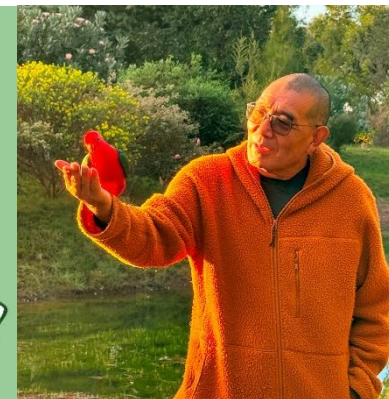




DROL KAR BUDDHIST CENTRE NEWSLETTER ~SEPTEMBER 2026

SEPTEMBER in brief

September 6	First Sunday of the Month teaching
September 13, 20, 27	Buddhist Philosophy teaching
September 4, 11, 18, 25	Meditation - Finding the Stillness Within

COMING UP

October 10	Mindfulness Meditation [Michael Anderson]
November 7	November retreat with Dr Darren Fahroedin



A first for the First Sunday of July

As Geshe Sonam Thargye was travelling overseas his first Sunday teaching was conducted remotely online from Thailand.

Just one small positive thought in the morning can change your whole day – His Holiness the 14th Dalai Lama

SEPTEMBER PROGRAM

First Sunday of the Month – SEPTEMBER 6 BUDDHIST PHILOSOPHY AND MEDITATION 10:30 am – 12.00 pm Geshe Sonam Thargye



Geshe Sonam Thargye offers practical Buddhist Philosophy insights on managing destructive emotions and thoughts in daily life. Known for his expertise in logical analysis and critical thinking, he emphasizes that openness to different

viewpoints is essential to understanding the possibility of liberation.

Teaching starts at **10:30am sharp**, duration ninety minutes, and features motivation prayers, meditation, teachings, and Q&A or debate in a welcoming setting.

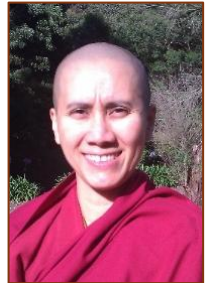
Following the First Sunday class, a two-course vegetarian lunch is available for \$15 per person.

Sunday classes are open to all levels, from beginners to experienced practitioners.

A fee of \$10 applies for Sunday classes. Drol Kar members attend at no charge. If you are unable to contribute the indicated fee, please offer what you can.

Sundays SEPTEMBER 13, 20, 27 DHARMA PRACTICE IN OUR DAILY LIFE 10.30am -12noon Venerable Jampa Drolma

Drol Kar's Sunday classes with Ven. Jampa cover core Buddhist philosophy and show how Dharma practice can foster peace, clarity, and happiness.



STUDY GROUP- STAGES OF THE PATH Monday Evenings 7:30pm

Venerable Jampa continues her detailed commentary on the classic Buddhist text, *Liberation in the Palm of Your Hand* (1921). This influential work was written by the Tibetan Lama, Pabongka Rinpoche.

The text offers an organised, step-by-step breakdown of the entire Buddhist philosophy path. Through these stages, students can systematically explore and understand the principles and teachings central to Buddhist philosophy.

Friday Mornings 11:00am - MEDITATION ~ FINDING THE STILLNESS WITHIN' Dr. Darren Fahroedin and senior DKBC students



Meditation, from a Buddhist perspective, is a spiritual practice for gaining control over thoughts and emotions. Buddhism teaches that our minds are often unruly, making it difficult to manage negativity. Meditation helps calm the mind and fosters greater happiness.

This class welcomes all meditators, regardless of experience or background. Sessions include brief discussions on Buddhist philosophy and science of the mind in a relaxed setting with Q&A.

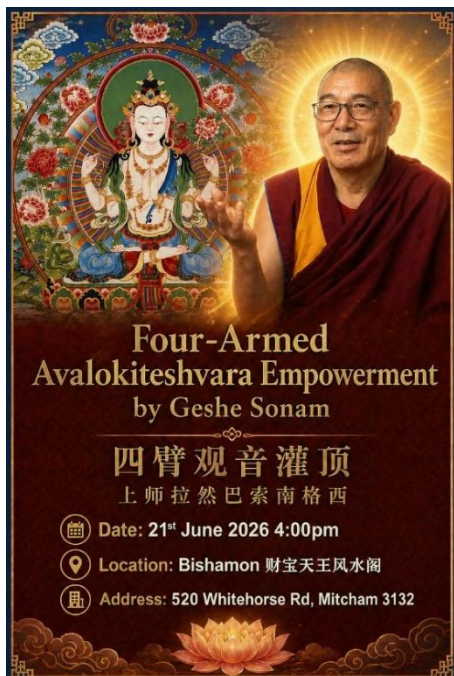
A facility fee of \$10 applies for all classes; Drol Kar members attend at no charge.

PLEASE NOTE: If you are unable to contribute the indicated fee, please offer what you can.

Saturday 10 October 9.00am – 12.00pm MINDFULNESS MEDITATION Michael Anderson

Torquay psychologist and author of **Mindfulness Meditation (2004)**, Michael Anderson facilitates a half day of silent sitting (and possibly walking) meditation in the peaceful and reflective environment of Drol Kar Buddhist Centre. The session suits beginner and experienced meditators. Everyone welcome, donations to DKBC appreciated.

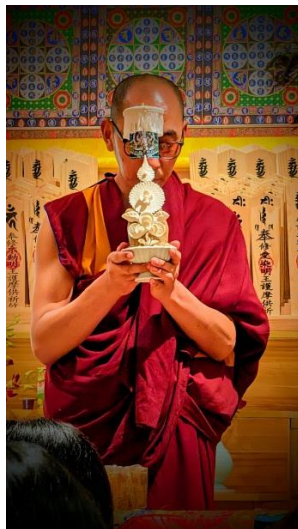




As well as his commitments to teachings and ceremony at Drol Kar Buddhist Centre, Geshe Sonam Thargye also teaches a committed group of Chinese expats in Melbourne. He conducts fortnightly teachings for the Centre's members either online from Paraparap, in person in their gumpa in Melbourne, or occasionally members of the group will come to Paraparap for the teaching in DKBC's gumpa.

In June Geshe la was requested to deliver an empowerment ceremony of Four-Armed Avalokiteshvara. He was supported by Geshes Phuntsok and Tsoda whose knowledge of Tibetan ritual is invaluable not only for the prayers and chanting, but also for the preparation of the offering table.

Congratulations to the designer of this impressive advertising poster.



GARDEN TIPS for SEPTEMBER ~ Kate Kirkhope

Plant

Annuals: alyssum, petunias, wallflowers

Summer vegetables: capsicum, eggplant, beans, cucumber, basil, leafy greens, rocket, cauliflower, onion, chard, silver beet, gourds, and tomatoes [start indoors in pots until November]



Hints

Prune rosemary hedges

Feed and mulch all garden beds with complete organic fertiliser

Divide dahlias in readiness for replanting in October

Build and place nesting boxes in trees for native birds

Plant before the Spring equinox

WHAT'S NEW

New/old furniture in the dining room

DKBC occasionally receives offers of items from members and friends eg materials, furniture, tools, books. Accepting donations depends entirely on whether we can use them or not.

Two recent acquisitions ...

From Geshe Sonam's sister Soyang and husband Tashi, a large modular couch now installed in the lounge area of the dining room.



From member Linda Emonson, six preloved dining chairs gratefully accepted to replace the black vinyl chairs in the dining room.

As a result of this donation, anyone who could use all, or part, of the set of 8 black vinyl chairs is welcome to collect them. The vinyl chairs are strong and sturdy, but the vinyl is flaking. Just need a set of material covers to give them a new lease on life. Contact DKBC at info@drolkarbuddhistcentre.org.au.

Elephant painting

Another donation came from member Kate Bain.

Inspired by the two pairs of elephant statues seemingly captive in front of the gompa, Kate envisaged an elephant 'Great Escape' to the jungle and created the painting that has been on display in the dining room for the last 2 months. Kate has generously offered the painting as a fundraiser for Drol Kar.

More news on how this delightfully whimsical painting could be yours in the Oct newsletter.



Mala beads

Available now for sale in the DKBC shop these lovely handmade mala.

Four lovely clear and coloured crystal mala made and donated by Sue Emonson, sister of DK member Linda Emonson. The mala have the requisite 108 beads and a silver Buddha head bead at the top. Selling at \$30 each, these mala would make a lovely gift.



REMINDER

With the advent of the warmer weather, we need everyone to be mindful of the possible hazards on a country property like Paraparap

Environmental Hazards at Paraparap



Bushfires

Be aware of the Drol Kar fire safety policy



Spiders

Poisonous spiders - garden and sheds



Snakes

Watch out for poisonous snakes
Sept -March



Dams

Supervise children around the dams on the property



Bees

Bees always busy around the flower beds



Magpies / Swamp Hens

Nesting birds
can be aggressive