



'The Wisdom Age'

Newsletter of Drogmi Buddhist Institute
A Tibetan Buddhist Centre in the Sakya Tradition

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2015

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His Holiness the 41st Sakya Trizin Bestows the Precious Lam Dre in Kuala Lumpur Malaysia



Lam Dre in Kuala Lumpur has auspiciously been completed. Our most kind Guru His Holiness the Sakya Trizin has given advice to all the Sangha who came to Lam Dre from many parts of the world, that the seed has now been planted, how to make our time and effort meaningful, that we have put into receiving this precious holy LamDre. Now we have the responsibility of taking care of it through practice in our every day lives to attain Buddhahood for all beings. His Holiness wished everyone a safe return to their home country and to remember that most important thing is to practice Buddhadharma.

Khenpo Ngawang Dhamchoe

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His Holiness the 14th Dalai Lama's Recent Twelve Day Visit to the Blue Mountains, Brisbane, Uluru & Perth



A quote of His Holiness (Online July Newsletter Dalai Lama in Australia) from a meeting with 800 students at the University of Western Australia...

"I feel very happy to meet you who belong to the 21st century. Older people like me belong to the 20th century, a period that has gone. We created a lot of problems, which you'll have to deal with. You'll have to find ways to reduce the corruption and killing that is going on in some places today. This isn't something computers can do for you, you'll have to use your own minds. Remember, our deepest emotions are love and compassion, and forgiveness and tolerance naturally arise from them. I feel it's a great honour to speak to students like you. When I encounter people my age, I just wonder, who'll go first, me or you? But when I look at young faces like yours, I feel younger too. What I want to tell you is that warm-heartedness is the basis of better mental and physical health. It's the basis for people to become more balanced, healthier individuals, families and communities. There are increasing numbers of people interested in how to foster warm-heartedness, because if we can do that, we can ensure a happier, more peaceful humanity".



**One of His Holiness' Personal Physician's
Dr (Ven) Tenzin Thaye Visits Australia
for the first time:
His Sydney Tour Hosted by
Drogmi Buddhist Institute**



Drogmi Buddhist Institute was honoured by the presence of Dr (Ven) Tenzin Thaye visiting the centre, offering talks and workshops in many different locations and consulting with numerous patients over a three week period in Australia. Dr Thaye gave an informative and interesting talk at DBI with practical instructions on how to maintain good health, from how and what to eat, to exercise and even how we bath and take care of our bodies, which in turn helps our mind, according to the ancient form of Tibetan Medicine. He offered hours of clinic time seeing many patients with his abundance and wealth of knowledge alongside with his most exquisite compassion.

Words of gratitude from Natalia ...

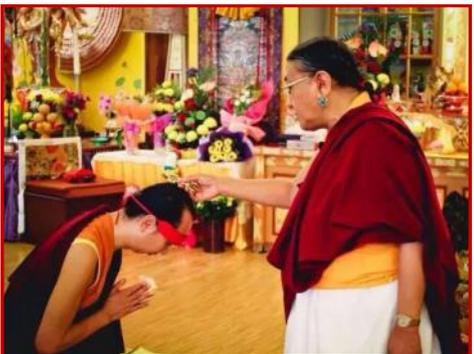
"I received numerous thanks from the broader Endeavour College of Natural Health for hosting Dr Tenzin Thaye and providing them with an opportunity to learn about Tibetan Medicine. The lecture presented by Dr Thaye at our college was live streamed to our other campuses in Brisbane, Melbourne, Perth, the Gold Coast and Adelaide, we are extremely grateful to him. Personally I found Dr Thaye inspiring, knowledgeable and very humble. During the private consultation, Dr Thaye advised I have a weak gallbladder. As it is something I was born with, I was surprised that he has been able to diagnose it so well from a pulse reading. Many other staff, including some Western doctors have gained a lot of value from their consultation with Dr Thaye and would certainly recommend his services.

Farewell Dinner:

A group of members of Drogmi Buddhist Institute hosted a farewell dinner for Dr Thaye, completing what has been a truly wonderful and memorable visit by Dr Thaye in Australia. He has travelled from Sydney, the Blue Mountains, to Brisbane, Canberra and then back to Sydney, conducting a very busy schedule of talks and consultations, benefiting many with his great knowledge and skill as a doctor. Giving for many of us, the first insight into the most profound system of Medicine that is Tibetan Medicine, and also very valuable dietary and lifestyle teachings along the way. Dr Thaye exemplifies those great qualities of being able to work very hard and then relax and enjoy life. More lessons for us all.

Thank you Dr Thaye, we hope you can visit Australia and Drogmi Buddhist Institute again very soon and a thank you to Men-Tsee-Khang and the Tibet Office in Canberra for organising this visit.

**The Most Holy Precious Lam Dre
Bestowed by His Holiness
the 41st Sakya Trizin**



Khenpo la shares some experiences from the Lam Dre teachings...

We were so fortunate on such an auspicious day to have received the Bodhisattva Vow and accepting to be the disciple from His Holiness the Sakya Trizin.

We made the Mandala offering on the eve of the auspicious day marking the Lord Buddha's birth.

The main sponsor for the Mandala Offering was Drogmi Buddhist Institute and Sakya Choekhor Lhunpo Melbourne, Kyegu Buddhist Institute and Sakya Dolma Ling contributed as well. Thank you to all the sponsors.

There were over 120 ordained Sangha and 600 students. May this bring peace in the World and free from suffering for the people and animals in Nepal...

Thank you from depths of heart to Jamyang Zangpo for some of your exquisite images taken during the most recent precious Lam Dre Teachings in Malaysia.

Page 1: Include photos of His Holiness the Sakya Trizin.

Page 3: All photos are Jamyang Zangpo's except the top right photo of His Holiness, not the Mandala offering photos and not the group photo of Khenpo la's students having an audience with His Holiness.



**UPCOMING ANNUAL
SHAMATHA RETREAT
2 - 10 October 2015**



It's not too early to make your booking for the Annual Shamatha Retreat to be held in the pristine Valley of Upper Colo NSW.

Khenpo la will take us through in depth the teachings on the nine stages of Shamatha Meditation (Calm Abiding), Insight Meditation (Vipassana) as well as a subject matter to be announced. Khenpo la has expressed numerous times that living in a spiritual way of life is the best way not to waste this precious human life and to accommodate and create more merit and wisdom. He states that every great master gives heart advice to their students whenever you can manage the time to go on a retreat. During retreat, it is the best opportunity to learn the precious Dharma and put it into real practice. This time also allows us to clear out our busy minds which causes us so many clouds of afflictions.

When we live in such a busy life it is extremely hard to find time to do a retreat for months or even years, so doing such a retreat as this in nine days, you are able to give yourself a solid foundation and reintroduce your *Nature of Mind*. Otherwise we are just constantly caught up in the samsaric way of life, we will again waste a precious opportunity. The time we have is very limited and uncertain, so in this life and future lives, the best thing we can do is to practice Dharma. In this retreat there is an opportunity to listen, practice and experience meditation which is the fundamental cause of happiness.

*Excerpts from Issue 3 of The Wisdom Age
Khenpo Ngawang Dhamchoe*

Bookings and more info: www.drogmi.org

**TERM 2
SHEDRA CLASSES RESUME**

Richmond: 13 July then 27 July - 3 August
Mind Training - 37 Practices of a Bodhisattva

Lawson: 15 July then 29 July - 5 August
Mind Training - 37 Practices of a Bodhisattva

Sydney: 16 July then 30 July - 6 August
Completion of *"Recollecting the Triple Gem"*
then *"Precious Garland"* by Nagarjuna

**NATIONAL TEACHING DATES
with Khenpo la
July & August 2015**

10 - 12 July Forster NSW
Contact: Peter
E: pandjmorgan@ozemail.com.au
or **Jule:** julekwood@hotmail.com

17 - 23 July Uluru Retreat NT

25 July Randwick Yoga Space, Sydney NSW
Contact: Hollie
E: holster101@hotmail.com

31 July - 2 August Manjushri Buddhist
Centre Milton NSW
Contact: Lael
E: gyanchitta@internode.on.net

7 - 17 August Nyima Tashi Buddhist Centre
Auckland, New Zealand
Contact: Ani Jangchub
E: nyimatashi.nz@gmail.com

Christchurch New Zealand
Contact: Frank Sharpe
E: slovakiwi@yahoo.co

28 - 30 August Rongton Buddhist Centre
Brisbane QLD
Contact: Ven. Lekshe Tsultim
E: rongtonbrisbane@gmail.com

**24 HOUR MANTRA RECITATION:
A lovely event at the end of Wesak**



The 2015 '24 Hour Mantra Marathon' is pictured here of the last three hour session. Lama Kalsang la and members had been reciting mantra's continuously for 21 hours. Wonderful effort for the benefit of all beings.



**TENTHUK & MOMO -THUK
Cooking Fundraiser - a Success**

On May 16th Lama Kalsang ran the Tibetan Soup Workshop, lovely recipes to try for winter in Sydney.

The momos made for Momo Thuk are a special shape called Mouse. They certainly had some non traditional forms, but still tasted delicious! All enjoyed the cooking teamwork and eating the delicious soups together. Thank you Lama la for sharing your knowledge and skills with such good humour.



ROOM FOR RENT

Dear Friends,

A room has become available to rent at Drogmi Buddhist Institute, 25 Dalmar Street Croydon, Sydney.

The rent is \$200 per week and includes electricity / gas/ wifi and is available now.

Please contact the centre via email at info@drogmi.org or call **0403 779 099** for more information.



ROOM TO RENT
AT
DROGMI BUDDHIST INSTITUTE
25 DALMAR STREET CROYDON, SYDNEY
RENT:
\$200 PER WEEK INCLUDES ELECTRICITY / GAS / WIFI
WITH 2 WEEKS RENT UPFRONT
AVAILABLE: NOW
PREFERABLE:
COMMITMENT OF RESIDENCY OF 6 MONTHS
APPLICATIONS:
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