



'The Wisdom Age'

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

ISSUE 41
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Wishing His Holiness the Fourteenth Dalai Lama from Khenpo Ngawang Dhamchoe and all at Drogmi Buddhist Institute a most wonderful Birthday for 6 July! May He have perfect health, a long life and continue to spread the precious Buddhadharma universally for the benefit of all sentient beings...

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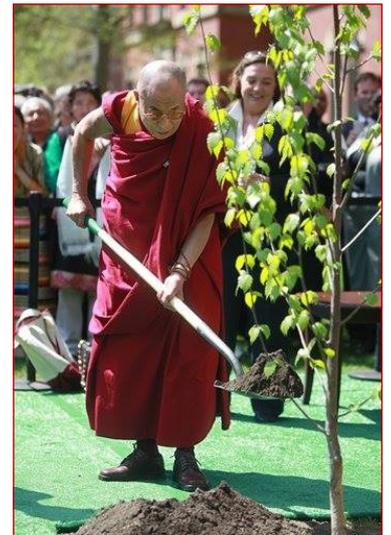
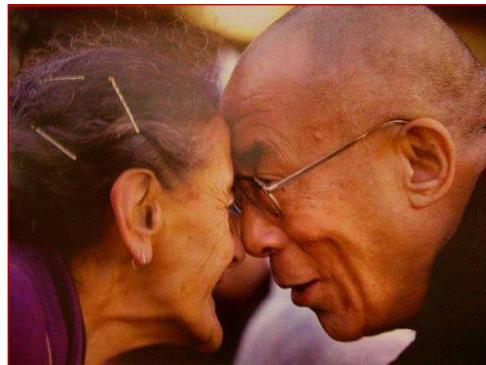
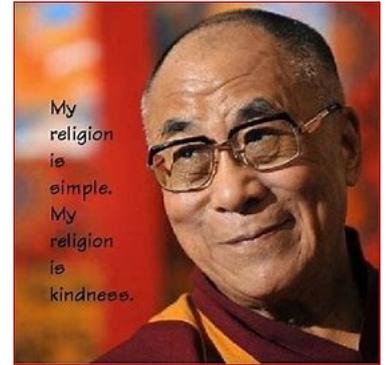
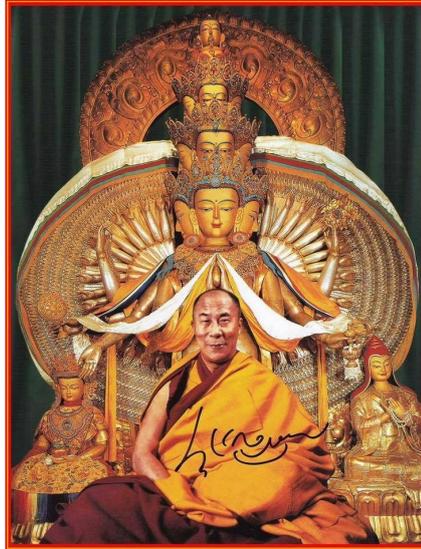
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UPCOMING RETREAT:
Weekend of 6 - 8 JULY
Mindfulness & Compassion Teachings... *more info page 2*

**UPCOMING MINDFULNESS & COMPASSION RETREAT
6—8 JULY**



With Khenpo Ngawang Dhamchoe

Within this weekend retreat Khenpo la will give detailed and practical explanations on mindfulness and compassion, both in meditation and in our everyday life.

This retreat is truly a rare opportunity to spend time learning and practicing meditation in a remote and naturally beautiful bush environment, under the instructions of an accomplished and experienced teacher such as Khenpo la.

WHEN: 7pm Friday 6 July to 1pm Sunday 8 July.

WHERE: Kamalashila Tibetan Buddhist Centre, Tilba

COST: \$200 / \$180 members & concession, daily rate available.

Costs include teachings, texts, accommodation, food & drinks.

BOOKINGS ESSENTIAL:

www.drogmi.org/info@drogmi.org
0403 779 099

REGULAR MEDITATION PRACTICES

TUESDAYS & SUNDAYS
KTBC, TILBA

10 - 11am
Shamatha Practice



SUNDAYS
(1st & 3rd Sunday of the month)
CROYDON, SYDNEY

9:30 - 10:30am
Green Tara & Shamatha Practice

**SOLAR PANEL FUNDRAISER
APPROACHING
OUR GOAL!**



Power The Dharma At KTBC

Dear Friends,
The solar set-up at Kamalashila Tibetan Buddhist Centre is many years old. The batteries are poor at retaining charge and nearing the end of their life. As a result, we have to be extremely careful with electricity usage, especially during retreats and when it is cloudy. Taking into account our needs over the coming years, we are looking to replace the batteries with a new bank of 24 batteries (48V/600AH Shoto LLV). A new inverter (Victron 48/1000) will give us far greater efficiencies and make it easier to monitor battery levels and start the generator remotely, if needed. Ideally, we would like to have the new set-up operating by September. The cost to install new batteries and safely remove the old ones is \$24,000 - \$1,000 per battery. The new inverter costs \$6,000 - **\$30,000 all up.**

Thanks in large part to generous donations from Khenpo la, we have now raised \$14,000 so we have \$16,000 still to raise. Two dear friends of DBI who are also past retreatants at KTBC, **Barry Newstead and PK Lee, have very kindly offered to match all new donations up to \$8,000. This means if we can raise \$8,000, then Barry and PK will put in the same amount and we can start the installation!**

If you would like to contribute or have any questions, please contact **Jack Heath on 0419 239 115 or jack@sane.org.** You may choose to sponsor an individual battery or perhaps get a few people to team up with you. All contributions are deeply appreciated. You can stage your payments over time if that suits you better. Thank you again to Khenpo la along with Barry and PK and everyone else who has generously contributed thus far!

**FAMILY DAY AT KTBC
SUNDAY 15 JULY**

10am - 4pm



This is the 3rd annual family meditation day at KTBC, a wonderful day for children & parents/guardians to relax & enjoy the beautiful surroundings. Khenpo Ngawang Dhamchoe will offer as part of the program a short talk & meditation.

Costs include all activities, morning tea & a hearty lunch.

BOOKINGS ESSENTIAL by 11 July for catering purposes.

Cost: \$60 per family / \$40 Parent with one child.
info@drogmi.org

**INVITATION TO SPEND TIME
HELPING THE CENTRE**



We have a number of 'smaller' upgrades that require assistance of skilled trades people.

- ◆ Upgrading lighting in the gompa, we have the lights all ready to go!
- ◆ Fitting new shelving in the kitchen pantry.
- ◆ Upgrading around the outside sinks, such as a small shelter.
- ◆ Installing 4 new smoke alarms.

Please come and share in this developmental stage & growth at Kamalashila Tibetan Buddhist Centre, whether you would like to help with the garden, cleaning, mowing... *for even an hour a fortnight, this would be of immense benefit!!!*

TEACHINGS AT KHACHO YULO LING BUDDHIST CENTRE, CAIRNS



Fantastic teachings on Seven Point Mind training with Khenpo Ngawang Dhamchoe from Drogmi Buddhist Institute.

We had 21 people attend and the feedback was amazing.

These teachings are so practical while being very profound and can radically change the way you view your life, relationships and life in general.

In a world where the mantra is more = happiness and self interest is top priority, these teachings show that when we really investigate, these attitudes are actually the cause of our suffering and that caring for others and being content with less brings genuine happiness.

The kind of happiness that isn't dependant on material wealth, success or reputation and can be sustained even in the midst of chaos. They don't require you to believe anything they require you to change your mind and transform your negative bad habits to positive compassionate and kind habits to oneself and other beings.

May you all be well and happy...

Rinchen



EDEN MARINE HIGH SCHOOL YEAR 12 RELIGIOUS STUDIES VISIT KTBC



Year 12 students from Eden Marine High School, who are studying Buddhism as a part of their HSC subject matter, made a visit to Kamalashila Tibetan Buddhist Centre. Their teacher Simone had approached the centre to see if her students could visit and meet Khenpo la to ask questions for their subject matter. It was a beautiful morning whereas the students joined our regular Tuesday Shamatha meditation practice and then were able to ask anything they wished for over 30 minutes. One of the students turned to Khenpo la's regular students asking us how has Buddhism affected our lives in a positive way? Peter gave a moving and clear explanation of conventional and ultimate reality from Khenpo la's teachings and his view of how it has helped his life in the clarity of everything being an illusion, how he applies that to his everyday living and devotion to the teachings. It was extremely impressive to hear these young students interest, their prepared and spontaneous questions. A question on what is the Eight Fold Path. Why did you wish to become a monk? Khenpo la responded: for 2 reasons, culturally I liked the idea of having new clothes at 9 years old for I never had any and secondly I saw how happy and relaxed all the monks were and in comparison of how worried and the suffering I saw my parents go through, I wished to be like the older monks, to be free from samsara. The students then joined Khenpo la and all there with a light lunch, then went on a tour of the property and loved the new retreat huts too. Big smiles all around and beautiful connections made on the day. A truly wonderful day, thank you so very much Khenpo la.

RETREAT HUT HIRE

*INTRODUCING
'THE SAMADHI HUTS'*



The new retreat huts are ready for use to all. There are special members & friends rates offered.

Your backdrop is Mt. Gulaga, in front are shimmering glimpses of ocean views, enjoy your stay in this quiet & healing environment for a personal retreat. All the 3 huts are fully self-contained with kitchenette & ensuite facilities. Hut #2 has full disabled access & facilities. There are daily, weekly, monthly rates, or any other arrangements are offered.

Rates on our website or enquire.

**Bookings are absolutely essential:
0403 779 099 / info@drogmi.org**

UPCOMING ANNUAL SHAMATHA RETREAT

Friday 28 September to
Saturday 6 October 2018

Pencil these dates into your diary!

IMPROMPTU WORKING BEE

Some of the sangha spent time working on much needed patching up of the road at the centre and general tidy up after the hire group vacated. The road is much smoother now for everyone. Please remember to use low gear and drive at a consistent speed on the road. Thank you Karma la, Peter, Phaedra, Jennifer, Robert & Ann, good team work makes much lighter work.



**TERM ONE / YEAR TWO
THE COMPLETE PATH
STUDY WEEK
MAY 2018**

What a wonderful eight days studying The Triple Vision at Kamalashila!! Khenpo la was his usual fine self with clear, precise, pith-style instructions in the morning and a re-teaching session in the afternoons which proved very useful revision time. There were question and answer sessions, group discussions and presentations and to everyone's relief, no formal written exam.

On a personal note, having completed the teachings on 'Clarifying The Sages Intent' remotely, I was looking forward to being in the group for these next two years of study, and Term 1 proved to be just as valuable as I was hoping it would be.

Being surrounded by a group of dedicated people, all actively applied to the same study was a wonderful experience - being immersed in Dharma study and discussion, away from the samsaric distractions of everyday life was a precious gift. All of this was complimented by the glorious surroundings of Kamalashila, perfect weather, great food and a gorgeous dog - who could ask for more? **Jane**



Jane with our very treasured Gyri Dolma.

The teachings given by Khenpo la at the recent Complete Path retreat were very interesting and immediately applicable to everyday life. In learning of the sufferings of the six realms of samsara and of the rare opportunity we have in this precious human life the teachings have enhanced my motivation to practice, reinforcing that it is the only way to alleviate our own and others' suffering in the long term.

Additionally, in learning about the true meaning of Dharma-actions, speech or thoughts undertaken with a non-afflicted mind - the teachings have provided me with a better understanding of how to practice in both meditation and post meditation, so that everyday seemingly mundane or insignificant activities become part of the path. I'm looking forward to learning more in the next week of teachings in September. **Zoe**

Kia ora from New Zealand... As well as Jane from Christchurch, Vesela and myself made up the Kiwi contingent fortunate enough to attend The Complete Path teachings. How far would one travel to hear the pure Dharma from such a teacher? To the outer limits of space, I would suspect! Everyone in attendance exuded pure devotion for Khenpo la, that is totally unsurprising. Everyone in attendance felt that they were the most fortunate person on Earth. How true! Perfect human rebirth fully realised. Empowering, enriching, enlivening, energising, dare I say fully satisfying. Yes, I dare!

As it is said in Maoridom: 'He aha te mea nui? He tangata, he tangata, he tangata!' 'What is the greatest thing? It is the people, it is human potential, it is the people!' Arohanui te whanau... Biggest love to you people who are family... **Russell**

Another element of the teachings was to study different aspects of our precious human rebirth to help us develop joyful effort. After all, Khenpo la reminded us that our human form (with the particular qualities that make it precious) is like the vehicle to take us to our ultimate destination - so don't lock

it up in the garage, and don't mindlessly crash! We need to use it and drive carefully.

One way to drive our minds carefully is by taking refuge, which has many benefits. Refuge is part of the preliminaries because it leads to so much if done properly and by following the commitments of refuge. It helps us see the world dharmically and not mundanely so we can take advantage of the obstacles in our life that give us the opportunity to change. And it helps make our mind softer. Khenpo la explained that the ordinary mind, ignorant and afflicted, is tough but full of fear and defensiveness, stressed and tight and we become exhausted. Reducing our afflicted mind and developing wisdom mind, there is no need to defend ourselves, the real defence is the quality of love, compassion and wisdom that we develop. The true nature of our mind has genuine love, compassion and wisdom, free from afflictions so is stronger, yet soft and relaxed.

These were just some of the many wonderful and extraordinary gems of teaching and encouragement that I brought away with me. As Khenpo la said, each time we hear dharma, a bit more sinks in to clean our mind stream. The more we hear dharma and tame our mind, the more humble we become, which is a sign of getting dharma, rather than becoming arrogant, which is a sign not actually taking in the dharma!

I'm so happy now to have several months to study my notes and texts, and come back in September for the next exciting instalment! Thanks Khenpo la and everyone there, fellow students, committee and volunteers, and His Holiness Ratna Vajra, IBA and the glorious Sakya lineage for



making all this possible.

Franky

Photo: Taking Refuge with Khenpo la during The Complete Path May Course...

SHARED IMAGES FROM THE MOST RECENT TERM OF THE COMPLETE PATH



This year The Complete Path Course is on The 'Three Visions'. The Three Visions originated, based on the Vajra Verse, from Mahasiddha Virupa. During the residential program in May, Khenpo la taught extensively on the history of the Master Virupa - on the 23rd day of the fourth Tibetan Lunar month, this being the very day that Master Virupa attained the 1st Bhumi. Therefore this is a very auspicious event, that on the very same day, and at the very place these precious teachings recently took place with Khenpo la, a perfect rainbow appeared at the top of the mountain at Kamalashila Tibetan Buddhist Centre.

Photos top & clockwise: Mahasiddha Virupa / and His rainbow (photo credit Khenpo la), majestic view of new retreat huts overlooking the saddle with Mt. Gulaga enveloping the sunshine, Green Tara Puja music rehearsals, afternoon re-teachings with Khenpo la, & group photo.

