



# 'The Wisdom Age'

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

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## THE COMPLETE PATH COMMENCES at KAMALSHILA TIBETAN BUDDHIST CENTRE, TILBA



### The Complete Path Seven Year Course

Thank you to His Holiness Ratna Vajra Rinpoche, to IBA for initiating this wonderful course, and to Khenpo la for giving Australians this incredible opportunity to really study the teachings of Lord Buddha.

With Khenpo, anything is possible, and during this first term residential on *Clarifying the Sage's Intent*, we begin to realise the true meaning of joyful effort. Most students had not done formal study for years, and it was quite astounding how many of us recoiled at the thought of an exam. In Khenpo's world of study and measuring progress, there is no comparison to those old school day experiences. There is no failure. Just levels of progress. For us to simply participate was a pass mark. It was a good base to build on. It extinguished the fear of failure, and the pressures of expectation began to

fade. If the mind is not relaxed and happy, Khenpo says, we reduce our ability to learn.

Khenpo has a way to make study so interesting. The subject matter is already perfect, however, Khenpo has methods that engage us, make us go the extra mile, because we enjoy the learning.

A great pleasure during this first term residential, and there were many, was having the time to study the texts in conjunction with the teachings from Khenpo. What a luxury, unbelievable really to have that quiet time twice a day to sit and read the beautiful texts, to deepen understandings. It felt like real nourishment.

Another wonderful opportunity has been to read the commentary by Khenchen Appey Rinpoche and rejoice in His perfect coverage of *Clarifying the Sage's Intent*, making it so accessible to the reader. Just beautiful...



**A FEW WORDS FROM THE COMPLETE  
PATH MAY RETREAT**



***Every piece of diamond is a diamond.***

Strive first to motivate one self  
To be acting for the freedom of all  
sentient beings.



***Every piece of diamond is a diamond.***

Strive second to take refuge at all times for  
all beings of sentient need  
For as long as it takes to free them from  
suffering and its causes, to deliver them  
happiness and its causes  
Here refuge in the Triple Gem is the only  
worthwhile refuge.

***Every piece of diamond is a diamond.***

Strive third to generate precious bodhicitta of  
the wishing and engaging kind - keep the  
absolute in mind  
Loving-kindness and Compassion at every  
turn, seeing only with forgiving eyes  
always Mara in some disguise  
Virtuous activity with right intention  
accumulating merit, a wondrous invention.



***Every piece of diamond is a diamond.***

Six perfections with right mind  
obstacles abound, life is short, death is near,  
impermanence on my shoulder  
No laziness - wasted time  
I must be bolder, courage not fear  
If a worm or a pig can attain great height,  
surely my Buddha Nature is there.



***Every piece of diamond is a diamond.***

Precious teacher, precious instruction,  
cultivating bodhicitta  
Saving my mind from destruction  
embrace the four positives, shun the four  
negatives  
Climbing the seven limbs, mindful not to fall  
in each of the ten directions  
Buddhahood for us all.



***Every piece of diamond is a diamond...***

*In all devotion, dedicated to precious  
Khenpo la who gives the teachings and lives  
the teachings. Joe*

**THE COMPLETE PATH  
FIRST RESIDENTIAL PROGRAM**

mundane words all strung together  
The sangha are not here this morning

I am housed again forever now  
in the dazzling Triple Gem



A beautiful coming together of dharma brothers and sisters. Some known to me, some not. We have now become family.

My experience of the course so far is quite profound and life changing. I am astounded at how much this teaching is affecting me and the people close to me. Re-entry was difficult, but I was able to apply what I have learnt and experienced seamlessly into my daily life. **Emily**

**HEARTFELT**

*Bodhi lights the fire*

*Old dog barks into the night*

*Diamonds fill the sky*

**Anthony**



**Three to the power of three**

My limbs are vaguely cold this morning  
stung by mundane weather  
My mind is rather clear this morning  
somewhat swept of mundane whethers  
My loving speech is here this morning

yet our minds are all in tow  
The dharma is here every morning  
and our actions make it show  
The Buddha's in my heart these mornings  
as I yearn to live and grow

The fires are not lit this morning  
but my heart remains aglow  
This work we do displaces mourning  
as our minds coverage and tether  
May the bodhicitta keep on dawning  
for every being, here or no

When I look up to the stars tonight,  
and re-cognise they are of mind  
I will dedicate the awesome love  
to every being, here or no

My teeth are somehow cold this morning  
stung by heated liquid coffee  
The fires are all out for now  
and the chill is in my bones

My feet are really cold this morning  
chilled by super-hard cement  
The fires are all out for now  
and the sting is in the ground

My hands are smarting cold this morning  
whipped by non-abiding mind  
The fires are all out for now  
though the dharma wheel still spins

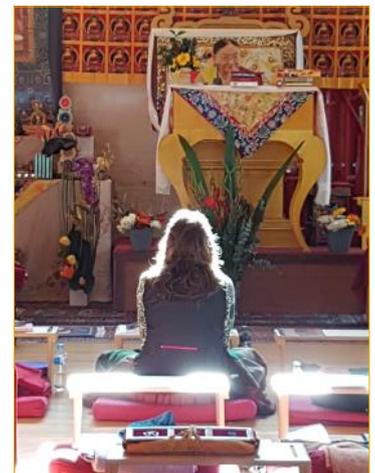
When I close my eyes again tonight  
and re-cognise the stars of mind,  
May I dedicate the awe-full love  
(*that's with two L's not one*)

The sangha has gone home for now  
yet I somehow don't feel lonely  
I love myself again for now,  
after these eight dharmic days

The dharma is my home for now  
so, hooray! I don't feel homeless

The Buddha is my friend and wow,  
I no longer feel so lost  
Guiding as He does so well  
along the eight-fold noble path

When I blink my eyes in each again  
may the dark reveal the light  
And may every being, here and no  
be thus guided from our plight... **Bodhi**





Being a dharma practitioner means transforming our mind to become virtuous. Our sufferings come from our karma and our defiled mind, not from the outside. Looking inwards, to always be mindful. Let go of the self grasping, realise this through developing wisdom by recognising the nature of self which is emptiness.

**Rosa**



Khenpo pointed out that the authenticity of the Buddha's teachings comes from the sutras and shastras. This being very important for us so to follow the correct teachings. Thank you Khenpo. **Doris** Khenpo's teaching is simple and clear. It's mind opening, with his subtle humour and bringing out examples that we can immediately identify with, and advice that it is strikingly true to accept and follow. It is a joy to listen to his teachings, please come more often Khenpo la. **Tai Mei Er**

Khenpo la not only through his clear explanations and skilful guidance shared with us the relevance of Shamatha and Vipassana meditations, when we walk on this spiritual path. He connected the important linkage of meditation itself (as a means) to understanding the core teachings of the Buddha (The Two Truths). **Siang Pin**



I always look forward to the Dharma teachings by Khenpo Ngawang Dhamchoe because of the clarity and thoroughness he brings to each topic. He dissects profound subjects and make them easy to digest. For us lay practitioners, who have little time to delve into the varied and multifaceted Buddhist doctrines, this is indeed a great blessing.

Khenpo's fluency in the delivery of his discourses can only come with many years spent in scholarship, practice and dissemination of the Vajrayana Buddhistharma.

Having spent many years in Australia expounding the Vajrayana Dharma Khenpo's excellent English is a bonus for a person like me, who is western educated. No need for translations and what that might be lost in translation.

Hence it is with eagerness that we look forward to each trip Khenpo makes to Singapore, which we feel we too few and far between.

**Anthony L.**

Khenpo Ngawang Dhamchoe's teachings on living and dying helps us to understand how to prepare ourselves for the final moment.

**Anonymous**



*Above group photo of Shamatha teachings & below group photo of Vipassana teachings at Sakya Tenphel Ling*

The teachings of the Buddha  
can only be realised by our own effort.

Thank you Khenpo Ngawang Dhamchoe  
for your encouragement and advice towards our practice.

**Shee Liang**





Bodhi Path Kuching Society, Malaysia hosted Khenpo la in May this year.

Khenpo la gave a Talk on the subject matter of 'How to Tame the Monkey Mind'. Over the next two days he so kindly offered teachings on Shamatha and Vipassana Meditation.



**KHACHO YULO LING BUDDHIST CENTRE, QUEENSLAND**

The weekend retreat on Vajrasattva was a profound experience for both newcomers and those familiar with the practice. Khenpo la, delivered really concise and detailed teachings that gave people a really solid foundation for both the visualisations and their deeper meaning and significance.

Many who are familiar with the practice, commented afterwards that their whole perspective of the practice shifted, particularly in relation to visualisations.

Overall, the weekend was a truly uplifting and inspiring combination of teaching and practice with a wonderfully gifted teacher.

We are so fortunate to host Khenpo la, as he visits and gives us the precious Dharma on a regular basis, thank you.

**Ani Rinchen**



Khenpo la continues to turn the Wheel of Dharma with enormous enthusiasm with a full program of events at the centre and around Australia.

We are now undertaking some major projects at the centre! The building of two new retreat huts are well underway thanks to Al and his team of helpers, and plans are underway to build a new dormitory and amenities block. We are also looking at, amongst other small jobs, changing the lighting in the gompas. To do all these things, plus general upkeep, the centre requires help. In particular, we are looking for any one with skills such as electricians, builders, carpenters, painters & plumbers. If you can spare some time to assist us with these projects that would be great. In addition, if you think you have other skills that could be of benefit to the centre we would love to hear from you. Thank you!!

**JUNE WORKING BEE: NEW RETREAT HUTS!**

On the weekend of 24/25 June we had a team of ten helping out to dig, pour foundations, and paint for the two new retreat huts. Kudos to our outstanding project manager Alan who has been working tirelessly and kindly assisted by Annie. Thank you to all who worked so diligently most wholeheartedly!!!



# MINDFULNESS & COMPASSION RETREAT



**UPCOMING**  
**Family Meditation Day**  
**Sunday 16 July 2017**



Retreats with Khenpo la leading are like protection zones. A place to rest our minds and body in an environment created for this sole purpose. Every action, every thought, every act of speech, becomes part of this. Khenpo la creates in this space a place whereby we can feel the Mindfulness protecting our minds; Compassion propelling us towards enlightenment. The others who share this space are very special. Each in our own valued way, contribute and enhance this environment. Walking into the warm gumpa, drinking a hot cup of tea at dawn, hearing the bell to summon one to the session, eating delicious food, are all ways others contribute to a whole. A oneness, all in tune with the rhythm of wanting to improve our minds so we can help others better.

A very special invitation for your family to spend the day with  
*Khenpo Ngawang Dhamchoe*

- Where:** Kamalashila Tibetan Buddhist Centre  
9000 Princes Hwy, Tilba NSW
- Time:** 9.30am to 4.30pm
- Activities:** Age appropriate meditation, talks and games.
- Cost:** \$60 / \$50 concession per family, includes lunch & drinks.

**RSVP:** For catering purposes, bookings by **14 July**

### BOOKINGS ESSENTIAL:

[www.drogmi.org](http://www.drogmi.org) / [info@drogmi.org](mailto:info@drogmi.org)  
or call 0403 779 099



## ALICE SPRINGS, NORTHERN TERRITORY

The Alice Springs Buddhist Group would like to convey their understanding of how rare an opportunity and privilege it is to hear from someone with such depth of knowledge as with Khenpo la. Alice Springs had some unusual stressors, the Mindfulness and Compassion topic of the Public Talk was useful knowledge for everyone attending. A lot of this is common sense, yet its common sense we need to hear again. To hear it in that thoughtful way from someone who lives it. "Normally it is a bit hard to reach Central Australia but when I went there first in 1996, people were so interested and felt so inspired, this caused me to keep visiting. I feel the people here generally find the Buddhist Philosophy useful", Khenpo la said. Khenpo la also expressed that he encourages people to take care over the health of the mind, be more positive and grateful, be kind to others. The day teachings on the Saturday were on The Heart Sutra, truly wonderful. **Zara**

