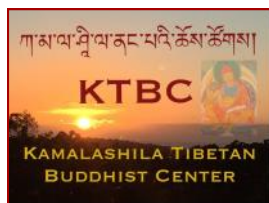




'The Wisdom Age'

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

Issue 28
February & March
2016



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FIRE MONKEY YEAR 2143

A Very Happy Losar from Khenpo la & Drogmi Buddhist Institute



Losar is the most important festival celebrated by Tibetans all over the world. It is also one of the most important times to visit holy sites, visit monasteries, stupas and shrines to make offerings in the form of food and other gifts. Requests are made to the highest of holders of the Tibetan Buddhist Doctrine in all lineages to serve for life-long through their enlightened activities.

The first fifteen days of the year celebrate the fifteen successive days on which the Buddha displayed a different miracle, in order to increase the merit and inspire the devotion of future disciples.

Practice is emphasised during this period of time due to the effects during the whole month of Losar of negative and positive actions being multiplied 100,000 times.



Photos anti-clockwise from top left : Blessing from His Holiness the Sakya Trizin at IBA Kathmandu, Nepal on 2 February, His Eminence's Luding Khenchen Rinpoche and Luding Khen Rinpoche with Khenpo la in Bodhgaya, India and in a private audience on 11 February with Khenpo la's family .

Clockwise from top right: Blessing with His Holiness the Sakya Trizin with Khenpo la and his beloved Mother at IBA , blessings and a private audience with His Holiness the 17th Gyalwa Karmapa with Khenpo la, his most precious mother, Aunt and family members on 10 February in Bodhgaya, and below with his mother and Aunt at the Great Mahabodhi Stupa for Losar... *Khenpo la states: "Good morning from the seat of over a thousand Buddha's who have reached enlightenment and are going to reach enlightenment in the future. I would like to dedicate these merits to my beloved late father and the most kind mother..."*



**OPEN DAY at
KAMALASHILA TIBETAN
BUDDHIST CENTRE
A wonderful experience**



Over 130 people attended throughout the day and seemed to enjoy the surroundings. The program began at 11am with light offerings and meditation for world peace. Lama Kalsang led the group in reciting the light offering prayer and the compassion mantra. Auspicious rice was offered to the full gompa as it was a special occasion.

Short sessions of meditation were conducted throughout the day, including a session for the many children who seemed to really enjoy themselves.



A tour of the property followed a delicious lunch of traditional Tibetan momos. The



chai that was served all day proved to be a great hit. The children attending also enjoyed the many activities that were available.



There was a drawing of the raffle later in the day which was won by a local resident. The day drew to a close with the screening of the film "Little Buddha" which proved popular.



More than anything, those attending remarked what a lovely space it was to be in and are very keen to attend the program, especially to attend Khenpo la's teachings and retreats in the future. We all look forward to many such wonderful days.

Thank you to all those attending and to all the volunteers, it was such great team work! (A very special thank you to Linus, Mark M & Jennifer for their exquisite photography)!!!



**WORKING BEE DAY at
KAMALASHILA**



This was the first of many working bees to come at KTBC. It was another great day of wonderful team work.



Those attending accomplished so much. The day began with a Shamatha meditation led by Jack, and then we all set off to work. Thank you to everyone for coming and making the weekend such a wonderful success.





of Jetsun Drakpa Gyaltsen

Memorandum from His Holiness Sakya Trizin

To all Holders of the Great Compassionate Victor (Sakyapas)

Jetsun Drakpa Gyaltsen appeared in the meditation of Great Vajradhara Tsarchen, when he was in a retreat of Secret Hayagriva practice. At that time, he was prophesied that praying to and making offerings to Jetsun Drakpa Gyaltsen will bring immense benefits for the teachings of the Buddha and the furtherance of the hereditary lineage. Accordingly, a statue of Jetsun was built at Thubten Gephel Ling. Subsequently, Jamgon Sangye Phuntsok endorsed this by writing a special Jetsun Drakpa Gyaltsen Guru Yoga puja.

Owing to this background, I would like to fervently recommend to all faithful followers of the Sakyapa tradition to organise special prayer gatherings at relevant locations to cause the spread of the teachings. The exceptionally sacred day to hold such a prayer gathering, on the 12th of 2nd lunar month, which falls on Sunday 20 March 2016, will mark the 800th anniversary of Jetsun Drakpa Gyaltsen's Mahaparinirvana.

HH Sakya Trizin

30 January 2016

Even though Khenpo la will still be overseas on this date, he has requested that at **Drogmi Buddhist Institute, Sydney** to offer a Guru Yoga Puja and we encourage all that are able, to join us on this auspicious and most monumental anniversary:

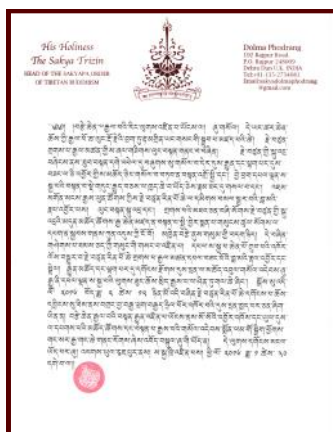
Date: Sunday 20 March 2016

Time: 10 - 11:30am

Place: Unit 2 / 20 Murray Street (Entrance via David Street)
Croydon

Bring: Flower or candle offerings are welcome

At Kamalashila Tibetan Buddhist Centre: Light offerings will be made during the day by Lama Kalsang.



March 31 is the date the annual Drogmi Buddhist Institute Membership is due for renewal. Should you be a current member, a previous member, or wishing to become a new member, registration and fees are due on this date. We encourage you to consider this as being a very significant contribution towards the ongoing program at Drogmi Buddhist Institute and support of Khenpo Ngawang Dhamchoe's teachings in Australia and around the world. We rely on the generosity of our friends and members, and becoming a financial member gives the committee confidence moving forward to expand and develop activities to benefit others. Registrations and payments for memberships can be made at:

www.drogmi.org/memberships

OUR NEXT KARMA YOGA DAY



The second Karma Yoga (Working Bee) weekend at Kamalashila Tibetan Buddhist Centre, Tilba will be:

Friday 25 March: 10am - 4pm

Saturday 26 March: 9am - 3pm

(Easter Long Weekend)

Accommodation and lunches provided, other meals donation suggested.

Come and join in giving the Centre a good freshen up before Khenpo la returns.

REGULAR MEDITATIONS & COURSES AT KTBC

Monday Evenings: 14 & 21 March / 6 - 7pm Beginners Class, \$10

Wednesdays:

◆ **Shamatha Guided Meditation:** 10 - 11am

Led by Khenpo la when in residence, otherwise by senior sangha members.

◆ **Introduction to Meditation Course:** Led by Khenpo la

25 May, 1 & 8 June

11:30am - 12:30pm

Cost: Full course \$30 / Per class \$10

◆ **Mind Training Course:** Led by Khenpo la

22 June to 20 July

11:30am - 12:30pm

Cost: Full course \$45 / Per class \$10

◆ **Meditation Workshop:**

SATURDAY

16 July / 10am - 3pm

Cost: \$25 (including lunch).

UPCOMING RETREATS
at
**Kamalashila Tibetan
Buddhist Centre**



◆ **Ngondro Retreat**
15 - 17 April

Ngondro "The Preliminary Practices" are the foundational, not lesser, practices which is considered by the Vajrayana masters as a complete and sufficient practice of one's spiritual path and a practitioner can even take this path towards full enlightenment. It encompasses the practices; Taking Refuge, Generation of Bodhicitta, Vajrasattva, Mandala Offerings & Guru Yoga.

Cost: \$200 / \$180 members or concession

◆ **Mindfulness & Compassion Retreat**
10 - 13 June
(Queens Birthday Long Weekend)

Khenpo la will give detailed and practical explanations on mindfulness, both in meditation and everyday life. A unique opportunity in these busy times to settle the body and mind, to learn about these tried and proven techniques of meditation from an accomplished and experienced teacher.

Cost: \$300 / \$270 members or concession

◆ **Annual Shamatha Retreat**
30 September - 8 October

Shamatha (Calm Abiding) meditation is the foundation of peace and happiness, both spiritually and worldly. Buddha used this technique over 2,500 years ago. Science now recognises that many health problems are related to stress, and increasingly recommend meditation. These eight days can be a life changing experience, and the most precious gift that you can receive.

Cost: \$800 / \$720 members or concession

These retreats will be run in a remote and naturally beautiful environment; under the instructions of a master who has been practising these techniques for over 40 years.

Bookings are essential:
www.drogmi.org or (02) 8005 1757



Magnificent photos by Linus

SYDNEY EVENTS

**Unit 2 / 20 Murray Street
(Entrance via David Street) Croydon**

SUNDAYS:

Shamatha Guided Meditation

10 - 11am

Green Tara (1st Sunday of each month)

9 - 10am

THURSDAY EVENINGS:

Mind Training Course

Weekly 7:30 - 9:30pm

17 & 26 May and 16 June.

Cost: Full course \$60 / Per class \$20

Philosophy Course

"Precious Garland"

Teachings on "Nagarjuna".

21 July, 4 & 18 August, 8 & 22 September

& 27 October.

Cost: Full course \$100 / Per class \$20.

RICHMOND EVENTS

Richmond Community Hall

20 West Market Street Richmond NSW

MONDAY EVENINGS:

Mind Training Course

Weekly 7:30 - 9:00pm

16 & 30 May and 20 June

Cost: Full course \$30 / per class \$10.



Many beautiful butter lamps so kindly offered in Bodhgaya by Serene for the peace and happiness and well being for the Gurus, Centre members and all beings everywhere.

IMPORTANT UPDATE

Dear Members and Friends of DBI,

As you may be aware, Khenpo la was due to return to Australia at the end of the March to commence an extensive program of teachings and retreats around the country.

Unfortunately, due to the poor health of Khenpo's mother, Khenpo la will be staying on in Kathmandu for another month and is now due back in Australia at end of April. As a result, we have had to adjust the program for April and full details of that will be made shortly.

Please keep Khenpo's mother and family in your daily prayers.

Jack Heath
President

*The Passing of
Khenpo la's Most
Precious Father*



"Thank you all so very much for your kind wishes, prayers and lamp offerings. When we cremated our precious father's body, fire pujas were performed at four monasteries. Continuing to do prayers and reciting mantras for all father beings..."

I am in great appreciation to you all"

Khenpo



At both the Sydney and Tilba Centres light offerings were carried out for Khenpo la's precious father and for all sentient beings in the bardo realm. Drogmi Buddhist Institute in Sydney offered a full Shamatha practice, at the same time Kamalashila Tibetan Buddhist Centre students offered Chenrezig practice...

