



'The Wisdom Age'

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

Issue 20
**January &
February 2015**



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E: info@drogmi.org

T: +61(02)8005 1757

www.drogmi.org



Dear Dharma Friends,

Again another year has passed. I feel 2014 especially was a very successful year and I would like to say thank you to the Centre Committee, Sponsors, Friends and all the groups that hosted my teachings throughout that year.

I always strongly believe the most help in our life is the dharma, so this dharma is given by the most kind Lord Buddha to us. Besides dharma there is nothing else to free us from struggling and to bring happiness, so my main message is; everyone try as much as you can to study, reflect and practice dharma in this life, it is the most helpful for this and future lives.

Recently the centre celebrated my 20 years in Australia, so these 20 years are not my personal achievements, rather it is a celebration that 20 years we have not wasted, we bind the Buddhadharma with our life. In that sense it is very valuable to celebrate the last 20 years that you have supported me to keep alive the Buddhadharma in Australia and in our life.

A very heartfelt thank you to all the committee and friends in Australia who put so much effort into such a great celebration, so I would like to thank everyone who came together to celebrate these 20 years.

I sincerely wish all the teachers from all schools, may they live a long life and may the Buddhadharma flourish in the entire world, may all students and dharma practitioners be free of all their obstacles and have success in their practice.

The power of interdependent nature, all the masters and students become on a single intention, to free all beings from all sorts of struggling and delusions and temporarily find peace and happiness and all beings reach Buddhahood.

I strongly recommend to participate in the coming visit by Kyabje Luding Khen Rinpoche. He is one of the finest Gurus in modern times, so it is worthy to receive such a great empowerment from Him.

May all of you have good health, a successful

year, and take great care this holiday season. If possible to make one resolution, to avoid one thing that harms you and others for this New Year. I look forward to continuing teaching throughout the year. Happy New Year to all.

May all beings have peace and happiness.

Yours in the Dharma,
Khenpo Ngawang Dhamchoe

His Eminence Kyabje Luding Khen Rinpoche arrived in Australia on Christmas Day, greeted at Sydney Airport by His Eminence Aenpo Rinpoche, tour host Khenpo Ngawang Dhamchoe and representatives from the various Sakya Centres in Sydney. His Eminence was remarkably relaxed and rested after such a long flight. His Eminence was then offered a formal welcome ceremony at Drogmi Buddhist Institute Centre which included a mandala offering from Khenpo la and a tea and auspicious rice offering. A large group gathered to welcome His Eminence.

From 27 December to 1 January, His Eminence so kindly bestowed seven Empowerments at DBI, including Vajrapani, on which was given detailed teachings for two days on the sadhana and retreat. The other empowerments were Green Tara, Panishavari, Dorje Namjom-ma, Chenrezig, Medicine Buddha and the Uncommon Six Dome White Tara on New Years Day morning.

Large groups gathered to take this opportunity of receiving empowerments and teachings from such a revered and respected Buddhist Master. His Eminence is so warm and generous, you can see each moment the Buddha nature beaming from His being. To have a Vajra Master in our midst, helping us, is of such profound great fortune.

On 2 January, His Eminence then commenced His Australian Tour. We wish His Eminence great and wonderful success in all His dharma activities here in Australia and around the world.

Cont. page 3...

Vajrayogini Blessing & Teaching offered by
His Eminence Kyabje Ngor Luding Khen Rinpoche
76th Throne Holder & Head of Ngorpa School in the Sakya Tradition
23 January to 7 February 2015



Drogmi Buddhist Institute and Kyegu Buddhist Institute are honoured and very pleased to announce that *His Eminence Luding Khen Rinpoche* has kindly agreed to bestow the precious Vajrayogini Blessing and Teaching in Sydney. Drogmi Buddhist Institute and Kyegu Buddhist Institute are joint hosts for this very special program.

The main teachings to be given by *His Eminence* during His 2015 Australian Tour are the Vajrayogini Teachings. The requirements and prerequisites for attending the teachings are that you have received the Vajrayogini Blessing and it is preferred that you also have received the Chakrasamvara Empowerment. If not the Hevajra Empowerment is acceptable.

The practice of Vajrayogini is one of the swiftest tantric methods to achieve enlightenment within this lifetime. There are many stories of great Indian and Tibetan Masters attaining the Vajra state of Vajrayogini.

It is a practice that is achievable in our everyday lives.

His Eminence Luding Khen Rinpoche arrived in Australia 25 December, commencing an exceptionally full schedule touring Australia up to 14 February, at the official invitation of Khenpo Ngawang Dhamchoe.

For the full program of *His Eminence's* teachings at Sakya Centres around Australia please visit:

www.drogmi.org

VENUE: Vajrayogini Empowerment and Blessing Days will be held at KBI 6 Lambs Road, Artarmon.

VENUE: Vajrayogini Teachings to be held at DBI Centre / 25 Dalmar Street Croydon .

For bookings, payments and further information:

T: +61 (0) 2 8005 1757

E: info@drogmi.org

W: www.drogmi.org

Packages & Concessions available.



Kyegu Buddhist Institute
A Tibetan Buddhist Meditation Centre - www.kbisydney.org



Drogmi Buddhist Institute
A Tibetan Buddhist Centre in the Sakya Tradition

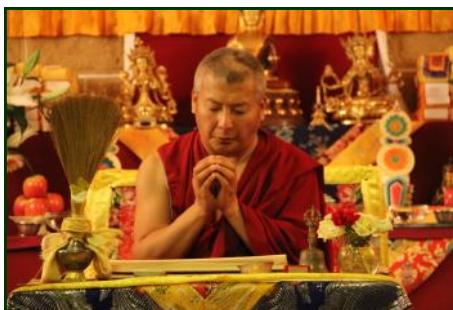
**HIS EMINENCE KYABJE NGOR
LUDING KHEN RINPOCHE
AUSTRALIAN TOUR BEGINS**



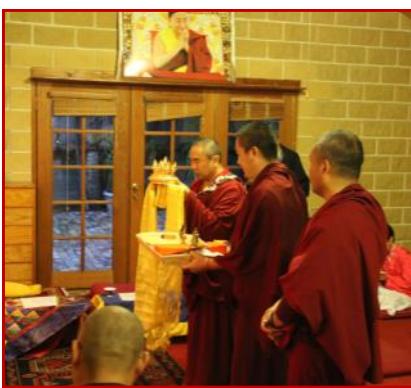
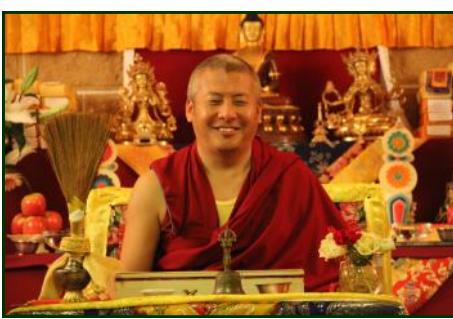
On 25 December at 6pm His Eminence Kyabje Ngor Luding Khen Rinpoche arrives at Sydney airport greeted by His Eminence Aenpo Rinpoche, tour host Khenpo Ngawang Dhamchoe and many devotees and students of Sydney Sakya Centres.



Below photos of His Eminence during His preparation of *Green Tara* Empowerment and Khenpo la reciting mantra.



Middle column photos: *Vajrapani* Empowerment bestowed by His Eminence followed by two full days of teachings on the sadhana and retreat at Drogmi Buddhist Institute.
Right top column photos:
His Eminence explaining details of retreat.



KHENPO NGAWANG DHAMCHOE'S 20th ANNIVERSARY CELEBRATION IN AUSTRALIA

On the weekend of the 13 and 14 December a number of important events took place to celebrate Khenpo Ngawang Dhamchoe's twenty years of living and teaching the precious dharma in Australia. The committee and centre members wish was for Khenpo la to sit back and enjoy the gatherings held in his honour.



The theme of this celebratory weekend was "joy". It began with a wonderful luncheon hosted by long term committee member Suzi Walker and her husband Peter Walker, in their rainforest garden in the Blue Mountains.



The event was attended by special guests from The Office of Tibet in Canberra, His Holiness the Dalai Lama Representative in Australia Mr Lhakpa Tshoko and also Ven Tenzin Choepak and Mr Jope.



Also attending was Traleg Khandro and other who have supported of Khenpo la over the years.



Mr Lhakpa Tshoko reminded us all of the amazing sacrifices teachers such as Khenpo la make to teach outside their homeland. He talked about the high regard in which Khenpo la is held by all that meet him. Khenpo la was offered by the centre members twenty gold pieces, to signify each year he has remained Australia Turning the Wheel of Dharma.



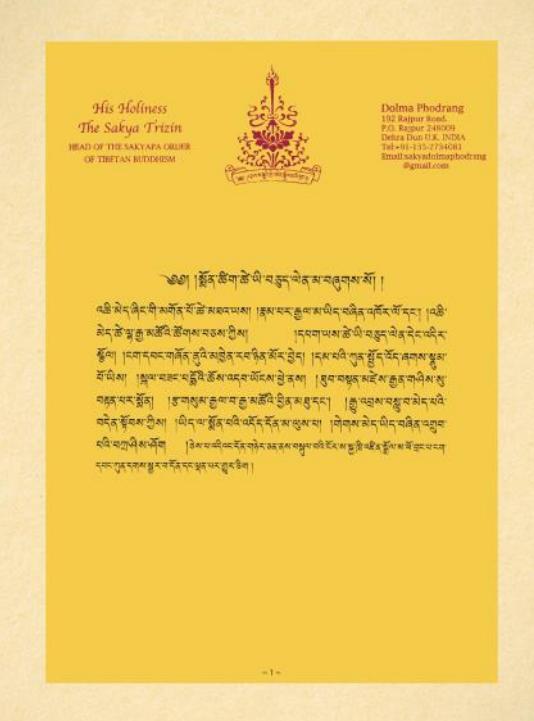
and an auspicious tea and rice offering. During the puja, people were asked to share some of their experiences with Khenpo la over the years. Those not able to attend, were invited to send messages via email to be read out during the proceedings. It was very touching and inspiring to hear how many people Khenpo la has helped over the years.



The following day, the focus moved to Sydney, where on 14 December members and friends gathered to practice the Sixteen Arhat Puja dedicated to Khenpo la and all our dharma teachers. The practice included an elaborate mandala offering by students



One special guest, the most Reverend Bill Cruise, sang a beautiful Christian rejoice song dedicated to Khenpo la. There were few dry eyes in the gompa...
Cont. page 5....



Khenpo Ngawang Dhamchoe's Long Life Prayer

To the Lady Ushnisha-Vijaya
To the Queen of Longevity
Invoking the Nectar of Longevity

Chi mey zhing gi po tsu ta yoy
Nam par gyal ma yi zhin khoe lo dang
Chi mey tsu lha gya tuo tsog che kyi
Pig yay tsu yi chen len deng dir sol

From the realm of Lord of deathlessness
Ushnisha-Vijaya with fulfilling wheel
Heart of assemblage granting deathlessness
Today rain down nectar of long life.

Nga wang zhon mu kyen rab nyin mor je
Dzong pe kyan cheo zhang munu so yi
Kai zang mo 'i cho bla yang che ne
Thab ten dre gyan shi tsen par mon

Vigorous Ngawang's knowledge light the day
Through the mist of lucid (clam) moral deeds
Open many petals of Dharma (choe)
Bounteous flower garland long remain.

Tsa sum gyal wa gya tsorj jin tu dang
Gyu dre lu wa mey pey don tob kyi
Yi la mon pey doe don ma lu pa
Gek mey yi zhih drubh pey ta shi shog

By the blessings of the Trinities
By the force of cosmic golden rule
By the union of the truth and like
May your wishes ripen unobstructed.

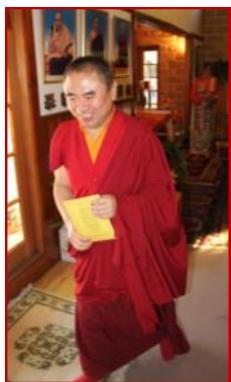
TASHI-- SHOK--

On the face of the repose from faithful devotes, I Sakya Trizin Kunga, composed this prayer
at the Celestial Palace of Tara - Dolma Phodrang. May this be beneficial and meaningful.
(This prayer was kindly translated into English by His Eminence Zimwock Tulu Rinpoche on
the Auspicious Occasion of Khenpo Ngawang Dhamchoe's Twentieth Anniversary Celebrations
in Australia 2014.)



During the puja it was announced that His Holiness the Sakya Trizin, at the request of many students and friends of Khenpo la, had written a Long Life Prayer for Khenpo!

The prayer was recited along with the Long Life Prayers for the great Sakyas Masters at the end of the puja. A very special thank you to His Eminence Zimwock Tulku Rinpoche for translating the prayer into English, and for contributing for a very special moment in the history of Drogmi Buddhist Institute.



The puja was then followed by the book launch of *Uluru, My Heart Place in Australia*. This book is an account in photographs and quotes of Khenpo la's teachings from the Uluru Retreat Khenpo la lead in 2014, and the launch coincided with

this most auspicious event.



Later that evening, there was a celebratory dinner held at a local restaurant. Those in attendance included special guest the President of the NSW Buddhist Council Mr Brian White, and representatives for His Eminence Aenpo Rinpoche. Mr White and Aenpo Rinpoche via a letter which was read out by the Kyegu Buddhist Institute President David Yeats, spoke warmly about Khenpo la, and highlighted the great and lasting contributions he has made to spreading the precious Buddhadharma in Australia and around the world.



The weekend was a wonderful celebration of a truly authentic and skilful teacher. It showed that though it is extremely important to hold such events, it is also important that as a sangha we support our teachers in their grand vision and in the many dharma activities they wish to pursue. Thank you Khenpo la on behalf of us all for remaining for twenty years in Australia. May you live a long and healthy life and have great success in all Your Dharma activities.

Ann



SHEDRA PROGRAMME FOR 2015

Term 1

Richmond:	Monday nights 7:30 - 9pm 13 April - 4 May
Topic:	Meditation / Introduction, Loving Kindness, Compassion, Shamatha
Lawson:	Wednesday nights 7:00 - 8:30pm 15 April - 6 May
Topic:	Meditation / Introduction, Loving Kindness, Compassion, Shamatha
Sydney:	Thursday nights 7:30 - 9:30pm 16 April - 7 May
Topic:	Recollecting the Triple Gem



Above photos taken at the end of Shedra classes 2014.

HEALTHY MIND

The most difficult conquest is the anger mind. It is far more dangerous than external enemies. *Shantideva* said that the worst thing external enemies can do is to take your life. Of course, if you believe you have only one life, this is the worst thing that can happen, yet if you believe in the continuity of the mind stream, existence in the hell realms would be immeasurably worse, such that the human mind cannot comprehend. No other being can cause us such suffering - only your own anger mind can do this. The greatest danger to us is from our own mind.

Many people complain that it is very hard to practice meditation. We should reflect on why we think this. Actually, there is little discomfort, but great gain. When we train our minds in love and compassion we will begin to banish pain and confusion. The problem for many of us is that we resist getting started. Our mental habits restrain us. Although once we start recognising disturbing thoughts and meditating on them, we will begin to experience greater peace of mind and happiness. It is beneficial to meditate with the mind in a pure and peaceful state, because our distracted mind, our chaotic and negative thoughts are at the root of our difficulties. We need to learn how to separate the mud from the water - they are really two different substances. Because the mud is separate from the mind, you can get rid of this through mind training. We tend to underestimate the power of habit, so the earlier you put a stop to bad habits, the better it is. To carry out your practice occasionally, or once or twice is not enough, we need a program to tackle this powerful enemy.

I was enjoying being with nature, it's so beautiful and great for the mind.

This photo was taken by Linus at Smith Park, Richmond NSW.

Khenpo Ngawang Dhamchoe



Term 2

Richmond:	6 - 13 July then 27 July - 3 August
Topic:	Mind Training - 37 Practices of the Bodhisattva
Lawson:	8 - 15 July then 29 July - 5 August
Topic:	Mind Training - 37 Practices of the Bodhisattva
Sydney:	9 - 16 July then 30 July - 6 August
Topic:	Precious Garland by Nagarjuna

Term 3

Richmond:	24 August - 21 September
Topic:	Mind Training - 37 Practices of the Bodhisattva
Lawson:	26 August - 23 September
Topic:	Mind Training - 37 Practices of the Bodhisattva
Sydney:	27 August - 1 October
Topic:	Precious Garland by Nagarjuna

Term 4

Richmond:	19 October - 30 November
Topic:	Mind Training - 37 Practices of the Bodhisattva
Lawson:	21 October - 2 December
Topic:	Mind Training - 37 Practices of the Bodhisattva
Sydney:	22 October to 3 December
Topic:	Precious Garland by Nagarjuna

Venues:

Richmond:

Richmond Community Hall
20 West Market Street Richmond

Lawson:

Lawson Library Building
Crn. San Jose and Loftus Streets Lawson

Sydney:

Drogmi Buddhist Institute
25 Dalmar Street Croydon, Sydney

Costs and further information please contact us:

info@drogmi.org or refer to our website.

www.drogmi.org

Beginning of 2015

Upcoming Retreat Information:

Shamatha & Mindfulness Retreat

24 - 26 April / A Non - Residential at Drogmi Buddhist Institute lead by Khenpo la.

Expressions of Interest for ULURU Retreat!



Khenpo la is leading another Uluru Retreat this year in July. The date in July to be confirmed. *Please contact us as soon as possible if you are interested.*

Hevajra Retreat

To be lead by Inge Riebe a senior Sakya student. Inge has been studying Buddhism for over 30 years and has undergone extensive training including her recent 6th Hevajra Retreat under the guidance of His Holiness the Sakya Trizin.

Saturday 28 & Sunday 29 March 9am - 5pm.
If interested please contact the centre.

Practices and Upcoming Workshops at DBI:

Regular Practices Resume

Sunday 22 February (After the Losar Programme)

- ◆ Shamatha 10am
- ◆ 1st Sunday of the month - *Green Tara* Practice 9am
- ◆ Alternating Tuesdays *Chenrezig & Vajrasattva* Practice / 7:30pm

Workshops

- ◊ Tibetan Language Classes with Lama Kalsang

Wednesdays 4 March - 8 April / 7:30pm

- ◊ Wellness Day

Saturday: 7 March 10am - 4pm
Saturday: 20 June 10am - 4pm

- ◊ Momo Workshop

Saturday: 14 March 11am - 2pm
Saturday: 15 August 11am - 2pm

LOSAR 19 FEBRUARY 2015

'Wood Sheep Year 2142'

- * Tuesday 17 February *Vajrapani* Practice 7:30pm
- * Thursday 19 February *Chenrezig* Practice 7:30pm

Please visit our website for costs and further information www.drogmi.org

WORKSHOP AT RANDWICK YOGA SPACE



It was an incredible honour to have our teacher Khenpo la teach at Randwick Yoga Space. Khenpo taught with much warmth, kindness and incredible wisdom to the group who were mostly new to Buddhism and all very interested to learn about mindfulness meditation.

The workshop was a fantastic success with a lot of students commenting on how inspired they felt to take up the practice of mindfulness meditation, and many hoping that Khenpo will return to teach next year. Thank you so much Khenpo for a truly wonderful afternoon. *Hollie*



WORKSHOP AT LAWSON NSW



Khenpo lead a workshop on Shamatha and Mindfulness Meditation at Lawson in the Blue Mountains, New South Wales 23 November which was attended by new and old students.

CALM & WISE KOALAS



Drogmi's two koala mascots make a perfect cuddly gift for many occasions. To purchase a Drogmi koala visit www.drogmi.org They are \$35 each plus \$10 postage, a wonderful way to continue supporting Drogmi Buddhist Institute's centre in spreading the Dharma for all beings...

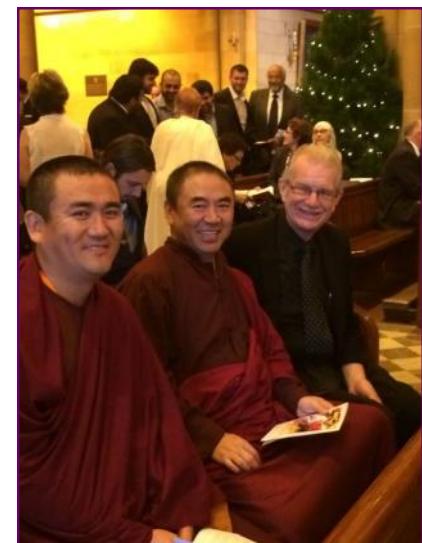
PRAYERS AND A SERVICE AT MARTIN PLACE



Khenpo la, Lama and Vanessa visited the Martin Place memorial to pray and offer mantras for those who died and were involved in the recent Sydney siege.

Khenpo la was invited by Buddhist Council to attend the Interfaith Ceremony at St Marys Cathedral. Amongst those present were the Archbishop Fisher of Sydney and Reverend Bill Crews. Below are words that Khenpo wished to share with everyone following this service.

"We pray for the deceased and hostages for healing. We wish all religions to come together more often to practice peace. We wish peace for everyone in the world."



Samadhi Buddhist Centre

Bermagui NSW

Once again Khenpo la was kind enough to travel to lovely Bermagui and deliver to a small group, a weekend of teachings, "The Thirty Seven Practices of a Bodhisattva". Surrounded by the amazingly beauty of Alan and Annie's Bermagui home, we learned how to direct our minds to becoming beautiful too. Khenpo's style of concise and focussed teaching coupled with his gentle and approachable nature and wonderful sense of humour made receiving these teachings a true pleasure. While we missed seeing some of the familiar faces who often attend the Bermagui teachings, we were all immensely grateful to Khenpo for travelling to the south coast to come and teach us. Thanks again to Alan (we missed you) and Annie, for a truly lovely and successful weekend. Thank you Khenpo la. **Ben**



Khenpo's clear elucidation of "The Thirty Seven Practices of a Bodhisattva" was beautifully clear and inspiring. He integrated the teaching in a way that made it accessible and applicably to daily life. Some points that stay with me are the centrality of compassion to the Path - whatever the circumstances and interactions; the importance and responsibility for positivity; the role of study, contemplation and meditation in tackling obstacles; turning negative states into compassion; and that all Buddhist practices are based on the mind because the mind creates everything.

I am left with gratitude for his generosity.
Rosemary

Khenpo la gave some excellent teachings on "The Thirty Seven Practices of a Bodhisattva" over a weekend at the Samadhi Buddhist Centre on the south coast.

I came away once more refreshed and inspired to apply such fundamental and useful teachings to keep a more positive mind, and to remember the motivation of benefiting others. The vastness of the task, given our habitual tendencies, is humbling. I am in awe of the spiritual guidance that

teachers like Khenpo la so kindly provide.

There were detailed explanations on patience, and how afflictions like attachment pervade our life. Khenpo pointed out that whilst anger tends to grab our attention, 90% of our thoughts come from desire mind, most of which we don't even perceive as negative - like comfort and the approval of others.

Khenpo gave advice on how to apply the Practices of a Bodhisattva. We can train the mind to learn from challenging circumstances and transform them onto the path. We can regard difficult people as teachers, reminding you to practice. Exchanging with others who are suffering. Using logic to understand the cause of others problems, not just patience. Distraction is a good tool when you feel anger is taking hold. We can transform



obstacles and mundane activities into virtues if you apply the Dharma.

I find my family life and young children give lots of opportunities to apply the Dharma. It can change from loving and calm to a hot-house of afflictive emotions and minor sufferings in a short time with our little 'teachers'.

We are so fortunate to have Khenpo la in our midst. Thank you dear Annie, Alan, Lael and Ben for all the effort you put into facilitating Dharma teachings in the smaller centres. **Lara**

Dharmachakra Gompa via Gympie QLD



The crystal light of the near-full moon on the 8th November meant that no torch was needed to detect the snakes that Rob had

warned us about, and if we made any nocturnal meanderings. The days and night were perfection. Khenpo's teachings were like that moon, brilliant clarity illuminating the whole landscape. There were only an incredibly fortunate few of us there, but this made us realise even more the great value of what we were receiving. Khenpo, emphasising the logic and rationality of every concept, explained the meaning of generosity, ethical discipline, patience, enthusiastic effort, concentration and wisdom. He explained how the cultivation of each perfection is dependent on the development of the perfection which precedes it. I had never understood this idea at all before. Now I understand why my concentration is so scattered! I increasingly now understand Khenpo's advice to study and practice.

The Gompa has grown. Rob built an extension on the dorm which has created a beautiful, breezy kitchen, efficiently separating the kitchen from the dining area and enlarging the capacity of the dining room. It made us all feel much more comfortable and confident to work in the kitchen, and more relaxed in the dining room. We are all so enriched and nourished by the generosity and hospitality of Rob and Sandra. Deepest gratitude to all who were there, and all near and far who make these events happen. **Raelene**

