



# 'The Wisdom Age'

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

Issue 24  
September &  
October 2015

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## HIS HOLINESS the 14th DALAI LAMA'S "80th" BIRTHDAY CELEBRATIONS



Khenpo la and Drogmi Buddhist Institute were invited by Mr Lhkapa Tshoko (Representative of His Holiness the Dalai Lama for Australia) to attend the 80th Birthday Celebration of His Holiness the Dalai Lama. This was a very special Australian celebration event for His Holiness' 80th Birthday. Included were cultural performances and a sit down three course vegetarian dinner. The event was supported by Dalai Lama in Australia and the Australian Tibetan Communities Association at Sydney Town Hall 4th July 2015. It was a wonderful evening.

## Khenpo la returns from Kathmandu, Nepal

In early July this year, Khenpo la returned from a visit to Nepal, his first since the devastating earthquake earlier in the year. Suzi Walker raised \$4,460 from other sangha members and friends to put towards some help in aid to the people affected by the earthquake. Khenpo la very kindly distributed these funds to individuals and families, and to the International Buddhist Academy (IBA) in Kathmandu, who are doing great ongoing relief work in the area. Most families were Nepalese and two were Tibetan. This way the funds could go directly to those in need.

*Thank you very much to all the donors. People who received your help greatly appreciate it. Khenpo*

*The Sita house was not liveable so was needing to be rebuilt: Rs 35,000, Tulsu man who lost his house: Rs 30,000, Takla water tank not useable so funds to repair: Rs 25,000, Kanchi Ma house damage: Rs 25,000, seven families shortage of food, gave one 30kg bag of rice to each family: Rs 3,000, Shanti: Rs 5,000, Wangchuk: Rs 5,000, Kanchi: Rs 3,000, IBA: Rs 150,000.*

*Left over Rs 37,330 to be distributed next visit.*

## HIS HOLINESS THE 41st SAYKA TRIZIN'S "70th" BIRTHDAY



*His Holiness the 41st Sakya Trizin's 70th Birthday is marked in the western calendar on 7 September 2015. May His Holiness have tremendous good health and live a very long and meaningful life in the Dharma.*



The committee would like to thank all of those who are assisting Khenpo to conduct teaching programs throughout Australia, New Zealand and Asia. The feedback we receive from attendees of the program is quite extraordinary, how Khenpo and the teachings have helped so many through difficult times and in everyday life. Without your assistance and participation such programs might not be possible.

As we see in images in the newsletter, Khenpo moves so easily through any landscape, whether it be the towering buildings of KL, the magnificent red earth at Uluru, or the pristine snow mountains of Queenstown. He travels, he teaches, he constantly gives. Along the way, at each road stop, meal time, public talk, meditation session, Khenpo is giving. Like a vase full of precious jewels, overflowing in an endless stream.

This is no master of ancient times, no yogi in a cave, or a guru based in a distant land. This living teacher is here amongst us, the distance away at most is a short flight.

Therefore, we encourage each and every one of our readers to take up this incredible opportunity and attend at least one program event a year. It is important to stay in touch and in this way we can maintain our very deep connections with each other.

We look forward to seeing you soon.  
DBI Committee



**SHEDRA Term 3 Continues**

**Richmond:**  
Monday Nights up to 21 September  
'Mind Training - 37 Practices of a Bodhisattva'

**Sydney:**  
Thursday Nights up to 1 October  
'Precious Garland' by Nagarjuna

**Term 4 dates in October/November are on our website [www.drogmi.org](http://www.drogmi.org) and the subject matter continues on as above.**



Richmond Shedra Term 2



**Annual Shamatha Retreat (Rejuvenation)  
2 - 10 October 2015**



Khenpo la will give teachings on Mind Training from "The Wheel Blade of Mind Transformation" - Lojong ལྷོ་རྩོད་འཇོན་ཁའཁོར་ལོ།

A text composed by the master Dharmarashita (c. 9th century) a teacher of the great Indian master Atisha. Within these Lojong teachings Khenpo la will give detailed instructions and training on Shamatha or Calm Abiding meditation which is the only way towards peace and happiness within our own mind.

If you have limited time and cannot attend the whole retreat, you may attend on a daily basis. Once you have registered for the retreat, a confirmation and information email will be sent to you.

**DETAILS:**

**When:** 6pm (Friday) 2 October - 1pm (Saturday) 10 October

**Where:** Ararat Lodge, Upper Colo, Road, Upper Colo NSW (90 minutes from Sydney) Transport can be arranged in advance from Sydney.

**Cost:** Includes teachings, texts, accommodation, food & drinks.  
\$880 Full retreat shared room  
\$795 Full retreat shared room/member discount/Early bird discount  
\$795 Full retreat camping  
\$715 Full retreat camping/member discount/Early bird discount  
\$120 Daily rate  
\$108 Daily rate/member discount/Early bird discount

**Early bird discount apply for full payment made by 23 September. Bookings: [www.drogmi.org](http://www.drogmi.org) /or 02 8005 1757**

**11 - 13 September**  
Dharmachakra Gompa, Gympie QLD  
**CONTACT:** Rob  
E: [assink1optusnet.com.au](mailto:assink1optusnet.com.au)  
T: 0427 540 694

**25 - 27 September**  
Khacho Yulo Ling Buddhist Centre, Cairns QLD  
**CONTACT:** Ani Rinchen  
E: [info@yuloling.com](mailto:info@yuloling.com)  
T: 07 4041 5556

**2 - 10 October**  
Drogmi Buddhist Institute, Upper Colo NSW Shamatha Retreat  
**CONTACT:** Ann  
E: [info@drogmi.org](mailto:info@drogmi.org)  
T: 02 8005 1757 or 0403 779 099

**23 - 25 October**  
Dubbo, NSW  
**CONTACT:** Deidre Niar  
E: [info@drogmi.org](mailto:info@drogmi.org)

**30 October - 1 November**  
Samadhi Buddhist Centre, Bermagui NSW  
**CONTACT:** Annie  
E: [annieray77@hotmail.com](mailto:annieray77@hotmail.com)

**IDEAS & SUGGESTIONS NEEDED FOR 'THE WISDOM AGE' NEWSLETTER**

2016 marks the sixth year since *The Wisdom Age* was launched as the official newsletter of Drogmi Buddhist Institute sharing information about the Dharma provided by Khenpo Ngawang Dhamchoe in Australia and overseas. We have come a long way in six years and the newsletter continues to evolve and develop through the involvement of many Dharma practitioners who share information and make contributions. So a huge thank you to everyone who has been involved!

Khenpo la is keen for *The Wisdom Age* to bring Dharma practitioners together and in particular, to provide students with an avenue to share with each other about how to apply the Dharma into our everyday lives. Because of this, we would like to invite readers to share with us their ideas and suggestions (big or small) about what you would like to see in the newsletter.

**What type of content/information would you like to see/read more or less of?**

Please email Lael:  
[gyanchitta@internode.on.net](mailto:gyanchitta@internode.on.net)  
or Giovanna:  
[gcastellani@bigpond.com](mailto:gcastellani@bigpond.com)  
for any feedback, this is much appreciated and wish you continued happy reading!!!

I found Khenpo Ngawang Dhamchoe's way of teaching intelligent, clear, straight forward and kind. In the teaching I discovered I don't really have any problems in my life if I see them as blessings, challenging, but true. Since the problem or blessing I had hasn't gone away however I do perceive it differently and am happy. When in practice I feel like a happy child with smiling and loving parents looking on and at the same time feel it with and for all beings and connected with them in this state of being human together always experimenting, always learning. My prayer is that my practice helps all beings on earth to learn to live on the planet earth in love and happiness without sickness and other forms of suffering and still learn what it is to be on the earth for the universe. **Sandra R.**

Over a past period of time it has become more and more evident to me how imperative it is to have a practice to cleanse old and recalcitrant patterns of behaviour since, despite contact with deeper levels of insight, my deep, psychological residue tends to attract my behaviour rapidly back into the old and harmful patterns. In receiving the *Vajrasattva* teachings, I have been given a profound and consistent method to clear these past reaction patterns (for the benefit of myself and all sentient beings) and I feel a real sense of what a 'boon' is, in the Buddhist sense, since, thanks to Khenpo's generous teaching. I received such a boon during the 1st & 2nd of August. Gratitude and veneration to Khenpo and all the lineage Teachers, Bodhisattva's and Buddha's. **Peter R.**



**RANDWICK YOGA SPACE NSW  
WORKSHOP AFTERNOON**



*Christchurch:* Khenpo la's visit was such a success. The students valued the applied nature of this years teachings and of course Khenpo's unique ability to help make sense of the teachings in their own context. We had very good attendance at the Public Talk as well as the weekend teachings. Thank you once again Khenpo la for travelling to New Zealand. **Frank**

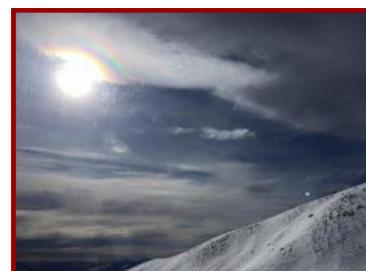
Once again, we were fortunate to have Khenpo la teaching in NZ. He began here in Christchurch with a Public Talk and weekend teachings on meditation, covering the importance and meaning of Buddhist refuge, the basics of correct posture, and the objects and stages of meditation. The teachings were wonderful, deepening for those of us who had attended Khenpo la's teachings before and inspiring for the newcomers. Driving into Christchurch there was a rainbow over the city. We followed this up with snow flurries at sea level and a little earthquake for good measure!

*Queenstown:* The Christchurch teaching was followed by a much anticipated trip to Queenstown where Khenpo la enjoyed some snow frolicking. He also had the chance to meet Alan and Annette



from the Queenstown Dharma Centre which we hope may open up teaching opportunities in the future.

Khenpo la then taught in Auckland at the beautiful Nyima Tashi Buddhist Centre on the Twelve Links of Interdependent Origination. This was the clearest and most helpful teaching on this topic I have ever heard. Thank you Khenpo la, we so appreciate your teaching and the effort you make to travel to New Zealand in helping us with our Dharma study and practice. **Jane B. Continued on page 4...**



**NYIMA TASHI KAGYU BUDDHIST CENTRE, AUCKLAND NEW ZEALAND**



*Auckland:* We enjoyed yet another fantastic weekend of profound teachings from Khenpo la. We studied the Twelve Links of Interdependent Origination, focusing on the mind that is endlessly recreating this wheel through its insatiable craving to get what it wants. Khenpo la's clarity and depth of knowledge seems endless too! Lucky us. Thank you Khenpo la! We look forward to many more future visits.

**Camille**



We were extremely fortunate to have Khenpo la visit Nyima Tashi to give a weekend teaching. The exceptionally clear and detailed manner in which he presented the Twelve Links afforded all who attended a deeper understanding of Interdependent Origination. With warmth and humour Khenpo la created the basis for us to further explore how our perceptions of phenomena are so dependent on our constant constructions of reality. It was a very enjoyable and stimulating weekend and I look forward to Khenpo la's next visit.

**Fay**



**MORE IMAGES SHARED OF KHENPO LA IN QUEENSTOWN NZ**



**ULURU RETREAT JUNE 2015 A HUGE SUCCESS**



I always feel so alive at Uluru. This retreat is so special, as Khenpo la described it, we have the perfect place to have retreat in Uluru, especially as His Holiness the Dalai Lama recently visited the site; we have the perfect teachings in the dharma; we have the perfect timing as it was the special time when the Buddha first turned the Wheel of Dharma. We also had the most perfect of Teachers in Khenpo la guiding and inspiring us along the way. We had a great "Drogmi Support Team" with Lama Kalsang and Ani Nyidon cooking, Venerable Tsultrim driving and the wonderful participants contributing in so many different ways to make the overall experience rich spiritually, and experience wise, one of a kind... **Ann**



I am happy I was fortunate enough to attend the Uluru Retreat, everything about it was just memorable from seeing the Rock and Olgas to the food and catching up with folks you only see at teachings. Khenpo's teaching and humour (which I haven't seen before) made it even more special for me. Hope I am able to come to the next Uluru Retreat, I will keep in touch via the newsletter. **Brenda Continued on page 5.**



## ULURU RETREAT CONTINUED...



We had a wonderful time with Khenpo and a very special group of people, they felt like a family. It has enhanced our meditation and the teachings were very easy to digest! We also had good food and lots of laughs. Would love to do this again and again! A big

Thanks to all at the Uluru retreat for the wonderful energy we shared. Thank you to Khenpo for your statement that we go through life suffering under the delusion that we are strangers. It has provided focus for me in my daily interactions with positive results. **Margaret**



practices - super important! This is probably the most significant thing for me from this retreat. Thank you Khenpo la for teaching us and please continue to teach us. **Lan**

The recent Uluru retreat with Khenpo la combined many wonderful experiences. To be surrounded by the energy powerhouse that is Uluru and the Red Centre is quite extraordinary. The early mornings sitting on the cold red earth, so close to the Rock itself waiting for dawn to break, clutching our hot mugs of tea, was a precious start to our days. With Khenpo la's beautiful, instructive teachings at the heart of the retreat, and the opportunity to meet many students from different areas of Australia, all with a common purpose, made our days at Uluru a valuable and a positive time. I feel incredibly fortunate to have been able to participate.

thank you to Khenpo and Ann for arranging this magical trip. **Lucas and Kelly**



**Paulene**



Having wanted to see Uluru/Ayers Rock ever since I heard of the hand-back, but not particularly as a tourist, I was thrilled to take the opportunity to retreat with Khenpo. Knowing a little of the high regard Tibetan Buddhists hold for the specialness of the area, I was eager to find out for myself. I was not to be disappointed! Meditating in the vicinity of this mighty "powerhouse" was remarkable, astounding in fact. With the aid of enlightened sangha energy and Khenpo's wonderful teachings and instructions on stabilising the mind, I was to experience to some small degree the reason why the *Anungu* have such special reverence for their very special Uluru. Thank you to Khenpo and heartfelt thanks to all who participated. May all beings swiftly find freedom and true joy through the precious Dharma. **Chris R.**



The Uluru trip was great. It's amazing what a big Rock and lots of flat land can do to help calm your mind. I'm really glad I made the decision to go with Khenpo la. I also find that Khenpo la always attracts really lovely students, and this was absolutely the case with the group of students at this retreat. I'm so glad to have met all of them. The best thing was having a dedicated amount of time for listening to teachings. Finally it is now dawning on me just how essential Shamatha meditation is for the rest of our

Being at Uluru with Khenpo and sangha, was a profound experience for me as I hoped it would be. The haunting beauty of the landscape, the mixed feelings it raised of sadness, joy and deep gratitude for the teachings (from Khenpo), amazement at the ancient landscape especially at Kata Tjuta. Even now when I see the colours of a sunset/sunrise at home I am taken back to Uluru. The accommodation and food were brilliant, and our wonderful bus driver! Thank you Khenpo and everyone for making it so special for us!

**Katrina S.**



## FORSTER & TUNCURRY NSW



"The Eight Verses of Mind Training" directed us to consider the best way of creating the causes of our own happiness. Khenpo explained that virtue based on Buddhism can lead to difficulties and that you could practice for 20 years without any progress. However, checking your motivation and ensuring you have a positive mind in the general sense should help you. The first of these verses identified the monkey mind which does not allow us to examine closely our own intention but instead is consumed by distraction.

We were led to ask ourselves; where our mind is focused. Think that when in the company of others, I should think of myself as less important. If I notice agitation in my mind, I should remember what is positive, even though agitation is difficult to detect, difficult to work with and difficult to get rid of. Give victory to others because compassion is my real protection. Consider those who harm me as my teacher because



the good qualities I need will not arise without them. Directly and indirectly give to others as if they were my mother and receive their suffering as such. Find the middle way between hope and fear, praise and blame, gain and loss.

I did find the Saturday more helpful than the Sunday which was more spiritually focused. "A Letter to a Friend" by Nagarjuna gave reference to The Buddha, Dharma and

Sangha. It emphasized that the basis of good meditation was ethical conduct and that conduct should be based on the Six Perfections and starts with generosity. What I have taken most of all from the weekend is to consider as Khenpo taught, working with people and all beings is where the practice begins and that knowing many things is useless without putting them to the test.

**Peter M**

Last Saturday Khenpo Ngawang Dhamchoe visited Forster / Tuncurry to bring us two valuable Buddhist teachings. He began with "Training the Mind" which is vital to steadying the monkey thoughts that jump in and out of our minds often unwelcomed. He explained how we must use reason and daily discipline through meditation so that gradually our thoughts become more focused. Although he has been studying Buddhist philosophy for decades, he understands about the difficult stumbling blocks and distractions which make training the mind an ongoing project for everyone.

On Sunday he taught advice from a great Buddhist master *Nagarjuna* who lived 2000 years ago, on how to live a positive, ethical life on a daily basis. This valuable teaching has so much relevance today and teaches us how to be generous to all living things, how to watch that our speech is positive and that we are kind hearted and ethical in all our dealings with one another.

Khenpo is a special Buddhist teacher who has a deep effect on the atmosphere in any room where he teaches. The extraordinary calm which he radiates affected us all as we settled down to listen to him which is what makes a day or two in his company such a wonderful experience. His calming presence also makes it easier to absorb the precious Buddhist teachings which he imparts with such gentle authority - wisdom which has been handed down for two and a half thousand years. It is a privilege to have such a teacher in Forster/Tuncurry and we are grateful that he has put us on his annual visiting list.

**Sherry**

Our weekend with Khenpo la was a very special occasion for us. We are very grateful Khenpo taking the time out of his busy schedule to come and spend sometime with us. We hope it will be possible for Khenpo to return again in the not too distant future. Please keep us informed with what is going on at your Centre. Perhaps it will be possible for some of us to make the journey down from time to time.

**Jule**



Photo at the Tuncurry Gompa NSW

## RONGTON BUDDHIST CENTRE BRISBANE QLD

It was great to be in the company of Khenpo la once again. His ease, knowledge and wisdom are so rejuvenating. We could say enjoyable, but that is a bit pat. One has to come to the party of focussed and interesting listening.

Khenpo la has the ability to clear away ones emotional and mental baggage and to firmly direct you onto the precious path of the Dharma. Looking forward to your next visit Khenpo la. May you be healthy and happy and may your teachings thrive!

**Ven Tsulim**

One of the key takeaway messages I took from the weekend teachings was 'renunciation' - in particular, how to use my experiences of suffering to properly enter the path to liberation for myself and to strengthen compassion towards others. It was a reminder that samsara, or our crazy defiled minds - is tough going! Often I have the habit of trying to jump over myself and run away from suffering - whether it be desire or anger - as I find the experiences overwhelming. I don't like or want suffering (First Noble Truth), yet I don't spend much time trying to identify, understand and change the causes of suffering (Second Noble Truth).

Another important takeaway for me was being mindful of leading an ethical life and abstaining from the 10 Non-Virtuous behaviours of body, speech and mind. As always, the weekend was brilliant, inspiring, humbling, encouraging, practical and immensely beneficial. Thank you Khenpo la!

**Giovanna**

