



# 'The Wisdom Age'

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

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## CONTENTS

### Page 1

Upcoming Pilgrimage &  
New Shrine for KTBC

### Page 2

Khenpola's Address at  
AGM

### Page 3

Teachings at Khacho Yulo  
Ling Tibetan Buddhist  
Centre Cairns, QLD. &  
2nd Annual Family  
Weekend Retreat

### Page 4

New Zealand Teaching  
Tour & Melbourne Sakya  
Centre, Warragul, VIC.

### Page 5

2018 KTBC Program &  
Recent Healing &  
Purification Retreat

### Page 6

Retreat Continued at  
NYE & Christmas  
Celebration Dinner

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## UPCOMING PILGRIMAGE TO CHINA Guided by Khenpo Ngawang Dhamchoe 29 May - 16 June 2018



A 20 Day Pilgrimage to China, from 29 May to 16 June 2018. This is an historic trip. The itinerary itself is very special, as it has been carefully planned and designed by Khenpo Ngawang Dhamchoe with visits to many of the holy sites in China. These include: 1. The Five Manjushri Mountains 2. Sakya Pandita and Choegyl Phagpa Historical Place. It is at this very sacred place that Sakya Pandita made the connection with and met with the Emperor of China in the 13th Century, and was in this location that Choegyl Phagpa bestowed the 1st Vajrayana Empowerment outside of Tibet to the Emperor and his entourage.

It is very rare to find such a trip, and to have the opportunity to participate. There are a few spaces remaining, yet are filling quickly. The planned number to take is 15 people only.

We hope that you are able to take up this opportunity. All names need to be submitted by **Thursday 11 January** to our email address.

For further information please call:  
0403 779 099  
or email: [info@drogmi.org](mailto:info@drogmi.org)

## NEW SHRINE ARRIVAL at KAMALASHILA TIBETAN BUDDHIST CENTRE



On 9 December 2017, it was a special day at Kamalashila Tibetan Buddhist Centre. A day when Rob brought the new shrine down from Queensland and then installed in the gompas. It took him over 500 hours of work on this beautifully constructed shrine, and delivered safely in person to Khenpo la and the sangha. Thank you so much Rob. Thank you to all the strong sangha who came and helped on this day. *Continued on Page 2....*

## 2017 AGM ADDRESS & ARRIVAL OF THE NEW SHRINE

Khenpo la thanked everyone for coming to the AGM, and later celebration dinner. He extended thanks to all members who over the last 12 months have come to KTBC to give their support in many different ways.

Khenpo la noted that he has been in Australia 23 years, and over that time this year has been one of the most successful years. Khenpo reminded us that the primary purpose he was sent by His Holiness the Sakya Trizin was to teach Buddhadharma, and that while he's had lots of opportunities to teach over the last 22 years, this has been the first time to run a solid course, rather than teachings held weekly and in the evening. The successful completion this year of the first of the three years of the seven year Complete Path, is regarded by Khenpo la to be the best and most meaningful year in his life.

For The Complete Path to run smoothly it requires not only a teacher, but also the support of the committee, many hard workers, and all the students who participate enthusiastically, study hard, and who take it very seriously. Khenpo thanked all the people who made this course a success. Throughout the year the other retreats have also been very successful.

This is the end of our second year in this location, and we have been so successful. Khenpo la encouraged and requested that we continue to work together to support to grow the Dharma, noting that the Dharma is not spirituality or religion, but that Dharma is wisdom. The world is not lacking so much all of the things the world values, but what is really lacking is wisdom and compassion. From the point of view of one's individual life, and point of view of the world, we are really lacking wisdom and compassion. Here at this centre we can work together to promote this wisdom and compassion.

Most Australian students are very well experienced in democratic society. Dharma is a very democratic society, where we work together for the benefit of the self and others. While to run an organisation we have a committee, with roles such as a president and treasurer. But in Dharma we work as a team, all are equal and working together. No one is higher or lower. When working for the centre no one is paying anyone a wage, it is all coming from your heart. Working together for Dharma, working from your heart, is the most meaningful and the joy you receive is very

valuable – priceless.

Khenpo la thanked the Committee for their work over the year, and gave thanks to all the people who have been helping financially, physically, giving time, using their expertise to help. Khenpo la encouraged everyone to continue working together and we can look forward to a more successful 2018.

### ARRIVAL OF OFFERINGS



*Khenpo la and Karma la stand back to view the shrine once installed and offering bowls filled.*



Soon after the placement of the new shrine, Khenpo la lead recitations of 21 Tara blessings, Tara mantra and dedications.



**END OF YEAR RETREATS WITH  
KHENPO LA 2017**

**Khacho Yulo Ling Centre  
CAIRNS, QLD.**



KYLBC was privileged to have Khenpo teach at Cairns on "Parting from the Four Attachments". Khenpo's manner of teaching allows for clear understanding of the dharma and his students in Cairns benefited greatly from hearing the precious teaching of the Buddha. Khenpo's practical explanations offered allowed for useful dharma practice in our daily lives and means by which it may be enhanced. We are very grateful to Khenpo for travelling to Cairns to allow us a better understanding of dharma practice, as he is a shining role model, someone to emulate in dedication and practice. Thank you Khenpo. **Denis**



I thought it was really cool. I liked how Khenpo was so fun and joked with us. The food was really good. I loved when we went to the beach and all had a swim and surf. I also enjoyed the soccer. The teachings inspired me and I made some new friends.  
**Keoni**

It was really fun. Khenpo taught us about mindfulness, sharing and caring. He helped teach me to be a better brother. We played a big game of soccer, it was parents vs. kids and the kids won! It was epic. I also loved the food. **Tali**



A tremendous thank you to the organisers, to Dean for his exquisite photography & to Garth and his helpers for the most yummy food!

**2nd Annual  
Family Weekend Retreat  
at KTBC**



**NEW ZEALAND TEACHINGS:  
Nyima Tashi Tibetan Buddhist  
Centre Auckland, Christchurch &  
Waiheke Island**



We were fortunate to have Khenpo la visit Christchurch again. His public talk and teachings were enjoyed by new and past students. On the first evening Khenpo spoke about happiness being "an inside job" and over the weekend we enjoyed his insightful and informative teachings on meditation. We were pleased that Khenpo was also able to enjoy the hospitality of the local Tibetan community and warm weather. We are looking forward to his next visit to Christchurch. **Frank**



*Khenpo la's visit to Waiheke Island*

**MELBOURNE SAKYA CENTRE  
WARRAGUL, VICTORIA**

Some things just cannot be put easily into words, like the reciprocal experience of receiving teachings from a truly loved and respected teacher. The experience opens one's heart, wanting to give back.

Khenpo Ngawang Dhamchoe was again very warmly welcomed to Warragul in Gippsland,

Victoria, by sangha and many new faces as well. An 'apocalyptic' weather forecast didn't deter attendance of the thirty people who came to listen to more of Khenpo la's treasured instructions and expositions of teachings on Shamatha and meditation in general.

I am always amazed that each time I attend Khenpo la's teachings, that they are as fresh to me as the first teachings I ever received. His clarity and great compassion are ever-present, and experienced by all of us, and I hope never to tire of this.

Lunches were cooked with love by Inge, who was assisted by Miyuki and Lisa in particular. Again, Penny Moody did much of the organising and we thank her from our hearts for bringing Khenpo la to Warragul. Thank you also to several others who helped with publicity, accommodation, and setting up the venue and the beautiful shrine.

Khenpo la will visit Warragul again in November 2018, continuing his connection with sangha and community here. We hope very much that his presence and his teachings continue to inspire wherever he goes, and wish him and the Drogmi community a safe and peaceful 2018, full of joy and wonder. **Geraldine**

I am relatively new to the practices of Buddhism. I was delighted to learn that the Melbourne Sakya Buddhist Centre was to hold a retreat with teachings by Khenpo Ngawang Dhamchoe in my home town of Warragul. There was much to look forward to as this was to be my first retreat and to think it was being organised so close to home. Khenpo Ngawang Damchoe's excellent teachings directed us to think about the reasons we meditate. As the practice of yoga helps maintain a healthy body Meditation is the Science of the mind. With regular practice starting with

10 minutes, three times a day, we can work on stilling the mind and change our way of thinking to bring about a healthy mind.

Across the three days of the first weekend in December we had more than 30 people attend. Some were experienced in the practices whilst for others it was the first time they had been exposed to Buddhism. All attendees left with a sense of serenity and peace and much to contemplate.

**Sandra**

The members of the Melbourne Sakya Centre (at Warragul) were thrilled to have Khenpo come down to give us teachings at the beginning of December.

A mixture of students attended, from his long-time followers to brand new members of the local community who had never heard the Dharma before. Some stayed the full 3 days, some for one or two, whatever people could manage at this busy time of year.

Khenpo inspired us to come together as a community around him- no small task on its own. He brought something new and inspirational to all of us, motivating us to either continue practising the Dharma or encouraging those at the very outset of their journey. We all came away feeling that our lives had been enriched and our minds improved simply by being closer to his mind. He is a guiding light for us all.

He reminded us most importantly that no matter how great one's meditation techniques, or how many hours are spent on the cushion, it only matters insofar as it makes us more compassionate people in our daily lives; that Shamatha is about what happens between the formal meditations as much as what happens on the cushion. How cool is that guys? If we were thinking about becoming the "best" meditators in the West we can forget it. We can just become the kindest. **Penny M.**



## MAIN EVENTS 2018

to be held at

**KAMALASHILA**

**TIBETAN BUDDHIST CENTRE**

### TUESDAY SHAMATHA PRACTICE

Commences 9 January

10 - 11am

### WORKING BEE

26, 27 & 28 January

(Australia Day Long Weekend)

Come along for any time you can manage over this long weekend. There are many jobs to be done yet with many hands we can accomplish so much! We just ask that you let us know when you can make it due to catering purposes. Lunch, dinners and accommodation are provided with notice given.

### LOSAR PROGRAM

**TIBETAN NEW YEAR 2145**

*Year of the Earth Dog*

14 & 17 February



- ◆ **14 February (WEDNESDAY)**  
**2pm:** Clean Gumpa & Kitchen  
**6pm:** Traditional Tibetan Fortune  
Cookie Soup (by donation)  
**RSVP:** 12th February (for catering)  
**7PM:** Vajrapani Practice

- ◆ **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)!

### SUNDAY MEDITATION 4 WEEK COURSE

10 - 12md

11, 18, 25 February & 4 March



## 'SILENT' MINDFULNESS RETREAT

17 - 24 March

Run by senior students



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 with the experienced instructors, gentle exercise, rest and self reflection. Mindfulness allows us to make better choices in our daily life which can then bring lasting happiness.

### SHAMATHA & MINDFULNESS RETREAT

(Easter Long Weekend)

29 March - 1 April

Thursday 7:30pm to Sunday 10am

### THE COMPLETE PATH

TERM 1

RESIDENTIAL

19 - 26 May

### MINDFULNESS & COMPASSION RETREAT

29 June to 1 July

### FAMILY DAY

14 July

10am - 4pm

### THE COMPLETE PATH

TERM 2

RESIDENTIAL

15 - 22 September

### ANNUAL SHAMATHA RETREAT

28 September - 6 October

### TIBETAN CULTURAL DAY

3 November

1pm - 7pm

### ANNUAL FAMILY RETREAT

16 - 18 November

Friday 7pm to Sunday 2pm

### 4TH HEALING & PURIFICATION

RETREAT

27 December - 1 January 2019

\*\*\*PLEASE NOTE:

**BOOKINGS ESSENTIAL FOR ALL EVENTS**

## 2017 HEALING & PURIFICATION RETREAT

My journey south to retreat meant leaving friends, family and festive activities a little early; however I knew that Kamalashila was the place I wanted to be, as it is the perfect environment to reflect on 2017, celebrate the New Year and have the privilege of hearing Khenpo's precious teachings.

Khenpo bestowed Vajrasattva and Medicine Buddha transmissions and reminded us that by fostering the right intent we had the potential to turn around our mind very quickly. Khenpo also taught us that the study of the deities is all about our mind. This was a very poignant point for me.

Being able to hear Khenpo's teachings in the environment of Kamalashila is also a great privilege. With Gulaga mountain watching over us, rosellas and other chatty birds heralding Khenpo's arrival at the gumpa each morning and sunlight dancing through the Eucalyptus canopy, it is a magical experience. Led by Khenpo, together we practiced Shamatha, Vajrasattva and Medicine Buddha meditation, interspersed with Khenpo's teachings, time for personal practice and periods of noble silence. As is often the case during question and answer sessions, fellow sangha members asked questions that had also been emerging in my thoughts, so these sessions were very valuable for me. People wandered in and out during the retreat, some attending for a session, a day or the whole five days with Khenpo welcoming everyone. It was an added bonus to meet up with Karma, Khenpo's brother, who provided delicious meals along with our New Zealand friends. If you have the opportunity to meet Karma ask him to tell you about his bull-handling skills. Karma's momos, cake, songs and sparklers were New Year's Eve specials.

I am truly grateful to Khenpo for his teachings and for being so accessible to us. I would also like to thank Ann and Jack for their organisation and all those who attended the retreat and made the whole experience so enjoyable. **Sue T.**

*Continued page 6...*



**END OF YEAR RETREAT CONTINUED CHRISTMAS CELEBRATORY DINNER**

At the end of a wonderfully auspicious day receiving the centres new shrine, we all sat down for a delicious dinner cooked to perfection by Garth. Thank you Garth.

Chris, Maryanne and a friend, played wonderful music as everyone relaxed and enjoyed themselves.

Khenpo la thanked a number of sangha members who have made extraordinary contributions to the centre this year.



To attend this years retreat with Khenpo la was the best decision I have ever made. The immersion of four days in Medicine Buddha and Vajrasattva teachings and practices was invaluable because this is exactly what I was looking for in my own practice. It was a safe and beautiful space to be guided, to deepen our capacity to find compassion and stillness of the mind. The retreat program enabled me to heal, rest and receive a gift of dharma, grace and blessings well beyond me. I am very grateful for the blessings of the Sakya Gurus and Khenpo la, dedicating all merits to sentient beings including the lovely people who attended retreat with me. **Sukanya**



*Healing & Purification End of 2017 Retreat*

On New Year's Eve - the final night of our retreat - we had a special dinner with Khenpo la to celebrate the year past and a retreat near complete. After a special Maori song performed by our NZ visitors Vessela and Russell, Chris led a rendition of Auld Lang Syne replete with sparklers and a celebratory cake. The undoubted highlight of the evening was the delicious veggie momos kindly and expertly prepared by Karma la - Happy New Year!

