



'The Wisdom Age'

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

Issue 27
January 2016

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Annual Vajrasattva & Medicine Buddha Retreat; A First at Kamalashila Tibetan Buddhist Centre, Tilba NSW



Thank you, thank you, thank you from the bottom of my heart to all those who have made possible the rebirthing of this very special property, now as the Kamalashila Tibetan Buddhist Centre.

The grounds and environment of the centre are so perfect for letting go of all the mundane struggles. The views from the secluded side of the mountain retreat huts, stretched out all the way to the coast where you could see a distant township.

We had cloudless skies every night. I sat outside most nights after lights out. As my eyes slowly adapted; more and more stars revealed so much of their colours In the peacefulness of the night the sound of the flowing creek that runs through the property soothes me to rest... for the dawn is the beautiful morning meditation session. That gomba, in the golden morning light is so fresh and beautiful; it makes waking up earlier such a treat.

I have to say the people that I was fortunate

enough to share this retreat with made it a really beautiful experience. I felt so blessed with such compassionate companions on my path.

I came to this retreat looking for some rejuvenation. What I came away with was not only a burst of positivity, but also a clearer, and healthier view of what is important in our lives and a belief I can make a change for the better. Thank you so much Khenpo la. Thank you. **David T.**

(These two photos kindly offered by David)



This was my first time in retreat and it could not have been any better. The retreat centre is so beautiful and the people so very lovely. What a great way to escape from the busy city life. What benefited me the most were the meditation sessions guided by Khenpo, which allowed me to absorb and merge the teachings into my own practice. Also, the volunteers who have endeavoured to make things easier for us, such as hot water, beautiful food and accommodation. Again, thank you so very much for hosting this meaningful retreat, a great start to the year! May the Buddhadharmas flourish and may more beings benefit from it. **Tiffany**



CONTINUED REFLECTIONS on RETREAT at KTBC



When I first heard that the first retreat at Kamalashila Tibetan Buddhist Centre was to be on Vajrasattva and Medicine Buddha I knew I had to be there – nothing was going to stop me.

So on a grey Boxing Day I headed south. The trip was wet on occasions, about 10 minutes from the turnoff, the sky darkened becoming almost black, yet it wasn't night time. I arrived at Kamalashila at 6pm, reversed into my camping spot overlooking the grassy saddle, and was greeted by a major storm of heavy rain. When the rain stopped, I sat and watched the mist moving around the top of the mountain and Khenpo la's house. I'm sure there was an auspicious rainbow somewhere nearby, but I couldn't see it in the dark! I set up camp following the rain and went to sleep with the sound of the water rushing afar in the creek coming off the mountain.

The next days were bright and sunny with a cooling breeze each afternoon.

Khenpo-la's teachings were both simple and profound. Ensuring we had the background, the description and teachings and time to practice and reflect as each section was completed.

I arrived wanting to do these practices for my own benefit – to prepare for upcoming surgery and rehabilitation, yet along with that I took away a different teaching. Yes the practices were for my own benefit, but also for others.

New Years Eve was special. At the completion of the evening Vajrasattva and Medicine Buddha practices, Khenpo-la led us in three circumambulations of the gomba chanting the Medicine Buddha mantra. It was a very memorable way to end 2015, 2016 began just as wonderfully. Aside from being in this special place with Khenpo la and like minded people, Khenpo la gave us the opportunity to make a New Year commitment. So using the practice of the

Eight Mahayana Precepts as a guide those who wished made a commitment to do or not do something they chose, for as long as they chose and ensuring that their commitment was achievable. At the conclusion, Khenpo la advised how to extend our commitment. Thus, it was like a New Year's resolution yet made in manageable chunks. The retreat concluded with final Vajrasattva and Medicine Buddha practices. I thank Khenpo-la for being with us here in Australia to turn the Wheel of Dharma. *Evelyn*



It was a great privilege to farewell 2015 and welcome 2016 at the Kamamashila Tibetan Buddhist Centre. Fluttering prayer flags welcomed my arrival as I turned off from the Princes Highway, with it's bustling holiday traffic and headed up into the tranquillity of new surroundings. The centre nestles in the foothills of Mount Gulaga, a very significant place for the original inhabitants of this land. This is also a very special place for those of us fortunate to be able to spend some time there.

I chose to pitch my tent in a cleared spot amongst the trees overlooking the valley. I was lulled to sleep with sounds of a gentle breeze and a multitude of stars dotting the night sky and awoke to bird song and rays of sunlight filtering through the tree canopy, bliss! The gong heralded the beginning of the day's activities where we all assembled in the beautiful, light filled gomba, created from local materials from the surrounding area.

Each day was filled with inspiring teachings from Khenpo la, delightful food lovingly prepared, and meaningful opportunities for

discussion, practice and reflection.



I feel very blessed to have been able to spend the New Year at the Kamalashila Centre and I appreciate and sincerely thank all of those who enabled this retreat to occur.

On reflection, perhaps a sign reminding us to "speed up" might be helpful as we leave the property at the end of the retreat and turn onto the highway. I suddenly realised upon checking the rear vision mirror, that I was feeling very chilled and hence driving far too slowly in the 100km speed zone, for my fellow travellers on the road! *Sue T*



UPCOMING RETREATS 2016 at Kamalashila Tibetan Buddhist Centre 9000 Princes Highway Tilba NSW

- ◆ **Ngondro Retreat**
15 - 17 April
- ◆ **Mindfulness & Compassion Retreat**
10 - 13 June
(Queens Birthday Long Weekend)
- ◆ **Annual Shamatha Retreat**
30 September - 8 October

**Details, costs, bookings and more
information please visit our website
www.drogmi.org or E: info@drogmi.org**



**Brisbane Teachings
with Khenpo la**



uplifting. As well as healing for me, as the extreme pain of sciatica subsided and now gone! Thank you so much Khenpo! I look forward to hearing more about your new centre. **Liliane G**



**Randwick Yoga Space:
Mindfulness Meditation Workshop**

Khenpo la made the trip all the way from his new home in Tilba to teach a workshop on Mindfulness Meditation to a lovely group of students who were both new to Buddhism and those who have been studying with Khenpo for some time.



Being able to attend the teachings and learn the Buddhadharma from Khenpo la is such a precious gift. From the public talk on Friday night on understanding and managing stress, through to Nagarjuna's 'Precious Garland' teaching on Sunday, the weekend was filled with practical and precious gems to chew over (contemplate) and apply (as best I can). Some key takeaway messages for me included;

(1) the causes of unhappiness (or stress) is the mind (encompassing both karma imprints on the mind and the afflictions of attachment, aversion and ignorance), the external environment of work, family and life in general are just the conditions (note to self: must apologise to boss for blaming him for everything!) ... (2) to have less stress and have a happy mind (result), some sure-fire ways (causes) include being generous, leading an ethical life, having patience towards others (this is a really hard one for me), being diligent and joyful in helping others, retaining a positive mind as best I can and developing my knowledge about the Buddhadharma, (3) Shamatha and analytical meditation are the tools to pacify, befriend, tame, transform and perfect the mind, and (4) absolute/ultimate truth is beyond concepts, hence the need to understand conventional truth first.

The teachings He gave were very clear on how the mind gets easily caught up in a negative state due to habit and how through effort and wisdom we can transform our mind from those negative habits into positive ones that benefit ourselves and others.

We are incredibly fortunate that through His kindness Khenpo shared the wisdom on how to do this in our daily lives, and inspired us to make the effort to do so. Thank you Khenpo and DBI for this wonderful opportunity. **Hollie**



Thank you Khenpo-la! **Giovanna**



I offer Khenpo la my greatest of gratitude for explaining the teachings so clearly and all making sense. His precious presence was so



**GREEN TARA TSOG PUJA
SYDNEY**



On Tuesday 5 January, at Drogmi Buddhist Institute's new premises in Croydon Sydney, Khenpo la led a Green Tara Tsog Puja. As Khenpo la mentioned on this evening, it was a very special occasion for a number of reasons. It was the first group practice in Sydney since the purchase of Kamalashila Tibetan Buddhist Centre at Tilba. It is also the beginning of the New Year, 2016 and practising this Green Tara Tsog Puja together is a very positive way to begin the year. It was a lovely gathering, and beautiful Tsog offerings were prepared by the sangha members.

Please note there will be a regular program offered at this the DBI and Khenpo la's Sydney base beginning very soon.



**EVENT PROGRAM 2016
at KTBC - TILBA**

- ◇ *Shamatha Guided Meditation: 10 - 11am*
Led by Khenpo la when in residence, otherwise by senior sangha members.
WEDNESDAYS: Commencing 3 February, by donation.
- ◇ *Losar Green Tara Puja and Candle Offerings:*
10am - Midday
TUESDAY: 9 February
- ◇ *Kamalashila Tibetan Buddhist Centre: FIRST OPEN DAY*
11am - 4pm / Program to be emailed out shortly!!!
SATURDAY: 20 February
Lunch **Cost:** \$5 - otherwise by donation
SUNDAY: 21 February Working Bee (Karma Yoga) on the property in Tilba. Much help needed, mostly outdoor work.
Accommodation and meals provided for those travelling from afar.
- ◇ *Introduction to Meditation Course:* Led by Khenpo la
WEDNESDAYS: 13 & 20 April, 25 May, 1 & 8 June
11.30am - 12:30pm
Cost: Full course \$45 / Per class \$10
- ◇ *Mind Training Course:* Led by Khenpo la
WEDNESDAYS: 22 June to 20 July
11:30am - 12:30pm
Cost: Full course \$45 / Per class \$10
- ◇ *Meditation Workshop:*
SATURDAY 16 July / 10am - 3pm
Cost: \$25 (including lunch).
To be held: 9000 Princes Highway, Tilba NSW

**EVENT PROGRAM 2016
in SYDNEY**

- ◆ *Shamatha Guided Meditation:* Weekly 10 - 11am, to be led by senior sangha members.
SUNDAYS: Commencing 24 January
- ◆ *Mind Training Course:* Weekly 7:30 - 9:30pm
THURSDAY EVENINGS: 21 & 28 April, 17 & 26 May and 16 June.
Cost: Full course \$80 / Per class \$20
- ◆ *Philosophy Course: "Precious Garland" Teachings on "Nagarjuna".*
THURSDAY EVENINGS: 21 July, 4 & 18 August, 8 & 22 September and 27 October.
Cost: Full course \$100 / Per class \$20.
To be held at: Unit 2 / 20 Murray Street (Entrance via David Street) Croydon

**EVENT PROGRAM 2016
in RICHMOND, NSW**

- ⇒ *Mind Training Course:* Weekly 7:30 - 9:00pm
MONDAY EVENINGS: 2, 16 & 30 May and 20 June
Cost: Full course \$35 / per class \$10.
**To be held at: Richmond Community Hall
20 West Market Street Richmond NSW**

Note: National and Overseas Teaching dates to be confirmed shortly, please view our website for updates.