

Drol Kar Buddhist Centre

Newsletter February 2025

FEBRUARY DATES

February 1	Karma Yoga Working Bee (lunch provided) 10:00am - 12noon
February 2	First Sunday of the Month Teaching 10:30am - 12noon
February 3	Weekly classes recommence
February 28	Losar (Tibetan New Year)

Thoughts for the New Year

Happy New Year! How fortunate we are to have made it to 2025. As we recall those who didn't see out 2024, we remember this life is quite short and death can come at any time.

Therefore, with the commencement of each new year, people make often make 'resolutions' which usually take the form of some sort of personal improvement - fitness, giving up something, improving ourselves in some way. The reason we make these vows is because we all want to be happy. No-one wishes for discomfort, confusion or drama and yet, more often than not, this is what occurs.

One of the reasons conflicting emotions arise within us is our habit of looking outside ourselves to find the source or culprit for this dissatisfaction. We believe the unhappiness is from a solid, independent object like a person, the government, a lack of wealth etc. Rarely do we point the finger back at ourselves and understand we are the cause which has created our own unhappy mental state. However, if we are able to do so, this can become a powerful source of inner transformation.

Taking responsibility for one's own behaviour, speech and attitude creates the causes for our present, and future, happiness. It provides an ethical framework which allows us to create peace within ourselves and, when we are peaceful, we can be peaceful towards others. We no longer see them as a threat to our own mental stability, we can see their good qualities which is, in fact, the basis of Bodhicitta, the mind that wishes to help others, that wants them to be happy and free from sorrow.

We realize that, just like me, all sentient beings want happiness, and this awareness can help shift our self-centred attitude of only caring about ourselves and those close to us. We begin to understand that, in fact, we depend on all other beings for our survival, welfare and happiness. The clothes we wear, the food we eat, fresh drinking water, roads, education, housing, everything comes from the kindness of others.

So, with this thought, may we generate for 2025 the mind that tries to help others, or as His

Holiness the Dalai Lama says, even if we can't actually help, we can at least make the commitment to do no harm. This is not a lofty intention, in fact it is very doable, but it creates the causes and conditions for our own happiness and the happiness of others.

I'd like to close with this quote from the 8th Garchen Rinpoche:

"May we all remember that, in countless lives, we have been each other's family. Let us treat one another with love and affection, for love is both happiness and its causes.

By wishing goodness for the world, we purify our own heart and mind. Although self and others may seem separate, they are one essence. When we strive to benefit others, we ultimately benefit ourselves.

As we enter the new year, let us pray for harmony among all races, nations and faiths and inspire a world filled with love, peace and connection.

May you be blessed with happiness, radiant health and abundant good fortune".

Karen Mayer

Notes from Friday Meditation with David

"Whatever forms of meditation you practice, the most important point is to apply mindfulness continuously, and make a sustained effort. It is unrealistic to expect results from meditation within a short period of time. What is required is continuous sustained effort".

His Holiness the XIVth Dalai Lama

You may have heard about the three tools of Meditation: Mindfulness, Alertness and Patience, but how well do you understand the exact role each one plays? David Mayer broke it down in the second of our Summer Meditation sessions.

Mindfulness:

- The basis of concentration.
- One of the 5 Ascertaining Mental Factors in Buddhism: (Aspiration, Appreciation, Mindfulness, Single Pointed Concentration and Wisdom).
- Repeatedly recalls and holds the mind on the object of meditation.
- Works to prevent mental activity from forgetting the object.
- Sometimes - Recollecting mindfulness(?)

Alertness/Introspection

- The capacity to observe the activity of the mind which, in meditation, is trying to focus on an object.
- Alerts us we have wandered off. With increased practice, the need reduces as our mindfulness improves.
- Thoughts - past and future, images, all manner of distractions will occur. It is our habituation with the uncontrolled mind that gives the random thought fuel. Control is to be alert to them and return to the object.

Patience

- Patience is the antidote to Anger.
- Patience is the strategy to manage self, whereas Mindfulness and Alertness are strategies for meditation.
- Patience allows us to be realistic with progress; meditation is a slow, gradual process, not a 'quick instant fix'.
- Patience allows us discard expectations and simply engage in the experience.
- Patience reduces our negativity - no more "I can't", "It will never improve", etc.
- Patience improves our acceptance of self "I'm trying", etc.



Drol Kar Buddhist Centre

625 Nortons Rd
Paraparap



*Teaching commences
at 10:30am sharp*

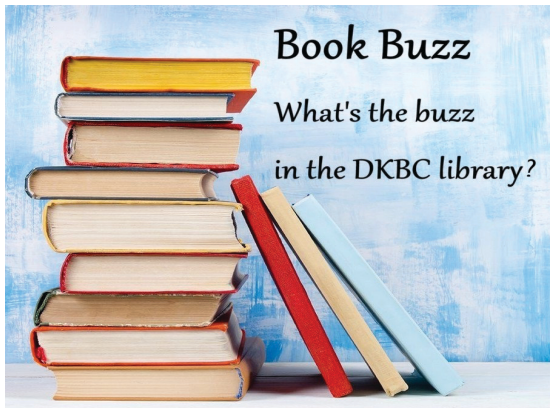
**First Sunday of the Month
Sunday February 2
10:30am – 12noon**

Geshe Sonam Thargye

**Buddhist Philosophy
and Meditation**

**General Public \$10/ \$7 conc
Drol Kar members – no charge
Tea and Coffee available after the Teaching**

Please note: if you are unable to pay the full amount indicated for this teaching, please just pay what you can afford



Book Buzz

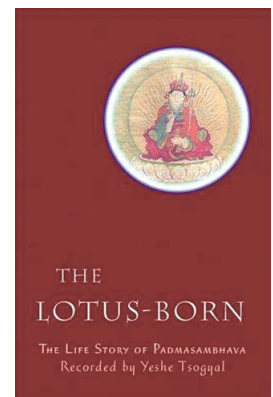
What's the buzz
in the DKBC library?

The Drol Kar Buddhist Centre Member Library has a collection of over 800 books available for borrowing - AND - remarkable teachings on CD, DVD and cassette. Many treasures are to be found on the DKBC library shelves.

Three for starters ...

The Lotus Born Yeshe Tsogyal

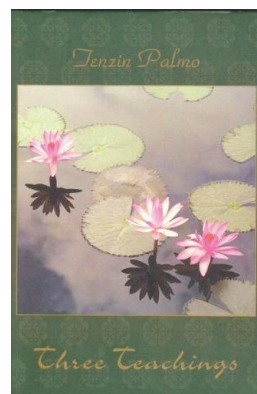
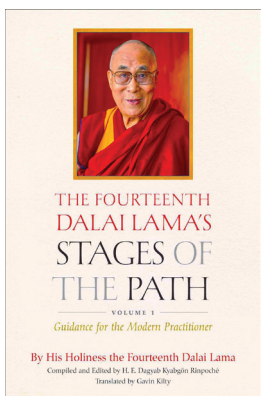
The Life story of Padmasambhava, Indian mystic and tantric master, second only in importance to the Buddha in Tibetan Buddhist tradition.



Stages on the Path HH the 14th Dalai Lama

His Holiness the Dalai Lama's thoughts on a wide range of issues, to bring about greater harmony, meaning and joy for oneself, for others and for the world.

Chapters include: The Essence of Buddhism, Pali and Sanskrit Traditions, Science, World Religions.



Three Teachings Tenzin Palmo

Tenzin Palmo's teachings on retreat, Mahamudra practice and mindfulness, in plain language, are a delight to read.

A Very Special Addition to Drol Kar Buddhist Centre

A statue of Female Buddha White Tara has been installed at Drol Kar Buddhist Centre. Crafted from Vietnamese marble by a master artisan, she is 3 metres high and weighs about 6 tonnes.

Enjoy this photographic timeline of the journey from a huge piece of rough marble fresh from the quarry to the magnificent final product now situated close to the gompa.



Karma Yoga Working Bee Saturday February 1, 10:00am - 12noon

The annual cleaning session of the gompa and surrounds is fast approaching.

Create some good karma by offering your service to get the gompa and environs looking their absolute best for the commencement of the regular programs at Drol Kar.

PROVIDED: Materials and implements for dusting, sweeping, polishing, vacuuming and washing.

BYO: Favourite cleaning tools if you wish, plus sunhat and sunscreen.

REFRESHMENTS: Tea, coffee, cool drinks. Light luncheon provided 12-ish.

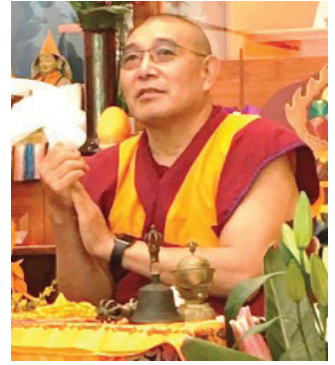
This is a happy community event; a chance to meet new people and catch up with old acquaintances. Everyone invariably goes home satisfied from Drol Kar's Karma Yoga Day.

Drol Kar Teaching Program 2025

Geshe Sonam Thargye - First Sunday of the Month 10:30 am

There are many different Buddhist Philosophies, but the basis of all the teachings aims to eliminate the destructive states of the individual's mind and the problems the individual's mind creates that brings about suffering. Suffering originates from the mind. The main cause of suffering is our emotions. Grasping onto the self, and protecting the self gives rise to strong emotions such as attachment, anger, deluded views, love etc.

Venerable Geshe Sonam Thargye will continue with direct discourse in Buddhist Philosophy focusing on topics relating to our everyday life situations and how to free ourselves from these destructive emotions and thoughts. Geshe la is a skilled teacher in logical analysis and critical thinking. He says "without cultivating an ability and a willingness to look at different viewpoints, we will not diverge on understanding whether 'liberation makes sense or not' or is possible".



First Sunday of the Month teachings commence promptly at 10:30am and run for one and a half hours. The session includes motivation prayers, short meditation, teachings and time for questions and/or debate, in a friendly environment. The class is suitable and accessible for beginners through to experienced spiritual practitioners.

Suggested facility fee of \$10. Drol Kar members are free of charge. Bookings not required.

Tea & Coffee provided after class.

Venerable Jampa Drolma

Monday Evening 7:30pm & Tuesday Morning 11:00am

Jampa continues her commentary on the text, 'Liberation in the Palm of Your Hand' [1921] by Tibetan Lama, Pabongka Rinpoche. The text presents an organised breakdown in stages, of the entire Buddhist philosophy path.

The teaching is a step-by-step guide to help work through and understand our minds using everyday situations that we experience. The sessions are designed to be interactive and incorporates prayer, meditation, teaching, discussion and the opportunity for self-directed study. The sessions are open to everyone interested in Buddhist studies, however, as the teachings are sequential in method, regular attendance will be beneficial to understand the material fully.



Suggested facility fee \$10. Drol Kar members no charge

Friday Morning 11:00am - 'Finding the Stillness Within' Meditation

Dr. Darren Fahroedin and Damian McMurrich

What do we understand by meditation? From the Buddhist point of view meditation is a spiritual discipline and one that allows you to have some degree of control over your thoughts and emotions.

Buddhism explains that our normal state of mind is unruly and wild, and we are therefore not well equipped to deal with negative thoughts and emotions that can dominate us. We require a tool that can help us tame our mind, find the still, quiet place within, and thereby increase our potential for happiness.

This class is suitable for all levels of meditators, Buddhist or non-Buddhist, including beginners. Each class typically includes a short discussion around principles from Buddhist philosophy and Buddhist and Western science of the mind and healing, in a friendly, informal atmosphere with opportunities for Q&A. Bookings not required; donations appreciated.



Mindfulness Meditation - Michael Anderson

2025 schedule

9:00am - 12noon Saturday May 3

9:00am - 12noon Saturday October 11

