

SOUND HEALING CERTIFICATE COURSE

This 10-day course is taught by Lama Tendar, a qualified teacher in authentic Tibetan healing. In this course, one learns healing for oneself and others by cultivating inner qualities. Participants are trained in Tibetan sound healing methods, such as chanting of sacred mantras; performing mudras with Bell and Vajra; and use of Tibetan singing bowls, and gongs to create a vibrational field of healing and well-being.

Through this course, participants develop confidence in performing sound healing sessions for others, and providing guided meditation for healing at mental, physical and emotional levels.

For those who only completed level 1&2, need to enroll in level 3&4 to complete the course in June.

Course Times:

Level 3 and 4: 23 – 27 June 2022

Contribution: \$1350, Deposit: \$400

This course was previously conducted as level 1&2 and level 3&4. This year, the certificate of completion will only be presented after the completion of all levels (level 1 – 4)

Level 1 and 2: 15-19 September 2022

Contribution: \$1350, Deposit: \$400

Level 3 and 4: 18- 22 November 2022

Contribution: \$1350, Deposit: \$400

Contact the Centre for more information

MEDICINE BUDDHA HEALING COURSE

This 12-day course is taught by Lama Tendar who is a qualified teacher of Medicine Buddha healing. He has been a Tibetan Buddhist monk since the age of 12. He has received authentic teaching in the sacred practice of Highest Yoga Tantra from his teachers and masters who have unbroken lineage of such teachings.

This course is for Buddhist practitioners who wish to apply Buddhist mind training in healing oneself and others. Participants should have basic knowledge in Buddhism such as the Four Noble Truths, Lam Rim, and Bodhisattva's way of life. For those who have not yet taken refuge in three Jewels, this can be arranged during the course.

During this course, participants receive Vajrasattva and Medicine Buddha empowerments, and learn to cultivate great compassion and the mind of enlightenment as inner qualities.

Through this course one learns to let go of the self-grasping mind of delusion, attachment, and anger. As a result, one develops realisation of the nature of mind, and learn to condition one's body, speech and mind, to be just like that of healer Medicine Buddha, in order to benefit all sentient beings.

This course is taught in two parts:

Course Times:

Part 1: 22-26 October 2022

Part 2 will be conducted next year

Contribution \$2240 (includes part 1 and 2)

Deposit: \$500

2022 PROGRAM IN MELBOURNE

Medicine Buddha Tantrayana Meditation Centre



132 Kars Street Frankston South, Vic, 3199

(03) 9766 0768 info@tendar.net

www.medicinebuddhacentre.net

Zoom ID 2900418032 (password TBA)

Payment details: Medicine Buddha Centre

BSB 033033, ACC 228264

Donation details: Lobsang Tendar

BSB 733060, ACC 633537 "Donation"

MANDALA PAINTING



Day Classes

Share a day with like-minded people, to cultivate inner peace through mandala painting. Learn sacred Tibetan Buddhist art with Lama Tendar. Painting mandala generates positive energy for the world. Bring a dish to share lunch with the class.

Contribution: \$90.

Course Dates:

3 May, 21 June

Time: 9 – 5pm

Mandala Retreats

Enjoy a five-day journey of deepening in mental tranquility through meditation and mandala painting guided by Lama Tendar.

Retreat Dates:

1. 9-5pm, 23 – 27 April 2022
2. 9-5pm, 1 – 5 November 2022

Contribution:

\$900. Deposit \$300.



Weekly Meditation Every Friday Night 7 - 9pm

Dharma teaching, chanting and guided meditation.
Open to all participants and beginners are welcome.

Bali Retreat: 3 – 7 August 2022.

Avalokiteshvara, Buddha of Compassion

Contribution: contact the Centre for more information.

RETREATS AND TEACHINGS

Lamrim Retreat: 6 - 8 May, 9–5pm, contribution: \$150 (Zoom \$120)

Tara Puja for Mustang Trip: 14 May, 9–12pm, contribution: by donation

Vesaka Celebrations Meditation: 16 May, 6-8 pm, contribution: by donation

Saga Dawa Celebrations Meditation: 14 June, 6-8pm, contribution: by donation

Lamrim Teaching on A Precious Human Life: 18 June, 9-12pm, by donation

Avalokiteshvara Retreat: 12 –13 November, 9–5 pm, contribution: by donation

SOUND BATH HEALING AND MEDITATION

Two-hour sound bath healing meditation session to restore positive energy

6-8pm: 16 April, 15 May, 19 June

Contribution: \$25.

SOUND WORKSHOP AND MEDITATION

Half a day workshop learning how to use Tibetan singing bowls for healing and meditation

2-5pm: 16 April **Contribution:** \$70

YAMANTAKA PRACTICE FOR INITIATES ONLY

6-8pm: contact the Centre for dates

Contribution: by donation (also available via zoom)

MONTHLY MEDICINE BUDDHA, TARA AND VAJRASATTVA PRACTICE

Contact the Centre for time and dates.

Contribution: by donation (also available via zoom).