



'The Wisdom Age'

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

Issue 18
July & August
2014

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HIS EMINENCE LUDING KHEN RINPOCHE UPCOMING VISIT TO DROGMI BUDDHIST INSTITUTE 2014 - 2015



Preparations are underway for the visit of His Eminence Luding Khen Rinpoche to Australia at the invitation of Khenpo Ngawang Dhamchoe and Drogmi Buddhist Institute for a two month tour from end of December 2014 to early 2015. During this visit He will kindly bestow Empowerments and give teachings on the relevant Sadhanas. In conjunction with Kyegu Buddhist Institute, Drogmi Buddhist Institute will host His Eminence for the bestowal of the precious Vajrayogini Blessing and Teachings in Sydney starting late January 2015. Further details on the program will be available shortly. Currently His Eminence is traveling extensively in Tibet (second photograph above), bestowing Empowerments and conducting thousands of Ordinations. *More page 7.*

ANNUAL SHAMATHA RETREAT 3 - 11 OCTOBER 2014 UPPER COLO NSW



"Living in a spiritual way of life is the best way not to waste this human precious life and to accumulate and create more merit and wisdom. Every great master gives heart advice to their students whenever you could manage the time, go on retreat. During retreat this is the best opportunity to learn the precious Dharma and to put it into real practice. Also it allows us basic things such as to clear out our busy mind which causes us so many clouds of affliction. This way it gives us the opportunity to refresh ourselves. When we live in such a busy life it is very hard to find time to do a retreat for months and years. Doing a nine or ten day retreat will give you a solid foundation and reintroduce you to the nature of your mind. So while we have this precious human rebirth it is good to give yourself something that is valuable in this life and the future. Otherwise we are just caught up in the samsaric way of life. We are going to waste again this precious opportunity.

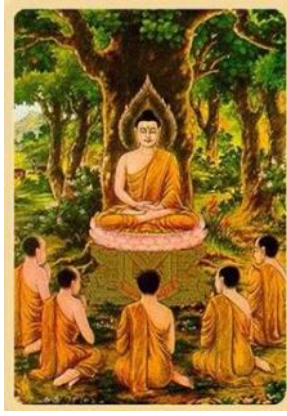
So, this truly is a great opportunity to give time to do retreat in the right environment, such as with a Teacher and other Sangha members. It is important to remember we always put our opportunity to practice the Dharma last, yet should be our first priority.

The time that we have got is very limited and uncertain. So in this life and for the future life the best thing we can do is to practice Dharma. Whilst we have all this excellent opportunity we should not waste time. In this retreat there is the opportunity to listen, practice and experience meditation which is the fundamental cause of all happiness" ...

Khenpo Ngawang Dhamchoe

For further information please refer to page 6 for all details or feel free to contact the centre directly either at:

www.drogmi.org / (02) 8005 1757 / or email your query to info@drogmi.org



Tibetans celebrate Chokhor Duchen, the first teaching the Buddha gave, at Saranath near Varanasi, India, on the Four Noble Truths and the Eightfold Path. The beautiful passage below describing this is from Jamgon Kontrul's *Treasury of Knowledge*, Volume 2.

THE ELEVENTH DEED

At the request of Brahma and others, he taught in known places Expedient and Definitive meanings in three successive turnings of the Wheel of Dharma.

During the time the perfect Buddha sat beneath the tree of liberation, he thought that no worldly being could realise the profound understanding he had attained. Thus He said,

*Deep, tranquil, unformulated,
non-composite clear light;*

*This ambrosia-like reality I have gained
is unfathomable by anyone I might teach.*

*Thus, I will dwell at the forest's edge in
silence.*

He sat alone with little activity in mind.

Through the Buddha's power, Brahma with a tufted crown arrived with His retinue of sixty eight hundred thousand, and beseeched Him to teach the Dharma, but the Buddha did not do so. Brahma then called on Shakra for assistance. After the third request, the Buddha, clearly seeing His disciples' different capabilities, promised to open the door of ambrosia-like teachings, beginning with teachings to any kind of sentient being. The tidings, "The Transcendent Buddha will Turn the Wheel of Dharma"! resounded as far as Brahma's realm.

The Buddha then went to seek alms in Varanasi. When He arrived at Deer Park, Descent of the Sages, the five excellent ones came to greet Him. The Buddha called forth,

and they thereby became true fully ordained monks.

At that place, one thousand magnificent lion-supported thrones appeared. The Buddha circumambulated the first three; when He sat in cross-legged posture on the fourth, a great light spread throughout worlds in the ten directions, and a sound arose calling beings to listen to His teachings. A god called 'Bodhisattva Who Turned the Wheel of the Teachings upon Developing the Intention to Attain Awakening' presented Him with a one



thousand-spoked wheel made of gold from Jambu River. He and countless other bodhisattvas and gods assembled.

On the fourth day of the sixth lunar month, the Buddha taught the Four Noble Truths in three enunciations: (He first explained) their essence, then their function, and finally their result. In this way, he presented that cycle of teaching in twelve aspects. As a result, the five excellent ones attained (the state of) arhat (foe-subduer), and for the first time the three jewels (Buddha, Teaching and Spiritual Community) appeared in this world.

Beginning with instruction in the Expedient and Definitive meanings (of Dharma), the Buddha turned the Great Wheel of Dharma - virtuous in the beginning, middle, and end in three stages. He taught in known locations such as Gaya Peak, Gandhamadana Mountain, Rajgir, Vulture Peak, Shravasti, Jetavana, Kosala, Kapilavastu, and the city of Vaishali, as well as in many places unknown (to humans), such as realms of gods and nagas, and the precious Vajra Palace.

The Buddha led innumerable disciples of the four kinds, including the sublime pair, to the attainment of four results. He foretold the awakening of countless humans and gods who had affinity with the Great Way. In Shravasti, He displayed supreme miracles, both mundane and supramundane. For His mother Mayadevi's sake, He spent one summer retreat period in Heaven of the Thirty-three, then descended from the

gods' realm (back to earth) at Sankashya. At glorious Treasure Mound Stupa and other places, the Buddha taught the secret mantra way to exceptional disciples. In these ways, His displays of the Four Taming Miracles was inconceivable and indescribable.

In summary, the Buddha stayed in His father's royal residence until the age of twenty-nine. He practices austerities during six years, and at the age of thirty-five he attained enlightenment. From then until his eightieth year, he conducted forty-five summer retreats and set in motion the highest Wheel of the Teachings.

**From the Sakya School of Tibetan Buddhism
31 July 2014**

**Happy Choekhor Duchen
to all my Dharma friends**



ཐུགས་རྒྱུ་འགྲོ་ལ་ཐུག་དུ་གཟིགས་ནས་ནི།
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Prostrate to you who, out of great compassion for beings, having turned the Wheel of Dharma at Varanasi and other supreme sacred places, you who lead the disciples in the three vehicles...

Khenpo Ngawang Dhamchoe

COMPASSION MANTRA TRANSMISSION

In this world every one of us experience endless suffering, caused by delusion and karma. This all originates from our self-grasping mind. The most powerful medicine or antidote to this is the great compassion. Avalokitesvara - the Buddha of Compassion, is the embodiment of all the Buddha's compassion. His mantra is made up of Six Syllables - the mantra of Great Compassion. Reciting this mantra is of immense benefit to oneself and countless sentient beings.

Khenpo la will give this transmission and teaching on the Six Syllables. This is a rare opportunity, and we encourage everyone to attend. The event is open to everyone, and ask you to please share this information with others.

Details on page 7...

A New Home for DBI.

We are now settling into our new home in Croydon. A big thank you to everyone who generously assisted in attaining the new property and managing the move from Ashfield. There were many people, especially Lama Kalsang, who helped with the packing, unpacking, moving and cleaning - it was a great team effort all round! We had a wonderful welcome ceremony on Tuesday 19 August with dinner and then Khenpo la leading the *Sixteen Arhat Puja*.

At the same time, having to make the move from Ashfield reinforced the need for us to find a permanent home for Khenpo la. Over the coming year, we will work hard to raise the funds that will enable us to purchase a property. We dearly wanted to have a property by the end of this year to coincide with the 20th Anniversary of Khenpo first arriving in Australia but clearly we need to accumulate more merit. We do, however, have a modest deposit and so we are looking to friends and members of DBI to build that up over the coming months. We are also interested to hear from people who might consider helping out with interest-free loans or other forms of financial support. We all know that Khenpo la is such a tireless and devoted teacher - forever and selflessly giving of his time, energy and wisdom. If nothing else, securing a permanent home for DBI would be wonderful expression of our appreciation of all that Khenpo has done for us. Should you wish to help in anyway please contact me via president@drogmi.org

We also look forward to your joining us at the end of year to celebrate Khenpo's twenty wonderful years in Australia.

AND check out our new website which will soon go live!!!

***Many thanks, Jack Heath
DBI President***

KHENPO'S 20TH ANNIVERSARY

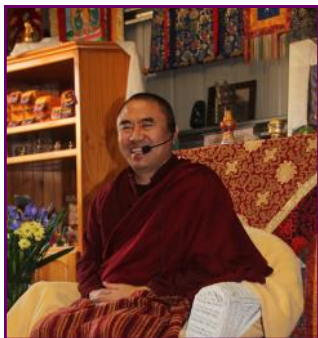
A reminder to ensure that you have set aside the weekend of **13 & 14 DECEMBER** as a time to celebrate with Khenpo la in His

20th Platinum Anniversary of living and teaching in Australia. Details of the program are:

- ◇ Luncheon at Wentworth Falls on Saturday 13 December 1pm - 4pm. This event is ticketed at \$40 per head. **RSVP by 1 December at: info@drogmi.org**
 - ◇ Puja Celebrations: *Sixteen Arhat Puja* Sunday 14 December 2pm - 5pm at DBI Centre, Croydon Sydney.
 - ◇ Dinner at a local restaurant Sunday 14 December 7pm.
- RSVP by 1 December**

Many people have received great help from Khenpo la over the years, by way of spiritual guidance or everyday advice and support. This is a tremendous and joyous opportunity to express your gratitude by participating in this weekend activities. Further information will be emailed out shortly!





With much joy and eager anticipation we welcomed Khenpo to our Tibetan Buddhist Institute of Studies Gomba at Tuncurry on the NSW midnorth coast alongside the Marpa Buddhist Centre. We felt privileged to have such a highly renowned Buddhist Teacher visit our centre and endow us with the precious Dharma teachings. We began our weekend retreat with a public talk at our local library on *"Ingredients of Happiness"*. Khenpo spoke of our good fortune in having a human existence whereby we can see through our suffering to appreciate how lucky we are to live in such a beautiful place with freedom and opportunities to study the Dharma and free ourselves from suffering by seeing the impermanence of all things and the joy of letting things go which brings happiness to all. We all felt lighter and happy as our wonderful evening came to a close.

On Saturday we began our retreat on *"The Twelve Links of Dependent Origination"*. Khenpo commenced by explaining how the Dharma is like medicine to heal and tame our wild mind. To do this we need the right intention which is like planting a seed in the garden, we need the right soil conditions to

enable it to grow. So we begin by wanting to help ourselves and others be free from suffering but our conditioned habits are deep-seated and it takes time for us to train our minds just as a young child needs to grow and mature into an adult. Khenpo explained how our ignorant mind triggers the Wheel of Life - Twelve Links of Dependent Origination that begin the cycle of delusion whereby karma begins the action/reaction patterns of existence according to the ripening of conditions, e.g. A mango seed will not grow in the Himalayas as it is the wrong conditions. We need to train our minds - the mind is pure in the beginning (ultimate, primordial, intrinsic), yet when we think about 'self' we begin the delusion. Khenpo then explained the aggregates and mental factors and their influence, pointing out how they are always changing too, according to the differing conditions, which is where the Buddha's first teachings on *The Four Noble Truths* brings clarity and understanding to practice *The Eightfold Path* to cease suffering. Khenpo then discussed the *Four Powers* and the *Ten Virtuous/Non-Virtuous Deeds* leading to the wisdom that we all want to be happy but are all running away from, which lead us to Emptiness, ie: 'self' is not real it is just an illusion. WOW, so much food for thought!

Sunday had us all eager for the next topic *"Shamatha Meditation"*. Once again we began with Bodhicitta and the motivation to subdue our negative thoughts through single pointed Shamatha to create stability before doing analytical meditation - vipassana, enabling us to free the root of suffering through analysis we can uproot the 'self' and gain ultimate wisdom. Khenpo then taught the posture for Calm Abiding (Shamatha) and explained the obstacles. We had a lively Q & A session which was very informative for us all.

Continued on page 6

DHARMACHAKRA GOMPA GYMPIE QLD.

The two day Calm Abiding Retreat at Gympie was a great way to recharge and come closer to the Dharma, with Khenpo la providing a great mix of instructions, leading practice sessions and conducting Q & A sessions with retreatants. Khenpo spoke about the limitless potential of the mind to

treat the causes of suffering, and emphasised the importance of having both the causes (the ability of the wisdom mind to transform the self-cherishing and negative mind) and the conditions for effective Shamatha meditation practice, such as having a conducive place to practice, less desire, being involved in less worldly activities, having less clinging attachment to those close to us, leading an ethical life and being grateful for all the favourable situations and circumstances we



currently have. Importantly, Khenpo la emphasised and re-emphasised not underestimating how hard it is to tame and transform the negative and wandering mind as it is our default way of functioning, and to be gentle, gentle and more gentle with ourselves as we build a strong, firm and stable foundation for further practice.

Key takeaway messages for me were to contemplate more often and regularly on the *Four Foundations* (the Preliminaries), to better prepare my mind for Shamatha meditation practice, and the importance of knowing (and accepting) the reality of my current mental state and experience - however difficult that may be - and to be humble and patient as it will take some time before I can skilfully apply the right antidotes to treat whatever negative state my mind is experiencing. Dharmachakra Gomba is a wonderful Retreat Centre and spending some time with Rob, Sandra and their family (including their girls, dogs and factory farmed rescued chooks) is always replenishing for the heart and mind as they take such good care of everyone and welcome you fully into their hearts.

Giovanna

Continued on page 6...



CHRISTCHURCH, NEW ZEALAND

We felt very fortunate to have Khenpo in Christchurch, for a Public Talk, followed by a weekend of teaching on meditation. The Yoga and Qi Gong School in Sumner was a perfect venue, a beautiful old wooden building, with a settled and serene atmosphere generated by the hundreds of yoga and qigong classes given there through the years. As always Khenpo's teaching was clear and accessible, and we could see and appreciate the need for a thorough understanding of the basis of meditation practice, as well as how to deal with experiences arising during the session. All was useful to the beginners amongst us as well as those with more experience in Shamatha meditation. Khenpo's huge depth of knowledge and his experience as a teacher, mixed with warmth and sense of humour made this a most valuable and enjoyable weekend. We do thank Khenpo for including us in his busy teaching schedule. **Sally**



NYIMA TASHI KAGYU BUDDHIST CENTRE AUCKLAND NEW ZEALAND

Khenpo's teaching on the Six Transcendental Actions this weekend at Nyima Tashi Kagyu Buddhist Centre was articulate and detailed - allowing an insightful understanding of the Six Paramitas. The definition, causes and antidotes were presented in a logical manner and precise manner allowing us to understand and comprehend the Dharma actions that assist in overcoming delusional ego. Khenpo Ngawang Dhamchoe shared his knowledge with great skill and he is a joy to listen to. **Ali**

We enjoyed another knowledge - rich weekend with Khenpo: this time on the Six Paramitas. It is difficult to point out a highlight, as the stream of wisdom that we



were presented with was so full and constant. I found instead that by the end of the weekend, my usually self-fixated and sleepy mind was in a state of awe and then felt able to apply what Khenpo so generously and warmly taught us. May we all do so.

Camille



DUBBO NSW



Once again we were honoured and blessed to have Khenpo and Lama (Khenpo's nephew), visit Dubbo. Friday night he shared with us his wisdom around the benefits of a positive mind over a negative mind. A number of us loved the muddy water analogy: Our untrained mind is turbulent like muddy water but when we become still the thoughts (or mud) whilst still in the glass, settles and we have crystal

clear water (positive mind). This rings true for me as I know when I am practicing meditation and put aside my judgement I am calmer, events still occurring but they do not upset me as much and I can make better decisions. I believe we access a better part of ourselves, a higher level of consciousness. Saturday Khenpo revisited the importance of our commitment to meditation and taking responsibility for ourselves. He reminded us that we can decide how to react in any situation and it is only ourselves that we can ever hope to have control over, in ourselves we all know this to be true but it is often a difficult doctrine to uphold. Khenpo and the time he spends here is a gentle reminder for us all to live with gratitude in the moment. He brings a calm and loving peace which we admire and are privileged to share. As always we will attempt to implement the wisdom from Khenpo, and stay in the present moment. However we may find it difficult not to look forward to our Khenpo experience next year and renewal of our antivirus software to protect our mind.

Paula

CANBERRA ACT



Friday 15 and Saturday 16 August we were most fortunate to have Khenpo la come to Canberra to teach. The Rigpa community generously welcomed us into their centre at Braddon for these teachings; conveniently close to the city centre and a delicious bakery. Friday evening Khenpo la spoke of the "Importance of Being Happy" and this resonated with the twenty-one attendees as very pertinent and yet often challenging in this current day. Saturday Khenpo la held a rich workshop on *Lojong*: "Mind Training" and these often recondite teachings were shared with the group in a straightforward way stimulating lively discussion regarding applying them in our everyday lives. We in Canberra are very grateful for Khenpo la's tireless efforts to share these precious teachings. **Fee**

The beautiful shrine room of Rigpa Canberra was a fitting setting for Khenpo la's August teaching on *Lojong* - "Mind Training". Khenpo la described the compassionate and beneficial nature of 'positive mind', also the self harming nature of negative mind states... *continued on page 6*

All in all we had a wonderful weekend of Dharma and are very grateful to Khenpo for being with us, and look forward to his return soon. Thank you Khenpo!

PS. The Tibetan Buddhist Institute of Studies is run by Jule Wood who has been supporting and sponsoring Tibetan families for many years. Jule and Adrian have a lovely Tibetan family staying with them, Lobsong, Namgyal Tso and their eight month old little boy, Lhamo, who is a real cutie! It was lovely to see them all happily chatting and sharing momo's together.

Lynne

Gympie continued from page 4...

Over the weekend of the 26th and 27th August, Khenpo la most generously gave teachings on Shamatha Meditation at the truly hospitable Dharmachakra Gomba, which is situated on a hillside amongst bush near Gympie about 200km north of Brisbane. Dharmachakra Gomba has been built single-handedly with great care, skill and devotion by Rob Assink. Consideration is evident in every detail of the gomba itself and the surrounding accommodation and environment. Rob and Sandra show warmth, generosity and care in every aspect of one's visit to the gomba. They and their beautiful place are an inspiration to practice Dharma. Then there is the wonder of Khenpo la teaching us amazingly fortunate ones right there amongst the trees and sky and birdsong in rural Queensland! It is very powerful when Khenpo la leads us to such transformative ways of thinking and being while we are sitting so close to our natural and familiar Australian environment. Personally, I love not being separated from the flow of the day while listening to the teachings. Khenpo la seems to have a deep connection and respect for this place, his wisdom and teachings flow out into our everyday worlds and our everyday environment. An understanding that seemed to coalesce for me at this retreat was the importance of practice. I have heard it and superficially understood the idea of it before, but I have taken away from this retreat more of the understanding that I really have to do it. For me it is still at the very simple level of resting my mind on that blue flower, of training my concentration, steadying my mind as much as I can, incorporating the Dharma more and more.

Thank you. Raelene

Canberra continued from page 5

such as attachment (to self), aversion (to

others), desire and anger. He pointed out how powerful your state of mind is, affecting not only you but also those around you. For example, a scientist who compassionately seeks to develop a new medicine may benefit the lives of countless others. Cherishing others instead of self is the essence of 'positive mind', which in turn is the key to finding joy, happiness and peace.

Khenpo la discussed how meditation is the essential tool for developing a positive mind, and the need for disciplined perseverance with practice, hence *mind training*! A calm and relaxed mind is one that sees reality more clearly, one that is grateful instead of arrogant and blaming. Every adverse circumstance then becomes another opportunity to develop a positive mind. It

was pointed out that reciting mantras can be used as 'first aid' on an on-the-spot remedy when you find yourself stuck in 'negative mind'.

The most profound teaching we received was witnessing Khenpo la's own embodiment of 'positive mind'. It was very moving to hear him say that the Chinese invasion of Tibet, which has displaced his own family, brought the benefit to others of Tibetan monks living all over the world. This means that much-needed teachings are available to those who would not otherwise receive them. Spending time with a practitioner of such attainment was a rare privilege, and we thank Rigpa Canberra for making this precious space available and to Ann for all of the organising.

Anonymous



DROGMI BUDDHIST INSTITUTE



ANNUAL SHAMATHA RETREAT
3 - 11 OCTOBER 2014
with
Khenpo Ngawang Dhamchoe

REJUVENATION Lojong "Mind Training"



We all want happiness and peace in our lives. To achieve this we need a calm and stable mind. Khenpo will give instructions and training on Shamatha or Calm Abiding Meditation based on Lojong "Mind Training".

Shamatha Meditation is the foundation of peace and happiness, both spiritually and worldly.

Buddha used this technique over 2,500 years ago. Every Yogi's inner realisation and peace, and outer health and happiness, is developed from this meditation. Science now recognises that many health problems are related to stress, and increasingly recommend meditation.

This retreat will be in a remote and naturally beautiful environment, under the instructions of a Master who has been practising these techniques for forty years. These eight days can be a life changing experience, and the most precious gift that you can receive. It is extremely rare to find such sanctuary in our busy lives and we encourage you not to miss this opportunity.

Where: Ararat Lodge, Upper Colo Road Upper Colo NSW

When: 7pm Friday (3 October) to 1pm Saturday (11 October).

Cost:

Full Retreat: Dormitory \$880 Camping \$800 Early Bird / Member / Concession discounts available.

Attendance can be daily.

*Costs include teachings, accommodation,
refreshments and ALL meals!*

Ararat Lodge is in a beautiful country setting alongside
the pristine Upper Colo River.

BOOKINGS ESSENTIAL
on line at

www.drogmi.org

or call (02) 8005 1757 for more information



SHEDRA TERM 3
400 VERSES ON THE MIDDLE WAY
by Aryadeva

Excerpts from notes taken by a student of Khenpo la's inspired by a Shedra Class in term 3, Sydney centre. *Stanza 288 teachings given by Khenpo la...*

Definition or characteristic of Selflessness:

Selflessness is incomparable; it is the path that leads to nirvana; the difference between calm abiding (which is contentment due to peacefulness of the Conceptual Mind), while you reach nirvana in Vipassana is Absolute Mind. Conventional peace is a temporary state of mind, and attainment of nirvana is a non dualistic state of mind. There is no absolute peace in nirvana unless it is a non dualistic state of mind. Freedom from attachment to object; object is non existent by itself, it exists through interdependent arising. Physical object arises from our mind through labelling the object; therefore by placing certain conditions to the object, our mind gives rise to the existence of the object. Conceptual mind is like waves in the ocean; it arises and it subsides. Dharma is the tool to see the nature of reality of the truth in seeing the nature of all phenomena. Detachment through wisdom on the object is the Dharma. Freedom from attachment to the object and subject, this undisturbed mind, this great peace, is the Primordial Mind. The selflessness or emptiness is the path to gain nirvana.

What is selflessness / emptiness?

- 1./ It is the wisdom, that perceives and realises the view of neither externalism nor nihilism.
- 2./ Selflessness destroys the wrong view of externalism and nihilism.
- 3./ Pretiyabuddha, Shrivakabuddha and Buddha in their Primordial state of mind, their object is selflessness. In this natural state there is nothing to grasp at, realising no object to grasp is selflessness.
- 4./ Selflessness is none other than *Dharmakaya* which is Primordial Wisdom of all Buddhas. It means double purity of intrinsic nature and purified defilements that had obscured it's natural state. Just like the sky is by nature clear, but temporarily obscured by clouds. **Serene**



Wishing HIS HOLINESS 41ST SAKYA TRIZIN a very happy, healthy & joyous birthday for 7 September...
May He Have a Very Long and Healthy Life...



Khenpo Ngawang Dhamchoe
National Teaching Dates



Khacho Yulo Ling Buddhist Centre

Cairns QLD
 5 - 7 September
Contact: Ani Rinchen
info@yuloling.com

Alice Springs, NT

17 - 19 October
Contact: Zara Kaye
kayezara@yahoo.com

Rongton Brisbane Centre

Brisbane QLD.
 24 - 26 October
Contact: Venerable Lekshe Tsultim
gen.tsultim@gmail.com

Sakya Choebar Lhunpo Centre

Melbourne VIC
 1 - 2 November
Contact: Penny Moody
penny-moody@netspace.net.au

Dharmachakra Gompa

Gympie QLD
 7 - 9 November
Contact: Rob Assink
assink1@optusnet.com.au

Samadhi Buddhist Centre

Bermagui NSW
 14 - 16 November
Contact: Annie Ray
annieray77@hotmail.com



We are so fortunate to have the opportunity to receive precious Dharma from such a great master as His Eminence. Please keep a check of the centre website for updates and ensure you are on the centre email list to receive email updates as information is available. *All photographs of His Eminence are taken and offered by Dawa Dolma, thank you!*



SIX SYLLABLE COMPASSION MANTRA
TRANSMISSION AND TEACHING
SUNDAY 31 AUGUST

WHERE: Drogmi Buddhist Institute 25 Dalmar Street Croydon Sydney

WHEN: Sunday 31 August **10 - 11am**

By Donation

The regular Shamatha Practice will follow at 11am!

MOMO WORKSHOP A GREAT SUCCESS!!!

It is always fun spending time with our wonderfully inspiring Resident Lama Kalsang, and even more so when momo making is on the agenda for the day. There was a lot of laughter, learning and loving kindness dispensed by Lama. He is always very encouraging and very kind with our novice attempts at making momos. A great day was had by all!!! **Suzanne**





Khenpo's weekend teachings on the "*Thirty Seven Practices of a Bottisattva*" were insightful and illuminating. He has such a special gift, to be able to explain complex philosophies in a simple way that everyone can understand. Not only that, he is able to give excellent instructions on how to take this a step further and bring them into our everyday lives and apply them to a modern world. For me, Khenpo's discussion about how we can focus on our responses to dealing with situations (or with people) that we find difficult as part of our daily practice was especially important for me, and I have already found that practicing my calm responses to these situations during my daily meditation has already started to help me. **Shannon**



I would like to thank all who organised the weekend with Khenpo for this great opportunity to be in the presence of Khenpo, his Masters and all the Buddha's. What I received most from this weekend is

the understanding that all our suffering and struggles we have in this life is created in our own mind, and that by observing our every thought we have to come to the realisation that happiness has to come from compassion and unconditional love for



ourselves and all sentient beings. Something so simple yet so difficult to comprehend. By following the Dharma and the great teachings we can open our heart and mind to have a great and happy life, step by step, thought by thought, breath by breath we can all attain the happiness we want. What struck me was the great memory of Khenpo of all the texts and teachings from which he gave examples, great example of what the mind is capable of if we are able to let go of the clinging and clutter. **Fred**



I have heard Khenpo speak before and it was as if he chose this teaching just for me. Then, once again at his teaching of the "*Thirty Seven Practices of a Bottisattva*", receiving exactly the guidance and wisdom that I needed to deal with certain troubling issue's. I felt so inspired to take these challenges and treat them as opportunities to practice, a great sense of relief that certain troublesome people were not my enemies at all, yet valuable teachers or perhaps even my mother in another life! I came away from the two day teaching so much lighter in spirit and yet also firmly grounded having been reminded, once again, of what is really important in this precious human life! **Justine**



A Public Talk Given at DBI Centre with Khenpo la

"The Importance of Being Happy"

In explaining the importance of being happy, Khenpo la guided all attending step by step along the *Eightfold Path*. In our unskilful attempts to gain happiness, we create only the causes of unhappiness. A skilful life lived in accordance with the path is to be happy. It is therefore of the utmost importance that we have happiness.

Thank you Khenpo la for your precise and practical instructions.

