



# 'The Wisdom Age'

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A Tibetan Buddhist Centre in the Sakya Tradition

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TIBETAN CULTURAL DAY  
27 AUGUST 2017 (Sunday)

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Written by a Student Attending The Complete Path Retreat

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### *Come and experience Tibet in Tilba.*

The Tibetan Culture is very ancient and colourful. Come and enjoy delicious Tibetan food, music and dance and a film. There will be traditional Tibetan games for the children. Khenpo Ngawang Dhamchoe will be present on the day offering a small talk as well as Ani Nyidon, a Tibetan doctor speaking on Tibetan medicine, holding some private consultations.

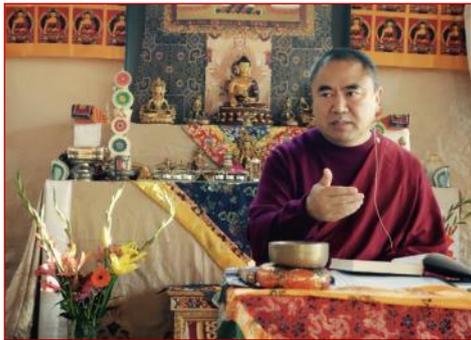
This truly is a rare opportunity to experience and learn about this wonderful culture. The day will be lots of fun for families, there will be stalls with Tibetan clothing and articles, plus demonstrations on the art of thangka making.



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## UPCOMING RETREATS AT KAMALASHILA TIBETAN BUDDHIST CENTRE

### 'Clarifying the Sages Intent' with Khenpo la / Part II



The second retreat of The Complete Path will be held on 16 - 23 September at KTBC, Tilba NSW.

A few words from retreatants at May Retreat:

It was wonderful being able to receive a whole weeks worth of teachings from Khenpo la. The course was pretty intense and everybody was exerting themselves. I feel fortunate to have this support from Khenpo la and the other students. One practical thing that stuck with me was learning that only acts performed with the motivation for the benefit of all sentient beings can add to the accumulation of merit. I previously believed that doing meritorious deeds to benefit that person alone was enough for the accumulation of merit,

but apparently it's not. Which means that all this time I haven't really been collecting much merit at all. So, time to work harder on my motivation! (Written for the benefit of all sentient beings) *Lan*  
More excerpts page 2...

### Annual Shamatha Retreat

29 September (7pm) to 7 October (10am)



Learn the practice of single pointed meditation in a naturally peaceful environment from a master who has been practicing these techniques for over 40 years. The full retreat includes all meals, accommodation, text and teachings. Daily rates are available, feel free to check our website for details, email or ring. A brilliant opportunity!

## The May Complete Path Retreat



What struck me most about the 8 day retreat, was the overwhelming amount of information to be assimilated, sorted through (still ongoing) and studied. Most important is our intention, with which we set out on the Path. Embodying the Six Paramitas would definitely give a strong frame work and the right intention from which to embark on this journey, and yet, these Six Paramitas, themselves are very profound and we could spend many lifetimes practicing and trying to cultivate them into our mind streams.

It's a long road... to enlightenment... for which one needs a competent guide. We are very fortunate to have met the Dharma and in particular Khenpo la, who holds up the lantern to guide us on the path. So with an aspiration to acquire a Virtuous Mind, (absence of the 3 poison minds) anger, desire, ignorance.

We students or as Khenpo la mentioned in a teaching " We Trainee Engineers", need to redesign our own mental house, from the ground up. For some of us:

- ◆ It may be a big project
- ◆ We may need to renovate
- ◆ We may even need to knock down and rebuild.

Recreating in this way, paves the path to an undisturbed, body speech, mind, which gives us relaxation, peace, joy, to benefit both oneself and others.

Khenpo la has given us the Blue Print to achieve this, it is up to us how we use it.  
**Suzanne**

It was such a nice surprise to arrive at Kamalashila in May to find this peaceful mountain setting had not changed much from my previous visit last October. It was also exciting to learn later about the upgrades and changes for further accommodation.

It therefore took me no time to settle in to a cosy caravan, explore the nearby forest, check out the welcoming dining room with its wonderful log fire to feel at home. Then there was the experience of being overwhelmed by the beauty of the shrine in

the Gompa and the welcoming smiles of all the participants, some I knew from past retreats and my Indian pilgrimage.



Khenpo la is a special kind of teacher, very serene and encouraging which helped with the nerves I felt at the prospect of learning these precious teachings. He also made sure that the fire burnt in the Gompa each day which meant we were very warm and comfortable during the long hours of teaching and revising. I was particularly grateful to him for his individual interview and his assurances no one would fail the exam which most of us seemed to fear.

**Sherry**



## Family Day in July

Khenpo la led a Family Day at KTBC. Parents and their children gathered for a day of meditation and fun. Khenpo taught to the younger children, the older ones and then the adults. He taught on Loving-Kindness and generosity. Some of the questions were wonderful from the children. A great game of soccer before lunch, had the kids asking for seconds.



Thank you to Khenpo la for inspiring us all to think of the younger generation, and as Khenpo said they will be the custodians of the teachings in the future. Thanks to everyone who helped with cooking, playing with the kids, with the art work... It was wonderful and fun day.



*The day was really fun and I mostly liked the meditation. What I remember most is Khenpo la saying not to be in the past or in the future, you must be right here in the present moment. **Coco (10)***

## Manjushri Buddhist Centre, Milton NSW



Khenpo la returned to the Manjushri Buddhist Centre in Milton, firstly meeting with the children involved with the Centre. He spoke to them about how to find true happiness and respect one's parents whilst having kindness and sharing that with others. Khenpo la then gave a Public Talk in the evening as part of a fundraiser for a local Disability organization to offer respite to parents of disabled children. The topic "How to Find Balance in Our Busy Lives" was well received. Khenpo talked about taking responsibility for our own minds, that if we care for ourselves we are caring for our mind which then alleviates worry and a stressful mind. The balance in our lives is to work on the right state of mind, also that success in life is not what we've achieved and done in our lives but what is the benefit for oneself and others.

*Continued on page 3...*

## Milton Weekend Continued:

It was a lovely weekend listening to Khenpo la teachings on 'Parting From the Four Attachments'. Two days of beautiful weather in calm surroundings, good company from far and wide and nourishing food prepared by Chaiki, Anthony and Jacky, made for a great learning experience.

I found the teachings and practices explained clearly and in simple terms, it has brought about a profoundly calmer mind and happier outlook in my daily life. I was drawn to an emphasis on the benefits of contemplation on the precious nature of human life, opportunities to practice and how mindful intention and kind actions both germinate and nurture compassion.



We were treated with a wonderful completion of our auspicious weekend with a blessing of a sleeping 3 week old baby...

**Donna**



## White Conch Buddhist Group Brisbane QLD.

Khenpo la's teachings allow the listener to discern and relate to aspects that directly relate to him/her. Not only does Khenpo la address the affliction, he outlines the required antidote in a manner that relates to everyday practice. May Khenpo la be blessed to continue the teachings to help others. **Christina**

So wonderful to hear the teachings from Khenpo. My take home is to simplify. Simplify and with the suggestions with their antidotes, we can implement and know to never give up. To continuously, spaciouly, and compassionately keep working on and with my habitual patterns. With heartfelt thanks to Khenpo la. **Maria**

Khenpo, your teachings are so relevant and very helpful. I believe to be blessed to receive your wonderful teachings. Please continue to teach us. Thank you for all your generosity. Bless you. **Jules**

Wonderful teachings by Khenpo la. He is clear and delivers with a sense of humour.

**Manon**

Thank you to organisers, well done as usual and welcoming. Thank you for all your great work! **Ven. Tsultim**



## Randwick Yoga Space, NSW



Khenpo spoke beautifully on Mindfulness. Of eating and health. At work. And with others. He gave great advice on how we can use this mind to create happiness by being aware or ourselves and not looking for happiness outside of ourselves. **Hollie**



## Richmond, NSW

What a wonderful afternoon we had attending a Public Meeting given by Khenpo on 'Mindfulness and Compassion in Daily Life'. Mind is the principle cause of happiness. We are constantly hurting ourselves without realising it, through anger, jealousy, greed, or negative thoughts towards others. Khenpo explained the importance of mindfulness in reducing the volume of negative thoughts and developing greater compassion as it stops us from creating the cause of suffering.

Having an afternoon tea break gave us the opportunity to mingle and reconnect with Khenpo and all those attending. We are so grateful, that Khenpo la makes the time to bless us with his presence and share his wealth of Dharma with us. We so hope he can return as often as his busy schedule permits. Thank you Khenpo la. **Wendy**



## GENEROSITY RAP

To practice generosity-what is asked of me,  
Look within-mindful of my grasping,  
Abandon stinginess-its tendrils of suffering,  
Can I get that-all the effort to do so,  
How do I keep it-the stress of the guarding,  
How do I get more-all anxiety, no satisfaction,  
Attachment the cause-I should be despising,  
Instead of going for more-not recognizing,  
Desire all the way to my grave-making me a slave,  
then I'm on my funeral pyre-nothing more to acquire,  
Leaving my body-still attached to my money,  
My precious pot of honey,  
On my way to hungry ghost-while others make the most,  
Dancing on my grave-they don't have to save-My  
honey now their money,  
Already left me behind-in my suffering mind  
Antidote I need this now,  
Please limitless beings-show me how,  
Give from the heart my teacher tells,  
It's the only way-to save you from the hells,  
Three essential jewels-go with the action,  
It's the only way-you will get satisfaction,  
One: train with small gifts,  
Two: keep the gifts pure,  
Three: make each gift a cause-by rejoicing in the  
benefit,  
No self is involved-it's for the great enlightenment,  
See a beggar-think Bodhisattva-Opportunity to practice,  
Small is okay-sincere is the way,  
Receivers are all kinds-Different only in my mind,  
Not restricted to occasion-Every day is ripe for  
Christmas,  
But not so fast you get the bends,  
Your selfish mind-needs the time,

To let go of your attachment driven woe,  
And the habitual poisoning of conditional expectation,  
Ordained-lay person-Bodhisattva,  
Sutra has a rule-for every stature,  
But in the end, you will find,  
Giving with compassion,  
Non-existent-no attachment,  
Is the same result-for every kind of mind,  
Don't be late-do it now and dedicate.

*Dedicated to the Generosity of the Enlightened Masters  
24/5/2017*

