



**WHAT
THE
WORLD
NEEDS
NOW**

**SYDNEY BUDDHIST CENTRE
2017 PROGRAM**

COURSES

AT SYDNEY BUDDHIST CENTRE

A meditation course is a good way of systematically exploring meditation: how to work with what happens in your mind, how to become calm and deeply absorbed.

We also run courses introducing the Buddhist vision. The Buddha taught what reality is and what we need to do—if we want to be truly happy. On these courses, you can find out what Buddhism really is.

DROP-IN CLASSES

GUIDED MEDITATION

A led introduction to meditation. Suitable for beginners, open to all.

Tuesdays / 12.30–1.30pm
Saturdays / 9.30–10.30am
followed by Dharma discussion /
11am–12pm
By donation

GUIDED MEDITATION & DHARMA STUDY

Meditation followed by discussion on Buddhism. Suitable for those who have meditated before.

Wednesdays / 10.30am–12.30pm
Saturdays / 9.30–10.30am
followed by discussion on Buddhism /
11am–12pm
By donation

11TH STEP MEDITATION & RECOVERY WORKSHOP

Meditation and discussion with others in recovery.

Fridays / 7–8.30pm
By donation



YOUNG SYDNEY BUDDHISTS

Exploring meditation and Buddhist themes for those 18 to 35. Open to beginners.

Wednesdays / 7–9.30pm
By donation

DAY WORKSHOPS

LIFE DRAWING WORKSHOP

Drawing is a really enjoyable, sense-based way to become more mindful, more alive. Drawing from the figure has always been a core discipline of making art. Awareness, courage, freedom and joy are all present in spades in this noble pursuit.

Sunday 19 Mar / 10am–4pm
Sunday 18 Jun / 10am–4pm

Check website for other dates.
\$80 (\$60 conc)



COURSES

INTRODUCTION TO BUDDHISM & MEDITATION

Learn meditation and explore how the teachings of Buddhism can enrich and make sense of our lives.

Wednesdays 15 Mar–26 Apr
Tuesdays 16 May–27 June
Wednesdays 9 Aug–20 Sep
7–9.30pm / \$210 (\$155 conc)

INTRODUCTION TO MEDITATION

Learn meditation, set up a daily practice and enjoy the fruits of mindfulness and loving kindness practices.

Tuesdays 31 Jan–14 Mar
Tuesdays 5 Sep–17 Oct
Tuesdays 24 Oct–5 Dec
7–9.30pm / \$210 (\$155 conc)

LIFE WITH FULL ATTENTION

Each moment of mindfulness creates the opportunity for greater spaciousness and joy. A practical course in cultivating mindfulness in all aspects of our lives.

Wednesdays 18 Jan–8 Mar
Tuesdays 21 Mar–9 May
Tuesdays 11 Jul–29 Aug
Wednesdays 18 Oct–6 Dec
7–9.30pm / \$265 (\$210 conc)
(includes book)

A PRACTICAL COURSE IN ENLIGHTENMENT

How can you make the most of your life? With humour and profundity, mixing poetry and myth with down-to-earth instruction, this course helps you to set out on the Buddha's journey and shows how anyone can follow it – day-by-day, week-by-week. All welcome.

Wednesdays 3 May–21 Jun
Tuesdays 24 Oct–12 Dec
7–9.30pm / \$265 (\$210 conc)
(includes book)

NOT ABOUT BEING GOOD

A Buddhist perspective on love, sex, abortion, shopping, the environment, euthanasia, telling the truth and other issues that impinge on our lives. How do we act in this world? All welcome!

Tuesdays 16 May–27 Jun
7–9.30pm / \$235 (\$180 conc)
(includes book)

BEYOND HAPPY

The metta bhavana is a meditation that can profoundly change lives. This short course goes beyond the stock phrases back to ancient source material to unravel the secrets of the 'metta code'.

Tuesdays 31 Jan–21 Feb
7–9.30pm / \$120 (\$90 conc)

'THATS HOW THE LIGHT GETS IN'

We want to be open-hearted, but we often close down. We want to be kind-hearted, but often we're unkind. We want our heart to be in the right place, yet it's often somewhere else.

The Brahmaviharas (the four 'divine emotions' of loving-kindness, compassion, sympathetic joy and equanimity) are a set of teachings to enable us to become more deeply human, to be in the world in a truly heartfelt way. They can lead us all the way to Enlightenment!

Tuesdays 21 Mar–9 May
7–9.30pm / \$230 (\$175 conc)

DIAMOND SUTRA

This profound Buddhist text encourages us to view the world as 'a star at dawn, a bubble in a stream, ... a phantom, and a dream'.

If you aspire to venture beyond the intellect, join us on an exploration of this sutra's intriguing riddles.

Tuesdays 18 Jul–8 Aug
7–9.30pm / \$120 (\$90 conc)

HEART SUTRA

The Heart Sutra resonates down the ages, communicating powerfully even today: And yet the message of the sutra is profoundly non-rational and non-dual. What is its attraction?

Tuesdays 15–29 Aug
7–9.30pm / \$90 (\$70 conc)

FINDING THE MIND

Contemporary neuroscience is only now catching up to what Buddhists have known for millennia: we are not who we think we are. This course offers us practices to investigate the nature of our experience and see just where this elusive 'thing' called Mind may reside, if it is anywhere at all. In finding the mind, we may open ourselves up to something boundless. This course is not recommended for beginners.

Tuesdays 5 Sep–17 Oct
7–9.30pm / \$210 (\$155 conc)

RETREATS

AT VIJAYALOKA

Our retreat centre Vijayaloka, a dedicated space for meditation and spiritual practice, is set in pristine bushland on the Georges River just one hour from Sydney CBD.

For further information on costs and retreat accommodation please call us on **9519 0440** or email us at info@sydneybuddhistcentre.org.au

INTRODUCTION TO MEDITATION

Learn to meditate, come together with others of like mind, and cultivate new qualities in a beautiful bush setting. Includes theory and instruction, practice and discussion.

*Fri 27—Sun 29 Jan
Fri 19—Sun 21 May
Fri 11—Sun 13 Aug
Fri 8—Sun 10 Dec
\$190 (\$140 conc)*

SANGHA RETREAT

An opportunity for us to come together as a community of practitioners in more ideal conditions at our retreat centre. As well as meditation, we will be exploring topics related to the 2017 theme: What the World Needs Now.

*Fri 19—Sun 21 May
Fri 11—Sun 13 Aug
Fri 8—Sun 10 Dec
\$190 (\$140 conc)*

YOUNG SYDNEY BUDDHISTS

For young people aged 18–35. We explore meditation and Buddhism and how our practice is relevant to our 21st century lives.

*Fri 24—Sun 26 Mar
Fri 20—Sun 22 Oct
\$190 (\$140 conc)*

*National retreat: Fri 9—Mon 12 Jun
\$250 (\$190 conc)*

QI GONG, WALKING, MEDITATION SESSHIN

The human body is not designed to do just one thing for hours on end, but that doesn't mean we can't keep on paying attention. A weekend of mindful Qi Gong movements, walking and meditation leading to a greater sense of integration. Open to all.

*Fri 31 Mar—Sun 2 Apr
\$190 (\$140 conc)*

WOMEN'S MEDITATION RETREAT

Explore the depths of your experience, guided by Buddhist teachings, supported by community living and the Vijayaloka bush. Whether you've been meditating for months or decades, this is a rare opportunity to experience the greatest mystery of life: the mind.

*Thu 13—Sun 23 Apr
\$550 (\$415 conc)*

11TH STEP MEDITATION AND RECOVERY RETREAT

A retreat practising meditation with others in recovery.

*Fri 28—Sun 30 Apr
Fri 27—Sun 29 Oct
\$190 (\$140 conc)*

MEN'S NATIONAL ORDER GATHERING

A gathering of men Triratna Order members from around Australia.

*Thu 4—Sun 7 May
Thu 5—Sun 8 Oct*

WOMEN'S NATIONAL ORDER GATHERING

A gathering of women Triratna Order members from around Australia.

Thu 25—Sun 28 May

WORKING WITH NATURE WEEKEND

An opportunity to engage with the beautiful bushland at Vijayaloka, on the outskirts of Sydney. We meditate and spend time together practising and helping care for the retreat centre facilities and grounds.

*Fri 23—Sun 25 Jun
Fri 22—Sun 24 Sep
By donation*

MEN'S MEDITATION INTENSIVE

This annual retreat offers men an opportunity to further their meditation practice in optimal and supportive conditions. Open to men who have an established meditation practice.

*Sat 1—Sun 9 July \$550 (\$415 conc)
Sun 9—Sun 16 July (further option)
please register interest*

THE ENVIRONMENT AND THE BUDDHA'S WISDOM RETREAT

A focus on the environment, climate change and Buddhist practice. Join us to explore new ways to live more ethically and leave no footprints.

*Fri 21—Sun 23 July
\$190 (\$140 conc)*

MEN'S GFR RETREAT

For men who have asked for ordination within the Triratna Buddhist Order.

Fri 19—Fri 27 Aug

WOMEN'S GFR RETREAT

A retreat for women who have asked for ordination within the Triratna Buddhist Order.

Public Prec. Fri 1—Fri 15 Sep

OPENING YOUR HEART WITH QI GONG AND MEDITATION

You need to feel your heart energy with the whole of your being. With Qi Gong movements and meditation in stillness, the heart has the space to reveal itself. An exploration of connecting with yourself and everything around you. Open to all.

*Fri 15—Sun 17 Sep
\$190 (\$140 conc)*

MEN'S ORDER RETREAT

For men Triratna Order members from Australia and New Zealand.

Sun 8—Sun 15 Oct

WOMEN'S OM / GFR GATHERING

For women Order members and women who have asked for ordination within the Triratna Buddhist Order.

Fri 17 Nov—Sat 2 Dec

SUMMER RETREAT

Escape into reality, away from the demands of the festive season, and explore your mind in the company of like-minded people. Everyone who practices the metta bhavana and mindfulness of breathing is welcome.

Tue 26 Dec—Mon 1 Jan



RITUALS & EVENTS

During 2017 our festivals and full-moon devotional practices reflect the theme **What the World Needs Now**, with pujas devoted to the great Bodhisattvas.

The Sacred Spaces initiative hopes to build a strong relationship between ritual, devotion and confidence in the Dharma.

AVALOKITESHVARA PUJA

The theme of 'What the World Needs Now' begins with the being who exemplifies compassion not only for ourselves but for all beings in the universe.

Saturday 14 January 7pm

WHITE TARA PUJA

The female bodhisattva of compassion sees what is in our heart of hearts and offers us the time and space to bring it into being.

Saturday 11 February 7pm

PARINIRVANA DAY TALKS

Parinirvana is the final passing away of the historical Buddha, Shakyamuni.

Wednesday 15 February 7pm

PARINIRVANA DAY CELEBRATION

We reflect on death and its relationship to our lives and practice.

Saturday 18 February 10am–4pm

MANJUSHRI PUJA

Wisdom is more than knowing; it is a sharp and skilfully wielded sword that cuts through ignorance. Manjusri shows us how we can sharpen our blade.

Saturday 11 March 7pm

TRIRATNA SANGHA CELEBRATION

The Triratna Buddhist Community comes together to celebrate 50 years since the founding of our movement in 1967.

Saturday 8 & Sunday 9 April 7pm

BUDDHA DAY CELEBRATION

Without the Buddha, who saw for himself that freedom from suffering was possible, there would be no path for us to follow. Buddha Day, or Wesak, connects us to his journey.

Saturday 13 May

KSHITIGARBHA PUJA

How far are you prepared to go to help others? Kshitigarba ventures into the darker places where others fear to tread, all for the sake of freeing others from their pain. Are you willing to join him?

Saturday 10 June 7pm

DHARMA DAY CELEBRATION

Whatever form it takes, the Dharma is capable of transforming our lives. This festival celebrates the teachings that bring liberation to the world.

Saturday 8 July

GREEN TARA PUJA

What are you afraid of? Green Tara, the Bodhisattva of compassionate action, reminds us that though we have fear, we are not alone.

Saturday 5 August 7pm

BHANTE'S BIRTHDAY PUJA

Our teacher ('Bhante') Urgyen Sangarakashita saw that Buddhism in contemporary society needed a different expression that revered the past and created a better future. This annual celebratory puja is a time to express appreciation for what he has offered the world.

Saturday 26 August 7pm



VAJRAPANI PUJA

It takes energy and strength to change the world. Vajrapani is the bodhisattva who empowers us to strive on and see truth for what it is, no matter the obstacles in our way.

Saturday 9 September 7pm

PADMASAMBHAVA PUJA

Sometimes the challenges in life are only opportunities in disguise. Padmasambhava is the quintessential teacher who is able to reveal what we most need to know at just the right time. His is the path of radical and compassionate transformation. This puja will be filled with colour, ritual and a touch of magic.

Saturday 7 Oct 7pm

SANGHA DAY CELEBRATION

We cannot walk the path alone; we are all part of a growing sangha or fellowship of practitioners. This festival celebrates our connections and ongoing mutual support in the spiritual life.

Saturday 11 Nov

PRAJNAPARAMITA PUJA

Insight is not cold and aloof; it is warm, loving, embracing and as strong as a parent is in defence of their child. Prajnaparamita is the Bodhisattva who not only sees things as they really are but earnestly seeks to share that wisdom with others

Saturday 2 Dec 7pm

VAJRASATTVA NEW YEAR PUJA

There is a purity to the untroubled mind that we often forget or neglect. Within us all is the potential for enlightenment. Vajrasattva is a figure who reminds us that, through our own effort, we can continue to grow. Our annual Vajrasattva Puja is a powerful way to let go of the past and set our course for the future.

Sunday 31 Dec 7pm

OTHER EVENTS

SANGHA GATHERINGS

Order members

*Sundays 10am–1pm
5 Feb / 12 Mar / 7 May / 2 July
3 Sep / 5 Nov*

Order members & mitras

*Sundays 10am–1pm
9 Apr / 4 June / 6 Aug / 1 Oct / 10 Dec*

OPEN HAND EVENINGS

At open hand evenings we enjoy movie nights, music, visual arts and arts sharing events. Appreciating the arts is an integral part of the spiritual path, and these nights (and days) are for following passions and curiosities.

Please check the website for coming dates 7pm til late



PLANNER 2017

RETREATS

| | | | |
|-----|-------|--|-------|
| JAN | 27–29 | Introduction to Meditation | New |
| FEB | 05–12 | Foundations of Mindfulness | All |
| | 17–24 | Breathworks Trainers | All |
| MAR | 03–10 | A Love as Deep as Itself | All |
| | 13–15 | Family Retreat | All |
| | 24–26 | Young Sydney Buddhists | -35s |
| | 31–02 | Qi Gong & Meditation Sesshin | All |
| APR | 13–23 | Women's Meditation | Women |
| | 28–30 | 11th Step Meditation & Recovery | All |
| MAY | 19–21 | Sangha Retreat | All |
| | 19–21 | Introduction to Meditation | New |
| JUN | 09–12 | National Young Buddhists | -35s |
| | 23–25 | Working with Nature | All |
| JUL | 01–09 | Men's Meditation Intensive | Men |
| AUG | 11–13 | Introduction to Meditation | New |
| | 11–13 | Sangha Retreat | All |
| SEP | 01–15 | Women's GFR | GFR |
| | 15–17 | Qi Gong & Meditation | All |
| | 22–24 | Working with Nature | All |
| OCT | 05–08 | Men's National Order Gathering | OM |
| | 08–15 | Men's Order Retreat | OM |
| | 20–22 | Young Sydney Buddhists | -35s |
| | 27–29 | 11th Step Meditation & Recovery | All |
| NOV | 17–01 | Order / GFR Gathering for Women | GFR |
| DEC | 08–10 | Sangha Retreat | All |
| | 08–10 | Introduction to Meditation | New |
| | 26–01 | Summer Retreat | All |

RITUALS & EVENTS

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|-----|----|------------------------------------|
| JAN | 14 | Avalokitesvara Puja |
| FEB | 05 | Order Gathering |
| | 11 | White Tara Puja |
| | 18 | Paranirvana Day |
| MAR | 11 | Manjushri Puja |
| | 12 | Order Gathering |
| APR | 08 | Triratna Sangha Celebration |
| | 09 | Order/Mitra Gathering |
| MAY | 07 | Order Gathering |
| | 13 | Buddha Day Puja |
| JUN | 04 | Order/Mitra Gathering |
| | 10 | Kshitigarbha Puja |
| JUL | 02 | Order Gathering |
| | 08 | Dharma Day Celebration |
| AUG | 06 | Order/Mitra Gathering |
| | 05 | Green Tara Puja |
| | 26 | Bhante's Birthday Puja |
| SEP | 03 | Order Gathering |
| | 09 | Vajrapani Puja |
| OCT | 01 | Order/Mitra Gathering |
| | 07 | Padmasambhava Puja |
| NOV | 05 | Order Gathering |
| | 11 | Sangha Day Puja |
| DEC | 02 | Prajnaparamita Puja |
| | 10 | Order/Mitra Gathering |
| | 31 | Vajrasattva Puja |

ABOUT US

The **Triratna Buddhist Order & Community** is a worldwide movement of women and men living by the Buddha's teachings in the conditions of the contemporary world. Triratna is a Sanskrit term meaning 'Three Jewels': the Buddha, Dharma (his teachings) and Sangha (the community).

The founder of Triratna, Sangharakshita, considers the defining act of a Buddhist to be Going for Refuge to these Three Jewels. At our Buddhist Centres we teach meditation, study the Buddha's teaching together, engage with the Arts, support each other through life, and engage in our local communities. We also promote projects in which Buddhists can live and work together, and explore how to turn our work into a spiritual practice.

The **Sydney Buddhist Centre** has been offering courses in Buddhism and meditation in Sydney for more than 35 years. We are a community of practising Buddhists who strive to incorporate the ideals and practice of Buddhism into daily life. We offer courses in Buddhism and meditation in a friendly, supportive atmosphere. Our retreat centre, Vijayaloka, provides a wonderful environment to further your engagement. The meditation techniques we practise can be used by anyone regardless of religious beliefs.

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