

TEACHINGS BOOKING FORM

Name _____

Address _____

Postcode _____

Email _____ @ _____

Phone _____

PRICE: Members Non Members

Public talk \$10.00 \$12.00

(Saturday)

Teachings \$100.00 \$120.00

(Both Saturday and Sunday)

Teachings \$60.00 \$75.00

(For single day)

Friday night is included in teachings cost!

Note: Concession pricing is same as member's price.

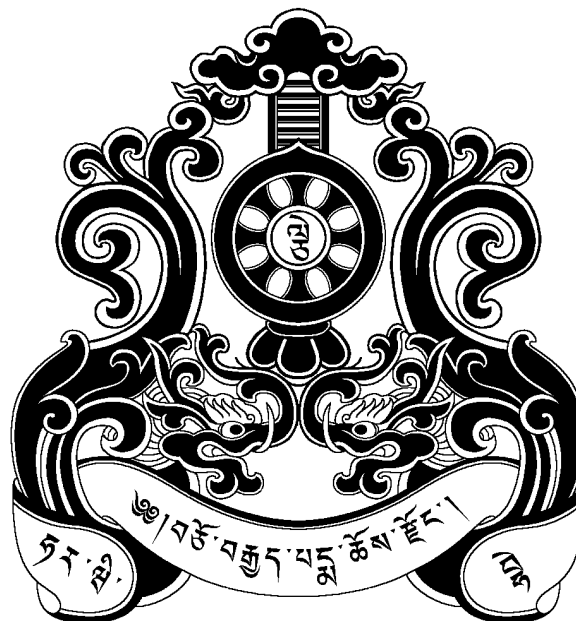
Direct deposit payment details:

BSB: 645 646 Acc No: 103 433 988

Account Name: Padma Buddhist Centre

As payment narration insert surname or first letters of surname up to the number of letters allowed!

Email a copy of receipt with reason for payment to info@padma.org.au



CHOGYE PADMA CHOE DZONG (PADMA BUDDHIST CENTRE)

6 Holiday Parade, Scarness,
(Hervey Bay), Qld, 4655

Phone: 0417940121

Web: www.padma.org.au

E-mail: info@padma.org.au

*PADMA BUDDHIST CENTRE -
CELEBRATING 20 YEARS OF BRINGING
BUDDHISM TO HERVEY BAY!*

Padma Buddhist Centre of Hervey Bay is proud to announce teachings by a Buddhist Lama

Lama Choedak Rinpoche



PUBLIC TALK on SATURDAY FEBRUARY 11th:

"How to Use Doubt and Faith"

Doubt is one of the afflictions that can impede our meditation. Left unchecked, doubt about the method or benefits of meditation can lead us to resent or ultimately abandon the beneficial practice of meditation. Rinpoche will be addressing what doubt is, how it originates, why it must be resolved, and methods to deal with your doubts.

**Venue: *Urangan Community Centre,
Elizabeth St, Urangan***

Start time 6.30 pm until about 8.30 pm

White Tara Teachings and Empowerment
 Friday 6.30pm - introduction
 Saturday and Sunday 8.30 am - teachings
 with Empowerment at Rinpoche's discretion!



White Tara is extremely powerful. Devotees pray to her especially for health, healing and longevity. She offers healing to our wounds, whether it is our bodies or our minds that have been hurt.

Tara is very close to sentient beings, like a mother to her children. She is very quick to fulfill our wishes and to grant us happiness and a long life, as well as to help us develop wisdom. By taking refuge in Tara and practicing meditation, visualizations, and having faith, you have the power to remove obstacles to your life and to prolong your life. problems—sufferings, sicknesses, and diseases arise from thoughts that are based upon attachment, aversion, and ignorance as to the way things really are. It is said again and again that the worst obstacle is the third—concepts and thoughts. We continually think that we want to be happy and be free from suffering; we therefore never stop wanting

more and more and as a result increase our attachment and aversion.

Buddhism teaches that we are the creators of our own suffering and everything depends on mind. From this point of view, all of our problems, including health issues, arise from our mind and concepts. Tara helps us to overcome the obstacles of mind and body.

At a relative level, Tara rescues from disease, illness and apparently “external” health factors. At an ultimate level, Tara protects our mind, preventing the rising of attachments, aversion and ignorance.

Lama Choedak Rinpoche

Lama Choedak Rinpoche is one of the few Tibetan Meditation Masters living in Australia. With twelve years of rigorous monastic training and many years teaching in the west, he has a special interest in making traditional Buddhist teachings more accessible to Westerners. He is the founder of the Rongton Buddhist Training College and the Spiritual Director of Buddhist Centers around Australia, where he teaches regularly. Lama's excellent command of the English language makes his teachings clear and enjoyable.



Padma Buddhist Centre Membership Form

Name _____
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Annual Membership
 Full \$35
 Full concession \$20
 Associate \$10

I would like to be a _____
 Member of Padma Buddhist Centre.
 Signature _____

Please send me information on
 Calm Abiding Meditation courses
 Weekly practice
 Please add me to mail email list.
 I enclose payment by:
 Cheque Money order
 Direct deposit details next page)



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