



DROL KAR BUDDHIST CENTRE

NEWSLETTER

OCTOBER 2026

OCTOBER in brief

October 4	First Sunday of the Month teaching
October 11, 18, 25	Buddhist Philosophy teaching
October 2, 9, 16, 23, 30	Meditation - Finding the Stillness Within
October 10	Mindfulness Meditation [Michael Anderson]
October 24	Garden Working Bee

COMING UP

November 7	One day course with Dr Darren Fahroedin
November 14	Blessing of the Animals

Daylight Saving

Daylight saving starts at 2:00am, **Sunday 4th October**
Put your clocks **FORWARD** one hour before going to bed
on Saturday 3rd October.



Benefits of a Dharma Retreat by Karen Mayer

Having recently completed a three-week residential Dharma retreat, although it is not considered your usual holiday break, had the advantage of providing sustainable benefits that I continue to draw on.

While I have been pleased to visit new places, take lots of photos, eat, drink and be merry, taking time to be alone, studying the Dharma, created a spaciousness within my mind which was calming and insightful.

One of the benefits of retreat comes from discarding our regular activities. No iPhone, no social media, no TV, music, coffee dates, shopping or the myriad of distractions that generally occupy our time. There was a rule of silence, no unnecessary talking, which showed me how much of my chatter was meaningless banter, filling in the quiet gaps when being around people. It is quite a luxury to sit amongst people, eating, drinking tea without talking. It also highlighted my ongoing internal dialogue without the spoken word.

For the first couple of days, which I likened to withdrawal, I wondered why this decision seemed like a good idea. But then as the days took on a quiet rhythm, I could actually see my mind and its patterns both helpful and unhelpful. There were of course times of struggle as deep-seated memories both pleasant and challenging rise to the surface. [contd p3]

OCTOBER PROGRAM

First Sunday of the Month – OCTOBER 4

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.

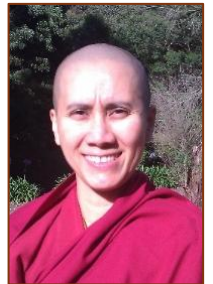
Sundays OCTOBER 11, 18, 25

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.

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.

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.



Benefits of a Dharma retreat continued

Buddhism's belief in purification practices as cathartic antidotes for what we regret are utilised as part of the daily practice schedule. The environment felt safe and secure with Sangha available for questions and concerns.

Encouraged to contemplate the Lam Rim throughout our sessions ensured that impermanence and death were looked at in detail and not glossed over.

This was both frightening and revelatory because it opened up the myriad of life's difficulties and fragility. It was obvious that we are all going through this journey, no one is going to get out of here alive, whether we face it or not. With that, kindness and compassion for oneself and others arises without a lot of effort.

Being unable to hide from this first Noble truth gave way to the preciousness of our human life; the desire to make this life meaningful. In this way the stages of the Lam Rim unfold, directing us to the causes and conditions of our self-centredness, which is the main obstacle to our happiness and peace. The possibility of freedom is glimpsed.

Retreats can be at a Buddhist Centre that has accommodation; however, home retreats are also beneficial in offering flexibility and reduced costs. Our Geshes at Drol Kar have offered their services to provide guidelines for home retreats if anyone is considering this option. This would incorporate having a quiet space where you can sit in formal practice, 4 times per day for 1–2-hour sessions. Having a set teaching or practice is helpful, for example, Shakyamuni Buddha or Tara Sadhana with mantra, or any topics of the Lam Rim from the small, middle or great scope practices with their related meditations. Advice on what to do between sessions is equally important.

Any amount of time allocated be it one-two days or longer is beneficial, particularly if you are diligent to avoid all the distractions noted above. It is helpful to let friends or family know your plans and seek support from them. This could be making sure you have food available for meals to avoid going shopping, walking your pets or anything in your normal routine that requires non-Dharma socialisation.

One of our committee members recently headed to Africa for her Buddhist retreat and I'm sure she would be happy to share Information about the benefits provided from meditation, contemplation and being in the wilds of nature. Our precious and wise teachers encourage at least one annual retreat of any length, and it will come as no surprise that it is up to us to make it happen.

COMING UP

ONE DAY COURSE

Mindfulness and Wisdom on the Path

with Dr. Darren Fahroedin

Saturday 7th November 2026 9:00am - 4:00pm

Cost: General Public: \$90, Drol Kar members: \$60.

Includes morning & afternoon tea and a two-course vegetarian lunch.

In this course, we will first weave mindfulness into our daily routines, creating strong foundation to deeply explore the core aspects of wisdom—impermanence, suffering, and the nature of interdependence.

Bookings by Wed 4th, November

Full payment required with booking to: Drol Kar Buddhist Centre

BSB: 633000. Account: 108414384. Reference: Name and Retreat

Email: info@drolkarbuddhistcentre.org.au to register your booking

If we speak or act with a pure thought, happiness follows us, like a shadow that never leaves us - Dhammapada

September at Paraparap

There's always plenty happening at the Buddhist Centre each month. Here's the September 'wrap up'.

Visiting Monks



Geshe Rabten and Venerable Dorje from Atisha Centre in Bendigo visited Drol Kar in August. The visit included time in the gompa, a walk around the grounds and some chat time with Geshe Sonam in his house.

The DKBC Geshes and the visitors were treated to lunch by Margot Brulotte.



Prayers for Nepal-Tibet Flood victims

The Geelong Interfaith Network invited Drol Kar members to participate in a gathering in Geelong to offer prayers for the victims of the floods in Nepal and Tibet. Geshe Phuntsok and Tsoda were very glad to attend.



On a chilly evening it was heartwarming to see a contingent of DKBC members and friends in attendance for the prayers. Afterwards a small group adjourned to a nearby café to warm up with tea and coffee.



Mantra Retreat

Drol Kar was host to ten Melbourne Chinese students of Geshe Sonam and one DKBC member for a Mantra Accumulation retreat on Sep 19/20th. The program consisted of 8 two-hour sessions over the two days. Quite a test of endurance and dedication! The photo shows the beautiful offering table in the gompa prepared by Geshes Phuntsok and Tsoda, no doubt an inspiration to the participants.



The task of accumulating 100,000 mantras – *om mani padme hum* – is a daunting target for the two days, but the attendees proved worthy of the task, most getting up towards 80,000 mantras. The rest to be completed in the days after.



Before and After
for the fence
beside the car park



Making Friends with the wildlife

A pair of king parrots have become frequent visitors to the Centre.

Blessing of the Animals

The Centre last hosted a '*Blessing of the Animals*' ceremony for the pets of DKBC Members and Friends in 2016. Members have requested a return of this event and Geshe Sonam agreed to offer the blessings before the end of this year. The date is November 14; mark it in your calendar.

BLESSING of the ANIMALS



A long life and good health blessing on

Saturday 14 November

10.45 - 11.15 am

followed by morning tea. More details in the November newsletter

GARDEN WORKING BEE SATURDAY 24 OCTOBER

10.00am – 12.00pm

with lunch provided afterwards

The explosion of new plant life, that begins in July with the jonquils and daffodils, has already started to wane. To keep the garden looking as good as it has these last few months, we need to keep on top of the plants that have passed their best. Even an hour of your time on the Saturday would be very helpful.

NEW STOCK in the DROL KAR SHOP

New stock purchased for the shop includes the singing bowls, bell/dorjes sets and the stunning embroidered meditation cushions shown here.



The additions also include new varieties of mala beads, a substantial increase in the range of Tibetan incense and some pretty silk kaftans.

Chairs Needing a New Home

Eight very sturdy dining chairs are still available.

Structurally, the chairs are in excellent condition, but their vinyl covering is failing.

Free to anyone who would like to recondition or re-cover them.

Email the Drol Kar office for information – info@drolkarbuddhistcentre.org.au



GARDEN TIPS for OCTOBER ~ Kate Kirkhope

Plant

- Climbers: passionfruit, jasmine, ivy leaf geranium
- Capsicum, eggplant, beans, cucumber, basil, leafy greens, rocket,
- cauliflower, aubergine, onion
- Chard, silver beet, gourds, sweet corn, zucchini, pumpkin and corn
- Sunflowers, salvias, dahlias

Hints

- Divide and repot cymbidium orchids
 - Trim camelias
- Prune Aust native shrubs after flowering
 - Fertilise indoor plants
- Plant corn in clumps rather than rows

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