



Chandrakirti Meditation Centre

Programme of Events • July 2013 - January 2014



289 Sunrise Valley Road • Upper Moutere • Nelson 7173
03 543 2021 • meditate@chandrakirti.co.nz • www.chandrakirti.co.nz



Sunday Meditation Class

Every Sunday morning 10am – 11.30am

Resumes Sunday July 7th 2013, 10am – 11.30am

A very popular public teaching with Geshe Jampa Tharchin followed by a delicious vegetarian lunch at the centre.

The meditation class encompasses religious and non religious methods to calm the mind and is suitable for everybody interested in meditation and improving the mind. Breathing meditation techniques are explored and discussion on how we can improve our mind and relationships.

Geshe Tharchin understands the modern scientific world and teaches Buddhist science.

Geshe Tharchin is very open minded and enjoys peoples questions and discussion.

Everyone welcome – by donation.

Sunday Class breaks for the holidays from Dec 8th (last class) and resumes February 2nd 2014.



Monday evening LAM RIM class

7pm – 8.30pm, begins Monday July 29th 7pm

LAM RIM is a modern and systematic presentation of Buddhist philosophy. It is Buddhist science that is relevant in our everyday life. It consists of the presentation of the basis, the path, and the result. It is a major area of study and the root of all other subjects that we study and practice in Buddhism. We are following the text by Pabongka Rinpoche “Liberation in the Palm of your Hand”.

This is a class for those who would like to understand the Buddhist path more thoroughly and is open to beginners and experienced people alike. There is plenty of time for discussion and questions.

Facility Fee is \$10 per evening. All welcome.

Audio teachings of Monday evening Lam Rim classes are available on our web site www.chandrakirti.co.nz (July 29th to December 9th)

Teachings are translated into English by Mr Tenzin Thubwang.



Thursday Evening Basic Studies Class – Mind and Mental Factors

**Class begins Thursday
August 1st 7pm -8.30pm**

**Discussion group before the class starts 6.15pm with
Tenzin Thubwang.**

We are following the Basic Studies programme implemented in many FPMT centres around the world, allowing students to follow a more structured course of study including all the major subjects in Buddhist philosophy.

For 20 weeks (from August 1st to December 5th) we are studying the text *“Explanation of the Presentation of Objects and Object Possessors and Awarenesses and Knowers”* by Purbuchok

It is an exploration of how the mind functions and illustrates mental processes helping us to clarify our thoughts and feelings.

The audio teachings will be available on our web site www.chandrakirti.co.nz

For online students you need to register and complete the weekly homework questions on line, and attend a discussion session in person if you wish to sit the final exam.

Call us for details meditate@chandrakirti.co.nz

The class is suitable for everyone, those with a general interest and the more experienced alike.

Facility Fee \$10 per evening, all warmly welcome.



Weekend Courses

August 17 & 18th Basic Buddhist Philosophy – The Wisdom of Emptiness

Geshe Tharchin will discuss the final true nature of our reality and how we can use this wisdom to create more successful and happy lives. The wisdom of emptiness is the corner stone of Buddhist thought and is a very profound yet simple philosophy underlying all phenomena both physical and mental. A great opportunity to really understand the Buddhist view.

Teachings begin 9.30am Saturday August 17th & finish 4.30pm Sunday 18th.

All warmly welcome no experience necessary.

\$40 per day or \$80 for weekend, includes all class material and delicious vegetarian lunches.



September 21 & 22

How to Meditate on Emptiness

Geshe Tharchin will guide us through a variety of meditation techniques aiming to discover who we really are and how we exist. This is a profound insight with proper guidance we can discover for ourselves the basic true nature of all reality and what that means for us in daily life.

Teachings begin 9.30am Saturday September 21 & finish 4.30pm Sunday September 22nd.

All warmly welcome no experience necessary.

\$40 per day or \$80 for the weekend, includes all class material and delicious vegetarian lunches.

October 26, 27, 28th Labour Weekend 3 day teaching - The Four Noble Truths

The 4 Noble Truths are a corner stone of Buddhist philosophy and are the first teaching Shakamuni Buddha gave after he attained enlightenment. Geshe Tharchin will teach these four truths and discuss how the whole path is included in these simple yet profound insights into reality. This is a class for everyone interested in Buddhist thought and is a major area of study for sincere seekers.

Teachings begin 9.30am Saturday October 26 & finish 4.30pm Monday October 28th. All warmly welcome no experience necessary.

Camping accommodation available for extra charge.

\$40 per day or \$120 for the weekend, includes all class material and delicious vegetarian lunches.

November 23 & 24th Meditation for a Happy Life

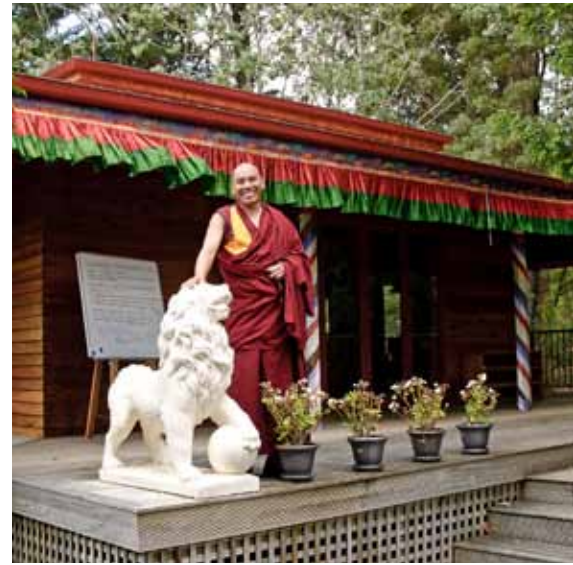
Geshe Tharchin will guide us through meditation techniques for daily life and give some advice on how to think and use our mind for maximum benefit. Meditation is a recognized technique for calming the mind and attaining happiness and good health in the life, and is quickly becoming a mainstream tool for living. Discover what meditation is and how to meditate effectively for best mental health.

Teachings begin 9.30am Saturday November 23rd & finish 4.30pm Sunday November 24th.

Teachings in Golden Bay

September 6 & 7th, October 18 & 19th
and November 29 & 30

Call John on 5258463





Animal Blessing Day

2pm Sunday November 17th

At 2pm Please bring your pets to Chandrakirti Centre for a blessing and to circumambulate them around the stupa and holy objects. Geshe Tharchin will perform a blessing ritual for your pets and animals. We welcome all animals, cats, dogs, horses, cows, pigs, chickens, sheep, mice, rats, rabbits, fish or worms and insects from your garden and others. Any and all animals welcome.

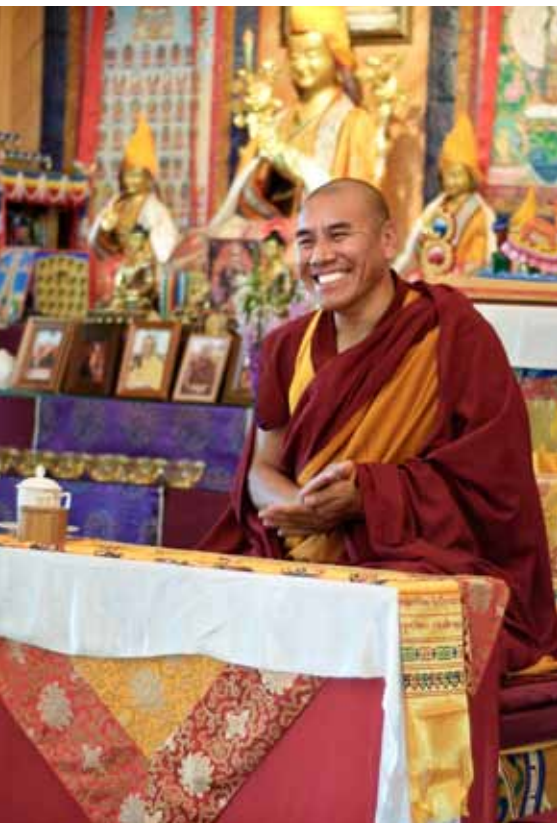
Please make sure all your pets are on a lead or in a cage for safety reasons.

Afternoon tea is provided, please stay and join us.

Blessing our pets helps them overcome obstacles in their lives and gives them some positive merit or potential which can help with future lives. It may help heal any illnesses your pet has.

Give us a call for any queries 5432021.

289 Sunrise Valley Road, Upper Moutere, Nelson



Five Day Retreat - Meditation on Love

December 13 – 18th

Developing compassion and love through meditations on the seven point cause and effect instruction for achieving bodhichitta.

During this five day retreat Geshe Jampa Tharchin will teach the six causes to achieve the result of bodhichitta. Developing this precious mind working to benefit other beings, is the source of all happiness and fulfillment in the life, and is the basis of an effective practice.

The nature of our consciousness is beginningless and we are connected to countless beings, this course illustrates the importance of developing kindness and love towards them all.

Begins Friday December 13 at 5pm and finishes Wednesday December 18th at 12 noon.

Cost is \$200 for the whole retreat, camping accommodation is available for an extra charge.

Please call us for bookings 03 5432021 or
meditate@chandrakirti.co.nz

“A rare and precious opportunity to discover the essence of the Buddhist teaching”

Summer Meditation Retreat

January 10th - 19th 2014

A 10 retreat on Calm Abiding Meditation with resident Lharampa Geshe Jampa Tharchin.

A fantastic retreat for everyone with a sincere interest in meditation whether a beginner or experienced, a chance to deepen your knowledge and practice.

The course begins at 5pm on Friday Jan 10th and finishes at noon on Sunday 19th January. Please arrive by 3pm for orientation.

Daily Schedule

7.00 am-8am	Meditation
8.00-9.30am	Breakfast
9.30am – 12 noon	Teaching and meditation
12noon – 2pm	lunch
2.30pm – 3.30pm	Teaching and Meditation
3.30 – 4pm	break
4pm – 5pm	Teaching and Meditation
5pm – 7pm	Evening meal
7pm – 8pm	Meditation and Discussion

All sessions include meditation and we will be in silence from 8pm each evening until noon the next day. All course materials and vegetarian meals are included in the fee of \$450.

Camping accommodation can be arranged for extra cost. Please call for bookings 543 2021 or meditate@chandrakirti.co.nz

Heart Sutra Retreat

January 24th – 30st 2014

A seven day meditation and teaching retreat on Special Insight, the wisdom of emptiness with resident Lharampa Geshe Jampa Tharchin.

The Heart Sutra contains the pith instructions for attaining all the realisations required to achieve the goal of liberation from suffering and attain eternal happiness.

The Heart Sutra is a Perfection of Wisdom text of Mahayana Buddhism and is over 2000 years old.

“A rare and precious opportunity to discover the essence of the Buddhist teaching”

Teachings will be translated into English by Mr Tenzin Thupwang. Retreat begins at 10am on Friday January 24th and finishes Thursday January 30th at 5pm.

The daily program includes teaching, meditation and discussion sessions. Camping accommodation is available for extra charge. Cost is \$315 and includes all course materials and vegetarian meals. Please call us for your bookings and requirements on 03 5432021. We also provide transport from Nelson City and airport.





Lama Choepa Guru Puja Tsog

And Self Initiation dates (alternate Yam & VI)

July	Friday 6th His Holiness Dalai Lamas 78th birthday 7pm Tsog Thursday 18th 7pm
August	Thursday 1st 5pm, Friday 16th self initiation 7am, Saturday 31st 7pm.
September	Saturday 14th self Initiation 7am, Sunday 29th 7pm
October	Monday 14th self initiation 7am, Tuesday 29th 7pm
November	Tuesday 12th self Initiation 7am , Thursday 28th 5pm
December	Thursday 12th 5pm, Friday 27th 7pm Lama Tsong Khapa Day
January	Friday 10th 7pm, Sunday 26th 7pm
February	Sunday 9th 7pm, Monday 24th 5pm
March 2nd	Losar



Tara Puja

A monthly offering ceremony to Tara

July	Tuesday 16th, 7pm
August	Wednesday 14th 7pm
September	Friday 13th 7pm
October	Saturday 12th 7pm
November	Sunday 10th 7pm
December	Tuesday 10th 7pm
January	Wednesday 8th 7pm
February	Friday 7th 7pm

Medicine Buddha Puja

Every Wednesday evening at 7pm

The Chandrakirti Sanga, Ven Youdon and Ven Tsiltrum perform the Medicine Buddha ceremony weekly to bring success and remove obstacles for all the people and projects on the dedication list. Medicine Buddha is great energy for those who are sick or have passed away and helps all the projects one undertakes to succeed. Please send us the names of your friends and family whom you wish to pray for and we will dedicate for them.

Everyone is welcome to join the puja at 7pm on Wednesday evenings - please give us a call if you would like to join us.

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Teachings in Blenheim

Geshe Jampa Tharchin teaches in Blenheim every month

Dates are: August 23rd and 24th
 September 27th and 28th
 November 8th and 9th
 December 6th and 7th

Friday evenings 7pm- 8.30pm Basic Buddhist Teachings

Geshe Tharchin is teaching on the Lam Rim or graduated path, a general class for those interested in Buddhist philosophy. Discussions include the basis of our ordinary reality, the path or advices to follow and the resultant freedom from suffering and achievement of happiness that we all strive for.

Saturday Meditation Class 10am -11.30am

A popular class teaching breathing meditation methods to calm the mind and encourage relaxation.

Geshe Jampa Tharchin will also give a talk on how we can overcome difficulties in our lives and attain peace and contentment.

Everyone warmly welcome – By donation

Venue: Alzheimers Rooms
8 Wither Road
Blenheim

Call Jan on 5782737 or Marie on 5722774
blenheimtibetanbuddhistgroup@gmail.com

Annual Fundraising Dinner Sunday November 17th 6.30pm

Mango Café Restaurant
Hardy St , Nelson

Our annual get together and fundraising night with silent auction.

This is a fun night to get together and help Chandrakirti Centre with all the building projects.

Tickets are \$35 – includes 3 course meal.



Tuesday Evening Meditation Classes at the Life Centre in Stoke Nelson

Geshe Tharchin is teaching two 6 week courses on Meditation at the Lifecentre in Stoke for Nelson people to attend.

Tuesday evenings from 7pm to 8.30pm

August 20th to September 24th Discovering Single Pointed Meditation

Geshe Jampa Tharchin will teach how to train the mind to focus single pointedly on any given object, to help us calm our mind and understand ourselves more fully.

Meditation is scientifically proven to help us live longer and overcome various physical and mental health problems. Geshe Tharchin understands these techniques and enjoys sharing his knowledge about mind and meditation in order to help others.

November 5th to December 3rd Meditation and the Mind

Geshe Tharchin will teach on the nature of the mind and its limitless potential, discussing ways we can improve our mental habits and develop a more peaceful and contented mind through meditation.

All welcome no experience necessary.

Cost is \$60 for the course or \$10 per evening.

You are welcome to attend the whole course or individual sessions as you can manage.

Call Brian on 5478468

9 Towai St (off Maitland Ave) Stoke, Nelson

info@thelifecentre.co.nz



Chandrakirti Meditation Centre is an affiliate of FPMT Inc. a worldwide organisation with Kyabje Lama Zopa Rinpoche as the spiritual director. Visit www.fpmt.org for further information



Find us on Facebook



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