



Issue 2

June 2011

# 'The Wisdom Age'

Newsletter of Drogmi Buddhist Institute

A Tibetan Buddhist Centre in the Sakya Tradition

## Welcome Back to Khenpo'la 3 April 2011

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In April Khenpo-la returned from Nepal and many of the DBI members gathered at Petersham to welcome him. It was a happy morning of practice including Green Tara and 16 Arhat puja. The space at Petersham was light and warm, the shrine was beautifully prepared which radiated a feeling of pure welcome. It was delightful to see and be with Khenpo-la after his long journey away. Of course we were all aware of Khenpo's sad loss of his precious teacher Khenpo Appey Rinpoche.



Khenpo-la ever so kindly passed on to us some of the moments of his time with Khenpo Appey just before his death. My memory of one aspect Khenpo-la shared from Khenpo Appey's wisdom that is helpful to contemplate, is that one can make much progress in Dharma practice by studying the Sutrayana, and of these being Shantideva's "The Bodhisattva's Way of Life" and the teaching of "The Parting From the Four Attachments" containing the essence of Sutrayana and that one would gain much of the Sutrayana Path by studying them... After many hours of practice we then enjoyed a beautifully combined

effort of lunch together. We set off home in high spirits from the day's gathering, thinking we would join Khenpo-la again in the near future when he would visit and teach at Bermagui. However, as impermanence continually teaches us having certain ideas is only possible until the next change occurs and this change was sadly the passing of Khenpo's brother Tenpa due to which he needed to return to his home in Nepal. We think of him and his family in our prayers daily...

Joe

## Easter Weekend Mindfulness Retreat Revisited



Khenpo Ngawang

Dhamchoe

Easter Retreat 2011

Arahat Lodge

Blue Mountains

### Excerpts from Teachings by Khenpo Ngawang Dhamchoe on Mindfulness and Vigilance

It is so important every day to have strong defence for our mind. The mind is like a wild animal and can do even more damage than a wild animal when let loose. If we control our mind, we have control of our whole life. The best way to protect our mind is to have mindfulness and vigilance.. We all have the potential to be happy or unhappy, and the mindfulness helps us choose what is right or wrong.

Vigilance works closely with mindfulness. It is like the part of mind that continually checks or spies on our mindfulness to make sure it's still focused. With a lack of vigilance we can go out into the world and forget everything.

With these two we can constantly check our mind and eventually correct our negative mind. Like training a wild animal, you have to calm it down before you can catch it; then when you catch it, you can start to tame it and train it. If we constantly maintain mindfulness, it becomes effortless, second nature and a permanent defence against negativity and non virtues.

Mindfulness is like the rope attached to a wild elephant to bring it under control.

(Continued page 2)



We start with the right intention as this is always important. There are 3 intentions. The 1st one is just an ordinary intention. Wishing to have a good, happy and peaceful life. This is an ordinary intention. Then the 2nd intention is not just to have good health, peace and happiness. It is the intention when we think, "I must be free of all sorts of trouble to reach enlightenment myself". This is extra ordinary intention. Then the 3rd intention is like "I must attain enlightenment to help entire beings". This is a supreme intention. Because there are 3 types of intention, again, it is good to choose whatever one is suitable for you. Whatever you think is proper or more relevant to you. So just start from that intention. Without training or the experience of practice we cannot start the supreme intention. It is a bit hard, so it is always good to start from an ordinary intention. Just normal; we shall have good health; we shall have a peaceful life; a happy joyful life. That's OK. That's a kind of positive start and then from there you may be aware "I can do much greater than that". So when you realise "I can do much greater than that" this leads you to the 2nd the extra ordinary motivation. We think "not only in just this life I can do much greater, I can reach self enlightenment". Then when you travel on the path and almost reach enlightenment, again you realise there is another opportunity, such as "I can have the intention to help all beings". That leads you to the supreme intention. So just give 2 minutes to consider whatever is suitable for you about these 3 intentions. To reflect upon and then to create this motivation is very important. This is because the motivation is the leader or the guide of our journey, because if the intention is wrong, the wrong intention leads us to wrong directions. If you have got the right intention, the right intention leads us in the right directions. So really who leads our life depends on our motivation. So therefore, it is important right at the beginning to correct oneself to create the right motivation. If it is the right one then keep it, if you think it is wrong you change it for your own benefit. *Transcribed by Emily*

.....and here I was holding the ladder, while Khenpo put up the Thangka.... New perspectives: get to know the condition of your mind, investigate, with diligence and faith—Protect the mind!

I feel deeply grateful to all of you, who made up this healing space, walks to the river and crackling fire, bells, limes and hot cross buns... training, taming, transforming and planting positive seeds, on the Path.

*Anita*

Continued page 1...

Like the elephant keeper holding the elephant's rope, vigilance makes sure the rope doesn't break and that the elephant has what it needs, tying the mind to virtues and gradually shortening the rope to bring the mind even closer to virtue.

When our mind is deluded we lose a sense of what is right and what is wrong. Our mind is negative like a thick cloud and we have no awareness of wisdom. This is due to the lack of mindfulness and vigilance.

When nothing bothers you it is a sign that mindfulness training has been successful...

During the Easter break of 2011 I decided to do something totally different. I was in need of some time out when I picked up some information about this retreat at my very first meeting with Khenpo at Richmond, only a week or so beforehand. I am a total newcomer to Buddhism. The retreat presented me with an opportunity to learn about mindfulness and to learn more about meditation. I came home after 3.5 days with so much, including 12 pages of hand written notes (which I have shared with my husband at mealtimes), the calming effect of noble silence and best of all, I found my singing voice.. We sang / chanted the mantra 'Tayatha Ta Om Muni Muni Maha Muni Sakya Muni Svaha', so many times that I still sing or hum it to myself. I have never sung so much since childhood, and having always been very self conscious about singing, but this is different. Probably, learning it in a group situation, along with Khenpo, made it easy. Who knows where this will take me now... perhaps I will learn another mantra next time. For the time being, I love this one. AND the food..... so yummy. I am keen to stay in touch with the group and keen to learn more. *Irene*

I enjoyed the peace and quiet that is difficult to find amidst my busy city life. What was most meaningful for me was that each of us were there to bring benefit into our own lives as well as the lives of others. I have found that my mind was more focused after the retreat and aspire to improve on this... I am very grateful to the organising of this retreat and for such a great job in the kitchen! *Peter*



Tsechen Kunchab Ling the Seat of His Holiness the 41st Sakya Trinzin in Walden New York USA will be hosting His Holiness and the most precious *Lam Dre* teachings from 1 - 30 June 2011. On Saturday, June 18, in the presence of His Holiness Sakya Trinzin, the Sakya Centres of the Western Hemisphere and other organisations will offer a formal ceremonial request for His Holiness' long life (*Tenshung*) The following day, Sunday June 19, Venerable Khenpo Kalsang Gyaltzen and temple members welcome everyone to a celebration of the opening of the new temple building and a long life empowerment (*Tsewang*) bestowed by His Holiness Sakya Trinzin.

DBI on behalf of members contributed to the building of the temple, modest was the offering, yet none the less it was made. If you are interested for more sponsorship opportunities you can visit their website: [www.sakyatemple.org](http://www.sakyatemple.org) There will be a mandala and candle offering to His Holiness Sakya Trinzin during this time from DBI. If you would like to contribute to this please contact Vanessa at: [vanhowie@hotmail.com](mailto:vanhowie@hotmail.com) by 10 June.



His Holiness the 41st Sakya Trinzin  
Bestowed the precious '*Lam Dre*' teachings 2009  
Sydney for the Drogmi Buddhist Institute

## Catching up at the Committee Corner

The last few months have been very busy for the Drogmi Buddhist Institute Committee, with Khenpo's arrival back in Australia and the 2011 Spiritual Program well on it's way. In order to provide a direction for our efforts, the DBI Committee has identified the following priorities for 2011:

- ◆ Supporting Khenpo in providing a comprehensive spiritual program that is accessible for both newcomers and practised students.
- ◆ The launch of DBI membership and ongoing communications and links with Khenpo's students across Australia.
- ◆ Finding suitable accommodation for Khenpo in Sydney and base for DBI.
- ◆ Strengthening the DBI Committee and implement systems to support our work.
- ◆ Building on the fundraising and financial support for DBI

A key priority over the last few months has been to look for new accommodation for Khenpo in Sydney and a base for DBI. We are pleased to advise that we have been successful in our quest and as of May Khenpo and DBI will be moving into our new premises at **37 Albert Parade Ashfield.**

The opportunity to support such a great master like Khenpo teaching the Dharma within Australia through our centre like Drogmi Buddhist Institute and other affiliated groups across Australia is a great opportunity for us as Dharma students.

The success our centre comes through grace, wisdom and leadership of our teacher. It is how we work together as a group, bringing together the various efforts that provide the ongoing support of our teacher and his vision of teaching the Dharma.

We are all so blessed to have such a great teacher as Khenpo-la who has made a commitment to stay and teach the Dharma in Australia. We do ask all of Khenpo-la's students across Australia to consider how you may be a part of the Drogmi Buddhist Institute in our ongoing efforts to support Khenpo-la and in turn the great Sakya Tradition in Australia.

Please remember Annual Centre Membership is available online at [www.drogmi.org](http://www.drogmi.org) for only \$75.  
This is a way to support the efforts of Khenpo-la and Drogmi Buddhist Institute.

## Saga Dawa



***'Do not do anything harmful;***

***Do only what is good***

***Discipline your own mind***

***This is the teaching of the Buddha'***

Saga Dawa Duechen is celebrated each year on full moon day of the fourth lunar month, and commemorates the date the Buddha entered the womb, His enlightenment and this date also marks the anniversary of His Parinirvana meaning "final disappearance". This is considered to be the most auspicious day in the Buddhist calendar. Falling this year on 15 June 2011. The birth of the Buddha falls on the 8th of June referred to as Saga Dawa.

Saga Dawa Duechen is one of the Four Wheel of Dharma days where it is said the effects of karma of our positive and negative actions are multiplied 10 million times on this day.

Khenpo-la in past years has suggested for us to make a special effort to do as much practice as we can in this month. To be in awareness that this is a special time for practice and to make a special commitment to incorporate as much of it as we can in each day.

As an offering, try to be vegetarian for this whole month or the first 15 days, or just as often as you can.

Another suggestion to assist us in making the most of this special month is to take precepts for the month, or the first and the last of them for a month. Or we could chose a precept we have the most difficulty with and take that one for the whole month, or at least the first 15 days..

This is a extraordinary opportunity to accumulate the two merits, to pray for the flourishing of the Dharma, to dedicate and offer that for the long life of our most precious teacher, to all the great masters and teachers and to the benefit of ALL sentient beings...

**Take note of the special practice program at DBI during this auspicious time; come and join us.. see June calendar page 6**

### Shamatha Retreat 2010 revisited...

#### Looking Back on 'The Seven Point Mind Training' Teachings

*Homage to great compassion!*

*The essence of this nectar like instruction*

*Was transmitted by Ser - lingpa.*

*Like a diamond, the sun and a medicinal tree*

*The meaning of this text should be known.*

*The upsurge of the five degenerations will be transformed into the path to enlightenment*



#### Seven Point Mind Training by Chekhawa Yeshe Dorje (1101 - 1175)

The 2010 October retreat was a timely reminder to me of the need for and the great benefit of retreat. A teacher once commented that the most useful thing to do in ones life is to do retreat. I do understand that to really develop our mind we need time in retreat. It is like an intensive practice; not just for a few minutes or an hour a day. In retreat your whole focus is your meditation and developing and improving ones mind. The benefits of this are you have the greater potential to be a better and happier person post retreat, then in turn a greater capacity to help others.

The October retreats are always of a lengthy duration; enough time to settle the mind and begin to do some meaningful work on it. All done in peaceful surrounds and under expert guidance of an authentic Buddhist teacher such as Khenpo-la. Khenpo-la taught from the text Seven Points of Mind Training, a truly remarkable instruction on how to tame the mind in a very practical way... Ann

# Annual Shamatha Retreat 2011



## **Acharya Kamalashila** (above)

“Acharya Kamalashila was a great scholar-saint of the 9th century and a disciple of the great abbot *Shantarakshita*. It was due to the compassionate activities of such great teachers as these that a complete and unmistakable form of the Buddha’s teaching flourished in Tibet. *Kamalashila* played a unique role in this because he was the first Indian scholar-saint to compose a significant text in Tibet with a view to the needs of the Tibetan people and with the intention of dispelling the misunderstandings then prevailing there. Unfortunately, due to the turmoil of our times, and particularly the tragedy that has befallen Tibet, serious students and practitioners have long been deprived of the opportunity of listening to, reading, thinking about, or meditating on such an important text.”

An excerpt from His Holiness the Fourteenth Dalai Lama, ‘*Stages of Meditation*’, root text by

***Kamalashila***.

## What is Shamatha Meditation?

“*Shamatha*” or “Calm Abiding” is the placing of one’s mind on a single object and maintaining that placement, without fluctuation, on the object. Thus the mind is trained to single pointed concentration and develops clarity and with time and practice - special insight arises or “*Vipassana*”.

*Shantideva* states in “*A Guide to the Bodhisattva’s Way of Life*” or in Sanskrit “*Bodhisattvacharyavatara*” says:

**“Knowing that special insight endowed with calm abiding thoroughly destroys the afflictive emotions, one must initially seek calm abiding. It is achieved by those liking non-attachment to the world”.**

During this 8 day retreat Khenpo will give detailed explanations on Shamatha Meditation, blended with theory and practice sessions. This is a superb opportunity to spend just over a week practising meditation techniques in a peaceful surrounding. It is not compulsory to attend the full retreat. If you have limited time you are very welcome to register and attend on a daily basis.

Khenpo’la will offer commentary on the ancient root text written by the scholar– saint *Kamalashila* “*Stages of Meditation*” in daily teaching sessions as well... Truly an opportunity not to be missed.

## ***Stages of Meditation***

*By Acharya Kamalashila*

The spiritual paths that are the right and left hand of Buddhist practice ‘*method*’ and ‘*wisdom*’ are the subject of “*Stages of Meditation*”. These essential paths - method by practice of Bodhicitta developed from compassionate thought and wisdom by contemplation and realisation of emptiness or interdependent origination are founded by *Kamalashila* in this very ancient 9th century text.

## **Annual Shamatha Retreat Details:**

**Friday 30 September to Saturday 8 October 2011**

**Dormitory: \$800. Members of DBI / or Early Bird - \$720 (Both \$640).**

**Camping: \$720. Members of DBI /or Early Bird - \$650 (Both \$580).**

**Early Bird discounts when full payments received by 10 September 2011.**

**Note: For more information on any of the courses, retreats or teachings please feel free to contact us by email or check our website, details below.**

Bookings are essential by emailing: [info@drogmi.org](mailto:info@drogmi.org). Costs include all teachings, accommodation, meals and refreshments. Full payment can be made via website [www.drogmi.org](http://www.drogmi.org) or by sending cheque/money order addressed to **Drogmi Buddhist Institute P.O. Box 388 Strathfield NSW 2135.**

**Special Note:** Please contact us if you are finding it financially challenging to attend retreat .

# June 2011 *A Sakya Calendar*



Precious Anniversaries, Special practice days in the lunar month and DBI Spiritual Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 'Lam Dre' teachings in USA commence with HH Sakya Trinzin <b>A</b> Bodong Chhokley Namgyal	2 <b>x</b> 	3	4	5 9 - 10am Green Tara 10 - 11am Shamatha <b>A</b> Jamyang Thutop Wangchuk
	7	8 Birth of Buddha Shakyamuni <b>Chenrezig</b> 7:30 - 9pm Zimhog <b>A</b> Tenzin Nyendak	9   <b>A</b> Panchen Ngawang Choedak	10	11  <b>A</b> Trichen Ngawang Kunkhyen	12 10 - 11am Shamatha
13 49th day of the passing of Karma Tenpa Gyalsten Chenrezig 7:30pm <b>A</b> Dampa Rinpoche Shenphen Nyingpo	14 Introduction to Buddhism Course 7:30 - 9:30pm Ashfield 	15 <b>Saga</b> <b>Dhawa</b> <b>Duechen</b> <b>Chenrezig</b> 7:30 - 9pm   	16	17	18 Long Life Ceremony (Tenshung) for HH Sakya Trinzin USA	19 10 - 11am Shamatha
20	21	22 <b>Chenrezig</b> 7:30 - 9pm	23  <b>A</b> Mahasiddha Virupa	24	25	26 10 - 11am <b>x</b> Shamatha   <b>A</b> Norchen Kunga Zangpo
27	28 <b>A</b> Ngorchen Sangye Senge	29 <b>Chenrezig</b> 7:30 - 9pm	30 'Lam Dre' teachings conclude  			



New Moon



Full Moon



Anniversary Day of  
Sakya Masters



**Baden x** Inauspicious  
for hanging prayer flags



Dharma Protector's Day



Medicine Buddha  
8th Day of lunar  
month



Tara



Dakini Day



Buddha's Day



Sojong

- ◇ Buddha's Day are the 4 great festivals during the year relating to the life of Buddha Sakya-muni
- ◇ Sojong is the day for purification by confessing sins to one's spiritual teacher or in front of holy shrine.
- ◇ 8th day of the lunar month is a Medicine Buddha and Tara day.
- ◇ Saga Dhawa Duechen: Buddha entering the womb, attaining enlightenment & passing into Parinirvana

# July 2011 *A Sakya Calendar*

Precious Anniversaries, Special practice days in the lunar month and DBI Spiritual Programme



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 	2	3 9 - 10am Green Tara 11 - 12pm Shamatha
				<b>A</b> Jhu Mipham	<b>A</b> Kunkhyen Sangye Phel	
4	5	6 Birthday of His Holiness the 14th Dalai Lama  Chenrezig 7:30—9pm	7	8    	9	10 10-11am Shamatha   <b>A</b> Palden Tsultrim
11 Jamyang Donyoe Gyaltsen <b>A</b>	12	13 Chenrezig 7:30 - 9pm	14 	15 Zamling Chisang: Universal Purification Day 	16 Merimbula Teaching Weekend 15 - 17 July	17 10 - 11am Shamatha
18	19	20 Chenrezig 7:30 - 9pm  Dromton Gyalwai Jungney <b>A</b>	21 Palchen Oedpo, Khyentse Wanchuk, Ludub Gyatso <b>A</b>	22  	23 	24 10 - 11 am Shamatha
25 	26	27 Chenrezig 7:30 - 9pm	28	29  	30 Gympie teaching weekend  Khyenrab Jampa <b>A</b>	31  10 - 11am Shamatha



New Moon



Full Moon



Anniversary Day of  
Sakya Masters



Baden **x** Inauspicious  
for hanging prayer flags



Dharma Protector's



Medicine Buddha

8th day of the lunar  
month



Tara



Dakini Day



Buddha Day



Sojong

## ANNOUNCEMENT

Please note Drogmi Buddhist Institute's  
address is :

**37 Albert Parade Ashfield  
as of June 5 2011**

- \* Merimbula weekend teachings
- \* Gympie, Queensland weekend teachings

# August 2011 *A Sakya Calendar*



Precious Anniversaries, Special practice days in the lunar month and DBI Spiritual Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 Choekhor Duechen Buddha turned the wheel of Dharma for the 1st time Chenrezig 7:30pm 	4	5	6 Milton weekend teachings 	7  9 - 10am Green Tara  10 - 11am Shamatha 
8  Guru Padmasambava's birthday	9	10 Chenrezig 7:30 - 9pm	11	12 	13   <b>A</b> Je Gampopa	14 10 - 11am Shamatha Nesarwa Kunga Legjung <b>A</b>
15	16	17 Chenrezig 7:30 - 9pm  <b>A</b>	18 Butoen Rinchen Drub	19	20	21 10 - 11am Shamatha
22 	23	24  Chenrezig 7:30 - 9pm Lama Dampa Sonam Gylatsen <b>A</b>	25	26	27	28 10 - 11am Shamatha  
29  <b>A</b> Gorum Kunga Legjung	30 <b>A</b> Drogon Chagna	31 Chenrezig 7:30 - 9pm				

-  New Moon
-  Full Moon
- A** Anniversary Day of Sakya Masters
-  Baden *x* Inauspicious for hanging prayer flags
-  Dharma Protector's Day
-  Medicine Buddha
- 8th day of the lunar month*
-  Tara
-  Dakini Day
-  Buddha Day
-  Sojong

**ANNOUNCEMENT**

Please note Drogmi Buddhist Institute's address is :

**37 Albert Parade Ashfield  
as of June 5 2011**

- Milton NSW teaching weekend 5 - 7 August

## Sangha Programme Throughout Australia

Sydney/Blue Mountains weekly teachings with Khenpo-la

### Shedra programme of study - 18 July to November 2011

- ⇒ (Mondays/Richmond) ***Nagarjuna's Letter to a Friend.***
- ⇒ (Tuesdays/Ashfield) ***Bodhicharyavatara (The Way of the Bodhisattva).***
- ⇒ (Wednesdays/Katoomba) ***Bodhicharyavatara (The Way of the Bodhisattva).***
- ⇒ (Thursdays/Ashfield) ***Madhyamikavatara (Middle Path).***

### Regular Meditations at 37 Albert Parade ASHFIELD (Please note new address of centre) !

- ◇ Every Sunday: 10 - 11am *Shamatha Practice* (Calm Abiding Meditation).
- ◇ 1st Sunday of the month: 9 - 10am *Green Tara Puja.*
- ◇ **Wednesday Evenings: 7:30pm *Chenrezig:***  
*Buddha of Compassion practice. All Welcome*

### Introduction to Buddhism Course

This will be held at Ashfield and conducted by one of Khenpo-la's senior students. Tuesday evenings from 14 June - 12 July, 7:30 - 9:30pm.

#### Sunday 5 June:

The regular practice program will recommence at the new premises.

Green Tara Puja: 9 - 10am

Shamatha Practice: 10 - 11am

Green Tara practice is a very good way to begin our Dharma activities at the new premises, as Green Tara is the Buddha of activity. If you can join us on that day it would be very special.

#### Wednesday 8 June:

This is the birthday of Buddha Shakyamuni. On this day it is good to bring offerings for the shrine such as candles and flowers.

Lamp Offerings followed by Chenrezig Practice: 7:30 - 9pm at Ashfield.

#### Monday 13 June:

This will be the 49th day of the passing of Khenpo-la's brother Karma Tenpa Gyaltsen. Lamp Offerings followed by Chenrezig Practice: 7:30 - 9pm.

#### Tuesday 14 June:

Commencement of Introduction to Buddhism course.

Weekly on Tuesday nights until 12 July: 7:30 - 9:30pm.

#### Wednesday 15 June:

This is the most auspicious day in the Buddhist calendar and A Wheel of Dharma Day, Saga Dawa Duechen. It marks 3 special dates; the date the Buddha entering the womb, attained Enlightenment and passed into Parinirvana.

It is very good to practice Dharma on this day and to bring offerings for the shrine such as flowers and incense.

**One of the most important and beneficial ways that we can all aid and support Khenpo-la as his students in helping him achieve his goals and visions of the Dharma here in Australia and abroad is to come together at least once a year in retreat and practice as a group. A precious opportunity...**



### National dates

Merimbula (NSW)	<b>15—17 July</b>
Gympie (Qld)	<b>29—31 July</b>
Milton (NSW)	<b>5—7 August</b>
Dubbo (NSW)	<b>9—11 September</b>
Melbourne (Vic)	<b>23—25 September</b>
Alice Springs (NT)	<b>4—16 October</b>
Bermagui (NSW)	<b>21 - 23 October</b>
Gympie (Qld)	<b>28—30 October</b>
Cairns (Qld)	<b>11—13 November</b>



## Green Tara Retreat

April 2011

Khenpo's first teaching for the year at Dharma Chakra Gompa was a great success. With 18 student's attending with 3 robed Sangha was really wonderful to see. Khenpo went through the sadhana of Green Tara explaining the role of the

21 Tara's and their attributes. Khenpo took everyone through guided meditation on Sunday which was one we have not had before. It was truly beneficial to all those who attended. It was my privilege to be able to man the kitchen for 2 days whilst Sandra attended the retreat.

### *Rob*

It was a great weekend of teachings with Khenpo-la at the Dharma Chakra Gompa, hosted by Rob, Sandra and the girls. As usual Khenpo gently guided us with his customary skill and insight, through the fascinating background and practice of Green Tara. Representing the Enlightened activities of the Buddha's. Khenpo-la drew our attention to the great importance that Green Tara played in the development and inspiration and integration of Buddhism in Tibet, both spiritually through Atisha Dipamkara, and spiritually and culturally through King Songten Gampo. Sunday morning saw Khenpo-la take us through a wonderful guided meditation on the Four Immeasurable Thoughts that re-invigorated the heart and stimulated the mind. It was inspirational, practical and revealed to all who attended how rare and precious teachers like Khenpo-la are. Naturally that just left us with one question! When can you come again Khenpo-la?? Thank you again!

*Venerable Lekshe Tsultim*



Retreatants of Green Tara Retreat Gympie Queensland April 2011 with Khenpo Ngawang Dhamchoe

### Dedication to Karma Tenpa Gyaltsen

Many of us have met Tenpa on one of Khenpo's many pilgrimages to the holy sites in India, Nepal and Bhutan, when Tenpa often assisted Khenpo-la in ensuring all of the pilgrims were safe and happy in their travels. He showed great patience and good humour in all his efforts for the group and for this we are truly grateful. We ask that you dedicate your practices for Tenpa's swift human rebirth and for Khenpo-la and all his family at this time... *Ann*

I feel very blessed to have spent time with Tenpa on pilgrimage recently. I was so touched witnessing Tenpa's dedication, generosity, patience and kind hearted care for his parents, his family including Khenpo-la and those of us he barely knew. Tenpa showed me how to have true respect and loving kindness for others. Nothing was ever too much for him and was always accompanied with a smile. Tenpa was a wonderful example of an excellent Buddhist practitioner, and I feel indebted to him for his fine model of how to live a good Buddhist life.

My heart and prayers go out to Khenpo-la and his extended family. The loss of Tenpa, such a fine and beautiful person will be felt by many.

*Annie Ray*



Karma Tenpa Gyaltsen



*Khenpo-la with his eldest brother Tenpa, Nepal 2010*