

# CALM ABIDING BUDDHIST MEDITATION RETREAT

Come along for a rich weekend of Calm Abiding Meditation.

**Lama Choedak Rinpoche** is a Tibetan-born meditation master. He will carefully guide you into each meditation session so that even complete beginners will go home with a set of self-transformation tools.

**29-31st August 2008**

Rainforest Setting ~ Paluma, Mt Spec  
Fully catered - Vegetarian  
Heated, dormitory accommodation  
\$230 OR \$210 Concession

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## Public Talks

28<sup>th</sup> August ~ Magnetic Island

29<sup>th</sup> August ~ JCU

Phone Sharn ~ 47581190

Meditation has a proven record in its ability to improve health, awaken happiness, and give a clear perspective on life.

Beginners are most welcome. You can learn and deepen your understanding of tried and true techniques of meditation, as passed on in the Tibetan Buddhist



tradition.

Calm abiding meditation taught by **Lama Choedak** has reached and transformed many thousands of people's lives into what has been described as a 'life changing gift that excels all gifts'. Lama Choedak is monastery trained and has completed a three-year solitary retreat.

This technique of Calm Abiding will help you become relaxed, focused and peaceful and be able to find the tools to quickly overcome unhappiness, stress and anxiety.

Although people have everything they need in life, many are stressed out by increasing demands of life, relationship difficulties, negative emotions and unclear direction of life. Consequently many develop bad eating habits, fail to do exercise, abuse alcohol and live a very unhealthy lifestyle. More and more people are looking for a well defined path and a holistic philosophy of right living which gives them the power of intelligence developed from meditation practices.

In this weekend retreat one will learn the fundamentals of meditation techniques with clear teachings. Suitable for meditators of all levels.

## Calm Abiding Meditation Weekend

**Gumburu Education Centre**  
Paluma, Mt Spec  
80km north of Townsville

### Arrival

After 3pm Friday 29<sup>th</sup>  
Retreat begins after 6.00pm. dinner  
and finishes at noon on Sunday 31st

### Accommodation

is modern, heated dormitory style.  
Bed and mattress provided.

**Fully catered** vegetarian meals as well  
as morning and afternoon teas.

**Cost** includes all meals,  
accommodation and teachings.

Short private interviews with Lama  
Choedak will be given on Sunday  
afternoon.  
Bookings are essential, *before* the  
Retreat.

### Please bring ~

- Bedding: Sheets/pillow  
blankets or sleeping bag
- Toiletries/bath towel
- Cushion (for meditation)
- Pen/paper
- Medication (if needed, as there is no  
supermarket or chemist)
- Phone Card (public phone)
- Thermos, if desired, for after 12.00  
Sunday

### DIRECTIONS ~

Coming from SOUTH.

Approx. 32 km north of Bluewater  
Shop.  
(9 km.north of Rollingstone Pub on  
right)

Look for a sign saying on left  
'Paluma Range National Park 500 m.'  
Turn left off highway.

If you miss first turn off from highway  
there is another turn approx 6 km further  
on with sign saying Paluma, again turn  
left.

### DIRECTIONS ~

ONCE YOU ARE ON THE PALUMA  
RANGE ROAD:

Continue past Crystal Creek until you  
reach 'Windy Corner.' You're nearly  
at top of Mt Spec.

At the top of Mt Spec on left is a small  
cottage with sign saying 'Fatima.'  
Gumburu driveway is opposite this.

**Gumburu Phone No. 47708580**

**Lama Choedak's visit organized by:**

**Magnetic Buddha Dharma**  
The Grove Nelly Bay  
Ph Sharn 47581190



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