

Program schedule update for **MAY – AUGUST 2010**

All flower, food or light offerings for the altar are always much appreciated – donations towards the supper box always appreciated also -Thank you in advance.

May 6th and Every Thursday 7pm - 8pm

Mindfulness Meditation – discover your self - a midweek rejuvenator

This session will be ongoing throughout the year, led by experienced students, offering two guided meditations each session, using mindfulness of breath methods and contemplation and visualization techniques... Some of the meditations used each week are sourced from a text '*Spiritual Friends-Meditations by Monks and Nuns of the International Mahayana Institute*' IMI <http://imisangha.org/> and also from Discovering Buddhism's 'How to Meditate'. Transcripts of the meditation can be available to participants if requested

It is a general drop in session suitable for all, new and old students alike. An invaluable opportunity to benefit from the discipline of a group situation and add a continuity to your practice with like minded friends, new and old. **Everyone is welcome.** *No facility fee suggestion*

MEDITATION 101 - An FPMT Introductory Course 7 pm - 8.30pm Thursday evenings

July 1.8.15.22.29

Ongoing drop in sessions will resume Thursday August 5th

***Bookings Required**

To confirm your place email info@chagtong.org

5 weekly sessions - \$50 course fee inclusive of all supporting course materials

COURSE OVERVIEW:

Meditation 101 is an introductory course on basic Buddhist meditation techniques for complete beginners. It teaches basic Buddhist meditations that can be used by anyone to create more peace and happiness in daily life.

Meditation 101 is presented in five sessions and covers these basic Buddhist meditation techniques:

- what is meditation?
- meditation posture and arranging the body
- purposes and benefits of meditation
- different skills that are used in meditation and useful in daily life
- the difference between meditation and relaxation
- two main types of meditation - analytical and stabilizing
- obstacles to meditation and their antidotes
- setting up a meditation session
- advice for establishing a long-term meditation practice
- using the benefits of meditation in everyday living
- meditation practice
- breathing meditations such as counting the breath and nine-round breathing
- mindfulness meditations such as scanning the body, bare attention, mind like the sky, and mind like the ocean
- visualization meditations such as body of light, purification with light
- analytical meditations such as meditation on equanimity, and transforming negative experiences into positive

Everyone is welcomed to attend this course even if you are already engaging in a meditation practice and would just like to refresh your techniques in the benefit of a group setting. **Bookings are essential** so that course materials can be prepared accordingly. This is not a drop in general meditation session. Commitment to the 5 consecutive sessions is highly recommended for most effective outcomes.

MAY 15th 2pm - 5pm SATURDAY AFTERNOON s' with DR SONAM TAKCHOE

Ongoing throughout 2010

- Guided Calm abiding Meditation method instruction & discussions
- Continuing commentary on **Shantidevas - Guide to the Bodhisattvas Way of Life**

An indispensable guideline of **methods to transform the mind - develop the good heart** We welcome this great opportunity to continue with our study due to the kindness and generosity of our dear friend Dr Sonam Takchoe, of this invaluable and much loved text of the Mahayana tradition.

For the most beneficial outcome please consider the requirement suggested that each chapter or recommended verses are reviewed prior to our meetings so questions, if applicable, are prepared and we make the very most of these short few hours together each session.

The text used "**Guide to Bodhisattvas Way of Life**" will be available for purchase in the Bookshop (Please see Greg, CTCT Bookshop manager, who will assist you with all your inquiries.)

This session is suitable for everyone to attend, even if you have not participated previously.

Suggested Facility fee \$10 Students and unwaged \$5

2pm - 5 pm ALTERNATE SATURDAY afternoons

2pm- 3pm Study group discussion of verses from previous weeks teaching with Sonam to be reviewed in preparation for the following weeks commentary presentation. An opportunity to formulate group questions to present for discussion with Sonam.

May 8th Meditation Methods Audio teachings by Dr Alex Berzin plus transcripts

You can check information about Dr Alex Berzin here >

http://www.berzinarchives.com/web/en/about/author/short_biography_alex_berzin.html

‘...This evening I was asked to speak about meditation, various types of meditation, and this is obviously an important topic if we want to put the Buddhas teachings into practice. Because it comes from the root bhu, from the word to become, it implies a transformation. So, if we are talking about love, we actually become someone with love. If we look at the way in which the term was translated into Tibetan, it was translated with the word that implies building up a habit. This is the word gom. And gom is to habituate ourselves to something which is positive, not to something negative or neutral, but to build up a positive, constructive habit. It is quite similar to what we have; the Tibetan is quite similar in meaning or implication to what the Sanskrit word implies. In order to transform ourselves to become like what it is that we are trying to achieve, we need to build it up as a beneficial habit.’

May 22nd Buddhist Ethical Behavior: A Practical Approach

“ We are going to be speaking about ethical self-discipline and the Buddhist view of it. This is a very fundamental thing, and in fact it's something that we find in all spiritual traditions, and not only spiritual traditions; in all social systems we find ethics. If we ask what makes Buddhist ethics Buddhist, then we have to see it in the context of the four noble truths, the basic teaching that Buddha gave...”

June 5th Becoming convinced of Rebirth: A personal story

July 3rd Happiness and its Causes Conference presentation by Sarah and Lynn whom attended this event in Sydney in May this year

July 17th Discovering Buddhism - All About Karma DVD teachings , meditation and discussion

Suggested Facility Fee \$10. Students and unwaged \$5

July 10th, 31st August 7th, 21st, Saturday afternoons with **Dr Sonam Takchoe** 2pm -5pm

- Guided mindfulness meditation instruction, practice and discussion
- Continuing commentary on Guide to a Bodhisattvas Way of Life – methods to transform the mind – develop the good heart

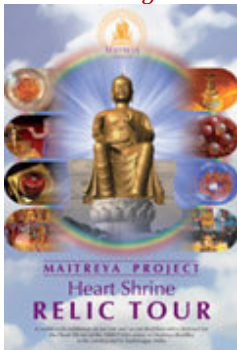
UPCOMING SPECIAL EVENTS June-August

➤ JUNE 18.19 & 20th Maitreya Project Holy Relics visit Hobart

This is the first time this Collection has toured in the Southern Hemisphere

More local information about this event will be available soon – one highlight of the weekend will be the opportunity for an Animal Blessing ceremony...all beloved pets welcome.

Volunteers are required to assist with many different jobs for this wonderful occasion. If you can offer some time over the 3 day event please email Sandra Stubbings sstubbings@netspace.net.au to be added to the Volunteer Register



Please visit <http://fpmta.org.au/index.php/tours/maitreya-relics-visit-australia-may-june-2010.html> to view all Australian Tour information.

➤ **JULY 21 -28**

Jampa Gedun , senior FPMT touring teacher kindly returns to Hobart

Offering two Public talks :

- **The Four Immeasurables’ in this day and age**
- **Living an authentic Life**

And a weekend **non residential** retreat (held at the Centre)

- **The 8 Verses for Training the Mind**

➤ **AUGUST 8 (topic TBA for August 5th evening at CTCT)**

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 “** plus a fundraising afternoon tea party

➤ **AUGUST 13 – 16**

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?”

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

- 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.**
- **Suitable for all, new and not so new, students alike.**

Registration information for these visiting teacher events will be circulated via mailing list

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*Chagtong Chentong Centre do not charge for teachings.*

*Suggested Facility Fees and course costs are to cover the facilitation of the program and the travel and care costs of visiting teachers to Hobart and outside venue costs and course materials where applicable.*

*We rely on your generosity and understanding to assist us cover the required outlay of expenses so we can continue to plan these events for you.*