



'The Wisdom Age'

Newsletter of Drogmi Buddhist Institute

A Tibetan Buddhist Centre in the Sakya Tradition

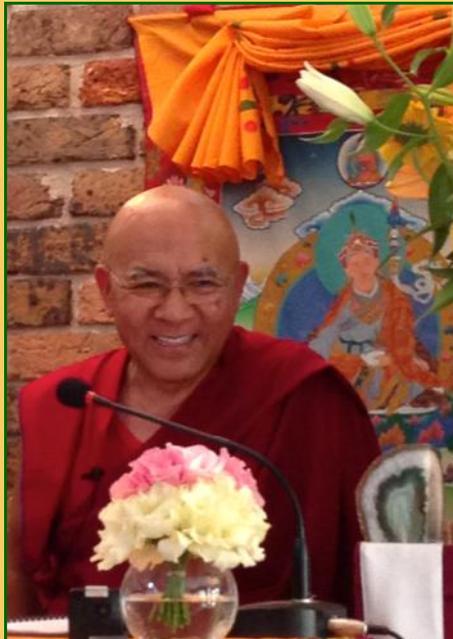
Issue 10
March, April, May
2013

Dr Khenpo Ngawang Jorden and Khenpo Ngawang Dhamchoe

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E: info@drogmi.org
T: +61(02)8005 1757
www.drogmi.org



The week continued with the Centre members in Ashfield hosting a weekend Teaching by Dr Khenpo Jorden on "Stages of Meditation". Not only were the Teachings so wonderfully special, you could not help but be impressed by Dr Khenpo Jorden. His imparting of the Dharma was precise and clear. His attitude to life in the Dharma was truly inspiring.

Dr Khenpo Jorden gave many examples of when he had forced himself out of his comfort zone, and gained great things from it. His sheer quest for knowledge of the Dharma, of the world, of people generally, was something to aspire to.

We were all left with the feeling we had been most fortunate to have been in the close presence of, and received Teachings from, such a special Teacher.

We look forward to any opportunity to receive Teachings from Dr Khenpo Jorden in the future.

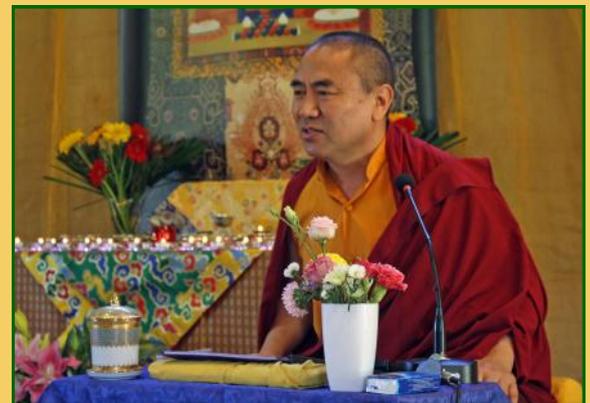
To read more on the International Buddhist Academy (IBA) Kathmandu Nepal please read the Committee Corner News on page 6.

Dr Khenpo Ngawang Jorden visits Drogmi Buddhist Institute

Dr Khenpo Jorden spent five special days with us all at Drogmi Buddhist Institute.

On March 13, Dr Khenpo Jorden gave a Dharma Teaching in the Blue Mountains to the Lawson group on Meditation. Most of those fortunate enough to be present had not heard Dr Khenpo Jorden speak publicly before, and all soon became aware that they were in the presence of a really special Dharma Teacher.

The following night, Dr Khenpo Jorden travelled to Richmond and spoke to a group of keen locals on the same topic. The talk was well attended and the interest in the room was palpable.



Shamatha / Mindfulness Easter Retreat 2013

Thank you to Khenpo and Drogmi Buddhist Institute for such a special retreat over Easter in Colo. The setting provided a very relaxing and calming environment, which really helped me clear some head space and start to calm my mind. The lodge has a lovely warm and rustic feel, and the beautiful rural environment is so peaceful.

Khenpo-la's teachings on meditation and mindfulness were inspiring and engaging. It was very special to be able to spend so much time in his presence during the teachings, mealtimes and free time. The weekend has really helped me to maintain my motivation and practice.

Thank you to everyone for making me feel so welcome. **Sally**



Photos from top right anticlockwise:

Dr Khenpo Ngawang Jordan and Lama Kalsang at the Three Sisters in the Blue Mountains prior to a Public Talk.

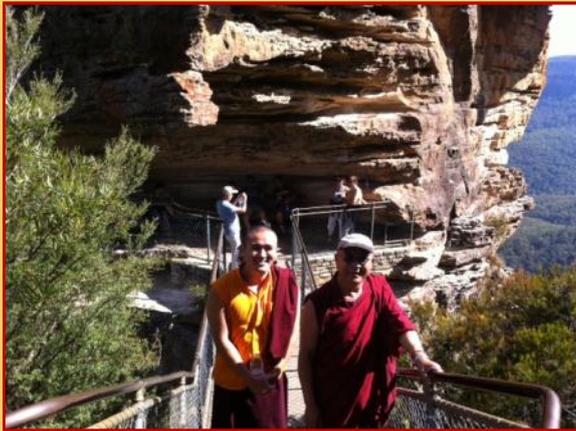
Celebration of Lama Kalsang's birthday after the Public Talk given by Dr Khenpo Jordan on "Buddha Nature. How to Recognise the Inner Most Nature of our Mind" at DBI Centre.

Saturday dinner at Balmain after Teachings on "Stages of Meditation".

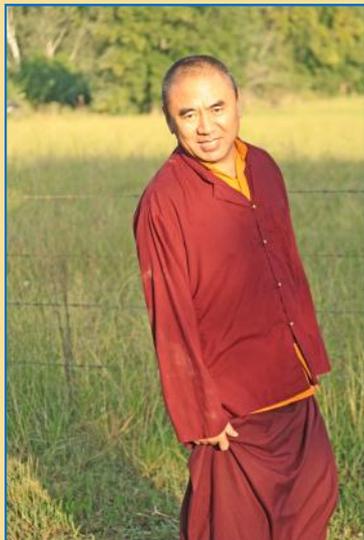
Picnic lunch with Dr Khenpo Jordan, Lama Kalsang and Ann prior to Springwood Teachings on "Meditation. How to Improve our Mental Capacity and Health in Body and Mind".

Group photos (bottom) Weekend Teachings at DBI, Public Talk at DBI and Public Talk at Springwood Blue Mountains.

A truly phenomenal five days of Teachings with Dr Khenpo Ngawang Jordan. We will be forever grateful for your sharing of wisdom, and for making the journey made from IBA Nepal to be with us. We look forward to your return!



Shamatha Easter Retreat on Mindfulness 2013

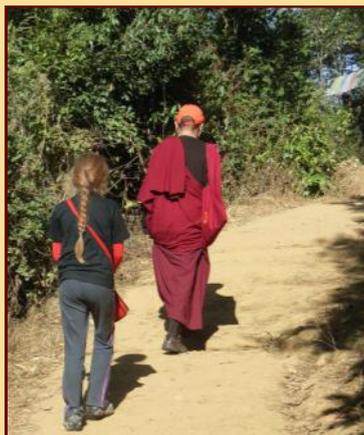


The retreat at Easter 2013 was a great opportunity to deepen any knowledge I had to meditate. Not many masters spend this sort of time and detail in explaining the fundamentals of meditation. To be able to spend two full days with Khenpo-la within the Teachings and meditation is such a gift. When I sometimes sit and really think about this, I see how unbelievable this chance is for all of us. **Ann**



PILGRIMAGE information below...

Khenpo Ngawang Dhamchoe will lead his eighth Buddhist Pilgrimage to India and Nepal from 23 November to 17 December 2013. The pilgrimage will include the four holy sites. Bodhgaya, where the Buddha gained enlightenment, Varanasi, where He turned the Wheel of Dharma, Kushingar, where He entered Parinirvana and Lumbini, His place of birth. Places need to be reserved due to limited spaces with a deposit to be made by June 15th, please make enquiries through info@drogmi.org It isn't too late to enquire if spaces are available for this once in a lifetime experience with our precious Teacher.



Welcome Time with Lama Kalsang and Magda

Come and join us at Drogmi Buddhist Institute for a cuppa and a chat away from the hustle and bustle of life. Make new friends in our supportive community, with Tibetan monk Lama Kalsang and facilitator, Magda. We are a Tibetan Buddhist Centre in Ashfield and have a strong sense of community, so if you want to make new friends, learn about how to find peace and ease in your life, or wanting a regular place to meet others of similar thinking; you are welcome to drop in. Depending on interest, the group may do some short calming meditations. Starting 5 June 2013 / 1st and 3rd Wednesday of the month. Please let your friends know.



Saga Dawa Duechen / Fish Release Ceremony



Happy Vesak

On Saturday 25th May we gathered to celebrate Saga Dawa Duechen at Drogmi Buddhist Institute. We started our morning with lighting 100 candles before Khenpo joined us. After taking the Eight Mahayana Precepts, we were spoilt by a super yummy brekkie: celebration rice was my favourite! After breakfast we lit more candles on a large table in straight rows, aided by a long rod and a long ruler provided by Lama Kalsang.



We then experienced a wonderful celebration of prayers and good wishes for all of the Dharma Masters Long Life with the Sixteen Arhat Puja, that was energising with lots of chanting. Followed by the launch of Khenpo-la's new book "Creating Happiness in Troubled Times" and of the DBI slogan T-shirts.



Lunch was a superb spread as always. After lunch we all went to the Strathfield Golf Club for a Fish Release Ceremony which was new to me. The surrounds were breathtaking; sunny, luscious green and the manager, Neil Hardy was incredibly supportive and helpful, making sure we didn't get hit by golfers balls! As well we had a few onlookers join in with us to see what we were doing!



Khenpo-la referred to us all as "The Rescue Team"... After the tiny fish were released in the protected pond, we also released some crickets from the pet shop into the bushes.

We returned to the centre to share a cuppa together. A wonderful day was had by all. **Magda**

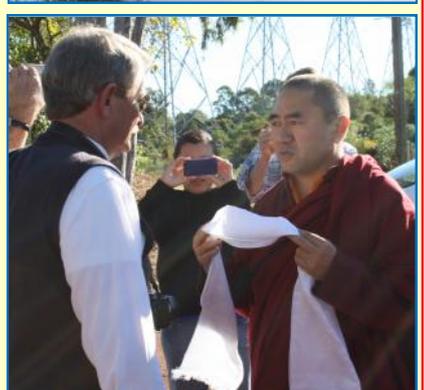


Photo collage

The days celebration from taking Precepts (at DBI Centre Ashfield) to fish and cricket release (at Strathfield Golf Club). A joyous, successful and virtuous day of Saga Dawa Duechen.

To our most precious Teacher Khenpo Ngawang Dhamchoe we wholeheartedly thank you for leading us on the Path.

Thank you to Lama Kalsang, invaluable Sangha companion, we wish you both long and healthy life.





Above: Shedra in Ashfield SYDNEY Centre - TERM 2 / 6 June to 25 July & TERM 3 / 15 August to 26 September 2013

Shedra in the Blue Mountains - LAWSON

TERM 2 / 5 June to 24 July & TERM 3 / 14 August to 25 September 2013

Term 1 "Seven Point Mind Training"

Several new people have joined the group this year, especially since the public talk session with Dr Khenpo Jorden was held in March earlier this year. As a novice, I am excited to begin the "Seven Point Mind Training" Teachings, and then I receive the handout containing the summary. This looks serious! Khenpo-la begins to describe the process, giving lots of background information and venturing down several points within points, within points. I think to myself, well I can concentrate on one point, within a point, within a point, at a time. For a while it is interesting, but still all theory to me. I am not sure how I can apply this in my life. Then suddenly we are hearing about *equanimity* in relation to Relative Bodhicitta and I hear the words "we are all equal, everyone just wants to be happy" and I get it - in a way those words have never had meaning for me before. I have heard them many times before but this time I really understand that no matter what someone else is doing or saying, they are just striving to be happy and they believe that is the way to achieve it.. This makes total sense to me and I can apply this understanding to every judgmental and critical thought (and there are many) that I have in every situation. I see this is a lifetime practice and am so grateful for this opportunity. *Gillian*

Teaching Dates of Khenpo Ngawang Dhamchoe

New South Wales

Forster: 16 - 18 August
Contact: Marpa Buddhist Centre (Peter Morgan)
pandjmorgan@ozemail.com.au

Dubbo: 23 - 24 August
Contact: Diedre Niar
diedre.niar@bigpond.com.au

Bermagui: 1 - 3 November
Contact: Samadhi Buddhist Centre (Annie Ray)
annieray77@hotmail.com

Queensland

Rockhampton: 12 - 14 July
Contact: Ananda Buddhist Centre (Dan Waterhouse)
dan.waterhouse@me.com

Gympie: 20 - 21 July / 8 - 10 November
Contact: Dharmachakra Gompa (Rob Assink)
assink1@optusnet.com.au

Brisbane: 26 - 28 July
Contact: Rigpa Brisbane

Cairns: 6 - 8 September
Contact: Khacho Yulo Ling Buddhist Centre (Ani Rinchen)
info@yuloling.com

Brisbane: 20 - 22 September
Contact: Rongton Buddhist Centre (Lekshe Tsultim)
rongtonbrisbane@gmail.com

Northern Territory

Alice Springs: 18 - 20 October
Contact: Zara Kaye
kayezara@yahoo.com

New Zealand

Auckland: 2 - 4 August
Contact: Nyima Tashi Kagyu Buddhist Centre (Jangchub)
nyimatashi.nz@gmail.com

Christchurch: 9 - 11 August
Contact: Frank Sharpe
 001164 (03) 3574 4377 / *slovakiwi@yahoo.com*

Shedra in RICHMOND

**TERM 2 / 3 June to 22 July (excluding 10 June) &
 TERM 3 / 12 August to 23 September 2013**

Term 1: I have not been well, so I decided to take time out and sit in the warmth of the sunshine and read the local paper. As I opened the paper, a leaflet dropped out, so I bent down and picked it up, then started to read it. To my absolute astonishment, it was a leaflet with information on Khenpo-la's great Teachings and how they can help us to accomplish greater health and happiness in this complex and fast world. Contact phone numbers for information on Teaching session were provided, as well as the Drogmi Buddhist Institute website.

I was so overjoyed to think that someone was so committed to sharing and spreading Khenpo's wisdom and knowledge, that he/she arranged to have these flyers printed and placed in the district papers. What a wonderful way to bring information to many people, so they could also benefit from Khenpo's Teachings and the Buddhist philosophy.

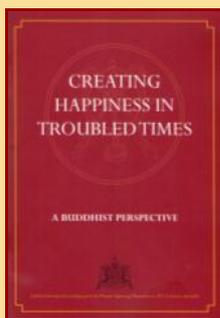
To me, this was an act of Loving - Kindness. So beautiful that I forgot I was not feeling well, as I became filled with renewed energy. Within thirty minutes of reading the leaflet, I received a phone call from a young lady delighted to learn Khenpo provided regular Teaching sessions in our area, as she was also enquiring if Khenpo would perform a Buddhist Blessing at her wedding later in the year. I was so happy to welcome her and her husband to our Shedra Teaching sessions the next week. So many will benefit from this generous and thoughtful commitment.

Wendy

COMMITTEE CORNER

These have been a wonderful few months at Drogmi Buddhist Institute. Khenpo-la continues his busy Teaching programme in Sydney, the Blue Mountains and Richmond, and around Australia and New Zealand. Khenpo has attended Teaching engagements in Auckland, Milton, Cairns, Bermagui, Canberra and Gympie. Plus a weekend at the Buddhist Library and the weekly Shedra programme in three locations. Lama Kalsang is currently in the middle of his second Tibetan language Course for the year. This is a very popular course for those attending.

The Committee would like to thank all those who have taken up the opportunity to support Khenpo-la, Lama Kalsang and Drogmi Buddhist Institute by way of sponsorship. Thanks also to those continuing their commitments to sponsor our Teachers and the centre. To all those who have taken up or renewed membership, we thank all of you sincerely for your giving by way of helping with important jobs for the centre. Others are giving by way of helping with important jobs for the centre such as driving, cleaning, cooking, assisting the committee to run events, recording and publishing the precious Teachings, leading practices and so much more. We ask others to consider this as an opportunity to give, in any way you can, as giving and offering has great benefit for oneself and others, now, and into the future.



Above: Khenpo Ngawang Dhamchoe's newly published book.

A number of significant items has been donated to the Dharma shop recently. A very generous group of Khenpo's students in Malaysia have printed and freighted T - shirts and special stones, and a group from Singapore have printed and bound Khenpo-la's new book, **"Creating Happiness in Troubled Times"**.

Others have made very generous donations of Dharma items they purchased in India. A very big thank you to you all.

On a worldly note, we continue to search for that elusive male resident to rent the spare room at the centre. If you know anyone who may be interested please ask them to contact us at info@drogmi.org

And don't miss our next Dharma Movie Fundraiser night at the DB I Centre on 29 June 2013!

The committee would like to take this opportunity to say a very special thank you to Franky O'Connor as she heads to Broome in Western Australia to take up a full time life there...



Franky has been working behind the scenes on a number of key projects for Khenpo-la and the Centre for many years, including designing and managing the website and Facebook page, formatting all our practice texts and much, much more. As a member of the team assisting Khenpo-la, Franky made a major contribution to the organisation of the *Lam Dre* Teachings that His Holiness the Sakya Trizin bestowed in 2009 in Sydney. Franky's expertise, sound judgement and complete reliability will be sorely missed. We will benefit from all her efforts well into the future. On behalf of Khenpo-la and all members we wish Franky every success in her activities and happiness for her future. Franky, please stay in touch with all your Drogmi Dharma family.

The Committee wishes all the readers every success in their Dharma endeavours.

***Ann Kelly
Spiritual Programme Coordinator***

Sponsorship of Venerable Tsering Norbu from International Buddhist Academy

During Dr Khenpo Jorden's visit to Drogmi Buddhist Institute in March, a number of

members expressed a wish to contribute in some way to the longer term running of the prestigious International Buddhist Academy (IBA) in Kathmandu. IBA was founded by the late *Most Venerable Khenchen Appey Rinpoche*, who was Khenpo Ngawang Dhamchoe's Teacher. It seemed the most practical and beneficial way to do this was to sponsor one of the ordained Sangha at the Academy. A group of fourteen members, on behalf of DBI, are now sponsoring one of the monks, Venerable Tsering Norbu.



Tsering Norbu was chosen to be the monk we sponsor. He was born in 1977 in Derge Kham, Eastern Tibet and studied at Wara, where he completed five / three year meditation retreats. He is the Manager and Ritual Master for IBA's new single purpose Mahakala Shrine Hall, where he performs daily Mahakala pujas and meditations.

He is considered a monk of exceptional qualities and the centre is very fortunate to, in this way, continue our very special connection to the International Buddhist Academy.

The Most Venerable Khenchen Appey Rinpoche was quoted as saying:

"The main objective of sentient beings in this universe is to avoid suffering and obtain happiness. This objective can only be partially and temporarily realised through worldly methods. Only the Dharma can eradicate all suffering and accomplish permanent happiness. So it is essential to practice the Dharma. For this, it is important to first study and contemplate. Since many people in this age are interested in Tibetan Buddhism, I founded the IBA with the hope that they can study the Dharma and that it will flourish worldwide"

We hope that our sponsoring of Venerable Tsering Norbu will help to make his wishes be fulfilled...

If you wish to also contribute to this sponsorship please email the committee at info@drogmi.org



Loving Kindness
&
Compassion Retreat



with
Khenpo
Ngawang Dhamchoe

Life can present us with challenges and there are many ways to cope with our everyday problems. The most effective of these is loving kindness and compassion.

In this retreat, Khenpo will explain how these can help us gain more loving relationships with others and bring a sense of joy and happiness into our everyday lives.

Khenpo Ngawang Dhamchoe is one of the most knowledgeable and respected Teachers of Buddhism in Australia today.

Date: 8 & 9 June / Non-Residential
Times: 9:00am to 5:00pm each day
Venue: 37 Albert Parade Ashfield
Cost: Full Weekend \$200 / \$180 Member and Early Bird Discount. Daily Attendance \$100 / \$90 Members.

A non-residential retreat, if you are visiting from out of town please enquire with us about local accommodation.

Bookings / Early Bird Payment by 3 June
Payments on line at www.drogmi.org /
Email info@drogmi.org or call (02) 8005 1757
www.facebook.com/DrogmiBuddhistInstitute



Annual Shamatha Retreat

"Seven Point Mind Training"
Teachings
with
Khenpo Ngawang Dhamchoe

4 - 12 October 2013

The foundation to achieving a calm and stable mind is through the technique of Shamatha (Calm Abiding) Meditation. We all desire happiness and peace in our lives. Shamatha Meditation is that foundation for developing this peace and happiness, both spiritually and worldly. This annual retreat will focus on learning and practising this ancient technique of single pointed meditation (Shamatha).

Khenpo-la will offer daily Teachings from the ancient Buddhist text : "Seven Point Mind Training" by *Chekawa Yeshe Dorje* (1101 - 1175).

This text is on the foundational preliminaries, the main Teaching on the training in the two Bodhicittas, transforming adverse circumstances into the path to enlightenment, the explanation of how to essentialise the practice in a single lifetime, the explanation on how to evaluate progress in mind training, the explanation of the samayas of mind training and the explanation of the instructions on mind training.

Venue: Ararat Lodge, Upper Colo Road, Upper Colo NSW / Below is all the information needed to attend this most important retreat.

Directions on our website: www.drogmi.org

Cost of retreats

Queen's Birthday Long Weekend - Loving Kindness and Compassion Retreat (Non Residential)

Full Retreat Non Member \$200 / Member \$180
Daily Rates Non Member \$100 / Members \$90

Annual Shamatha Retreat

Full Retreat Dormitory Non Member \$880 / Member \$790
Full Retreat Dormitory Early Bird Non Member \$835 / Member \$750
Full Retreat Camping Non Member \$800 / Member \$720
Full Retreat Camping Early Bird Non Member \$760 / Member \$685

*Daily Rates Dormitory Non Member \$110 / Camping \$100, Dormitory Member \$100 / Camping \$90.
Daily attendance welcome.*

If you are finding it difficult to pay for a retreat, or any other Teaching offered by Khenpo Ngawang Dhamchoe, please know that you can contact the Centre at info@drogmi.org at any time to discuss payment options appropriate to your circumstances.

It is our wish to assist you with your study of the Dharma when or whenever possible.



Photos clockwise:
 Sakya Tenphel Ling Buddhist Centre in Singapore, Pre Lam Dre Teachings.
 Khenpo-la sitting in an offering chair. After Teachings a shared meal together with students, and Launch of Khenpo-la's new book "Creating Happiness in Troubled Times".
 Group photo of Pre Lam Dre Teachings and Shamatha Retreat at Sakya Tenphel Ling Buddhist Centre.

Tibetan Language Course With Lama Kalsang
 Tibetan is a challenging language to learn. It's not easy to find a native Tibetan speaker to teach you. Lama Kalsang makes the classes a fun environment to learn in and always encourages us.
 Lama is a kind and very patient teacher. We all look forward to spending time with him each week as he always brings something new, interesting and fun to learn and the continuity from week to week is very clear.
 Thank you deeply Lama...





Many students and robed Sangha were very excited about the Teaching of "Twelve Links of Dependent Origination". As per usual Khenpo's explanations were clear and concise. What an amazing Teaching on this most important subject. You actually get the answers as to why you are reborn and under what the conditions were for your rebirth. It certainly wakes you up if you take your future life for granted so it is up to us to "clean up our act", follow Khenpo-la's explanations on how to attain a favourable rebirth to be able to continue towards the ultimate goal. Thank you Khenpo, please come again soon and we wish you long life... **Rob A.**

Once more the Samadhi Buddhist Centre of Bermagui on the South Coast NSW has been blessed with the precious Dharma Teachings that our wonderful Teacher Khenpo-la has imparted to us. This weekend's topic was the "Wisdom" Chapter of the "Way Of the Bodhisattva" by Shantideva. Khenpo-la impressed upon us the importance of study, contemplation and meditation in our lives. He reminded us that a Perfect Human Birth should be used to choose the correct path and climb the ladder towards Wisdom and ultimately enlightenment. Khenpo-la taught us that samsara is just desire mind and that the phenomena we desire and attach to are illusions that we perceive as real because of our karmic propensities. These attachments then become obstacles to attaining Wisdom Mind. If we begin by protecting our mind from our negative thoughts and follow a virtuous life we will start to progress on the path. A virtuous life is one absent of anger, attachment and ignorance. Khenpo-la taught us that Bodhicitta, Loving Kindness, Compassion and Wisdom, Enlightenment is possible. If we begin by intellectually trying to understand that on the conventional level all compounded phenomena are an illusion of our deluded dualistic mind, then we can make a change. By meditating upon and developing our wisdom, we may one day experience the primordial luminosity of ultimate reality that is true nature of mind. We would like to thank Khenpo-la for



travelling so far again to instruct us in the precious Dharma. Our small group is extremely grateful and touched by Khenpo's generosity and patience with us. I would also like to thank all the participants for their kindness, help and companionship. We excitedly look forward to Khenpo's next visit on the first weekend in November. **Annie R.**





On the weekend of 3 - 5 May 2013 Khenpo-la kindly travelled to Milton to teach Dharma at the Manjushri Buddhist Centre. We are grateful for his devotion to the centuries old tradition of travelling Lama's coming to small villages to teach and advise, always with wisdom.

On Friday Khenpo-la gave a Public Talk on "A Buddhist Perspective on How to Live an Ethical Life", the importance of applying virtuous thought and action into our daily life bringing peace of mind and therefore happiness for one's self and those we interact with. He showed how this was not just a Buddhist perspective or religion but good human and community values. Following his talk Khenpo-la entertained a number of questions, some heartfelt such as dealing with difficult family relationships and coping with loss of a loved one, some humorous such as how do we apply the Dharma to the powerful desire to go surfing - all the time!

On Saturday Khenpo-la taught an introduction to Tibetan Buddhism, giving an overview starting with the life and the enlightenment of the Buddha to the introduction of Buddhism to Tibet through the great masters from *Padmasambhava* to *Atisha*. Often we focus on this practice or that or a particular text, so it was refreshing to receive a Teaching on the historical background of the Buddha's life and the spread of Buddhism to Tibet. Khenpo also gave an overview of the different Buddhist traditions, the three vehicles and the four schools of Tibetan Buddhism.

On Sunday Khenpo-la gave an insight into *Kamalashila's* text "Stages of Meditation". As there was very limited time to cover a large and complex text Khenpo-la made a good job of condensing this Teaching for those in attendance. In particular as Lael and I happily hosted Khenpo-la for this weekend, I greatly enjoyed seeing and spending some time with him between Teachings, always a warm heart, happy smile and a cheeky pun between sincere and generous moments. Thank you Khenpo, you are a kind and generous spiritual friend.

Joe



On Sunday 5 May, the children of Milton/Ulladulla were once again blessed by a meeting with Khenpo-la. It was a wonderful opportunity for the children to engage with the playful side of the Teachings and learn how to deal with situations that might arise at home or school. There was time for interesting questions, mantra singing and discussion. Khenpo's gentle wisdom and guidance was also appreciated by the parents. **Ruth**

The whole day was quite profound, the depth of Khenpo's knowledge and insight inspirational, giving me a wonderful sense of being blessed in his presence. **Greg**



Khacho Yulo Ling Buddhist Centre hosted Khenpo-la in Cairns over the weekend of 10, 11 & 12 May.

The weekend started with a great Public Talk "Ancient Wisdom for Modern Times", such a wonderful lead into the weekend Teachings on "Stages of Meditation" by *Kamalashila*. The Teachings were well attended and feedback from those attending was excellent. We are always so happy to host Khenpo-la as his Teachings are so clear and profound. These Teachings will be continued in September and we will be eagerly awaiting them. **Ani Rinchen**



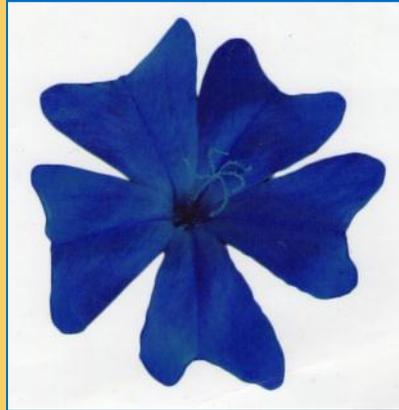
Recap from Issue 9...

Firstly, whatever forms of practice we do, either through meditating, listening to the precious Dharma, helping others or reciting the verses, make sure none of them become for the sake of this life. None of them based on attachment to this life. If you put in that effort, for the sake of the attachment to this life, then every practice that we are committed to, the accumulation becomes the condition to grow the delusion mind. The delusion is the prime cause of all suffering that we experience in samsara. Therefore, one must carefully conscientiously with every practice that we do directly demolish or dismantle our delusion mind and this karma, then our path of happiness will turn into the Dharma. So based on that we meditate for a few minutes to make sure we understand what that means...

Now we reflect on the second, not to attach to samsara or cyclical existence. So again with whatever form of practice that we do, meditation, recitation and so forth if you are doing this for the sake of future to not be reborn in the lower realms and just to be reborn as human or any other realm, as long as we have attachment to samsara all of these practices will become the cause to be reborn in samsara. Once we are reborn in samsara from the bottom to top, wherever you look, none of them are free from the suffering, so all of this effort in order to achieve happiness rather we are actually creating the cause of suffering therefore whatever practice we do again it is very important to be conscientious and careful that none of them becomes the cause of samsara. So whenever you manage to practice not to become the cause of samsara this is the pure Dharma. In this way the Dharma is turned into the path. So based on this now we meditate for a few minutes to reflect to make sure you understand what it means if you have attachment to samsara you do not have a renunciation mind...

Now we reflect on the third attachment, If you have attachment to self purpose you do not have Bodhicitta. So whatever again the Dharma practice such as meditation or making offerings and so forth, anything that is for self benefit, then none of them will become the Mahayana path, none of them will become the cause to attain Buddhahood.

So if one sincerely and genuinely wishes to attain Buddhahood for the sake of all mother sentient beings then carefully and conscientiously whatever you do in your practice of the Dharma, make sure it is not for the sake of one's own purpose rather to attain full Buddhahood. In this



way any practice that you do to attain Buddhahood for all sentient beings this then helps to understand the third attachment, if you have attachment to self purpose you do not have Bodhicitta. Based on this we continue to meditate firstly to not be trapped in attachment for self purpose to have Loving Kindness. Bring all beings in front of us and think that each and every one of these beings is one's own mother. The mother offers immense kindness and immense help to us. Now this poor mother sentient being in their condition they don't have any virtuous Dharmic happiness, also they are creating the cause of so much unhappiness, so when we feel this we can't just leave it there, for them to create the cause for this unhappiness rather I must do something, to create the best motivation or intention may they have happiness and the cause of happiness, just now briefly wish everyone happiness and the cause of happiness...

Second all of these mother sentient beings, to think that in this relationship that none of them have ever been our mother yet all of them have been our mother and not just once but countless times and in being our mother they have been so kind and so helpful, if you look at their condition they directly will experience one of the six realms of suffering, indirectly they are creating the cause of suffering so again it is important to feel that they are like a part of your body when you have a part of the body

you feel pain. When one part of your body feels pain the whole body feels uncomfortable. So with this we imagine all sentient beings are part of my body. When you feel this our instinct reaction is how can I help and free from this pain so similarly may they be free from suffering and the cause of suffering and in this state we meditate...

Next in order to achieve their happiness and to free them from suffering the best way to help is to turn the Wheel of Dharma, so in order to turn the Wheel of Dharma I myself must achieve the full Buddhahood then I can turn the Wheel of Dharma and help all to achieve happiness a free them from suffering, so in this way we cultivate Bodhicitta...

Now the next step, once we have cultivated Bodhicitta we need to actualise and to engage, just think about how much I wish to be happy, be successful and free from suffering and others are no different from me, so how much I put the effort in for myself from now onwards I will put effort for the sake of others to help achieve their happiness and free them from suffering. We all have the same desire, there is no difference whatsoever. How much street kids want to be happy, they just want to be like rich kids, how much a healthy person wants continual health same as like a sick person, how much a rich nation wants success is no different from poor nations, in this way we train our mind to develop and to realise that we are all equal...

Now next step is the most advanced, exchanging oneself and others. This is the most powerful weapon to destroy the subjugation mind, so we think again of all beings suffering and bring that into oneself completely destroying the self cherishing, where we use to totally think in a different way than we are right now and give everything, all the happiness and virtuous acts we committed without any hesitation towards all sentient beings, so based on this we meditate for a few minutes...

Here we have completed the main part of the meditation and will conclude with Vajrasattva recitation remembering all the non virtuous deeds we have committed since beginning less time and whilst reciting this mantra imagine all is being cleansed...

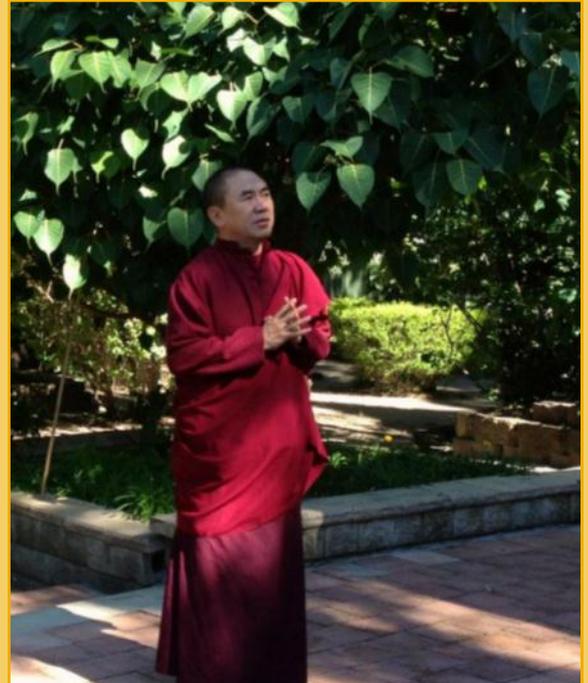


A keen group of students ranging from long term to brand new to Dharma attended Saturdays talk "An Insight into our True (Buddha) Nature ". Khenpo-la explained this often difficult to grasp topic with a clarity and precision which had lots of heads slow nodding in affirmation of new found understandings. In his introductory comments Khenpo-la said that ordinary beings and enlightened are differentiated not by the *nature* of their minds, but by the *temporary state* of their minds (nods around the room). My big nod for the day went to (and I paraphrase), *If you have three pots, one clear, one made of copper and one made of gold, the space inside each is exactly the same...* **Linda**



Wat Pa Buddarangsee Thai Forest Monastery, in Leumeah

Chao Khun Maha Samai is the second highest rank a monk can be awarded in Thailand.



I went on pilgrimage earlier this year with Chao Khun Maha Samai who was leading the pilgrimage, which I shared with Khenpo-la last year. Khenpo-la expressed that Chao Khun was a very good monk and asked if he could go and visit with him. After we got there, Chao Khun greeted Khenpo-la and then Khenpo-la paid respect in the main shrine room, then exchanging conversation and gifts with Chao Khun I was then instructed to show Khenpo-la and Lama around the monastery. We walked around for a while, paid respects to statues and the Bodhi Trees, which Khenpo-la is standing under.

Linus

Above left: Khenpo-la with Chao Khun Maha Samai and Khenpo-la and Linus in the shrine room. *Above:* Khenpo-la under the Bodhi tree at the temple. *Below:* Khenpo-la with Lama Kalsang in a panoramic view of the main shrine room.

