



'The Wisdom Age'

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

Issue 17
July & August
2014

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ULURU RETREAT - A WONDERFUL EXPERIENCE

read about all on pages 3, 4 & 5.



SAGA DAWAN DUCHEN

This is the most special day in the Tibetan Buddhist calendar. Marking two anniversaries, the day Lord Buddha's enlightenment at Bodhgaya and his parinirvana at Kushinagar. It is most fortunate to have sangha in which to share this special day.

The program at the centre was prepared by Khenpo. A keen group of early risers undertook the Eight Mahayana Precepts before sunrise at 6:30am. This set the feeling for the rest of the day. We ate a hearty breakfast, then it was 9am and the Sixteen Arhat Puja. Khenpo la explained that the Sixteen Arhat Puja is performed to ensure the flourishing of the precious Dharma, and the teachings remain to continue to help all sentient beings. It was a very heartfelt practice, Khenpo la guided the group, concentrating on performing multiple mandala offerings which were so beautiful, as everyone commented later.

This practice was followed by a delicious community lunch, everyone contributing very lovely food. These celebrations at the centre are so special. It gives us all a chance to share in this joyful occasion, and to reconnect with our Dharma community.



KHENPO LA'S UPCOMING 20TH ANNIVERSARY CELEBRATIONS 13 - 14 DECEMBER 2014

Khenpo la arrived in Sydney in November 1994. Since then he has been sharing the precious Dharma with thousands of people around this big country, New Zealand and Asia. One would go a long way to find another Dharma Teacher of his qualities and capacities. To honour Khenpo la's huge contributions to all our lives, but more broadly the

*His Eminence Chogye Trichen
Rinpoche with
Khenpo Ngawang Dhamchoe*



preservation and spreading of the Lord Buddha's teachings in their most pure form, we ask if you would like to join others in a weekend of celebrating the 20th Anniversary of His arrival in Australia.

On Saturday 13 December, there will be a luncheon at Wentworth Falls in the Blue Mountains hosted by Peter and Suzi Walker. Then Sunday 14 December in Sydney, a Long Life Puja dedicated to Khenpo la and all our Teachers, followed by dinner and celebrations.

More information will be made available on this shortly, however, it is recommended that you set aside those dates in your diary.

We hope as many people as possible are able to attend these truly special events!

ULURU RETREAT JUNE 2014

From the start, Khenpo la set a cracking pace! From the moment we walked up Anzac Hill in Alice Springs after dinner on our first night I knew we were in for one big adventure. *Continued page 3.*

**His Eminence Luding Khen Rinpoche
visits Drogmi Buddhist Institute
2014 - 2015**

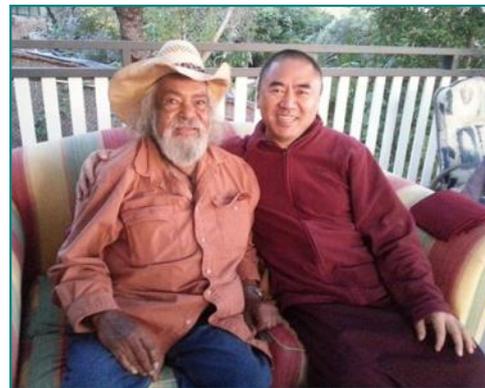


Photo taken and permission by Dawa Dolma

**UPCOMING Momo Workshop
with Lama Kalsang**



**Khenpo la Meets Old Friend
Uncle Bob Randall**



The week of "Sorry Week" most recently was to mark the event in Australian history of the government policy of removing Aboriginal children from their families.

Uncle Bob Randall was in Sydney as a guest at a Sorry Day Event. Khenpo la and Uncle Bob had a lovely time catching up amidst their busy schedules, after many years apart. Uncle Bob Randall is a prominent traditional custodian of the lands near Uluru and some who were fortunate enough to go on the recent Uluru pilgrimage were invited on the lands whilst there lead by his daughter Dorothea. A great privilege!

We are very pleased to announce that His Eminence Luding Khen Rinpoche, has very kindly accepted Khenpo Ngawang Dhamchoe and Drogmi Buddhist Institute's invitation to conduct a teaching tour of Australia. **The program will run from late December 2014 to January 2015.** Having such a highly respected and accomplished Sakya Master visiting this country is an extremely rare opportunity for all of us and we encourage you not to miss this chance to spend time with His Eminence Luding Khen Rinpoche during this visit.

Included in the program will be a *Vajrayogini Blessing* and teachings in Sydney. More information about the extensive tour program will be available shortly, in the meantime, be sure to pencil this time in your diary if you are interested in attending.

**UPCOMING Public Talk with
Khenpo Ngawang Dhamchoe
at Ashfield Centre**



"The Importance of Being Happy"

Where: 37 Albert Parade Ashfield, Sydney

When: Friday 11 July 2014

Time: 7:30pm
(please arrive 15 minutes prior)

Cost: \$15 at door/ or email info@drogmi.org to transfer via bank deposit

Lama Kalsang will be running another Momo Making Workshop on Saturday 19 July from 11am - 2pm. Cost is \$40 for adults and \$25 for children. Includes all ingredients and tuition. **Bookings can be made by 17 July** via bank deposit, please enquire through info@drogmi.org

**Lama Kalsang
Granted
Permanent Residency in Australia**



Great news, Lama Kalsang's visa application has been successful and therefore Lama is now a permanent resident of Australia.

We thank Lama for his dedication to Khenpo la, the sangha members and the centre in taking this big step. A big thank you to Peter Green and others on the committee who helped make this possible. Above photo, Lama enjoying a real Aussie chocolate cake to celebrate this great event for him and the centre. Pictured above are Franky, Vice President of DBI Vanessa, Khenpo la, Lama and DBI President Jack.

SHEDRA CLASSES TERM 3 DATES

Richmond: 21 & 28 Jul. / 18 & 25 Aug.
Lawson: 23 & 30 Jul. / 20 Aug. to 3 Sept.
Sydney: 24 & 31 Jul. / 14 Aug. to 4 Sept.

A students feedback from Term 2, page 6

UPCOMING ANNUAL SHAMATHA RETREAT




**ANNUAL SHAMATHA RETREAT
'REJUVENATION'
with
KHENPO NGAWANG DHAMCHOE**

3 - 11 October 2014

Learn the practice of single pointed meditation in this naturally beautiful environment with a meditation Master who has been practising these techniques for 40 years. These eight days can be life changing and the most precious gift that you can receive.

Khenpo Ngawang Dhamchoe is the Founder and Spiritual Director of Drogmi Buddhist Institute in Sydney and is one of the most experienced and highly respected Teachers of Buddhism in Australia.

Where:	Ararat Lodge, Upper Colo Road Upper Colo NSW
When:	7pm Friday (3 October) to 1pm Saturday (11 October)
Cost:	Full Retreat: Dormitory \$880 / Camping \$800 Early Bird / member / concession discounts available to view on line. Daily attendance \$120.

Costs include Teachings, accommodation, refreshments and all meals. Ararat Lodge provides very comfortable accommodation in a beautiful country setting alongside the pristine Upper Colo River.

BOOKINGS ESSENTIAL
www.drogmi.org or phone (02) 8005 1757

Up at 5:30am to catch the bus, to watch the sunrise at 7am. Each morning, the sound of crockery cups clanking in the bus, ready to be filled with milk tea to warm our bodies in the cold morning. Khenpo la thinks of everything. Who can forget the beautiful sand dune viewing, that was such a magical start to the most special day which included the Vajrasattva Transmission on sacred lands. Back for breakfast and teachings, then return to Uluru in the evening for a sunset viewing, one of those days it was Kata Tjuta, gee was that a beautiful experience.

What a place and peoples (Aboriginal), what a time, what teachings, what a beautiful group and what a driver (Ant), what a teacher... Uluru is the most wonderful and tranquil place, one never tires of seeing it, up close, in the distance. You get a real sense of timelessness, it has been there for so long, it just is... I miss it, yet feel good knowing that I can visit any time, and I do have my annual pass...

Khenpo la described the area as being very grounding. It does seem to be a very perfect environment in which to meditate. **Ann**



The retreat was perfect and everything ran like clockwork thanks to Khenpo la, Lama and hard working Ann and Anthony.

On Monday 2 June, most of our group met at Alice Springs airport and we settled ourselves into the Alice on Todd Apartments had a feast for us all and a look around town. We met up with Zara, her baby Hector and Zara's friend Amanda and travelled to Simpson's Gap. After this exploration and practice we shared a



beautiful meal at "Flavour of India".



The next day we travelled to Uluru and the five hour drive was an adventure in itself with eagles and wildflowers, red soil and characters we met at the Mt Ebenezer Road House, a road stop and gallery owned by the local indigenous community. We stopped at Table Top Mountain and then to our apartments in Uluru where we met up with Glenn and Gabbie who had not long arrived and yet prepared a feast for us! The life of Uluru.

Day three we went to watch the sunrise at Uluru. It was truly beautiful and very cold. Once there we did a magical 3.5 hour walk around the rock together discovering the life of Uluru more intimately. After a good rest, we returned to Uluru for a spectacular sunset and meditation. We returned back



to our base to share a beautiful meal and Shamatha teaching...



On Thursday, after another yet strangely always different sunrise at Uluru we returned having a full day of teachings on Shamatha practice. We headed out in the afternoon for a camel ride through the desert which was enjoyed by everyone. Then back to base for a feast and meditation practice.



Friday 6 June yet another beautiful sunrise, we received the precious teachings on Compassion from Khenpo la. We were fortunate to share lunch with Dorothea, Uncle Bob Randall's daughter and she offered to take us to some very special places the next day. We visited Kata Tjuta that afternoon walking to the Valley of the Winds and the Karu lookout. Another beautiful meal shared together, followed by a guided mediation practice with Khenpo la on Loving Kindness and Compassion.



This magical day we were taken by Dorothea and our fearless bus driver, Anthony, to Uncle Bob Randall's special place, with an incredible 360 degree vista of the red desert and no signs of humanity for as far as the eye can see. After watching the sunrise, on this most auspicious day we received the Vajrasattva transmission from Khenpo la in this pure and natural location on the soft red sand.

Continued page 4

After breakfast Dorothea took us to another very special location she referred to as Flat Lands. We continued with the rich teachings of Vajrasattva brought to life by Khenpo la.

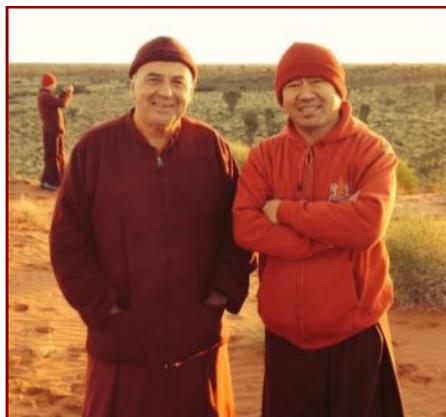


On our last day we went to watch the sunrise near our friend Uluru before preparing for our journey to our various homes.

Ann, Anthony, Kathleen and I had one last adventure driving the bus back to Alice Springs seeing a dingo on our travels. It was a smooth and obstacle free trip even when we were driving through the outback on empty, all worked out well and the scenery of wildflowers on the red sand delighted us the whole way. **Fiona**

Thank you Khenpo la for a wonderful pilgrimage experience at the centre of this beautiful continent. I don't think I can fully describe the deeply rejuvenating experience of having listened to the Dharma in a place that has so much beauty and spiritual gravitas for me.

It was also a great privilege to go with such pleasant company, with fellow Dharma practitioners and friends. A special thank you to Lama Kalsang, Ann and Anthony for their tireless effort in looking after us all. The only question is ... When is the next one?! **Ven. Lekshe Tsultim**



As a novice on this wonderful retreat a number of things stood out for me:

The inclusiveness of everyone. When I look

at the flowers growing in such a hard earth it reminds me that even in those hard spaces/places that I have... new growth occurs. Looking at the photos of Uluru, some are more beautiful than others depending on the light, yet the light is always there... sometimes it's just covered by cloud... the coming of the night. I love this image because it calms me when I start to get too heady.



I have started chanting in the car going to work rather than listening always to the radio and have also started a weekly practice in which I hope to bring up to daily. **Dianne**

Hello! Just wanted to share a photo of "thoughtful" Anthony taken at Kata Tjuta (he probably was unaware I snapped it by the way)!



A pic of Raelene - which I was lucky enough to capture by flipping my camera upside down over my head while we were on the camel ride.



A camel snap of Giovanna and Anthony with a couple of peekers on the camels.



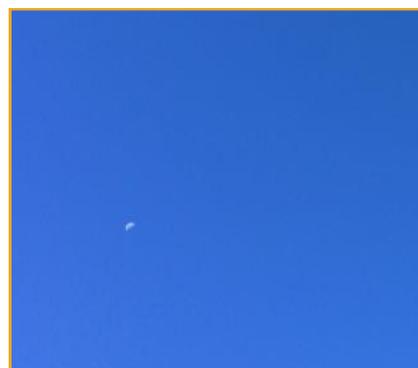
Oh and Linus at sunset!



No thoughts to add specifically. The experience couldn't really be put into words - well none that would describe it accurately or beautifully enough. **Marilla**



Above: *Khata Tjuta*



This all blue photo was a teaching from Khenpo while we were all walking around Uluru, about 10km around, that the clear sky is like the nature of the mind, and when mind becomes crowded, you could always look at the sky. *Continued page 5*

This photo is where Dorothea Bob Randall's daughter took us to her land on the 9th of Tibetan calendar day and Khenpo gave us a Vajrasattva practice transmission.



This photo of Khenpo we can see the reflection in his glasses, on one side is Uluru, and on the other side is Khata Tjuta... just for fun.



Below: Teachings at home base apartments.



Above photos by Linus, as well as the extraordinary photo top of page one.

On completion of the 10km walk around Uluru, it struck me how completely different the experience was to my preconceptions of how it was to be. I imagined a stark mass meeting a blank rock wall, with me puffing and panting struggling to complete this arid circuit. Instead it turned out to be an easy amble through a contrasting landscape of shady forest, beautiful grasses, caves, stunning rock formations, a peaceful waterhole... the list goes on.

This bountiful trek has again taught me, as I've found with the precious teachings given and other experiences enjoyed with Khenpo la, to keep the mind open and not presuppose. Limiting myself in this way is certainly a huge block to greater self expression. **Pam**



The Uluru retreat provided a wonderful opportunity to be still and to receive and contemplate the Dharma so generously and clearly taught by Khenpo la. The desert and Uluru when perceived in this way offered a journey into the landscape of the mind and with Khenpo la as guide and teacher, this was a transforming experience.



Uluru, in its appearance, is a grand chameleon - a big show-off pretending to be a rock, but flowing into other forms moment by moment. Alight in the dawn, burning orange, bridging earth and sky - an ark for light to travel from; towering cliffs; soft wrinkles in stone marked by rivulets past; copper hard; a sitting presence in the pre dawn, floating on an ocean of grasses, in the landscapes of the mind it mixes the elements; fire, water, air, earth and space swirl into emptiness. **Glenn**



Today Khenpo la's teachings were on how to develop compassion. This followed on from yesterdays main topic of Shamatha Meditation. First we must have a stable Shamatha Meditation before we can progress to developing our minds further to loving kindness and compassion. Khenpo la clearly explained that a Buddhist practitioner is never satisfied with their practice, there is always more work to be done, more ways to improve.

Then Khenpo la taught that compassion is the great cause for Bodhicitta.

A few thoughts shared...



**SAMADHI BUDDHIST CENTRE
BERMAGUI SOUTH COAST NSW**

The weekend of Shamatha Retreat with Khenpo la quickly made it clear what our true purpose of sitting in meditation really is... to develop Wisdom and to be free of our delusions. A lot to achieve in a weekend, yet a pretty good kick start and 'kick in the backside' from Khenpo la to get on with the job.

Thank you so much as well to our gracious hosts Annie and Alan, who without their incredible generosity, hospitality and hard work, the weekend with Khenpo la would not have been possible. **Sue J.**



The weekend teachings at Bermagui marked the beginning of Saga Dawa...
Photos by Annie R.

**KHACHO YULO LING BUDDHIST CENTRE
CAIRNS QLD.**

Khenpo taught on the "Thirty Seven Practices of a Bodhisattva". The teachings were brilliant, one of the participants said to Khenpo they were the best teachings for her, she got so much out of it.

Actually, a lot of people commented on this, as the teachings were very clear, giving extremely practical and logical training for the mind. **Ani Rinchen**



**ANANDA BUDDHIST CENTRE
ROCKHAMPTON QLD.**

The weekend was a huge success and of course this was made possible due to the wonderful teachings of Khenpo la.

Friday nights teachings on anxiety and depression was listened to by an audience of approximately twenty five. This talk was opened to the public, as well as the Centre members. This topic seems to be very popular with depression being a growing curse on society.

Saturday, the teaching was on the "Heart Sutra". We have a Thursday evening class

and this subject was chosen to help with our studies. Approximately fifteen students attended, not an easy subject for everyone to understand, however Khenpo delivered his teachings in a clear and concise manner to enable us to continue along the path of understanding.

Sunday teachings were on *Insight Meditation*. Khenpo's teachings guided us on how to meditate correctly on the cushion and for these instructions we are so grateful. A few of us gathered with Khenpo and our most generous host for a Saturday evening dinner, putting on a spread of some vegetarian delights having a good laugh through our time together. **Geoffrey**



**SHEDRA TERM 2 COMPLETED
LAWSON NSW**

Nagarjuna's "Letter to a Friend" has been the root text for teachings so far this year at our Lawson Shedra Group. At first glance this shastra seemed quite unintelligible to me. However, Khenpo la works methodically through each word and line, rather like a literature teacher deciphering a literary poem, providing a clear understanding of how these words, although ancient, have total relevance to our every day lives in this contemporary world. It is all about interpreting the symbols. All of it is generally and directly related to the living of a virtuous life and by giving useful examples at each point, Khenpo la makes it manageable for me to apply these concepts to my own life.

The emphasis seems to be about keeping focus on what is necessary to address internally when faced with certain external conditions. I was especially affected by the reminder that when I go over and over a particular situation that has challenged me, without actually changing anything in my own internal responses, I am repeatedly harming myself much more than the actual event could have done. This is an ongoing lesson in working towards the Six Perfections. **Gillian**

**His Holiness 41st Sakya Trizin
Bestows the Precious Lam Dre Teachings
in Spain June 2014**



Drogmi Buddhist Institute's President Jack Heath has been attending the precious Lam Dre Teachings with His Holiness Sakya Trizin representing the Centre. Jack has made a mandala offering on behalf of Khenpo la and DBI and we wish all attending a most successful retreat.

COMMITTEE CORNER NEWS

We are all very excited about the upcoming teaching tour by His Eminence Luding Khen Rinpoche, and we look forward to assisting Khenpo la and all members in making this visit a great success. We are all so fortunate to have this opportunity to receive empowerments and teachings from such an important Teacher as His Eminence.

The committee continues to work towards the goal of purchasing a property so that DBI has a permanent home. Thank you to everyone who has contributed financially towards this purchase. Please let us know if you can support the centre in the future to achieve this goal. As you may be aware, DBI has been given notice to vacate premises in Ashfield. Our plan is to find another suitable premises to rent for twelve months, and then purchase a permanent home in 2015.

Khenpo la continues to run a busy and successful Dharma teaching program. Thank you to everyone who attends and assists in the running of this program, in Sydney and all around the country. We hope you can join in the celebrations of Khenpo's 20th Anniversary of teaching the Dharma here in Australia. Set aside that weekend of 13 & 14 December as more information will be made available shortly. The DBI website remains in a transition phase and should be operational by August. In the meantime, you can pay for events by depositing registrations into the DBI bank account.

Please check for Centre activities on our Facebook page at:

www.facebook.com/DrogmiBuddhistInstitute

The new Account numbers are:

Drogmi Buddhist Institute

BSB: 032 060

Acc: 454289

Khenpo Ngawang Dhamchoe



2014

**National & New Zealand
Teaching Dates Continues**



Marpa Buddhist Centre

Foster NSW

18 - 20 July

Contact: Peter Morgan

pandjmorgan@ozemail.com.au

Christchurch, NZ

1 - 3 August

Contact: Frank Sharpe

slovakiwi@yahoo.com

Nyima Tashi Buddhist Centre

Auckland NZ

8 - 11 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

Rongton Buddhist Centre

Brisbane QLD

29 - 31 August

Contact: Venerable Lekshe Tsultim

rongtonbrisbane@gmail.com

Khacho Yulo Ling Buddhist Centre,

Cairns QLD

5 - 7 September

Contact: Ani Rinchen

info@yuloling.com

Alice Springs, NT

17 - 19 October

Contact: Zara Kaye

kayezara@yahoo.com

Bau Sen Buddha Runs Yi Temple

Melbourne VIC

31 October - 2 November

Contact: 210 Burtons Road Kinglake West

Dharmachakra Gompa

Gympie QLD

7 - 9 November

Contact: Rob Assink

assink1@optusnet.com.au

Samadhi Buddhist Centre

Bermagui NSW

14 - 16 November

Contact: Annie Ray

annieray77@hotmail.com

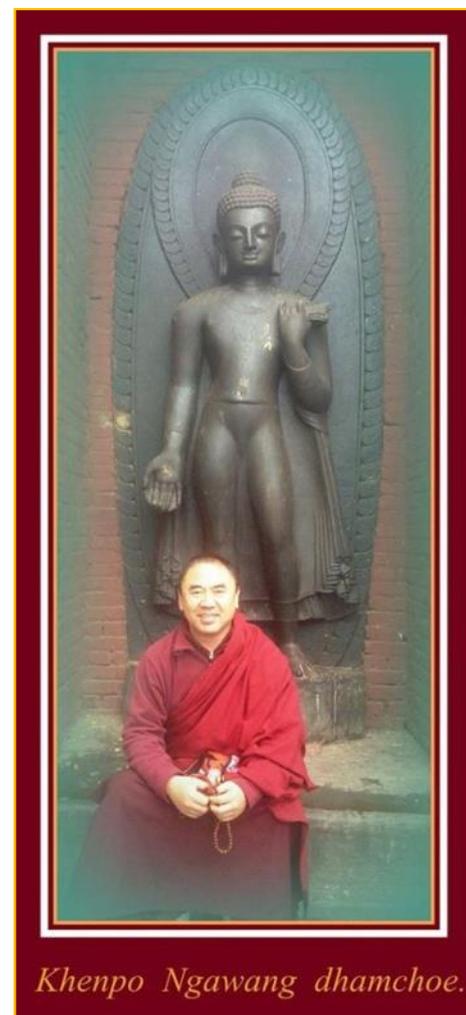
Letting Go of Attachment

'We find letting go of attachment is difficult because it is our habit, not just this life, but for many lives we believed that our happiness comes from something other than our positive mind and actions.

When we are addicted to drugs, alcohol and material positions etc., it is very hard to give them up due to believing the only way we get peace of mind and happiness is in using them.

The reality is they are not the genuine cause of happiness, rather to attach to them are almost every cause of unhappiness. When we have the realisation that these things are the cause of unhappiness not happiness, it is much easier to let go'.

From a teaching of Khenpo Ngawang Dhamchoe



Khenpo Ngawang dhamchoe.

**DBI'S FIRST TWENTY FOUR HOUR
MANTRA RECITATION...
A TREMENDOUS ACHIEVEMENT!**

This monumental event took place from 7:30pm Friday 27 June to 7:30pm Saturday 28 June at Drogmi Buddhist Institute. There is a tradition of Tibetan monasteries and nunneries conducting uninterrupted puja for three days or more. The four mantras recited over this twenty four hour period were of Compassion, Purification, Healing and Tara...

Over the twenty four hour period, many students joined in along with Khenpo la and Lama Kalsang as well as many students nationally and internationally in their Centres and own homes.



Lama's lovely chai assisted by Chime kept all alert and warm, and Katarina was one of many who made light offerings to ensure 108 candles burnt continuously - offering to all the *Buddha's* throughout the recitation.



Only with five hours left to complete the centre had an amazing feeling of calm about it.



After twelve hours passed thousands of mantras had been already recited by various people, here at the centre, Gympie, Milton, Brisbane, Blue Mountains amongst many other locations. May many benefit from these mantras.



Lead by Khenpo la, following recitation of the Refuge prayer, then the cultivation of Bodhicitta, and Lamp offerings, the sangha was underway in their efforts to continuously recite mantras for twenty four hours. Everyone was wished success in their Dharma activities to help all beings.



WOW, what an amazing twenty four hours!! We completed a very successful twenty four hours Mantra Recitation. Mantra was uninterrupted for the whole period of time. We would like to say a heartfelt thank you to all the local, interstate and international sangha members. May all this merit bring peace into the world and be the cause for all beings to gain Buddhahood. We are already looking forward to our second twenty four hour mantra Recitation in 2015!



"Today more than ever before, life must be characterised by a sense of Universal responsibility, not only nation to nation and human to human, but also human to other forms of life".

The Dalai Lama

