

CTCT Visitors schedule for July & August

We warmly welcome a return visit with **Jampa Gedun**, senior FPMT touring teacher
www.fpmt.org/teachers/touring_teachers.asp

➤ **JULY 22 -27**

Offering two evenings presenting

- **The Four Immeasurables'** 7pm-8.30pm at 166 Warwick St

The Four Immeasurables--so called because we generate equanimity, love, compassion, and joy towards an immeasurable number of sentient beings--are an integral part of Tibetan Buddhism. As thought-feelings that open our heart towards ourselves and others, they are forerunners of bodhichitta - the altruistic intention that seeks enlightenment in order to benefit all sentient beings most effectively. The key word in the four immeasurables is all sentient beings. "All" is a short word with great and profound meaning. Over these two evening presentations we will discover the methods to incorporate into our daily lives that enable us to develop this sincere all inclusive wish for happiness for all...even for those that currently we have the most difficult time with ,those that our hearts are closed to due to some past personal experience or generally those we don't know personally but have great indifference towards.

Facility fee \$15 each evening includes shared supper

➤ **July 24 - 25** A weekend **non residential** retreat 10am-5pm at 166 Warwick St

- **The Eight Verses of thought transformation**

The Eight Verses of Thought Transformation, a text by the Kadampa geshe Langri Tangpa, explains the *Paramitayana* practice of method and wisdom: the first seven verses deal with method—loving kindness, bodhichitta—and the eighth deals with wisdom.¹

Over this weekend we will explore the 8 Verses in detail through discourse, discussion and guided contemplative meditations...

A quote from a teaching on the Eight Verses for training the mind By His Holiness the Dalai LamaSo don't worry about the next life or nirvana; these things will come gradually. If within this life you remain a good, warm-hearted, unselfish person, you will be a good citizen of the world. Whether you are a Buddhist, a Christian or a communist is irrelevant; the important thing is that as long as you are a human being you should be a good human being. That is the teaching of Buddhism; that is the message carried by all the world's religions. However, the teachings of Buddhism contain every technique for eradicating selfishness and actualizing the attitude of cherishing others. Shantideva's marvelous text, the *Bodhicaryavatara [A Guide to the Bodhisattva Way of Life]*, for example, is very helpful for this. I myself practice according to that book; it is extremely useful. Our mind is very cunning, very difficult to control, but if we make constant effort, work tirelessly with logical reasoning and careful analysis, we shall be able to control it and change it for the better." **Read more here:**
<http://www.lamayeshe.com/index.php?sect=article&id=381>

Registrations for this weekend retreat with Jampa Gedun required via email to info@changtong.org Facility fee \$30 daily Morning and afternoon tea refreshments included plus course materials. Please bring a vegetarian plat for shared lunch

- **AUGUST 8** 10am -4pm at 166 Warwick St
Sunday with Venerable Aileen Barry – from Liberation Prison Project
<http://www.liberationprisonproject.org/aboutus/australia.php> Administration Co-ordinator based in Sydney , resident at Vajrayana Institute
 - **Experiences of compassionate service** story telling, discussion, meditations including a fundraising lunch to benefit LPP \$25 per person

AUGUST 13 – 15

Residential Retreat at Niche Yoga Centre in Cygnet <http://www.nichetas.com.au/>

- **Retreat leader Venerable Yonten-** Student of the 4 year Buddhist Studies Program at Chenrezig Institute QLD www.chenrezig.com.au & Communications Manager at Karuna Hospice Brisbane . www.karuna.org.au

“Why Retreat?”

- The importance and benefit of retreat
- setting up a personal retreat schedule
- meditations and explanations of the practice of Chenrezig –The Buddha Of Compassion
- **This weekend will be laden with Retreat Practice advice from Lama Zopa Rinpoche in the FPMT lineage tradition.**

BOOKINGS ARE ESSENTIAL ASAP as spaces at this venue are limited. Please email info@changtong Payment is required in full upon your registration confirmation.

Full weekend retreat plus course materials cost \$145

Dietary needs can be accommodated if notified. All meals will be vegetarian .

Arrival at Venue 3.30pm onwards Friday 13th

Soup and toast will be available at 5.30-6.30pm

1s Introductory session 7pm – 9pm

Concluding on Sunday 15th at 12 midday.

This retreat is suitable for new and older students alike. A wonderful taste of the benefit and purpose of factoring retreat time into our overall practice. All inquiries welcome Ph 62679203