



Issue 19
September &
October 2014



CONTENTS

Page 1
Upcoming 20th
Anniversary Celebrations

Page 2
Upcoming Australian
Teaching Tour with
*His Eminence Luding
Khen Rinpoche*

Page 3
Upcoming Workshops &
Committee Corner News

Page 4
Sharing of Annual
Shamatha Retreat
October 2014

Page 5
Auspicious Date of *Lha
Bab Duchen*, National
Teaching Weekends at
Brisbane & Cairns QLD,
Alice Springs NT &
Melbourne VIC

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'The Wisdom Age'

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

Khenpo Ngawang Dhamchoe
20 Years of Teaching and Residing
in Australia
Join us in a Weekend of Celebrations



DROGMI BUDDHIST INSTITUTE

Celebrates

**Khenpo Ngawang Dhamchoe's
20th Anniversary in Australia**

You are warmly invited to

◆ Saturday 13 December

A Celebration Luncheon in the Mountains
2 Wigram Street Wentworth Falls

RSVP by 5 December / 12pm to 3pm

Cost: \$40

◆ Sunday 14 December

Sixteen Arhat Puja

at DBI Centre

25 Dalmar Street Croydon

2pm to 4pm

◆ Sunday 14 December

Dinner

Hotel Saravana Bhavan Restaurant

15 The Strand Croydon

(Next to Croydon Station)

RSVP by 5 December / 6pm

Cost: \$75

Bookings for lunch and dinner at

www.drogmi.org

or ring (02) 8005 1757

A Message from Khenpo la

His Eminence Kyabgye Luding Khen Rinpoche is the 76th Throne - Holder of the Ngorpa lineage of the Sakya tradition of Tibetan Buddhism. He trained under one of the greatest living masters, the *Vajradhara Luding Khenchen Rinpoche*. His Eminence is an accomplished philosophical scholar and a graduate of the Sakya College of Higher Buddhist Philosophy in Dehra Dun, Northern India. Here Rinpoche studied under the guidance of the Late and Most Revered *Khenchen Appy Rinpoche*.

He is the Holder of a very ancient lineage. His Mother is *Her Eminence Jetsun Chime Luding Rinpoche*, the greatest living female Vajrayana teacher and member of the distinguished Khon Family. His Father was born into the Luding lineage. Therefore, through both parents, He is linked to ancient spiritual lineages unbroken down to the present day. We are very fortunate to be receiving a second visit by *Luding Khen Rinpoche* to Australia this year.

If we sincerely wish to practise Vajrayana, we need to receive Empowerments and learn from a perfect Guru. I believe *Luding Khen Rinpoche* is one of the finest Vajrayana Gurus I have encountered during this lifetime. I spent time with Rinpoche at the Sakya College, where I was greatly impressed by his down-to-earth manner and by the love and compassion he demonstrated daily towards others.

In my experience, *Luding Khen Rinpoche* embodies all the qualities required of a perfect teacher and He will be one of my root Gurus. I therefore highly recommend students not to miss the opportunity of receiving Empowerments from His Eminence.

Best wishes,

Khenpo Ngawang Dhamchoe



**Upcoming Australian Teaching Tour
His Eminence Luding Khen Rinpoche
Hosted by Drogmi Buddhist Institute**



His Eminence will be visiting many Sakyapa Centres nationally between

25 December 2014 - 15 February 2015.

Drogmi Buddhist Institute is honoured to be hosting His Eminence Luding Khen Rinpoche to Australia for Teachings and Empowerments for seven weeks.

His Eminence will officially begin the program 27 December on the relevant sadhanas at DBI which is listed in the Committee Corner below.

**COMMITTEE CORNER NEWS
THIS IS A MOST IMPORTANT TIME IN THE
HISTORY OF
DROGMI BUDDHIST INSTITUTE!**

It is soon to be our Founder and most precious Spiritual Director Khenpo Ngawang Dhamchoe's 20th Anniversary of living and teaching in Australia Celebrations on **13 & 14 December**. For more information and bookings please go to www.drogmi.org

It is our wish that as many people as possible can attend these celebrations, to truly show our great appreciation to Khenpo for all he has given over those years.

Then in late December, His Eminence Luding Khen Rinpoche will commence His National Tour most kindly at the invitation of Khenpo Ngawang Dhamchoe and the Drogmi Buddhist Institute Committee. Many of the greatest Tibetan Buddhist Masters alive today recommend that students receive empowerments from Rinpoche whenever presented with the special opportunity. His Eminence will arrive in Sydney 25 December. The highlight of this visit is the precious Vajrayogini Teachings jointly hosted by Drogmi Buddhist Institute and Kyegu Buddhist Institute from **23 January to 7 February 2015**. During His seven weeks in Australia, His Eminence will conduct a National Tour. Full details on this will be available shortly on the DBI website www.drogmi.org

⇒ **27 - 29 December:** Vajrapani Empowerment and teachings on the sadhana.

- ⇒ **30 December:** Green Tara, Panishavari and Namjom Empowerment.
- ⇒ **31 December:** Chenrezig & Medicine Buddha Empowerment.
- ⇒ **1 January:** Six Dome Uncommon White Tara Empowerment.
- ⇒ **14 February:** White Mahakala Empowerment.

We are asking for assistance from our members and friends to host this most auspicious of events. We require volunteers in all manner of different activities. Please contact us at info@drogmi.org if you can help.
Vajrayogini Program Link is:
<http://www.drogmi.org/payment>

His Eminence's most recent journey to Tibet in August 2014.



His Eminence, the 76th Throne-Holder of the Ngor subsect, visited the Kyegu (Yushu) Monastery in Kham, Tibet where He presided over the ordination of new monks. It has been the tradition of Kyegu Monastery for over four hundred years to have monks receive ordinations from one of the Four Khenchen's of the Four Landrangs of Ngor Monastery particularly Luding Khenchen's.

Many monks also attended whilst His Eminence gave an Empowerment of the precious Vajrayogini Blessing at the Nunnery of Kyegu Ani Gompa, Pathang, Kham. Enjoying a stroll in Yushu, Kham, His Eminence gave blessings to some of the lay community who came to pay their respects. Again, travelling with His Entourage to a remote region of Kham, coming across a Nomadic Community offering more blessings. His Eminence giving an initiation to a very large gathering of devotees in Nangchedzong Kham Province Tibet.

For the Full Australian Tour Schedule refer to our website www.drogmi.org information is available shortly.



UPCOMING DAY COURSES



WORKSHOP ON SHAMATHA & MINDFULNESS
with
Khenpo Ngawang Dhamchoe
22 November

Learn the practice of single pointed meditation with a meditation master who has been practicing these techniques for over 40 years.

Where: Lawson Library Building
Cnr. San Jose & Loftus Street
LAWSON Blue Mountains
Cost: \$50 / \$40 Concession Card Holders

All courses at DBI bookings are essential
www.drogmi.org or (02) 8005 1757

WELLNESS DAY
22 November



A day to take stock and change those small habits that can lead us to feeling so unwell. Choosing the healthy alternative can enrich your day and improve your health at the same time.

Workshop Day Programme:

- 11 - 12pm:** Meditation: A single pointed focus
12 - 1pm: A herbal approach to health
1 - 2pm: Lunch
2-3:15pm: Yoga. Learn to relax the body and mind
3:15 - 4pm: Massage / Aromatherapy. A great way to finish the day.

Facilitated by members and friends of the centre.

Where: 25 Dalmar Street CROYDON

When: Saturday 22 November

Time: 11am - 4pm

Cost: \$80 / \$70 Concession

MEDITATIONAL EXPERIENCES IN MIND & BODY WORKSHOP
with Dr Tony Richardson



Dr Tony Richardson is a renowned Somatic Psychiatrist and Tibetan Buddhist Practitioner. Tony has a strong Buddhist perspective and has been teaching somatics for over two decades. He will lead a meditational process that allows us to experience our mind whilst watching our feelings, emotions and resistance which arise in daily life. Khenpo Ngawang

Dhamchoe will lead the Saturday morning session, explaining simple yet profound techniques on how to enhance our meditational practice.

29 & 30 November from 10am - 5pm

both days. **Cost** is \$270 including both lunches and will be held at Drogmi Buddhist Institute 25 Dalmar Street, Croydon

MINDFULNESS MEDITATION

At Randwick Yoga Space
with Khenpo Ngawang Dhamchoe

Saturday 6 December

1 - 5pm



Learn how to develop the method of Mindfulness Meditation. This meditation has been refined over the centuries to help bring greater health and happiness to our lives. This workshop will include guided meditations with Khenpo Ngawang Dhamchoe. The Randwick Yoga Space is directed by one of Khenpo la's senior students Hollie Driscoll.

The **cost** is \$45 / \$40 early payments by 6 November & Concession Card holders.

Bookings: drogmi@gmail.com or call Hollie 0407 841 072

IMPORTANT FUNDRAISING SPONSOR THE RENT GAP OF \$420 PER WEEK

A new fundraising initiative by DBI for DBI.

Currently our tenants make a major contribution to the rent of the centre. Our aim is to gather a sponsor each week to cover the rent shortfall of \$420 per week. That is 52 sponsors for the year, and 52 people having the opportunity to make a contribution. In this way our main expense will be covered and we can put more financial resources toward purchasing a home for Khenpo la and the centre IN THE NEAR FUTURE!

Drogmi Buddhist Institute Bank Account:
BSB: 032 060 ACCOUNT: 454289

We are very excited to inform you that we will have the most adorable DBI fundraising koalas available in the next few weeks. Perfect gifts for Buddhists who celebrate Christmas.

OTHER COMMITTEE CORNER NEWS

Drogmi Buddhist Institute is now an Affiliate for His Holiness The Dalai Lama's Ocean of Wisdom 2015 Australian Visit. This means you can book your tickets for His Holiness' Tour via the DBI personal booking link:



<http://www.dalailamainaustralia.org/>

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This is a way to also support DBI's activities, as all affiliated organisations receive a percentage of the ticket sale. Thank you!

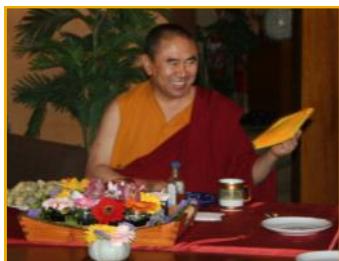
Shedra Classes on a Thursday evening via recording on the internet. With Khenpo's breadth and depth of many many texts he is able to funnel and incorporate various corresponding aspects of explanations from other texts into the teachings of 'Parting From the Four Attachments'. When you study this text with Khenpo, it really does seem like you get the benefits of many texts by just studying this one. It has been only three weeks into the teachings and I feel we have actually covered so much and with such sweet practical accuracy. Like a kind and gentle remedial massage, when we are willing to be open and explore ourselves, the compassionate points of wisdom Khenpo raises during the Shedra classes can hit just the right spot, releasing within us initially a slight sense of remorse (of how I have misunderstood the Dharma), and then a greater sense of ease, contentment, and then confidence and flexibility. I have not been able to physically attend these classes on Thursday nights this term, yet I am thoroughly enjoying the format of the recordings and its availability via the Net. Not only do I not miss out on the teachings, I also have Khenpo with me over and over again whenever I'm travelling or even walking my dogs on a daily basis. Making simple mundane daily tasks a virtuous and Dharmic experience. Thank you Khenpo la.

David (Sydney)

Just talking amongst ourselves at the Richmond Shedra group, we have found that its almost as if Khenpo is addressing our individual problems and offers us insight and guidance. The text of Nagarjuna's "Letter to a Friend" though ancient have constant lessons within it that are as relevant and current today (maybe even more so) and Khenpo la's method of delivery gives us so much hope and comfort to each and every one of us. We feel so lucky and fortunate to have Khenpo in our lives, for the quality of his teachings touch us each individually. Thank you Khenpo la. **Anne (Richmond)**

ANNUAL SHAMATHA RETREAT

October 2014



Khenpo seems to know what you are thinking sometimes and has the wisdom and gentleness to know just what to say or do. It really floors me how often he does this, I just watch and listen to his normal interactions and learn so much about the Dharma. It's that moment to moment practice that can only come from an honest and genuine compassion that Khenpo lives and we all want to emulate.

The retreat was in a beautiful bush setting, friendly people and fantastic food, this being a great place to spend a week for anyone. We were blessed with the presence of Khenpo la and his teachings on the "37 Practices of a Bodhisattva". A practical guide to living with flawless logic of why to do certain things and why not to do others. All made very accessible by Khenpo la's teaching and guided meditations. It's all available on a memory stick that Linda from the centre can send to you, worth a listen! Thanks to all the students for great group discussions and question / answer sessions lots of fun too, creating an atmosphere of support and genuine concern for each other, so rare and special. I hope to see you all at retreat next year if not sooner. **Dino**



I had the privilege to attend the annual Shamatha Retreat again this year. I came this time trying to keep my expectations in check, due to having such a wonderful time last year I couldn't imagine anything would

'match it'... Oh how I was wrong! Once more, Khenpo la presented the teaching in his now more familiar clear and scholarly fashion, yet something unexpected is happening, the teaching is getting better and clearer for many of us. His use of example, repetition, humour, and anecdotes enhance the teaching in such a way as to make things truly memorable. The things we 'know', like the importance of the Seven Point Posture, regular daily practice, study, developing positive habits and minimising negative ones, using negative experiences and people as part of 'our team', all this comes to light in a stronger more applicable way under Khenpo la's guidance. I, like others, can hear Khenpo la's voice when I have a question or problem. Being able to keep the teacher with you in this way is a gift, a gift he bestows on students with such generosity.

Alongside these wonderful teachings was the Australian Sangha, beautiful people, thank you all. The word 'family' rings in my ears. I hope our small Kiwi contingent keeps growing and that more of us take the opportunity in the future. **Jane**

LHA BAB DUCHEN

Buddha Shakyamuni's descent from heaven.

Thursday 13 November



One of the most auspicious days in the Buddhist calendar where it is said that the Buddha's mother was reborn in *Indra*'s heaven. To repay her kindness and to liberate her, and also to benefit the gods, Buddha spent three months teaching in the realms of the gods.

The auspicious date of **5 November** marked the anniversary of *Khon Konchuk Gyalpo* (1034 - 1102) *The 1st Sakya Trizin*.

As well on this auspicious date of **5 November**, the anniversary of the Great Sakya Lineage Master *Sachen Kunga Nyingpo* (c. 1050 - 1140) was marked.

NATIONAL TEACHING WEEKENDS RONGTON BUDDHIST CENTRE



Brisbane, Queensland

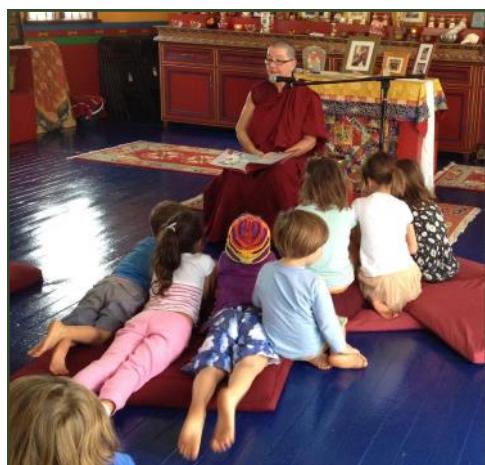
What a special weekend of teachings we had in Brisbane with Khenpo la! "*Recollecting the Triple Gem Sutra*"; drawing from a commentary from the Very Venerable Khenchen Appay Rinpoche, Khenpo la's own very illustrious teacher, made it a truly precious and personal experience for all.

Thank you again Khenpo la. **Ven. Tsultim**

KHACHO YULO LING BUDDHIST CENTRE, Cairns, Queensland



Khenpo la delivered the first part of *Nagarjuna's "Letter to a Friend"*. In his usual clear and concise way, he presented these ageless teachings so that they were accessible and relevant to these modern times. Everyone present gained deeper insight into how to take these teachings and create the basis for a meaningful life. We are looking forward to the second part of these teachings in 2015. **Ani Rinchen**



Ani Rinchen holds regular Children's sessions at her centre in Cairns, photo above.

ALICE SPRINGS, NORTHERN TERRITORY



The Public Talk was on the subject of *Finding Calm in a Busy World*. We were then most fortunate to have two sessions of teachings: *Shamatha* in the mornings and *Parting from the Four Attachments* each afternoon.

Thank you so much to Khenpo la, who once again nudged us back on track! Suffering acutely from 'baby brain' I feel really grateful for the Shamatha teachings in particular as they have blown the cobwebs off my practice and helped me to move forward with more honesty and joy. Thank you, Khenpo la! **Zara**

SAKYA CHOEKHOR LHUNPO CENTRE, Melbourne Victoria



We had a great weekend of teachings with Khenpo. There were 18 people on the Saturday and 12 on Sunday, some of whom were hearing the *Buddhadharma* for the first time. Margarita, who had not heard the teachings before said, "Khenpo's words have absolutely spoken to me! He has talked about things which have been in my mind for several weeks and now I hear teachings on them - this is so timely"! Dori said "Khenpo's teachings seemed to settle the mud of my mind, leaving it clearer and calmer to face the coming week and hopefully benefit all the people with whom I work with". Liz expressed "These teachings are profound and have given me much to meditate on". We all felt calmed, inspired and grounded by



his teachings and his presence. We are grateful for the work of all of you in Sydney do which keeps Khenpo la afloat and enables his visits here. It poured with rain all weekend but the minute the teachings ended a rainbow appeared in the Buddha garden. **Penny**