



'The Wisdom Age'

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

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HAPPY LOSAR (Year of the Earth Dog)!

Tibetan New Year 2145
Falls on Friday 16 February, 2018



LOSAR PROGRAM at KAMALASHILA TIBETAN BUDDHIST CENTRE

14 February (WEDNESDAY)
6pm: Traditional tidying up
7pm: *Vajrapani Practice*

Traditionally for Tibetans the lead up to Losar is just as important as the day itself. Before Tibetans celebrate the coming New Year, they complete unfinished business and purify any unhappy memories. On the 29th day of the last month in the old year (**in the western calendar this year falls on Wednesday 14th February**), there is a festival called *Gutor*, in which everyone whitewashes and cleans their houses.

On the last day of the year, monasteries are cleaned and elaborately decorated. In homes, cakes, breads, fruits, and drink are offered on family alters. As with all New Year celebrations around the world there is much revelry, but it is also time to visit stupas and monasteries to offer prayers and to pay respect to the Buddhas and ordained sangha. The benefits of chanting the *Vajrapani* mantra on this day with a sincere heart is a guarantee for being able to perform in any type of situation, being truly present in the moment and dealing with any kind of energy, accepting both adversity and friendship, both bad and good, and mastering them all with kindness and power, transforming them into primordial good for all the sentient beings.

17 February (SATURDAY)
Celebrating the New Year

10am - 12pm: *White Arya Tara*
(*Long Life Deity Practice*)
12pm: Bring plate of lunch to share (Pot Luck)!



White Tara is extremely powerful. Tara is very close to sentient beings, like a mother to her children. She is very quick to fulfil our wishes and to grant us happiness and a long life, as well as to help us develop wisdom. Though all the manifestations of Tara share the characteristic of compassion through Her connection to *Chenrezig*, it is White Tara who is most closely linked to His essential compassionate nature.

Please come and join us...

**UPCOMING COURSE & RETREATS
OVER NEXT FEW MONTHS**

**FOUR WEEK
MEDITATION COURSE
at TILBA**

**SUNDAYS
11, 18, 25 February & 4 March**



A course to take stock & learn new skills to improve our physical and mental wellbeing. Taught by well-respected resident Tibetan Buddhist Lama Khenpo Ngawang Dhamchoe.

Where:

Kamalashila Tibetan Buddhist Centre
9000 Princes Highway, Tilba

When:

11, 18, 25 February & 4 March

Time:

10am - 12pm

Cost:

\$12 per session or \$40 full course

Bookings Essential:

0403 779 099 or info@drogmi.org

www.drogmi.org

**SHAMATHA & MINDFULNESS RETREAT
29 MARCH - 1 APRIL**



**with
KHENPO NGAWANG DHAMCHOE**

Learn the ancient skills of single pointed meditation (Shamatha) and develop the method of Mindfulness. These meditations have been refined over the centuries to help us bring greater peace and happiness to our lives.

**Thursday 29 March (7:30pm)
to Sunday 1 April (12pm).**

at

*Kamalashila Tibetan Buddhist Centre
9000 Princes Highway, Tilba NSW*

BOOKINGS ESSENTIAL:

**Cost: \$300 / \$270 Concession
Daily rates available upon request.**

**2ND SILENT MINDFULNESS RETREAT
17 - 24 MARCH 2018**

Mindfulness is the process of bringing our attention to the internal and external experiences occurring in the present. We begin to discover the effects these have on our mind and body, and learn techniques that can transform these harmful impacts to more positive outcomes. Mindfulness allows us to make better choices in our daily life which then can bring lasting happiness.

A silent retreat format allows for a rare opportunity to explore deeply into ourselves whilst in a caring and supportive environment. There will be times for discussions, rest and self-reflection.

**Cost: \$300 by donation
Includes accommodation, all meals & instructions.**

**THE COMPLETE PATH
2nd Year Study Block
19 - 26 May**

In both study block sessions over 16 days in all (May & September 2018) Khenpo la will take the attendees through *"The Beautiful Ornament of the Three Visions: An exposition of the preliminary practices of the path which extensively explains the instructions of the "Path Including Its Result" in accordance with the Root Treatise of the Vajra Verses of Virupa"* by Ngorchog Konchog Lhundrub. These are fundamental teachings of the Sakya Lineage of Tibetan Buddhism. These teachings overall examine the state of those experiencing suffering, those engaged in methods leading towards freedom from unhappiness and misery, and those fully enlightened ones who have attained the highest goal of omniscient awakening. Through the teachings of this text, Khenpo la will go step by step over the vast path culminating in ultimate peace.

The following is an excerpt from a study session, September 2017 with Khenpo la:
"I think many of you are a bit worried about

the teachings on the two truths, a bit hard to understand. It is a tremendous and huge topic, a vast topic. I mentioned before that the Buddha taught innumerable inconceivable teachings, all the teachings He taught were based on these two truths. So there is no way that we can finish this talk within just a few hours, it is impossible time wise. Knowledge wise, we with such a simple knowledge of the dharma, are not in a position to explain clearly and in completing these two truths, as a speaker point of view. As a listener point of view, even though you have heard the dharma quite often, but maybe very rare to hear in this formal way, so difficult to comprehend these meanings almost to look at it as in a fertiliser way. For these 3 reasons it is very hard to understand this topic. Sakya Pandita says, because this is hard to understand you may want to give up although it is not going to make it easier it will make it harder. Instead of that no matter how difficult it is, or how hard this topic might be, just according to your mental strength, listening, comprehending and trying to understand is good enough. There is no way you can understand within a few hours, few days, a few weeks or a few months, even in a few lifetimes, it is impossible. In this way just take this in any way that you can get it, this is good enough. Then at the same time so many of you may think because culturally I don't understand, again this is not a wasted effort at all, **for just dropping one sound of dharma to our ear consciousness has the power to light up our ignorance mind, so not wasting time.** This is a more valuable form of meditation, because many of us say we are meditating, but within the frame of meditation do we really know, am I really keeping my mind in a virtuous state or not. We think we are meditating but our mind is unsure if virtuous or not. Secondly even in a virtuous state, we don't know if we are developing wisdom or not, so there is a lot of uncertainty, thinking we are meditating but whether are we doing the right one or beneficial one or not. Hearing the dharma whether we understand or not, just hearing the sound of the dharma has so much power. So in this way, I say for the beginner it is more suitable to listen, this is the right type of meditation rather than closing your eyes with no thought in your mind. There are different forms of meditation, different stages of meditation. The first stage of meditation is listening to the dharma, second is more contemplating, more analytical form of mediation, then third the very essence of meditation comes. So in this way, be relaxed, take as much as you can and don't worry about knowing all of this, don't panic, we have enough panic in our life" ... (laughter)...