



'The Wisdom Age'

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

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Centre Auckland &
Christchurch New
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LHA BAB DUCHEN
'Buddha Sakyamuni's
Descent from Heaven'
31 OCTOBER 2018

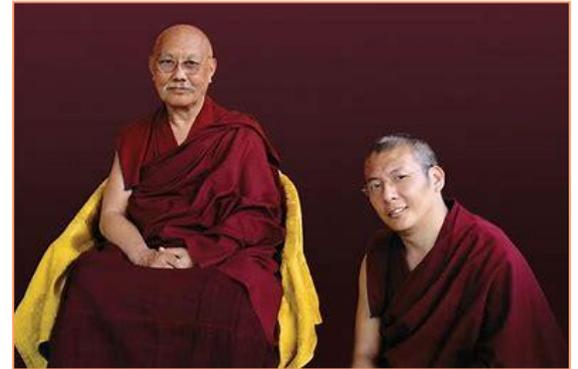


Lha Bab Düchen is a Buddhist festival celebrated to observe the Buddha's descent from the Trāyastriṃśā heaven down to earth. According to Tibetan traditions *Lha Bab Düchen* occurs on the 22nd day of the ninth lunar month according to Tibetan calendar and widely celebrated in Tibet and numerous other Buddhist countries.

According to legend, the Buddha ascended the Trāyastriṃśā heaven temporarily at the age of 41, in order to give teachings to benefit the gods in that desire realm, and to repay the kindness of his mother *Mayadevi*, by liberating her from samsara. The Buddha (also to benefit the gods), spent three months teaching in this realm of gods.

When he was about to return to this world, Indra and Brahma manifested three sets of stairs of 80,000 *yojanas* (a Vedic measure of distance that was used in ancient India), each reaching this world. As the Buddha walked down the central one, they accompanied him to his left and right carrying umbrellas to honour him. He descended to earth, specifically located in now modern Uttar Pradesh, India which is counted among the eight holy places. ***It is said on this day the effects of positive and negative actions are multiplied ten million times, a most auspicious day for continual dharma practices!***

HIS EMINENCE KYABJE LUDING
KHEN RINPOCHE VISITS
KAMALASHILA TIBETAN BUDDHIST CENTRE
TILBA NSW



Above image: HE Kyabje Luding Khenchen Rinpoche with HE Kyabje Luding Khen Rinpoche



His Eminence Kyabje Luding Khen Rinpoche

Students rejoiced when Khenpo Ia announced at the most recent Complete Path Study Week in September, that after many requests over a number of years, His Eminence Kyabge Luding Khen Rinpoche has graciously accepted Khenpo Ia's invitation to visit Australia.

His Eminence is head of the Ngorpa School worldwide and a great holder of the Luding lineage. His Eminence has ordained thousands of monks around the world and was himself fully ordained by His Eminence Kyabje Luding Khenchen Rinpoche (above), with whom he underwent intensive and rigorous training in addition to daily tutelage. His Eminence has also received numerous teachings and empowerments from His Holiness the 41st Sakya Trichen.

His Eminence will arrive in Australia in early January but due to his very tight schedule he will only be visiting Kamalashila Tibetan Buddhist Centre at Tilba, NSW where he will bestow the Vajrayogini Blessing and give the Vajrayogini Teachings.

More information/details on www.drogmi.org

**3RD ANNUAL FAMILY RETREAT
16 - 18 November
(Friday 6pm Dinner to Sunday 12pm)**



Open to families locally and from afar, this retreat has grown ten-fold as one of the highlights of the year at the centre. Within this highly structured yet relaxed time with Khenpo la, there is time for meditation, games, exercise, visits to the beach as a group and lots of yummy beautiful food for all ages.

A paragraph documented from Khenpo la in the first Family Retreat November 2016: *“The children will be future leaders in the world so we need to plant good seeds. The best present you can give to your children is simply to spend time with them and find joy in what you do together. Through one’s own experience of parenting recognise how much our own dear parents gave to us. If you want to be happy you need to ensure the happiness of those around you”.*

LIMITED ACCOMMODATION AVAILABLE

Enquiries welcome and bookings are absolutely essential prior by Monday 12 November. Our newly formatted website is up and running to check out details:

www.drogmi.org



This is the 4th Annual Healing & Purification Retreat at KTBC. It is a great way to be prepared for a healthy and refreshed 2019. Away from everything, in amongst the most beautiful, peaceful and perfect environment for rejuvenation.

Khenpo will bestow the Medicine Buddha and Vajrasattva transmissions, and then commence teachings. We need to hear these teachings over and over again, to help us deepen our understanding.



Bookings Essential:

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

SATURDAY 8 DECEMBER !!!



Please come and share in our End of Year AGM & Holiday Gathering!

AGM 4 - 5pm / DINNER: 6pm

RSVP by: Thursday 6 December for catering purposes.

We so look forward to seeing you then!!!





Khenpo la gave a Public Talk in the evening at the Dunn Lewis Centre Ulladulla, on “A Buddhist Perspective on Mental Health”, for which all proceeds went to The Men’s Support Project. It was truly a fascinating talk on all the different minds within our own mind, such as the jealous mind, ego mind, ignorance mind and the most dangerous to oneself and others, the anger mind. After explaining in great depth of how the mind works, he was able to express from a Buddhist perspective, that if we come from a caring, kind, positive and compassionate mind, to then diligently and mindfully practice this in everyday life, that we can be happy and look deep within ourselves to conquer this negative mind that can tip many of us over the edge.

The weekend teachings were extremely full, rich and valuable. On the Saturday Khenpo la taught all day on the ‘Eight Verses for Training the Mind’, by the 11th century scholar *Langritangpa*, which we probably needed a full year 24/7 for us beginners. There was a children’s session following, sharing ‘How to Stay Calm When Things Get Hard’. On the Sunday morning with an Introduction to Vajrayana Buddhism and then detailed explanations on the foundational meditation practices of Ngondro through the afternoon.

We cannot thank you enough Khenpo la for all of your valuable time and energy in sharing the precious Buddhadharma in our small community of Milton, along with your extremely generous, warm and vast wisdom.



TERM 2 THE COMPLETE PATH STUDY WEEK

As a student participating in the seven year Complete Path Program, at the Kamalashila Tibetan Buddhist Centre I have found that studying with a group of dedicated dharma students twice a year has been a wonderful experience. I love staying at Kamalashila in the natural bush setting with its tall trees surrounding the meditation hall. I have found this has been a great support to take the teachings



and mind, then allowing for deeper listening, hearing and contemplation of the teachings in a very meaningful way. This coupled with Khenpo la’s gentle yet penetrating commentaries on the words of the great Sakya masters has guided our understanding of the *Three Visions* in a profound way. **Phaedra**

Term two of the second year of The Complete Path, was held at Kamalashila this September. Reading the text *Three Visions* by *Ngorchen Konchog Lhundrub* (1497-1557) before retreat was interesting and at times difficult to understand, but how fantastic to have this brought to life by Khenpo la’s clear and direct teachings. This profound text written 500 years ago, shows such understanding of our heart, emotions and habitual mental patterns remaining completely relevant and fresh to us today.

There were 50 people who came to this fortunate event from all over Australia and some from New Zealand. It is an amazing experience to clear a week in your life to study and practice the noble dharma. By the end of the week there was a real sense that people had had the opportunity to deepen their understanding. Each day; practicing together, listening to the teachings, reading, studying, contemplating, discussing and asking questions, all with Khenpo la’s kind guidance. One of the great aspects of the week is being with spiritual friends, those fellow beings who are willing to follow the path, take this journey together and in doing so we collectively enable it to happen. *Continued next page...*



It is hard to describe the feeling of gratefulness, supportiveness and shared experience that is created by us all attempting to maintain an atmosphere of dharma; while eating, while studying, during the breaks, while having some great dharma conversations.

It is a rare treat.

ordinary week, it is such a gift to find time in your life for this, I had a feeling that there is no ordinary measure for what we are doing. It is one of the most important things I have done. Now back in the midst of mundane life, keeping the dharma alive in my mind, retreat is a bit of a dream, and I am here with a little more understanding of the perfection and breadth of the world. What a blessing the dharma is. **Love Tjenka**



The session in the afternoon on most evenings was Q & A, where we ask Khenpo questions or clarifications, although on one afternoon we had to ask each other and have a go at answering them ourselves! Khenpo reminded us each time this is not about getting things right or wrong but that we are learning together, and so in this supportive atmosphere we did. I am not usually one to stand up and speak but really appreciate the opportunity to do this in such a kind and safe atmosphere.

HOMAGE TO MOTHER

A poem by Joe

As many waves that have struck the beach in a million years, that many lives have I struck and more;

Enduring that many births whether cold, warm or delivered by egg, I have remained blind, travelling the elevator of death and rebirth between floors of the house with six levels;

In each and every pass a mother has brought me safely hither and kept me alive;

Is it not certain then that all sentient beings have at least once been that mother and in future will be again;

So as I love my mother in this life why would I not love each mother likewise, where is the sense in that;

And as surely as they are there, my past and future mothers die and are born by the millions each day, themselves being thrown into the six floored house of suffering;

Though my great wish is to hold out my hand and lead them away from fear, I can do that no more than I can pluck a fish from the ocean and make it walk;

Continued on next page...



An evening towards the end of the week Khenpo asked us all individually, how we are going so far? The answers were very humbling; the gratitude for the teachings, hearing the difficulties people are working with and personal understandings. This was no



Thus I must turn to the Buddha, whose golden mind of limitless space reflects the limitless mother sufferers and apply the methods he taught to free them;

Loving Kindness to hold back the bleeding non-virtues that keep open the wounds of continuous negative karma;

Compassion to slay the dragon of ignorance that hoards the misconceptions of an existing self and phenomena;

Bodhicitta, the right view with its embrace of compassion, which together are the key to unlock the chain of clinging;

Yet how can I actually see limitless beings as this mother of mine in form? As form is emptiness and emptiness is form, this precious love is the very space of the limitless buddha mind of limitless mother beings, attaching to none, holding all - just being...



Below: A tremendous thank you to our dharma brother Dean for sharing his magnificent images taken throughout the study week.



ANNUAL EIGHT DAY SHAMATHA RETREAT

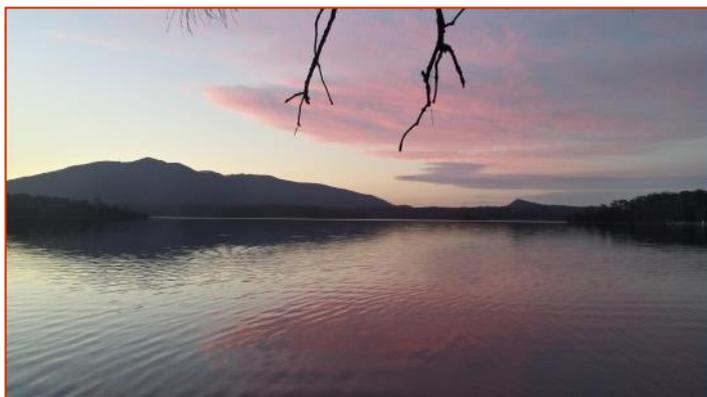


The first day of teachings Khenpo la spent most of the sessions giving very detailed guided meditations on the motivation behind the practice, and on the seven pointed sitting posture for meditation. Going through the Foundational Thoughts having three prime motivational factors. The first two thoughts on Precious Human Rebirth and Impermanence, act as a motivator to reduce our laziness. The third the Law of Causality, motivates us to create the causes of happiness, and prevents development of the Wrong View. The fourth thought is on our strong addiction to samsaric sufferings, this motivates us to develop renunciation mind.

By day three, Khenpo la taught on the placement of the mind and removing obstacles, likening the mind to a wild animal, by moving slowly we gain their trust. He spoke of removing an obstacle such as laziness and the antidotes, and by creating faith, it can help us become inspired, this in turn brings diligence. It is so important that the base of it all, is remembering cause and effect.

Whilst describing the obstacles, one being random thoughts that come into our minds during the meditation, we then need to be gentle with these thoughts, being important to shift this new awareness of them to another object, such as our breath. Describing these random thoughts can lead to the more extreme outcomes, whereas the wandering mind is more like day dreaming.

On day five, Khenpo la commenced teachings from the root text Seven Points of Training the Mind, firstly on the preliminaries and the absolute importance of cleansing the mind. When the mind is intoxicated by delusions, truth is hidden in the misconception. The mind is a dream seeing things as separate. Khenpo la then taught on the profound concept of the nature of phenomena and how everything functions from luminosity. Giving the example that this is likened to a lake, and everything is a reflection on the lake, you can see it yet when we look for the reflection we cannot find it.



I found breaking into small groups to discuss the days teachings resonated with each other. We would explore for example from Khenpo la's teachings: it is so important always to come to a situation, an interaction with others, from the base level of compassion, never to worry about being the loser in any situation if it means this compassion is compromised.

The deepest of gratitude to everyone who facilitated this wonderful retreat, the courageous who attended, and to Khenpo la, may I strive to be a light in the dark and be of clear wisdom mind of which you lead and teach with such great example. Having come you beautify this world, thank you... **Aylar D.**



Thank you to Kalsang la who cooked the most delicious food, keeping our bodies energised and to AI for your nourishing meals and the most amazingly delicious scones, jam and cream on our first afternoon!

The Shamatha Retreat was a great life changing opportunity that I was fortunate enough to attend. What a wonderful way to start and end each day with a positive attitude for kindness and compassion for all forms of life on this planet. How to train and overcome the mind is one of life's most rewarding but challenging skills, that I had the pleasure to hear and learn from the great teacher Khenpo Ngawang Dhamchoe, in a most majestic location. Also, thanks to all the wonderful people and volunteers who help made this week so enjoyable, hope to see you all again soon. **Louise N.**

The recent Shamatha Retreat provided me with a priceless opportunity to take time out, and receive expert guidance on the Buddhist path by the eminent master, Khenpo Ngawang Dhamchoe. Khenpo la gave instructions on how to practice and live a dharmic householder life with compassion for others and self. The gompa at Kamalashila has such a sacred atmosphere whilst at the same time being so cosy. The holy Buddha images glowed by the flames of the wood fire as Khenpo imparted to us the know how of his ancient tradition. The noble silence practised together by all the participants provided us with the support we needed to simply be. Kamalashila Tibetan Buddhist Centre with Mt. Gulaga as its backdrop, is a sanctuary for a variety of wildlife including wombats, wallabies and a wonderful variety of parrots to name a few. **Kerryn**



**NYIMA TASHI BUDDHIST CENTRE
AUCKLAND NEW ZEALAND**



It was wonderful to have Khenpo-la visit us again at Nyima Tashi and teach on Nagarjuna’s classic text ‘Letter to a Friend’. His ever present warmth and clarity made these teachings very accessible, and just as applicable and valuable to our daily practice as they would have been 2,000 years ago. *Fay*

Khenpo is an annual visitor to the centre Nyima Tashi Buddhist Centre in Auckland and is highly respected by sangha and his audiences for his depth of knowledge, succinct way of teaching and his kindness. Khenpo la has been providing teachings *Nagarjuna’s* classic text ‘Letter to a Friend’.

As lay people - it is important for us to know how to be able to conduct dharma practise mindfully in our everyday lives - in a manageable and positive manner. People appear to have such busy lives, so practical Buddhist advice certainly holds enormous value. Also, the pointing out of the obstacles to be mindful of holds its own significance in practise. *Nagarjuna’s* guidelines assist in strengthening one’s dharma practise is very affirmative and Khenpo takes great care in transmitting and expounding on the verses in a very meaningful manner. This helped provide the audience with robust understanding of the guidelines. The question time Khenpo offers at the end of the sessions is greatly appreciated and provides continued learning. We are greatly inspired by his



generous sharing from his deep well of knowledge. Yours in the dharma, *Ali*

CHRISTCHURCH NZ

Khenpo la gave a Public Talk in Christchurch on “How to Deal with Stress”. He was then presented with this beautiful portrait composed by a friend of Jane’s (a student of Khenpo la’s who travels to Australia for The Complete Path Program). Khenpo la commenced teachings on “Seven Point Mind Training” throughout that weekend.



TAI CHI GUNG FUNDRAISING RETREAT



This was a great weekend, with many benefits, spiritual, emotional, physical and social. The teachers were skilled, flexible, supportive and well prepared. Looking out on the beautiful gardens, listening to the birdsong and falling rain whilst practising was a very special experience. *Deborah T.*

Thank you to Bul Hae and Glenda for running such a wonderful event and supporting Kamalashila Tibetan Buddhist Centre, attendees came as far away as Sydney and Canberra as well as many local communities.

