

TRALEG KYABGON RINPOCHE IX



NOVEMBER BUDDHIST RETREAT

November 26-December 4 2005

SEVEN WEEK COURSE

Meditation and Emotions

February 11, 18, 25,
March 4, 11, 18, 25 2006

EASTER BUDDHIST RETREAT

April 14-18 2006

Born in Eastern Tibet in 1955, the Traleg Kyabgon Rinpoche was recognised as the ninth incarnation of the Traleg lineage and enthroned as Abbot of Tra'gu Monastery. Rinpoche has undergone rigorous scholastic and meditative training under various Tibetan Kagyu and Nyingma masters in India and came to Australia in 1980 and established E-Vam Institute, Melbourne, in 1982 and E-Vam Institute, New York in 2001. He regularly conducts courses and retreats and has travelled extensively in the U.S.A., S.E. Asia and Europe conducting lectures, courses and retreats. Rinpoche is the author of *Mind at Ease*, *Benevolent Mind*, *The Essence of Buddhism* and *Luminous Bliss*.

november buddhist retreat

November 26-December 4 2005

Traleg Kyabgon Rinpoche will give traditional teachings on Buddhist meditation and philosophy.

Cost: Members \$470 Others \$520

Venue: Maitripa Contemplative Centre, Healesville

Pre Registration and a deposit of \$150 are required from participants in order to secure a place in the retreat.

In order to maintain continuity for the retreat casual bookings will be for a minimum of two days on weekends only

Seven Week Course

MEDITATION AND EMOTIONS

February 11, 18, 25, March 4, 11, 18, 25 2006

Many people misunderstand meditation to be a method that will help them avoid difficult emotions, believing that somehow in meditation they will discover a peace free from the messy and turbulent world of our emotional life. In the Buddhist tradition of meditation, however, understanding the nature of emotion, both positive and destructive, and discovering how to intelligently and compassionately relate with our emotions is an essential aspect of meditation practice.

In this course, Rinpoche will describe in detail the practice of Buddhist meditation and how this practice incorporates and ultimately transforms our relationship with this essential part of a fully human life.

Time: 2.00pm-4.30pm
Course cost: Full Members: \$135 Others: \$150
Cost per session: Full Members: \$20 Others: \$22
Venue: KAGYU E-VAM BUDDHIST INSTITUTE
673 Lygon Street, (between Pigdon and Park Streets), Carlton North, Vic 3054

Registration can be made for the whole course or for individual sessions

April 14-18 2006

Traleg Kyabgon Rinpoche will give traditional teachings on Buddhist meditation and philosophy.

Cost: Members \$300 Others \$350

Venue: Maitripa Contemplative Centre, Healesville

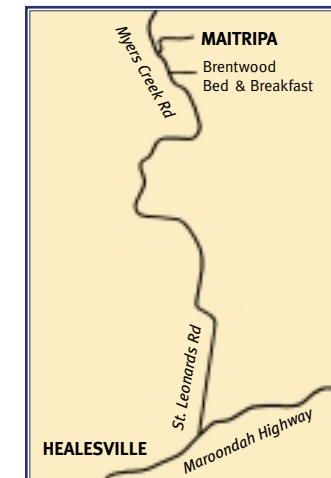
Pre Registration and a deposit of \$150 are required from participants in order to secure a place in the retreat.

Retreat programs includes shamatha meditation, walking meditation in the beautiful bush setting of the retreat, study/discussion groups, Oryoki style dinner and the ritual practices of Green Tara and Chenrezig Pujas.

RETREAT TIMETABLE

6.00 – 7.00am	Tara Puja
7.00 – 9.00am	Breakfast
9.00am – 12.00pm	Meditation & Study
12.00 – 1.30pm	Lunch
1.30 – 3.00pm	Work
3.00 – 3.30pm	Meditation
3.30 – 5.00pm	Discourse
5.00 – 5.30pm	Break
5.30 – 6.00pm	Meditation
6.00 – 7.30pm	Dinner (Oryoki)
8.00 – 9.00pm	Chenrezig Puja

Oryoki bowls can be hired at the retreat for a small fee.



Directions for travelling to MAITRIPA CONTEMPLATIVE CENTRE

Approx. 1 hour's drive from Melbourne
(Melway Map 270C1)

From Healesville, turn into St. Leonards Road, which becomes Myers Creek Road. Maitripa is 6.5kms from the turnoff. For further directions phone 5962 6167.



For registration and enquiries contact
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