



'The Wisdom Age'

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

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E: info@drogmi.org

0403 779 099

www.drogmi.org



His Holiness the 14th Dalai Lama and Khenpo la in Dharamsala, India
"It was a great blessing and good fortune to have had an audience with His Holiness
the Great 14th Dalai Lama" Khenpo Ngawang Dhamchoe



SPECIAL ANNOUNCEMENT: **Her Eminence Jetsun Kushok Chime Luding Rinpoche Visits Australia 2016**

We are pleased to announce that *Her Eminence Jetsun Kushok Chime Luding Rinpoche* has most kindly accepted Khenpo Ngawang Dhamchoe's invitation to conduct a programme in Australia later this year. Her Eminence will bestow the *Vajrayogini Cycle of Empowerments and Teachings* from **6 - 17 November 2016**. Her Eminence will then lead a *White Tara Retreat* from **3 - 8 December 2016**. This programme will take place at Kamalashila Tibetan Buddhist Centre, Tilba NSW.

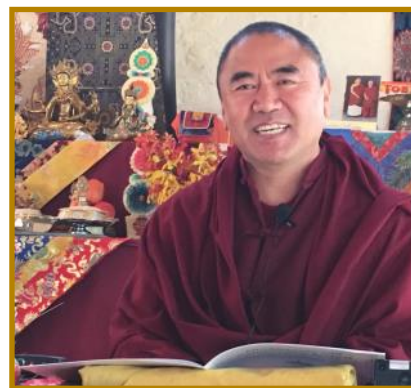
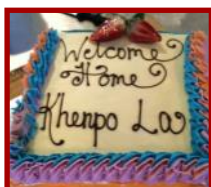
This is a golden and rare opportunity to receive this precious Dharma from one of the most revered Tibetan Buddhist Masters alive today. We are so fortunate that Her Eminence will be spending this time and conducting such a very special programme here in Australia. More information and booking details will be on the Drogmi Buddhist Institute website in August.

Contact info@drogmi.org in the meantime for all enquiries.

In May at the Drogmi Buddhist Institute Sydney Centre, sangha members gathered in a very celebratory mood to welcome Khenpo la back to Australia. A beautiful Green Tara Tsog offering was made and members then gathered with Khenpo la for a lovely lunch together. We all welcome Khenpo la and look forward to the opportunity to learn the precious Dharma from his vast wisdom in the coming year.



A special welcome program for Khenpo la at Kamalashila Tibetan Buddhist Centre was then held a few days later upon his return down the South Coast. The sangha chanted the *Sixteen Arhat Puja*, which included tea and auspicious rice offerings, and an elaborate mandala offering to Khenpo la. Lunch was then served including this beautiful welcome home rainbow cake for such a joyous occasion. Many could not make the day due to the very stormy and wet weather but were there in deep heart.



Over the long weekend I was one of the fortunate group to attend Khenpo's teachings on Mindfulness & Compassion in Tilba. Khenpo shared his wise and extensive knowledge of these precious teachings in an inclusive and clear way giving the opportunity for us to engage with their wisdom from our own starting points. Gratitude to Khenpo for his open heart and many thanks to the organisers. *Kate*



It was great to see Khenpo la at the recent Mindfulness & Compassion Retreat at the Kamalashila Centre in Tilba. To have Khenpo give teachings in such a delightful and peaceful location was a real privilege. It was great to meet with some old friends, and to meet some new ones. The natural beauty of the South Coast, combined with Khenpo's presence and teaching of the Dharma, a special weekend. We hope to return to see Khenpo again soon. *Ben and Maryanne*



RONGTON BUDDHIST CENTRE, BRISBANE QLD.

We were very happy and excited to see Khenpo la arrive to give teachings at RBC last weekend. Khenpo la took us steadily through the text, *"Parting from the Four Attachments"* with his customary ease, skill and humility. The mood was contemplative and focused, with many interesting questions coming from new and old practitioners alike.

For me those pithy observances that Khenpo brings to bear, like not picking and choosing when listening to a Dharma talk; trusting in the "accuracy" and purity of the teachings. To bring out what the real intention of the Buddha and the great practitioners of the past, in following the instructions to the best of our ability. Until we see the particularities of our own karmic life, as it is. Only then will our practice become effective, and our confidence will grow as we become more aware of the deeper issues and challenges that affect ours, and other sentient life. The weekend wrapped up with a torrential downpour. Khenpo la was held up for two hours at the airport. On speaking with him over the phone, Khenpo la was much more interested in how hard the staff worked in helping people through the delays. Thank you Khenpo la once again for your wisdom, kindness and compassion, and we will look forward to enjoying being in your merit field once again, in the not too distant future. Warm Wishes **L. Tsultim**



MANJUSHRI BUDDHIST CENTRE, MILTON NSW



On Friday 24 June at the Manjushri Buddhist Centre in Milton Khenpo Ngawang Dhamchoe came to give the kids of the local area an insight into *"Happiness Habits"*. When Khenpo arrived the group felt a sense of excitement but rose to their feet in silence and bowed with respect. As Khenpo sat down the group realised how lucky they were to have such a warm, kind hearted teacher to share his wisdom. The teachings taught me the qualities of being a better friend. He spoke of not growing up too fast and enjoying



your childhood. After the teachings he asked if there were any questions. My question was "Say if you have a friend and she or he has been sad and you think it is your fault, what do you do in one of those situations"? He said to apologise as if it is your fault and try to be as kind as you can. I loved my session with Khenpo la and I hope he comes again. **Kai**

The Public Talk that same evening was on *"Breaking Free from Negative Habitual Patterns"*. Khenpo la expressed that as part of our human nature we develop negative habitual patterns and unless we learn from the Dharma firstly that we have these negative patterns and secondly what to adopt and what to reject then we don't change these patterns and become a victim of them. The two day teachings were on the Great Master Nagarjuna's Root Text *"Letter to a Friend"*. Khenpo la's teachings from this text were explained with such deep wisdom, along with great humour and warmth. We are so very grateful to Khenpo la again and again for travelling continually, bringing the Dharma to our small communities. **Lael**



The weekend was perfect for me as it opened my eyes to Buddhism and confirmed that it contains everything we need to know of how to live a good life. It lifted my heart to be reminded that it is very simple to live a good life, cultivate a positive mind, try to live virtuously, and not to overthink things! Khenpo delivered all this with a twinkle in his eye and his great sense of humour was greatly appreciated. **Kim**



Drogmi Buddhist Institute relies on many volunteers who give their time and skills with such dedication to the Dharma community. Here is a great example of one such person, Rob Assink is pictured here at his home in Gympie Queensland, making more meditation tables for the centre.

Thank you Rob...



Meanwhile at Kamalashila Tibetan Buddhist Centre on the Full Moon Day of **Saga Dawa Duchen**, sangha carried out the *Sixteen Arhat Puja* with auspicious rice and tea offerings so beautifully prepared by Lama Kalsang la. This was followed by a community lunch.

Bright and early on the Sunday morning Green Tara Puja was practiced by all. We had a very full working bee day of cleaning the Gomba inside and out amongst continual garden work together. It was a lovely weekend, of spiritual practice and work to clean and prepare the centre for Khenpo la's return.



Having travelled up from Kamalashila Tibetan Buddhist Centre the day before, Khenpo la gave the first in the series of teachings on 'Mind Training' in Croydon, Sydney. The topic was *"How to Lead a Positive Life Cultivating Bodhicitta."*

Khenpo taught that Bodhicitta is the main path, the union of emptiness (wisdom) and great compassion (awakened state). He explained that there are three aspects of mind:

1. Clarity which is awareness (the method).
2. Nature of mind is emptiness after investigation.
3. Ultimately mind is clarity and emptiness.

If we recognise this we are free from samsara.



WORKING BEE at KAMALASHILA TIBETAN BUDDHIST CENTRE, TILBA

Saturday 13 August 2016

9:00am - 4:00pm

(a hearty lunch will be provided)



Another Working Bee has been set for Saturday 13 August at KTBC, where Khenpo la will be in residence at that time. Khenpo la will lead a short meditation practice from 9am before our work begins, and lunch will be provided.

If you have some time please come and assist and enjoy the surroundings at the same time. Please let us know prior to this time if you need accommodation at info@drogmi.org

UPCOMING RETREAT

at
**Kamalashila Tibetan
Buddhist Centre**

Annual Shamatha Retreat
30 September - 4 October



Shamatha (Calm Abiding) meditation is the foundation of peace and happiness, both spiritually and worldly. *Buddha* used this technique over 2,500 years ago. Science now recognises that many health problems are related to stress, and increasingly recommend meditation. These five days can be a life changing experience, and the most precious gift that you can receive.

Cost: \$500 / \$450 members or concession

Bookings essential: www.drogmi.org

UPDATED & REVISED 2016 TEACHING PROGRAM

KTBC, TILBA

9000 Princes Highway Tilba
(Wednesdays)



MEDITATION (Wednesdays)

10am - 11am

'Mind Training'

13 & 20 July / \$10 per class

WORKSHOP

Saturday 16 July

10am - 3pm

Meditation Workshop'

\$25 (includes lunch)

SECOND OPEN DAY at KTBC

Saturday 8 October (11am - 3pm)

An email programme will be sent out!!!



SYDNEY

Unit 3 / 20 Murray Street
(Entrance via David Street) Croydon

SUNDAYS:

Shamatha Guided Meditation

10am - 11am

Green Tara (1st Sunday of each month)

9am - 10am

THURSDAY EVENINGS:

Mind Training Course

Weekly 7:30pm - 9:30pm

7 & 21 July

Cost: \$20/\$18 per class

Philosophy Course

"Precious Garland"

Teachings on "Nagarjuna".

4 & 18 August, 8 & 22 September

& 27 October.

Cost: Full course \$100 / \$90 members discount / or \$20/\$18 per class.



RICHMOND EVENT

Mind Training Teaching

Saturday 30 July

Time: 10am - 2pm

Cost: \$40 / \$30 concession

Contact: Wendy 0400 070 463 or

wendybrennen@bigpond.com

RANDWICK YOGA SPACE WORKSHOP

Sunday 31 July: 1pm - 3pm

"Creating Happiness in Troubled Times"

Cost: \$45 **Bookings essential:**

randwickyogaspace@gmail.com



100 Year Anniversary Tibetan Medicine

Tour of Men-Tsee-Khang

with Dr Tsewang Tamdin

Fundraising Dinner

Drogmi Buddhist Institute is very honoured to be a part of the coordinating team of Dr Tamdin's Tour in Sydney. Dr Tamdin is a senior physician at Men-Tsee-Khang, the renowned Traditional Tibetan Hospital in Dharmasala, India. He is the personal physician to His Holiness the Dalai Lama.

Dr Tamdin will conduct a **Public Talk** at Rigpa Sydney, entitled *"Mental Illness and Traditional Tibetan Medicine"*

At **3/822 George street** (near Central Station) **Wednesday 13 July,**

7:00pm - 8:30pm.

There will be a **Fundraising Dinner** held on

Thursday 14 July at 6:30pm.

Bookings essential www.drogmi.org
or 0403 779 099.

COMMITTEE CORNER



During the Mindfulness & Compassion Retreat weekend a lot of work was also carried out cleaning and repairing the natural spring water filter high in the mountain on the KTBC property.

Daniel our very good friend from Victoria, came to assist the centre with plumbing work. Below is Daniel, with Khenpo la, Lama Kalsang and Mark working on the filter. Recent very heavy rains had lead to soil blocking the filter. What a wonderful example of joyful effort! A huge thank you to Daniel for all his expertise offered.

Khenpo la then went with a group of sangha members (above) and did some preliminary work on the location for the new dormitory.

