



# 'The Wisdom Age'

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

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## CONTENTS

### Page 1

His Eminence's Luding Khenchen's Birthday Celebrations and Upcoming December Retreat at the South Coast Centre

### Page 2

October Shamtha Retreat in Upper Colo NSW

### Page 3

National Teachings in Gympie, Cairns QLD and a writing on Shedra Richmond NSW

### Page 4

More teachings in Dubbo and Bermagui NSW

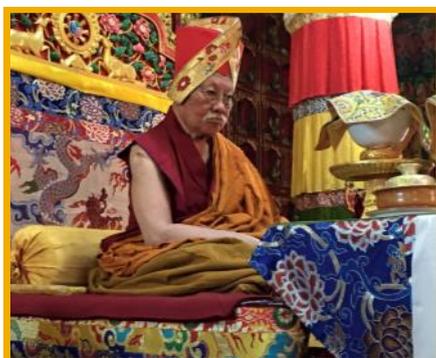


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## The Celebration of His Eminence Luding Khenchen Rinpoche's 85th Birthday



The Great *Vajradhara* His Eminence Luding Khenchen Rinpoche's 85th birthday was on the 26th October. On this very morning at the Ngor Monastery an Australian student made tea offerings to HE Luding Khenchen's Long Life Puja on behalf of Drogmi Buddhist Institute, Khenpo Ngawang Dhamchoe and members at Ngor Monastery main shrine temple. Khenpo la and sangha members back in Australia gathered to celebrate this monumental time, with light offerings, chanting and offering this lovely cake below.

*May His Eminence continue to light up the world with his great qualities, inspiring us all.*



## Vajrasattva and Medicine Buddha End of Year Retreat with Khenpo Ngawang Dhamchoe



### Vajrasattva and Medicine Buddha Retreat

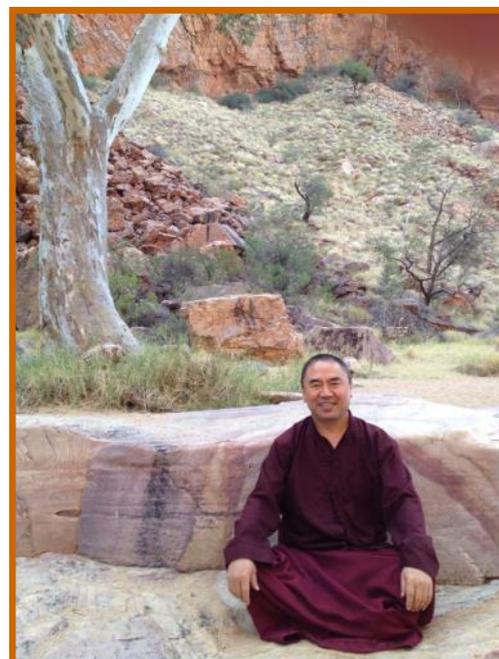
*The Vajrasattva Practice* is for mental and physical purification. It is the most powerful purification practice we can do in our daily life. *Vajrasattva* is the deity that embodies the purification wisdom of all the Buddha's and for this reason, it is a great practice to undertake leading into the New Year.

*The Medicine Buddha Practice*, the Supreme Healer, is not only a very powerful method for healing and increasing healing energies both for oneself and others, it is also appropriate for overcoming the inner sickness such as our negativity, attachment, ignorance, etc... This *Medicine Buddha* can help to decrease our physical, mental afflictions and suffering.

**When:** 27 December (2pm) to 1 January (10am)

**Where:** Tilba / South Coast NSW

*Bookings are essential, so please direct all enquiries to [info@drogmi.org](mailto:info@drogmi.org) or [www.drogmi.org](http://www.drogmi.org)*





'Heart-warming' is the adjective that best describes this year's Shamatha Retreat for me. For eight days we were bathed in the golden nectar-light of wisdom and logical, practical advice that were Khenpo's teachings. During the guided meditations and chanting, Khenpo's voice went deep into us as he exhorted us to really feel the love and compassion flowing out from our hearts. We earnestly tried. He asked us to try to keep our hearts full of Loving-Kindness as we did our best to maintain our focus on the blue flower. We could feel the warmth in our hearts flowing out into the world, wishing the best for all beings and the environment. We felt warmth and gratitude towards each other.

I knew this retreat was special when I boarded the train in Sydney back to the airport. Instead of my usual judging, that same warmth and connection which I had felt for my fellow retreatants flowed out to my fellow passengers, and later, to my family and work community. A colleague who, on my return to work, confided her depression to me, then later told me that my description of the retreat and Khenpo's advice to replace negative thoughts with positive thoughts had really helped her. She had related the advice to her teenage daughter, who also suffers from anxiety and depression, and she also reported that the simple advice had helped her as well. She said she felt excited and optimistic about using this technique. My colleague said that she had felt that warmth flowing from my heart. For the first time, I *heard* something of what 'going for refuge' is. It makes me very happy and more confident. Sincerest, deepest thanks to all. **Raelene**

The retreat was a real gift. Khenpo continues to blow my mind, the teaching was on *Lojong*, yet Khenpo spent a lot of time talking about 'going for refuge' and doing refuge with real heart and how central to Dharma that is. Anyway that is what I heard and I know I only pick up a small percentage of what Khenpo puts out. Learning to remove the distance I put between my practice and my daily life and using daily life as a path. I really feel like I'm starting from scratch again and it's great.

**Dino**



I was so fortunate to attend the recent Shamatha Retreat at Ararat Lodge on the Upper Colo River. Such great facilities in a perfect location. Khenpo la laid a solid foundation right from day one, systematically going into the meaning of the Triple Gem and taking Refuge, Bodhicitta, samsara, karma, meditation practice, wisdom, compassion, enlightenment, single-pointedness, ethical life and so much more. You had to be there! Such rich teachings. The retreat had a beautiful

routine, a great balance between practice, eating, teaching, tea, meditation, chanting, tea, question and answers, more eating...

Suzie's wonderful cooking kept us nourished and up to the concentration needed to absorb as much as possible from each day. My profound gratitude to Khenpo la and everyone who attended or contributed to the retreat, for a wonderful experience of studying and practicing the Dharma in the company of such great spiritual friends.

**Raewyn**

Be a good human, then gradually and gently, perfect mind and heart...

*a haiku by*

**Giovanna**

The weather in Upper Colo Valley was very hot and dry with clear blue skies.

Wonderful. Yet it rained a great rain of Dharma in the gomba all week when Khenpo taught... it rained and poured, saturating all of us. When you hear the pure Dharma from the perfect teacher, you know you have the greatest of all treasures. And so it shows Khenpo's students, they all know how fortunate they are and their joy is manifest from this strong confidence. Much gratitude and love to everyone.

PS... anyone have a spare Aussie passport they don't want?!

**Russell**



## DHARMACHAKRA GOMPA GYMPIE QLD.

As always Khenpo never ceases to surprise me with his knowledge on the teachings of the *Buddhadharma*, we all move a bit closer to freedom from samsara. I sincerely wish him a long healthy life and as normal I am being selfish, because without a Teacher like him we would be stuck for such a long time.

**Rob A.**

As my samsaric mind edges its way to the delusion of old age and decrepitude, the idea of attending teachings and retreats (or doing anything really) becomes increasingly dominated by the difficulties of preparing, travelling, sitting, concentrating, staying awake and sleeping at inappropriate times. However, once set off, the drive from Brisbane to Gympie is quite beautiful and flowing, and when you arrive at Sandra and Rob's place, the warmth and hospitality embraces you, and feels like home... Ahhh!

Khenpo taught on Shamatha Meditation. I knew this was vitally important, and in my intermittent moments of clarity, I could see fragments of the jewel shining in the light of Khenpo's teaching. The fragments I think I saw and can now still remember: *The Four Noble Truths*; Wisdom is essential for happiness; Shamatha Meditation is essential for the development of the wisdom; Virtue is essential for Shamatha meditation; Virtue is being undeceived and seeing reality exactly as it is; Virtue is wisdom. It is a cycle of development. I must practice Shamatha as much as I possibly can so that I can clearly see reality as it truly is and avoid the pit of suffering for myself and others. I at least want to do no harm.

Warm affection and gratitude to all who participated and made the retreat possible in any way. **Raelene**

The two day Shamatha teaching reinforced for me (again...) that the reason I need to calm down my very crazy elephant/monkey mind is that the suffering I experience from my samsaric mind is super super hard! Practice is hard too, especially at the beginning, but samsaric unhappiness and suffering is harder as there is no end. At least through practice I can experience less stress, anxiety and fear in this life (yes!).



I can have a good rebirth next lifetime to continue practice (yes!), eventually I will be able to liberate myself from the six samsaric realms (yes!) and then... enlightenment and perfection of my mind and heart to help all other sentient beings as best I can (big yes!)

I was both motivated and humbled by the path ahead of me and I am very grateful to Khenpo la for once again sharing the Dharma with such warmth, practicality and gentleness. **Giovanna**



## KHACHO YULO LING BUDDHIST CENTRE, CAIRNS QLD.

Khacho Yulo Ling hosted a very insightful and meaningful weekend with Khenpo la. It started with an inspiring talk on mindfulness in everyday life, giving people simple, effective and achievable daily tools to create a happier and more mindful way of life.

This was followed by a weekend teaching on "Recollecting the Qualities of the Triple Gem". This was a very thought provoking teaching bringing the Buddha, Dharma and Sangha alive and into our modern lives, giving us the inspiration to work towards enlightenment for the benefit of all.

Khenpo la has such a beautiful way of teaching the Dharma and the feedback from the weekend was profound, two participants said that it altered the way they were viewing situations in their lives and brought renewed energy to the practices.

*May the teachings and the teachers flourish.*  
**Ani Rinchen**



## RICHMOND NSW SHEDRA

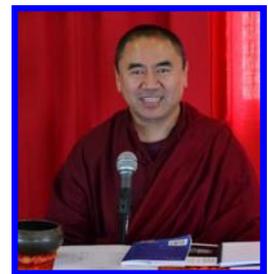
Our Shedra group at Richmond is very grateful to Khenpo for his regular teachings. He brings to us his wisdom and clear explanations on how to find greater happiness in our lives.

We are continually welcoming new people into our classes, who remark on his wonderful charisma and amazing explanation of Buddhist Philosophy.

This past term Khenpo taught on a different subject matter each week, which touched on subjects which many of us would like a greater knowledge of.

These subjects were:

- 1) **What is Karma?** Have you ever wondered how and why certain things happen as they do...
- 2) **The Importance of Being Happy:** Being happy is the key element to a fulfilling life.
- 3) **The Blame and Shame Game:** Buddhist teachings state that it is unproductive to dwell and harbour either of these emotions as they not only cause us to suffer, but we also pass the suffering onto others.
- 4) **Managing our Emotions with Mindfulness:** Introduction of Mind Training as a way you can manage even our strongest emotions in a positive way.
- 5) **Living Life to our Full Potential:** Most of us never realise our true capacities. Khenpo la discussed methods to help us live life to our full potential.



Khenpo la shows us the importance of Loving-Kindness and Compassion in our actions and speech, to change our negative thoughts and actions into positive, to assist us in finding more joy, energy and peace with the people in our lives. His teachings also give us insight into how we can deal and cope with everyday problems.

Khenpo la balances his teachings with a mix of guided meditation and wisdom, which make them a wonderful experience. We will always be grateful to him. **Wendy**

## Dubbo NSW Teachings

We are always so grateful to have Khenpo la here in Dubbo each year. He even did a guest appearance at our local Primary School with the year 6 students and gave a brief lesson about why he became a monk and the importance on being a good and kind person making people happy. This year Khenpo allowed us to record him chanting during a meditation session which I have been playing on my iPod to assist me in clearing my mind and meditating. Once I work it out I am going to load it onto my computer and email it out to the attendees who have expressed an interest in having a copy... **Juleen**

I managed to take some good notes, due to knowing my memory would not be able to hold all of Khenpo's logic and wisdom in. I think the most stand out part for me during this time with Khenpo was to show Compassion to people in situations we would rather not. Khenpo expressed that our greatest protection is showing Compassion and this will lead to a happier mind. I like the sound of that. I got a lot of benefit from everything he spoke about and I look forward to his visits to Dubbo every year. **Mandy**

## Samadhi Buddhist Centre Bermagui NSW

I would just like to voice that this meditation weekend has been an enlightening moment for myself. This having been my first time couldn't have left a better impression and it makes me want to come to more teachings. Khenpo's teachings were so insightful and inspirational, it has been an enriching experience from the teachings, to the meditation, to the beautiful location and setting to all the lovely people there.

Thank you for having made this weekend possible. I believe I have greatly benefited from it. **Amandine**



Once again, Khenpo la's clear teachings had a great impact for me. Finally I understood the possibility of positive transformation of anger. The use of suffering as a connection with all sentient beings, also appears possible, if I can remain mindful of my experience.

Thank you once more Khenpo la.  
**Julie**

