



'The Wisdom Age'

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

Issue 16
April & May
2014

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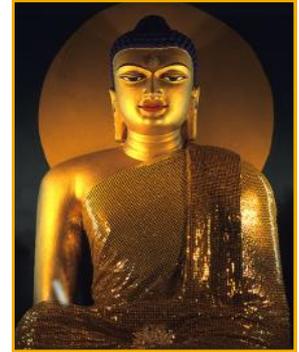
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An excerpt from the Losar Message of His Holiness Sakya Trizin

'And now, a fresh year is upon us, and with it a promise of inner and outer renewal. The Wooden Horse is a powerful symbol in Buddhism, with the horse representing energy and effort in the practice of Dharma and wood the material that shapes the Tree of Enlightenment. Astride such a horse, let us follow the example of the great yogis and strive to cut the root of samsara, to then gallop on the plains of great bliss toward enlightenment. I pray that every day of this new year may bring each one of us inexhaustible vigour and enthusiasm for spiritual growth, and unexcelled circumstances for the performance of enlightened activities. May all beings be filled with the blessings of the Buddha and



be utterly free of suffering. May they enjoy perfect joy and happiness".

His Holiness the 41st Sakya Trizin



Dear friends,
Happy Losar to you all.

Just as a new flower blossoms with fragrance and freshness all around... May the Wood Horse New Year add a beauty and freshness in your life and Dharma practice.

Happy Wood Horse 2141
Khenpo Ngawang Dhamchoe



Above photo: Khenpo la teaching in Malaysia prior to Losar, Lama Kalsang made extraordinary offerings on the shrine. Losar Celebrations at Drogmi Buddhist Institute: *Vajrapani Puja* on the Friday evening led by Jack, a Gomba clean up Saturday with members, on Losar morning *Green Tara puja* led by Peter H and *Sixteen Arhat Puja* led by Lama and Lael. Then to share a delicious meal of Lama's momos and more, it was a most beautiful way to start the year...

Welcome home Khenpo la!!!



On Sunday 30 March, a group of members and friends of DBI gathered to welcome our precious teacher and spiritual guide back to Australia. Welcome Home Khenpo la, written on the most beautiful cake ever, said it all, Khenpo had been away from our shores for over four months, and as he announced with a wry smile after practice, he didn't spend it all sitting around. Khenpo in between leading a wonderfully successful pilgrimage to the minor and major holy sites in India, a busy teaching programme in Malaysian and Singapore, did manage to spend some quality time with his family in Kathmandu. As Khenpo shared with the sangha, he spent this time developing single pointed focus on his precious mother, rarely leaving her side.

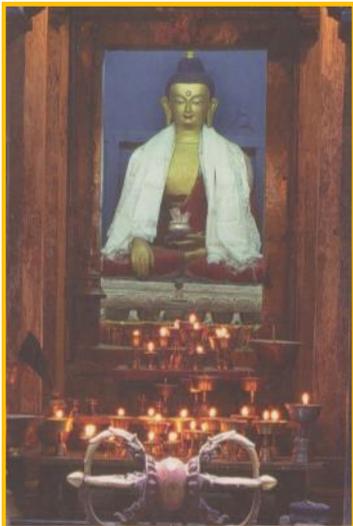
Again we were reminded about the huge sacrifice Khenpo la and Lama Kalsang make to be here in Australia helping us all.

The day began with a Sixteen Arhat Puja led beautifully by Lael. This was a wonderful offering to Khenpo la. Auspicious rice and tea were offered and a formal mandala offering made to Khenpo la by various students led by centre President Jack Heath. There was a real sense of spiritual joy in the centre following this puja. Then a sumptuous BBQ cooked to perfection by Anthony was offered to Khenpo la and all present. What a really beautiful day it was.

Ann



**Upcoming Wesak Celebration
Program June 2014**



29 May to 27 June

Saga Dawa is the entire fourth month of the Tibetan lunar calendar. The seventh day of **Saga Dawa** is the day of the historical **Buddha's** birth for Tibetans. However, the **Buddha's** birth, enlightenment and entry into Nirvana at His death are observed together on the 15th day of **Saga Dawa**, which falls on 13 June 2014.

**Program at DBI Centre Ashield
throughout Saga Dawa**

5 June Thursday:

Birth Of Buddha

7:30 - 8:30pm Light Offering and
Buddha Shakyamuni Practice

13 June Friday:

Light Offerings in the evening

14 June Saturday:

Saga Dawa Duchen (Full Moon)

6:30 - 7:30am

Eight Mahayana Precepts

7:30 - 8:30am

Breakfast offered by Sangha

9:00 - 11:00am

Sixteen Arhat Puja

11:30 - 1:00pm

Shared lunch

Please note that on **Saga Dawa Duchen** the effects of positive or negative actions are multiplied ten million times. **Saga Dawa** is the holiest time of the Tibetan year and a peak time for pilgrimages, being the most holy time in the Tibetan calendar.

Friends and members of the centre are requested specifically by Khenpo la to recite 100 **Vajrasattva** mantras '**Om Vajra Sattva Hum**' per day!!! Please email the centre with your tally of mantra numbers! You can sponsor 108 candle offerings throughout this month from **29 May to 27 June**, being a total of 108 will be offered per day. *Try to be vegetarian during this auspicious month.*

**This is the first time Drogmi Buddhist
Institute has performed a 24 hour
Mantra Marathon Recitation in
Australia!**

27 - 28 June

**This most auspicious and traditional
Mantra Recitation marks the conclusion of
Saga Dawa on the New Moon date of
28 June**

Reciting Four Mantras for 24 hours:
Tara, Compassion, Medicine Buddha
and *Vajrasattva* at the completion of
the holy month of Wesak.

Time:

7:30pm 27 June - 7:30 pm 28 June

Everyone is welcome, no fee for attending

Benefit of the 24 hour Mantra Recitation

Most human difficulty is caused by our mind.

*So this 24 hour Mantra Recitation is to
protect our mind. Recitation will bring inner
peace and while reciting mantras, include all
beings so as to bring peace to the entire
world... Khenpo la*



You can also volunteer to help prepare and serve food / drinks during this 24 hour period to all in attendance, to ensure there is no break in the reciting. Could you please nominate a time in the day, say a few hours of what you can manage, so that the organisers can ensure the reciting continues and that there is adequate food and refreshments for everyone.

**Food and refreshments sponsored by
Khenpo la over the 24 hour period.**

Chotrul Duchen

*The Display of Miracles by the Buddha,
displayed over the first fifteen days of
Losar was marked this year on 16 March
Full Moon*



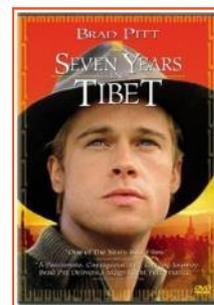
This very special day of Losar the Buddha displayed many miracles at *Shravasti, India*. Above photo Khenpo la lights offering

candles with a pilgrimage group this past year at this very site. At *Buddha Shakyamuni's* 13th retreat during the rains at *Shravasti*, He recited a *gatha* (poetic tale) to summarise His teaching:

**"Do not pursue the past.
Do not lose yourself in the future.
The past no longer is. The future has not yet come.
Looking deeply at life as it is in the very here and now,
The practitioner dwells in stability and freedom.
We must be diligent today.
To wait until tomorrow is too late.
Death comes unexpectedly.
How can we bargain with it?
The sage calls a person who knows how to dwell in mindfulness night and day one who knows the better way to live alone"**

*Samyutta Nikaya XXX.10: and Sutta-nipatta I.8
An excerpt from 'Where the Buddha Walked'
by Rana P.B. Singh*

**MOVIE FUNDRAISING EVENT
'SEVEN YEARS IN TIBET'
24 MAY 2014**



The now classic movie of Heinrich Harrer's journey to the Himalayas to climb Mt. Nanga Parbat. When WWII breaks out, he is arrested and interred in Dehra Dun's P.O.W. Camp. A successful break out takes him to the holy city of Lhasa - a place then banned to foreigners.

There he becomes a close confidant to the Dalai Lama during his childhood meeting regularly to satiate His Holiness' curiosity about the world, and in turn being exposed to the teachings of Lord Buddha. Harrer then witnesses the Communist Chinese attacks, and ensuing devastation.

When: Saturday 24 May at 4pm

Where: 37 Albert Parade, Ashfield

Cost: Adults \$25 Children \$12

Information and bookings

www.drogmi.org / 8005 1757 / at door

Refreshments included

All proceeds go to Drogmi Buddhist Institute

Committee Corner News

It's simply wonderful to have Khenpo la back with us in Australia. For those of us who have had the opportunity to reconnect with him in person it's been a great blessing and a reminder of how lucky we are to have such a renowned and compassionate teacher in our midst.

This year is a big year for Drogmi Buddhist Institute. At the end of the year, we will celebrate the 20th anniversary of Khenpo's arrival in Australia. We are very fortunate that this anniversary coincides with the visit to Australia by **His Eminence Luding Khen Rinpoche**. In addition to bestowing many special initiations and teachings, we very much hope that His Eminence will lead us in a formal ceremony to acknowledge the outstanding work Khenpo has done since he first set foot Down Under. We will be back in touch with you once the anniversary celebrations have been confirmed and we very much hope you can join us.

In the meantime, the General Committee will be working hard to rally support so that we can purchase a permanent residence for Drogmi Buddhist Institute before the year is out. Obviously this would be a great way to acknowledge Khenpo la's tireless generosity and kindness over the years.

Please consider making a contribution towards a permanent centre for DBI in 2014.

Warm regards and thanks.

Jack Heath
DBI President

Tashi Delek
Lama Kalsang, thank you!



Tashi Delek!

My gratitude to Lama Kalsang of the Drogmi Buddhist Institute for his Tibetan Language classes over the past six weeks. Patience and understanding, explanation and laughter, all included in these lessons.

I sponsor two beautiful Tibetan children in T.C.V. Dharamasala, India who have given me the reason to learn Tibetan. Now I have the tools, thanks to Lama Kalsang. The last six weeks have given me the foundation to

continue with my studies of Tibetan, thereby being able to correspond to 'my children' in their language. Thank you Lama Kalsang, you are a wonderful teacher. Hope you have more classes in the future.

I would also like to pass on that I attended the meditation class last Sunday morning at Ashfield for the first time. It was wonderful. I have been a meditation person for many years, all different ways, but Sunday's session was lovely. I thank you for allowing me the space and time to connect.

Respectfully, **Joy**

A Talk at the Buddhist Library Camperdown Sydney



On Tuesday evening, 8 April Khenpo la taught "Path to Happiness - the Middle Way" at the Buddhist Library in Sydney. His concise teaching covered the methods and ingredients for cooking up a happy life.

Khenpo la described using these as a way to create a life free of insecurity, dissatisfaction, confusion and suffering.

Importance of Commitment and Discipline:

In our ordinary way of life there is no protection, allowing all information and the negativity to bombard our mind day to day makes us unhappy. We need to have commitment and discipline to protect our mind through the practice of mindfulness...

A quotation of Khenpo la.

Upcoming courses being held at DBI Centre, Ashfield SYDNEY

Mindfulness and Wellbeing Meditation

5 Week Course being held:

MONDAYS 7:30 - 9pm

May 12, 19, 26 & June 2 & 16

Tibetan Language Course

6 Week Course being held:

WEDNESDAYS 7:30 - 9pm

June 11, 18, 25 & July 4, 23 & 30

More details www.drogmi.org

UPCOMING ULURU RETREAT **A few spaces are available!**



Compassion, Calm Abiding & Vajrasattva Retreat **led by Khenpo Ngawang Dhamchoe**

Uluru is one of the most sacred places in Australia, at the country's heart and centre. This is an extremely rare opportunity to visit this special place with such an experienced and qualified Teacher as is Khenpo. The programme will include teachings and practical guidance on how to meditate correctly.

FEW SPACES STILL AVAILABLE

Retreat program:

- 2 June:** Arrive Alice Springs
- 3 June:** Drive to Uluru
- 4 - 7 June:** Meditation Retreat
- 8 June:** Depart Uluru.



FULL COST:
\$1,440

BOOKINGS:
Full payment payable by 12 May.

Check website for discounts and all details!
www.drogmi.org / 0403 779 099

Please book your own flights **arriving Alice Springs 2 June / departing Uluru 8 June.**

Drogmi Buddhist Institute was very proud to be one of many sponsors at the MITRA Conference which was held in Sydney 3 - 4 May 2014. It brought the Buddhist community together with talks, stalls, short films, workshops and performances to celebrate Vesak.



Images of Suzanne receiving certificate of appreciation from the MITRA Conference organisers. Thank you again to Gray, Linda Suzanne and David for helping run a DBI stall at this event.



**Khenpo la visits Nyima Tashi Kagyu
Buddhist Centre, Auckland NZ**



Khenpo's teaching on 'Spiritual Guidance to a Friend' was very well articulated. He expanded the meaning of the verses in a detailed manner that was easily understood, whilst also explaining practical methods of application for everyday practice which I found of great value. Khenpo's compassionate manner in teaching us Dharma is inspiring. There also has been plenty of appreciative verbal feedback from all who attended the teachings.

Ali

It was wonderful to have Khenpo la back at Nyima Tashi again to talk on *Nagarjuna's "Letter to a Friend"*. His great depth of knowledge, clarity and warmth were appreciated by those that attended and we look forward to having him back again soon.

Fay

We had an excellent weekend of teachings with Khenpo Ngawang Dhamchoe. His teachings, as always, were thoroughly rich and accessible. It was not unusual to hear, after each talk, participants enthusiastically exclaiming their delight and appreciation for Khenpo la's teachings! We very much look forward to many more visits. Warm regards and much success on your path.

Camille

Manjushri Buddhist Centre, Milton



Milton Rigpa Yeshe Children's Program had the great pleasure to spend precious time with Khenpo la. Khenpo greeted the children with his open warmth and beaming smile. The children all responded with an immediate feeling of love and security, plenty of beaming smiles in return. Willa (7) read the motivation prayer and we all sang "Sit like a Buddha" before handing over to Khenpo. The talk was based around our common

wish to have happiness. Khenpo skilfully made the children aware that we all need to make others happy for their sake and for the sake of our own happiness. Khenpo and the children enjoyed an exchange of questions/answers, with "kindness, loving one another and walking away" when angry being amongst the main responses. The parents were invited into question time and came away with gems of their own. We had the privilege to do a short meditation together, then Jarrah (8) read our dedication prayer. It was a delight for all to have this time with Khenpo, he encouraged us to continue planting the seed of Dharma with the children. *May his life be long and may he have good health and auspicious circumstances to keep teaching and of course to keep returning to Milton to teach big and little kids alike!* **Karyne**

Khenpo la came to Milton to teach 'Seven Point Mind Training' at the Manjushri Buddhist Centre over the Anzac weekend. How true it is that this mind is wild, untamed and difficult to subdue yet how profound is the Dharma that it is able to subdue this mind if we are capable as "horse trainers" and apply this Dharma to our mind. Khenpo la started the weekend teaching with a minutes silence in respect of Anzac Day and all those who suffer due to the horrors of war. He then gave a wonderful Public Talk entitled "Happiness is an Inside Job". In his humorous and humble manner Khenpo la said he didn't know how to give this talk or what it was about but then proceeded to deliver a talk on understanding how we search for happiness in all the wrong places and do things to bring happiness that bring the opposite not knowing what to adopt and what to reject.

Over the next two days Khenpo la gave an in depth and clear account of the meaning of the stanzas of "Seven Point Mind Training" by *Ja Chekawa Yeshe Dorje*. Khenpo explained the lineage showing how the teaching was given by pith instruction from *Serlingpa* (meaning 'one from the Golden Island' whose actual name was *Dharmakirti*) through to *Jowo Je Palden Atisha* down to *Ja Chekawa Yeshe Dorje* to Khenpo la's own teacher the wonderful *Khenpo Appey Rinpoche* to Khenpo and then to us. For me having an understanding of the depth and history



of the teaching really added to its strength and meaning. I was moved by a quote in His Holiness Sakya Trizin's book about the wildness of our minds: "This mind is like an untamed horse galloping aimlessly in the wilderness of cyclical existence". Everybody enjoyed the weekend, it was an opportunity for some to meet Khenpo la for the first time and his sincere, warm hearted and kind nature was so pleasant for all attending.

We look forward to Khenpo la's next visit to the south coast. Thank you Khenpo la.

May my unbridled mind be reined in by the words of my precious teacher and tied fast to the post of priceless Dharma thus may generous compassion and loving kindness flower into true and absolute bodhicitta and may the path to enlightenment become visible to all sentient beings and myself.

Joe

**National & New Zealand
Teaching Dates with Khenpo la**

**Khacho Yulo Ling Buddhist Centre,
Cairns QLD**

9 - 11 May; 5 - 7 September

Contact: Ani Rinchen

info@yuloling.com

Samadhi Buddhist Centre, Bermagui NSW

30 May - 1 June; 14 - 16 November

Contact: Annie Ray

annieray77@hotmail.com

**Ananda Buddhist Centre,
Rockhampton QLD**

20 - 22 June

Contact: Dan Waterhouse

dan.waterhouse@me.com

Brisbane, QLD

4 - 6 July

Contact: Cheng Pui

pui_cheng@hotmail.com

Marpa Buddhist Centre, Foster NSW

18 - 20 July

Contact: Peter Morgan

pandjmorgan@ozemail.com.au

Dharmachakra Gompa, Gympie QLD

25 - 27 July; 7 - 9 November

Contact: Rob Assink

assink1@optusnet.com.au

Christchurch, NZ

1 - 3 August

Contact: Frank Sharpe

slovakiwi@yahoo.com

**Nyima Tashi Kagyu Buddhist Centre,
Auckland NZ**

8 - 10 August

Contact: Ani Jangchub

nyimatashi.nz@gmail.com

Canberra, ACT

15 - 16 August

Contact: Ann Kelly

info@drogmi.org

Dubbo NSW

22 - 23 August

Contact: Diedre Niar

diedre.niar@bigpond.com.au

Alice Springs, NT

17 - 19 October

Contact: Zara Kaye

kayezara@yahoo.com

Rongton Buddhist Centre, Brisbane QLD

24 - 26 October

Contact: Venerable Lekshe Tsultim

rongtonbrisbane@gmail.com

**Bau Sen Buddha Runs Yi Temple,
Melbourne VIC**

31 October - 2 November

Contact by writing:

210 Burtons Road Kinglake West

**Mindfulness & Shamatha Retreat
Easter Long Weekend**



Khenpo's words and wisdom to be gentle with myself.

Truly inspiring and practical retreat, thank you to everyone including Suzie and Peter for the delicious and lovingly prepared food, to Hollie for her wonderful yoga classes as well. May you all be happy! **Katrina**

Over the Easter weekend I was fortunate enough to attend the Mindfulness and Shamatha Retreat at Ararat Lodge, Upper Colo. Khenpo's teachings, the question and answer sessions, and the meditation practice at the retreat have given me a much more detailed understanding of what I need to do to improve my meditation and mindfulness practices. The explanations and



terrific modern day analogies of why we all need to keep practicing in order to gradually improve our mind control were wonderful. It was great to be part of a group of such welcoming, caring and kind people. Suzi and Peter provided amazing food for us all - so all in all this retreat was a wonderful experience that I would thoroughly recommend to anyone wanting to learn more about Buddhist meditation. Very thankfully, **Tracey**.



What is better than chocolate at Easter time? Is there really anything? The answer is a three day Mindfulness and Shamatha Retreat at Colo River! Three days of great teachings, inspiring guidance and practical advice from Khenpo la, dedicated practice time in beautiful surroundings, brilliant food (thanks Suzi and Peter), warm and friendly companionship with a group of like-minded people. The three days provided all participants, from people new to meditation to others with more experience, with practical guidance about establishing /maintaining a daily practice, the favourable conditions for practice, obstacles (and

their antidotes) and an overview of the various stages of meditation practice. For me, there were heaps of takeaways and the following are a few of the key ones I will contemplate over the next few weeks, months and years to come.

Firstly, the benefits of meditation practice, like any medicine, are experienced when taken regularly rather than in intermittent bursts of effort. Committing to a daily practice rain, hail or shine and not when I feel like it or 'have time'. Khenpo la suggested a minimum of fifteen minutes to start to see the benefits, topped and tailed with the Refuge Prayer and the Four Immeasurable Thoughts (Loving-Kindness, Compassion, Joy & Equanimity) at the beginning, and after our meditation practice to dedicate all of the benefits (merits) to all sentient beings, being in the same predicament of samsara as ourselves day in and day out.

Secondly, to overcome laziness which often distracts me away from the cushion and towards my iPad, iPhone and other pursuits, is to reflect on the Four Common Foundations: The nature of the endless cycle of suffering and how it indiscriminately affects all sentient beings; the preciousness of having a human rebirth and the potential of my mind to develop clarity, eliminate suffering and to help others; the impermanence and death of all things - people, experiences and objects - and as life is finite, I must make the most of the opportunities I have to develop my kind heart and mind; and that all results - both beneficial and harmful - arise from causes and conditions, and if I wish for happiness, joy and peace in my life, I need to create the causes for them, the prime cause being my mind.

And finally, ethical conduct being the foundation of all practice. To meditate well and effectively, one needs a calm mind and a calm mind is the result of minimising, reducing and eliminating the Ten Non-Virtuous actions of body, speech and mind.

I am truly grateful I was able to spend the Easter break listening and learning the Dharma from



Khenpo la as he taught with such clarity and kindness, and being in the company of all the many students, friends and supporters who make up of the Drogmi Dharma community. I returned home feeling lighter and refreshed, my mind feeling scrubbed clean, and more inspired and equipped to apply the teachings in my everyday life.

Giovanna
Continued on page 7



Term 1 Shedra



Sydney Shedra

This year we have been studying *Aryadeva's 400 Stanzas on the Middle Way*. We started this text last year with Khenpo la and covered the first eight chapters which is an explanation on Conventional Truth. This year we started studying the second eight chapters which is an explanation of Absolute Truth. The text explains other schools / traditions view of the permanent nature of self, which Khenpo explained is often very similar to our own belief in a true self before we start to investigate our own nature.

Then we hear the Madayamika's point of view refuting the claims of a permanent self. So the text is taught as if you are listening to a debate between Buddhist and Non-Buddhist scholars. By breaking down different arguments in support of a truly existent self is an extremely beneficial way of trying to understand, even a little bit, these incredibly profound teachings. The group discussions are always very lively and interesting at the end of these classes! To have a great group of people to study with along side Khenpo's incredible wisdom is a very rare opportunity. Thank you to everyone who contributes to these wonderful Thursday evening classes. **Hollie**

Lawson Shedra

We of Lawson Shedra Group realise our very good fortune to have Khenpo la take the time and effort to travel up to us so regularly. To think that others may have to take long trips and sit in huge crowds, here we are in an intimate concentrated space with our teacher, who comes to us. Not only nourished by Khenpo's knowledge of the Dharma and his presence we are treated to glimpses of his experiences of what it is like to be a monk growing up. These are valuable insights in themselves to further our understanding of spiritual life. I find it very rewarding to do the coordinating as it provides a worthy service to our community. It's such a warm feeling to have the room ready and to have Khenpo la walk through the door. Thank you Khenpo la for your teachings and loving-kindness. In so many ways you are a great

example to us how to be. **Pam**

Richmond Shedra

It was wonderful to have Khenpo resume his Shedra classes in Richmond for 2014. We cannot stress strongly enough the benefits we receive from his teachings. Khenpo's logical teaching methods and clear explanations have proved to be beneficial to all, including young children. This was apparent when my 11 year old granddaughter expressed an interest in the Buddhist Philosophy and so, attended one of Khenpo's Shedra classes at Richmond. Shortly after attending the class, she was overheard explaining to her older sister that unhappiness is in the mind and that changing negative thoughts to positive thoughts would assist her sister's moodiness and unhappiness. How delightful it was to hear such profound advice from such a young person, after just one short lesson.

Thank you Khenpo, for your brilliant and regular teachings sessions at Richmond. I feel more young children and teenagers would benefit from having a greater understanding of the Buddhist Philosophy, and should be encouraged to attend Shedra classes and possibly special workshops programmed for them. **Wendy**

**Sakya Choekhor Lhunpo
Buddhist Centre
Melbourne Victoria**

Khenpo's visit to Sakya Choekhor Lhunpo this year was held in the country town of Warragul, Gippsland, 1.5 hours from Melbourne. Khenpo was received with delight and enthusiasm by local people as well as his students from Melbourne Sakya. He held a Public Talk on Friday evening entitled "*Mind, Your Own Happiness*" to approximately fifty people. Pretty good when you consider he had to compete with Carlton vs Collingwood and a positive reflection of interest in the area for a taste of Buddhist philosophy! His words were uplifting and the audience enjoyed his insights immensely. Many local people said how much they enjoyed the evening. We then proceeded to have a two day retreat on Shamatha attended by seventeen students. Khenpo's teachings on Shamatha were extraordinary; clear, accessible, and scholarly, with Khenpo's usual 'light touch' of humour and warmth to lift the profundity of the teachings. It rained so heavily on the tin roof on Sunday we were all grateful for Khenpo's little microphone as his gentle voice was nearly drowned by the drumming of water. For several retreatants the experience of hearing the Dharma from such

an accomplished teacher was powerful and they look forward to Khenpo's return with great enthusiasm. Now it is up to us to sit on our cushions and put those clear teachings into practice! **Penny**

This was my first teaching from Khenpo Ngawang Dhamchoe, and I hope very much that I will have the good fortune to listen to his wise words again very soon. Khenpo la gave two days of very illuminating teachings on Shamatha Meditation, reminding me yet again how simple and complex such a practice can be, and of the preciousness of the Dharma generally. For me, his words were a call to practise, practise practise, and were delivered with such pure kindness, clarity, and understanding. Woven into this was an introduction for me, to the Nine Stages of Meditation, which has now placed my daily practice into a fresh and valuable renewed perspective. I thank you again, Khenpo la. **Geraldine**



Continued from Easter Retreat

The retreat was a grounding and centring experience. I'm very grateful for the opportunity to deepen my practice and learn more about Buddhist Philosophy on Mindfulness and Shamatha meditation. Khenpo is a font of wisdom. The accommodation was peaceful and serene with kind and loving people and great food. Thank you to all. **Mark T.**



A collage from Khenpo la's teaching tour 2014 - Kuching, Malaysia and Singapore, visiting:
 Bodhi Path Centre, Kuching Sakya Association, Kuching Buddhist Society and Tsechin Samten Ling.



A joyous celebratory time in the teachings together and many meals too!

I want to offer my heart-felt thanks to Bodhi Path, Kuching Sakya Association, Kuching Buddhist Society and Tsechin Samten Ling. Thank you for all your hard work to promote the Buddhadharma and benefit so many people in your community. Best wishes and see you next year! *Khenpo*



A gift to Khenpo la from a student, Shee Liang at the
Singapore Teachings March 2014. The Chinese calligraphy
symbols are 'Da Bei Xin' meaning 'GREAT COMPASSION'

Kamashila's Middling Stages of Meditation

Khenpo Ngawang Dhamchoe
Teachings in Singapore 16 - 21 March 2014

Without the cause and condition
We would not have these precious teachings
By the Venerable Khenpo Ngawang Dhamchoe

Patiently and with Loving Kindness
You expounded the teachings of *Kamashila*
Of the Middling Stages of Meditation

Though we are not worthy as yet
You treated us with great honour
Respecting all sentient beings with the seed of Buddha

Heeding to your teachings
We shall not give up
Till the genuine great compassion is aroused

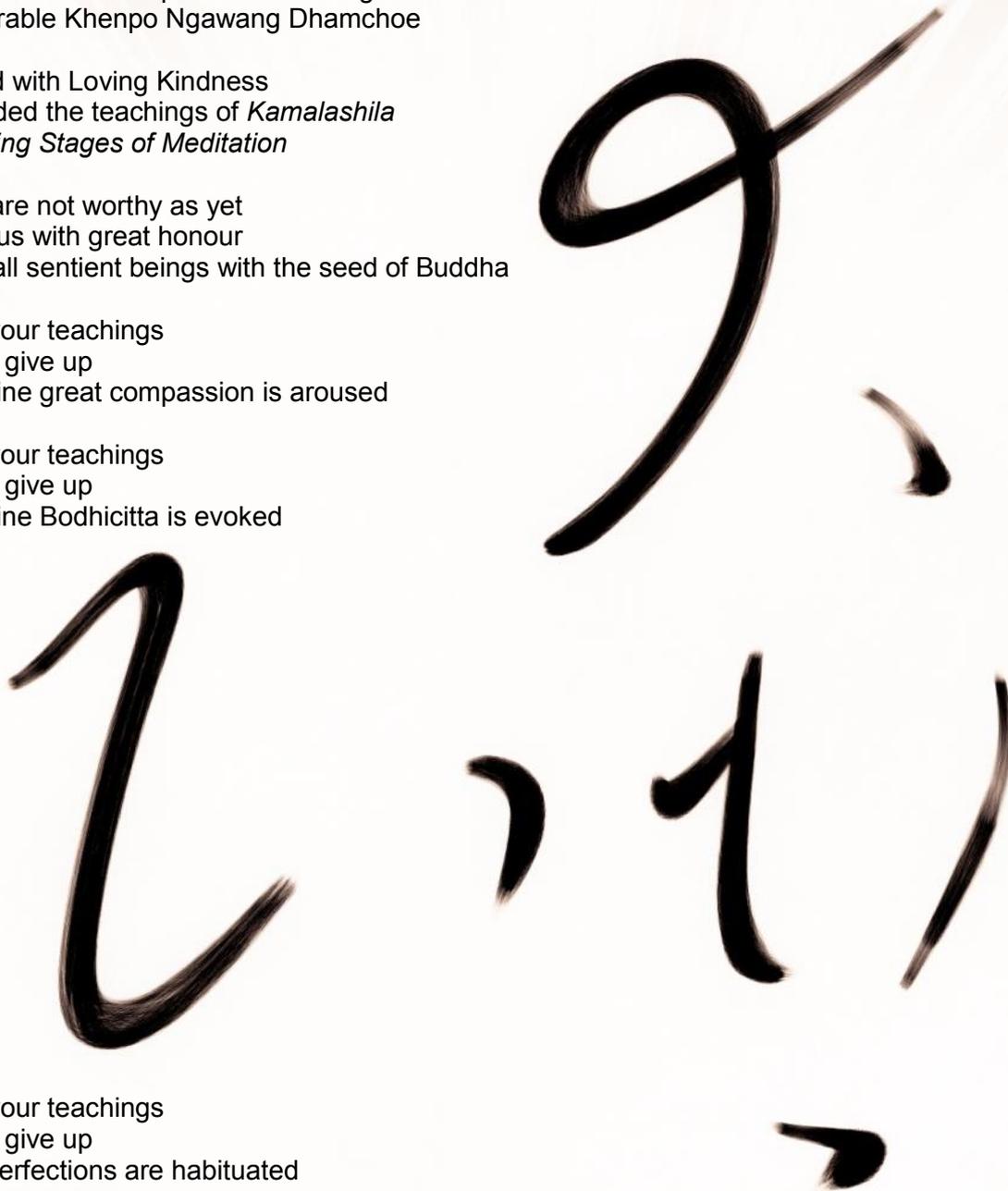
Heeding to your teachings
We shall not give up
Till the genuine Bodhicitta is evoked

Heeding to your teachings
We shall not give up
Till the Six Perfections are habituated

Numerous as countless suffering sentient beings
We shall also discipline to study, contemplate and meditate
Till all sentient beings are liberated

Please accept our offerings of body, speech and mind
To practice ceaselessly till we attain Enlightenment
Wasting no time in order to relieve sentient beings of their sufferings

Yours in Dharma
Shee Liang and all your students of Kamashila
22 March 2014



One of Khenpo la's students, Dino started a journey firstly on the 24 day Pilgrimage to India and Nepal along with Khenpo la, Lama Kalsang and a few members of Khenpo la's family and a group of devoted students late last year. He had decided as well to venture on by himself for another three weeks to cross the Himalayas to Tibet. When asked to write a bit of his journey for this newsletter Dino replied, "I really can't think of any comments to make, apart from learning how valuable Khenpo la is as a guide on pilgrimage and the genuine part of every day life is really possible and people have been doing it for a long time and you don't have to travel a long way to find the Dharma". Here are a few photos of my time in Tibet.

