

DROL KAR BUDDHIST CENTRE

NEWSLETTER

March 2010

Drol Kar Buddhist Centre Inc., 625 Nortons Rd, Paraparap, Vic 3240.

REG. No. A0037421V. ABN 28532240766.

TEL. (03) 5266 1788. www.drolkarbuddhistcentre.org.au

India Trip to Bodhgaya December 2009



Mahabodhi Stupa – front entrance

Dear Friends,

No matter how many times I have been to Bodhgaya, there was a feeling of coming into Bodhgaya for the first time. I was tired, but my heart still pumps with joy as I recognised Bodhgaya's entrance gate. It was especially special and fortunate this time round, as I had my mother with me to share in the experience at this special place. For those who have not been to Bodhgaya or heard of Bodhgaya, it's a place where Prince Gautama Siddhartha attained Enlightenment (a lasting happy state of mind) and became what we know as the Buddha.

Due to the different Tibetan schools (Kagyü, Gelug, Nyima, Sakya) having their own New

Year Peace Prayer festivals, the place was CROWDED with pilgrims, tourists and beggars. It was much polluted and dirty, very dusty, noisy, and very cold foggy mornings. We had to buy face masks to protect our airways, but had to change it every 2 weeks because it got dirty and black. In the end, I wore two masks at a time. However, we still managed to get sick and remained with the coughs. Phlegmy coughs and deep husky voice. But that didn't hinder us from our daily commute to the Mahabodhi Stupa. And for those in our group of seven, who had forgotten to use instant hand sanitiser before they put anything in their mouth, had bouts of vomiting and diarrhoea. If one is not used to the food in India then it would create some obstacles. But my mother, Vikki and I enjoyed it a lot, especially when the order was an unknown dish. It was all very tasty.



Overall, I loved the experience. The trip went by too fast. The day went like this. Every morning we would get up early, even before sunrise, and started our walk through the small



Mother and Daughter

Indian poor lower caste village (where we witnessed 4 deaths during our time), toward the Mahabodhi Temple (Stupa) to do our prostrations and practice. Breakfast would be a short break inside the Stupa at an appropriate place, and then would continue up until lunch time. After lunch we took a break as it was warm and went back to the Mahabodhi Stupa at about 3pm and stay until dinner time. Then I got sick, and couldn't shake it off, decided to stay in the early mornings and started heading out to the Stupa at 9 or 10am. I got to complete what I had set out to practice but it would have been great to practice more if given the time. Time didn't allow me. I was busy worrying about what others in the group were up to. Khao, who also LOVED Bodhgaya, was short from her 100,000 prostration completion...only 4,000 remaining due to tending

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to her relatives. We had the best time in Bodhgaya. It's an amazing place despite its craziness, the dirtiness and the crowd that spat wherever they walked and went to toilet wherever they could find a space. Pwh!! It was Heaven and Hell mixed up together.



At Ellora Caves.

His Holiness the 14th Dalai Lama's teachings were GREAT. Yes, we had to reserve our own place before the event. There were about 20,000 attendees.

The toilet facilities were bad, so bad that you wouldn't put yourself through it the second time while the Teaching was on. We even got to have a public audience with him and he was very kind in giving up his time so that each nation can take a photo with him.



Where the Buddha practiced ascetic life.

But the first few group that went up created such security problems, that we missed out. You can imagine HH was more like a celebrity. The notes that I took during HH's teachings are in the mail. Due to being scared that

the luggage would be overweight, I sent the books home by postage, so I can't share with you exactly what HH taught. When that package arrives, I will share the precious teachings with you



Going up to Ajunta caves.

More in the next Newsletter. There is so much to write but I have no skill in writing it all in such a short time. I will try to load the pictures as well but that will take some time as I will collect it from various cameras.



At Ajunta Caves

I hope you had a wonderful break as well. Thank you Gen lak for organising the trip and thanks to all in the group. I had a wonderful and meaningful holiday

May the New Year bring you all joy and happiness and the causes for happiness and joy.

With love from ani Jampa

Garden Working Bee March

The wonderful rain and the lower temperatures have meant that the garden is alive and growing. We are looking to keep on top of garden chores such as weeding, pruning and mowing as the year gets underway. Many of the summer flowers need to be deadheaded and pruned. Member and neighbour, Michael Anderson has kindly agreed to bring his 'beautiful' mulching trailer around to mulch all our woody prunings from the last few months. There will be lots to be done in a few weeks' time.

So a working bee is being organised for
Saturday 13 March
10am – 12noon
Tasks include
Weeding
Pruning
Deadheading flowers
Mowing
Assisting Michael with feeding the mulcher
Distributing mulch

It's a great opportunity to do something very practical to help the centre flourish. It's also a good way to meet the committee and members in a casual setting. Please put this date in your calendar and come and help out.

Wear solid shoes, gloves and hat and bring your favourite gardening tools or machinery. Extra mowers and whipper snippers are always useful.

Morning tea provided.

Further information or queries to Helen on 52661788

All our members and friends are encouraged to adopt a small area of the garden as a special area of interest and care – somewhere to check out whenever you come and tend at your leisure. We have a few areas that have lost their 'carers', so prospective garden adopters are needed.

Contact Helen Wright on 52661788 with any queries or for further information

TIBETAN NEW YEAR 2010

Tibetan Year of the Iron Tiger



Karma Yoga Losar Clean Up



One of our busiest and most productive working bees was held on February 13. About twenty people arrived early on Saturday morning to participate in the 'karma yoga' working bee cleaning up the outside of the Gompa and around the residences. The office/reception building also received a thorough clean out and some furniture rearrangement. Some people came earlier during the previous week to do



some garden work around the Gompa and other garden areas. It's

amazing the difference this clean up has made to the whole area.

Geshe Sonam was absolutely delighted with the final result and the effort from all concerned. The Gompa surrounds particularly look fresh and welcoming minus the dust, spider webs and bird droppings. Many, many thanks to everyone who came on the day or during the week before. Perhaps you also feel a little cleansed by the experience.

The Drol Kar committee also put in a few solid hours a couple of weeks earlier thoroughly cleaning the interior of the Gompa; also with great results. Well done everyone!

Next working bee will focus on the gardens. It will be held on Saturday 13 March, 10am – 12noon. See the working bee notice for further details.

LOSAR TASHI DELEK

The Losar celebration at Drol Kar for this year was a very pleasant event. It had a strong family feel to it as Geshe Sonam was joined by his sisters Kaoo and Ani Tsering, and Tenzin. Ani Jampa was also present along with about thirty or so Drol Kar members and friends.

Geshe Sonam addressed the group in the Gompa for about 30 minutes at the morning meditation session. He congratulated the committee and membership for a very successful year and especially mentioned those who support the centre continually as volunteers with their time and enthusiasm.

Geshe la particularly commended Ani Jampa for her consistent and dedicated efforts with the teaching program and her support of Drol Kar members helping with various issues and their studies. He encouraged the Drol Kar community to make full use of Jampa as a



great resource, not only for the knowledge she has and continues to build on, but for her experience in meditation practice. Venerable Jampa then led the group through a White Tara meditation. After the Gompa program, everyone headed out to the front pathway. Geshe Sonam led us in a traditional flour throwing ceremony to wish everyone a Happy Losar. Traditionally with Tibetans this ceremony often leads to flour fights. Ani Tsering was happy to keep this tradition alive and some were happy to return fire.



The community lunch in the outdoor area was one of our best ever – beautiful food and very cheerful company. Geshe la joined the group for lunch and chatted with everyone. The Iron Tiger Year is well and truly launched.

Calendar for March 2010

Mon	1. 7:30-8:30 pm Lam Rim Graduated path to enlightenment Venerable Jampa	8. 7:30-8:30 pm Lam Rim Graduated path to enlightenment Venerable Jampa	15. 7:30-8:30 pm Lam Rim Graduated path to enlightenment Venerable Jampa	22. 7:30-8:30 pm Lam Rim Graduated path to enlightenment Venerable Jampa	29. 7:30-8:30 pm Lam Rim Graduated path to enlightenment Venerable Jampa
Tues	2. 11:00-12 noon Lam Rim – Introduction and Discussion. Venerable Jampa 1:00-2:00 pm Healing Meditation Val Druce	9. 11:00-12 noon Lam Rim – Introduction and Discussion. Venerable Jampa 1:00-2:00 pm Healing Meditation Val Druce	16. 11:00-12 noon Lam Rim – Introduction and Discussion. Venerable Jampa 1:00-2:00 pm Healing Meditation Val Druce	23. 11:00-12 noon Lam Rim – Introduction and Discussion. Venerable Jampa 1:00-2:00 pm Healing Meditation Val Druce	30. 11:00-12 noon Lam Rim – Introduction and Discussion. Venerable Jampa 1:00-2:00 pm Healing Meditation Val Druce
Wed	3.	10.	17.	24.	31.
Thurs	4.	11.	18.	25.	
Frid	5. 11:00 am-12 noon Meditation Dr. Darren Fahroedin	12. 11:00 am-12 noon Meditation Dr. Darren Fahroedin	19. 11:00 am-12 noon Meditation Dr. Darren Fahroedin	26. 11:00 am-12 noon Meditation Dr. Darren Fahroedin	
Sat	6.	13. 10:00-12 noon Garden working bee	20.	27.	
Sun	7. 11:00-12 noon Meditation Techniques Venerable Jampa	14. 11:00-12 noon Meditation Techniques Venerable Jampa	21. 11:00-12:30pm Thirty seven Practices of a Bhodisattva. Venerable Geshe Doga	28. 10:00-12 noon Dharma for Kids John Carroll & Simone Budd 11:00-12 noon Meditation Techniques Venerable Jampa	

Lam Rim – Graduated Path to Enlightenment.

Monday 1, 8, 15, 22 and 28 March
7:30 – 8:30 pm

Venerable Jampa Drolma

If you want to find out how to respond constructively to the overwhelming demands of daily life, and gain the means to transform and open your mind, Atisha's *Lamp for the Path of Enlightenment*, is for you. These teachings will be about the progressive stages of the path of the mind training that leads to the attainment of Enlightenment. Atisha sums up the essence of all 84,000 teachings of Shakyamuni Buddha into exquisite and important verses from which we study. Venerable Jampa's presentation is based on commentaries by Ven. Geshe Doga, His Holiness the Dalai Lama and Ven. Sonam Rinchen.

Suitable for all levels of spiritual practice.

\$10, Con. \$7, members, no charge.

Lam Rim – Introduction and Discussion

Tuesday 2, 9, 16, 23 and 30 March
11:00am – 12 noon

Venerable Jampa Drolma

These sessions will be an introduction to the formal teaching on a Buddhist text, Atisha's *Lamp for the Path of Enlightenment*. The sessions will open with some meditation and then focus on the Lam Rim and advice will be given on how to relate to it, and how to practise it in your daily life.

Lam Rim means – stages of the path to training the mind. It is a sequential arrangement of all the Buddha's teachings and it is easy to follow and practise.

These talks are exceptionally good for those new to Buddhism and an opportunity for longer term practitioners to deepen their foundation and clarify their understanding.

Suitable for all levels of spiritual practice.

\$10, con. \$7, members, no charge.

Please note: where a fee for teaching is indicated, if you are unable to pay the full amount, please come anyway and pay what you can afford.



Venerable Jampa

Meditations



Meditation Techniques

Sunday 7, 14 and 28 March
11:00am - 12 noon

Venerable Jampa Drolma

Meditation can help us to still the influx of thoughts that are keeping us from being in the moment and seeing things as they really are.

It is good to have meditation sessions daily, but only if we know what to do and what to expect in our meditation.

These sessions will be talks focusing on meditation techniques and instructions on how to achieve calm abiding (Shamatha) and insight (Vipassana).

Suitable for beginners and experienced practitioners

Meditation Group - Calm the Mind, Awaken the Heart

Friday 5, 12, 19 and 26 March
11:00am - 12 noon

Dr. Darren Fahroedin

These sessions will teach simple breath focussed and single-pointed meditation.

These sessions are suitable for all levels. They are informal with time for discussion and questions.

If they wish, beginners may arrive ten minutes early to talk with Dr. Fahroedin. There is no need to pre-arrange.

Donations welcome.

Healing Meditation

Each Tuesday in March
1:00 – 2:00pm

Val Druce

The Healing Group meets to practise meditations that are particularly aimed at healing and emotional wellbeing.

All welcome – free of charge

Dharma for Kids

Sunday 28 March
10:00am – 12 noon

Experience educators, John Carroll and Simone Budd introduce children, 5 years of age and over, to Buddhist ideas and practices, stories, art and craft activities, and gardening, to illustrate and promote mindfulness and compassion.

Sessions begin in the Gompa at 10am. A sunhat, sunscreen, drink, gardening gloves and clothes suitable for outdoor activities, including a coat if the weather is inclement, are essential.

For further information contact John on 03 5256 3375 or email cyan@connexus.net.au or Simone on 03 5288 7199.



Thirty Seven Practices of a Bodhisattva

Sunday 21 March ~ 11am – 12:30pm

Geshe Doga from the Tara Institute continues his teachings on the “Thirty Seven Practices of a Bodhisattva.”

This text is said to be one of the most popular in the development of Tibetan thought and literature. When applied and practiced with sincerity, this teaching will develop an individual’s warm hearted compassion. For over two years this text has been the basis of Geshe Doga’s monthly teaching at the Drol Kar Centre.

Enjoy this wonderful teaching with Geshe Doga in the beautiful setting at Tushita Paraparap. Come and join us for this unique experience and share lunch afterwards.

10:30 registration. Drol Kar members \$10. Tara Institute members \$15. General public \$20. Lunch \$5. Booking advisable. Call 5266 1788

Top of the World Tour 2010 Tibet



June 16 - July 7, 2010

Cost of Tour: \$ 4995

Single supplement an extra \$375

Tour costs include:

Return airfares Melbourne – Chengdu

Airport Transfers

Twin share hotel accommodation (Ganzi accommodation to be announced)

Sichuan Banquet on night of arrival

Most breakfasts included

Bus travel/ Transport as Itinerary

Entrance fee 'to sightseeing and excursions as listed on the itinerary

Sichuan Opera

Guide for days 1 - 7 & 18 - 21

Tour costs DO NOT include:

Airport tax (approx \$480)

Chinese Visa

Travel Insurance (compulsory)]

Lunch & Dinner most days

Personal spending

Camera fees

Personal tips and things of a personal nature.

Please note airport tax is subject to change. You should allow a little extra for a tax variation. (Tax correct as of time of collating this information)

Booking Procedure:

Print out and complete the booking form downloaded from the Drol Kar website. Forward the completed form, together with your cheque or money order for the full deposit of \$500, to the address shown on the booking form as soon as possible to secure your place on the tour. A receipt for the deposit and confirmation of your

inclusion on the tour will be sent to you immediately.

For those who find it easier to deposit directly into Drol kar's bank account please find details below.

Note * Please reference your deposit with your name.

Email Tour organizer directly, when you have made the transaction lhazee@tpg.com.au

You will still need to send me your booking form and photocopy of passport.

Bendigo Bank

Acc Name: Drol Kar Buddhist Centre

Acc No: 128956919

BSB No: 633 000

Balance payment of \$4495 + Airport Tax (approx \$480) will be required by 1st May 2010 (Cost of Airport tax to be confirmed with tour organizer just prior to final payment). Failure to pay the balance by this date may result in forfeiture of your place, and the next person on the waiting list will then be offered your place on the tour. If for some unforeseen reason the tour doesn't go ahead all monies will be refunded as long as it is prior to deposits paid for flights and accommodation etc.

The first 22 people who send their deposits with the booking form, will secure a place on the trip. Please don't delay as interested parties far outweigh the number of places available.

Those received after the initial 22, will be placed on a waiting list and deposits will be returned. Please consider your commitment to the tour seriously, as once final bookings and payments are made these monies are non-refundable. Depending on your reason for cancelling, travel insurance may cover any loss.

Please don't hesitate to contact the Tour Organiser

Vikki Gage – Tour Organiser

Email: lhazee@tpg.com.au

Ph: 03-5253 1626

Mobile: 0414 958 491

PILGRIMAGE TO INDIA 2010



November 1 - 21, 2010

Cost of tour \$ 5495.00

Single supplement an extra \$750

Tour costs include:

Return airfares Melbourne - India

Airport Transfers

Internal flight

Twin share hotel accommodation (3-4 star)

Two Dinners

Most breakfasts included

Bus / train fares listed with-in the itinerary

Entrance fees to monuments and other sight-seeing as listed on the itinerary

Overnight Train journey in Second class A/C coaches

Himalayan Exposure Tour facilitator / leader for duration of tour

Group tips (For transport, accommodation, guides etc). Not personal tips at restaurants etc

Tour costs DO NOT include:

Airport tax (approx \$480), Indian Visa, Travel Insurance (compulsory), Lunch & Dinner most days, Personal spending, Camera fees, Personal tips and things of a personal nature.

Please note airport tax is subject to change. You should allow a little extra for a tax variation. (Tax correct as of time of collating this information)

Booking Procedure:

Print out and complete the booking form. Forward the completed form, together with your cheque or money order for the full deposit of \$500, to the address shown on the booking

form as soon as possible to secure your place on the tour.

A receipt for the deposit and confirmation of your inclusion on the tour will be sent to you immediately.

For those who find it easier to deposit directly into Drolkar's bank account please find details below.

Note * Please reference your deposit with INDIA and your last name.(example GAGE-INDIA)

* Email Tour organizer directly, when you have made the transaction lhazee@tpg.com.au You will still need to send me your booking form and photocopy of passport.

Bendigo Bank

Acc Name: Drol Kar Buddhist Centre

Acc No: 128956919

BSB No: 633 000

Balance payment of \$4995 + Airport Tax (approx \$480) will be required by 1st Sept 2010 (Please confirm cost of Airport tax with tour organizer just prior to final payment being made). Failure to pay the balance by this date may result in forfeiture of your place, and the next person on the waiting list will then be offered your place on the tour. If for some unforeseen reason the tour doesn't go ahead all monies will be refunded as long as it is prior to deposits paid for flights and accommodation etc..

The first 20 people who send their deposits with the booking form, will secure a place on the trip. Please don't delay as interested parties far outweigh the number of places available.

Those received after the initial 20, will be placed on a waiting list and deposits will be returned.

Please consider your commitment to the tour seriously, as once final bookings and payments are made these monies are non-refundable. Depending on your reason for cancelling, travel insurance may cover any loss.

Please contact the Tour Organiser directly

Vikki Gage – Tour Organiser

Email: lhazee@tpg.com.au

Ph: 03-5253 1626

Mobile: 0414 958 491

Volunteer Roster

As with all organisations, Drol Kar Centre functions best when there are lots of people pitching in to help with the many and varied tasks that keep the Centre running smoothly for the benefit of all.

Sometime at the beginning of the year, you may be asked by one of the Drol Kar committee to help out by putting your name on a roster to perform a small cleaning or organisational task on a regular basis. These tasks include vacuuming the Gompa after teachings, putting out/away cushions and books, cleaning the toilets, doing the flowers, dusting, washing hand towels.

Hopefully, when you are asked, you will be able to spare a little time to do your bit for Drol Kar. If you performed one of these tasks in 2009 and are able to continue, please contact Helen at the Centre on 5266 1788 and let us know. Many thanks – the Drol Kar Committee

Donations and Sponsorship

Did you know that a donation to the Drol Kar Buddhist Centre is tax deductible? Donations should be made to "Drol Kar Community and Education Building Fund Contact Associate Director, Roel Wasterval on 03 5266 1788 for further information.

Earthquake Appeal

The Drol Kar Committee of Management has just announced that a donation will be made to the Haiti earthquake appeal.

This is how donations through membership become compassion in action.

Visitors

To ensure the safety and well being of all, visitors to Drol Kar are requested to report to the office, or make one of the residents aware of their presence, before walking in the grounds.

Extreme Weather Policy

The Drol Kar Buddhist Centre committee has formulated the following **EXTREME WEATHER POLICY** in the interests of the safety and well-being of the members and other patrons of the Centre.

PLEASE NOTE:

There will be **NO CLASSES** at Drol Kar Buddhist Centre on **TOTAL FIRE BAN** days, or days when the temperature is expected to reach **35 DEGREES** or higher in the Geelong and Surfcoast region. The Centre will be **CLOSED** to all patrons and visitors on such days.

Drol Kar Newsletter

The Drol Kar Buddhist Centre newsletter is published by Drol Kar Buddhist Centre Inc. thanks to all who contributed to this issue.

Contributions for the next issue of the newsletter, such as news items, photographs and book reviews, or suggestions for improvement, can be emailed to dkeditor@tpg.com.au or delivered to the Drol Kar office not later than the second week of the month.

The Newsletter is available, to members by email or by post* if internet access is not available.

(*A charge for printing and postage applies.)

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For information on the disposal of Dharma materials, please contact the office on 03 5266 1788.
