of any recitations you make!

MAKING DONATIONS TO THE CENTRE



Atisha Centre is a not-for-profit organisation committed to providing the opportunity for anyone to contact and benefit from the teachings of the

Buddha. Staffed mainly by volunteers we are reliant upon the generosity of membership contributions and donations.

If you would like to donate to the "Geshe and Translator Fund", "Holy Objects Fund" or to the "Atisha Centre – General Fund", please go here:

atishacentre.org.au/donate

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.