



## DROL KAR BUDDHIST CENTRE

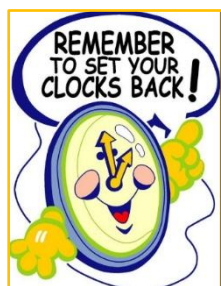
## NEWSLETTER APRIL 2026

### April in Brief

April 3-4	<b>EASTER RETREAT ~ MINDFULNESS MEDITATION</b>
April 5	First Sunday of the month teaching
April 12, 19, 26	Buddhist Philosophy teaching
April 10, 17, 24,*	Meditation - Finding the Stillness Within <i>*Note: no class Good Friday due to the retreat</i>

### COMING UP

May 17 – June 15	Saka Dawa holy month
May 10	Drol Kar AGM
May 31	Saka Dawa 15th Lunar day / puja




### DAYLIGHT SAVING

Daylight saving will end in Victoria on Sunday, **April 5, 2026 at 3:00 AM AEDT**.  
Clocks go back one hour.  
Enjoy your additional **hour of sleep** before heading out to DKBC for First Sunday teaching class with Geshe Sonam Thargye.


### ANNUAL GENERAL MEETING 2026

The Drol Kar Buddhist Centre Inc. AGM will be held on Sunday 10 May 2pm at the Centre. Any members of DKBC wishing to attend, or anyone interested in becoming a member of the committee, please register your interest by contacting Helen McKenzie at the DKBC office 52661788.

## APRIL PROGRAM



**Drol Kar Buddhist Centre**  
625 Nortons Rd Paraparap VIC 3240




**First Sunday of the Month**  
**Sunday 5 April**  
10.30am – 12.00 pm  
**Geshe Sonam Thargye**  
teaching  
Buddhist Philosophy  
and Meditation

*Teaching commences  
at 10.30am sharp*


**General Public \$10/ \$7 conc**  
**Drol Kar members – no charge**  
**Lunch available after teaching \$15**

*Please note: If you are not able to pay the full amount indicated, please just pay what you can afford*



**Drol Kar Buddhist Centre**

**Buddhist Philosophy**



**Sundays 12, 19, 26 April**  
10.30am – 12.00pm  
**Venerable Jampa Drolma**  
teaching  
Dharma Practice for  
Our Daily Lives

**\$10 / \$7**  
*[DKBC members excepted]*

*Please note: Anyone unable to pay the full amount indicated, please come anyway and contribute what you can*

## DROL KAR HOSPITALITY

The Drol Kar Centre is very fortunate to be situated on a beautiful property within easy reach of Geelong and other local towns, but far enough away to feel separated from the outside world for a short time.

The Dalai Lama himself commented, as his helicopter approached Paraparap on his way to his 2007 visit, that this was an excellent location for a meditation centre. That sense of being in another place is very precious as we try to re-create, refresh and restore balance before returning to our busy lives elsewhere.

We encourage our members and other patrons to make the most of their time at Paraparap. Stay awhile; discuss the class just attended, talk about what is happening in your world or just enjoy the rural environment.

On first Sundays, DKBC makes a tasty two-course vegetarian meal available for a bargain price of \$15. After all other classes, there's a cuppa and biscuit and congenial company for a coin donation.

## EASTER RETREAT

Bookings close Tuesday 31<sup>st</sup> March

### EASTER RETREAT

*at Drol Kar Buddhist Centre*

### MINDFULNESS MEDITATION

*Unlock your inner potential through meditation—the ultimate tool for cultivating wisdom and kindness*

**Friday 3rd- Saturday 4th April 2026**  
**9.00am-4.00pm**  
**\$160; DKBC Members \$100**  
*[includes morning & afternoon tea and a two-course vegetarian lunch each day]*  
**Full retreat only offered**

Enquiries: Phone 52661788 10am-4pm or  
Email: [info@drolkarbuddhistcentre.org.au](mailto:info@drolkarbuddhistcentre.org.au)  
Book by email (inc phone number) by Mon 30 March  
Full Payment Required with Booking to:  
Drol Kar Buddhist Centre  
BSB: 633000 Account: 108414384  
Reference: Your name and Retreat

*There is only one moment in time when it is essential to awaken. That moment is now.*

## WHAT'S NEW AT PARAPARAP

### BUDDHA SHAKYAMUNI

This very large, very heavy stone statue spent many years in the garden of a private house on the Great Ocean Road overlooking the Southern Ocean.

Following a recent change of ownership, the new owner of the property decided that Buddha needed to relocate and offered the statue to Drol Kar.



The relocation was facilitated through the sponsorship and manual assistance of several of Geshe Sonam's students from Melbourne. The process involved a challenging piece of navigation to remove the statue from a confined area at the GOR property, utilising a large truck, crane and a coordinated physical effort by the volunteers.

Buddha Shakyamuni now overlooks the smaller dam at Paraparap.



### JAPANESE STUPA

The new Japanese style stupa sits opposite Kuan Yin across the lake. It was imported from Japan and offered by Dixon, a student of Geshe Sonam from Melbourne. It is called the Precious Casket Seal Stupa, designed to contain a significant piece of scripture.



Wherever such a stupa is located, the tradition asserts that it is protected by the spiritual power of all Tathagatas.

The protection covers a range of disaster, including severe weather, hazardous wildlife, diseases and malicious influences, all of which are mitigated upon viewing the stupa.

Plagues impacting humans or livestock are resolved; premature death is prevented; threats arising from weapons, water, fire, adversaries, famine, curses, or negatives forces cannot prevail.



## SOLAR INSTALLATION



Over many months in 2025, the Drol Kar committee investigated the feasibility of adding extra solar panels to enhance the supply of electricity to the property and reduce running costs for the centre.

The investigation concluded last December with a sign off on 29 new solar panels to be located on the roofs of the gompa and adjacent house. Two batteries were included in the order to help overcome shortages when there is a power blackout. The committee was able to secure a rebate from the Victorian govt to help offset the cost.

The installation process has commenced. The new panels are expected to be in operation by the end of March.



### THE LAKE HOUSE

The house by the lake is now completely finished, just some landscaping required to tidy the surrounds. Geshe Sonam and sister Kayoo are in residence. The house includes extra rooms for monks visiting from overseas or local.



### RAIN = GREEN

It doesn't take much to encourage the grass to put on its many shades of green and send up new shoots. The recent rainfall has brought about a very welcome change in the scenery at Paraparap, and for Geshe Phuntsok to get out on the mower.

## MAINTENANCE

### LOPPING THE SPOTTED GUM



That's not a possum in a hard hat up the spotted gum tree, but a friend of Geshe Sonam keeping a promise to trim the tree. Nathan is a professional in this field but donated his services to remove some branches that could prove problematic in heavy weather.



## COMING UP SOON

An opportunity to live in the quiet, rural atmosphere at Paraparap.

A second-storey, three-bedroom apartment will shortly be available for rent in the main house. Includes separate lounge with TV access, separate bathroom and toilet facilities, shared kitchen, dining and laundry facilities, onsite parking, access to internet available. Would suit a couple or two friends who enjoy communal living. Unfortunately, not really suitable for young children or pets. Enquiries/further information contact Helen: [admin@drolkarbuddhistcentre.org.au](mailto:admin@drolkarbuddhistcentre.org.au); or 5266 1788.

## DROL KAR TEACHING PROGRAM 2026

**Geshe Sonam Thargye –First Sunday of the Month 10:30 am – 12.00 pm**

**BUDDHIST PHILOSOPHY AND MEDITATION**



Buddhist philosophies, though varied, share a core goal of reducing harmful mental states that lead to suffering. Suffering stems from the mind, mainly through emotions like attachment or anger, which arise from self-centeredness.

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.

First Sunday of the Month teachings start at 10:30am, last ninety minutes, and feature motivation prayers, meditation, teachings, and Q&A or debate in a welcoming setting. The class is open to all levels, from beginners to experienced practitioners.

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

**Venerable Jampa Drolma**

**Sundays 10.30am -12noon ~[ except 1st Sunday]**

**BUDDHIST PHILOSOPHY ~ DHARMA PRACTICE IN OUR DAILY LIFE**

According to Buddhist teachings, the mind precedes all actions. That is, thoughts guide intentions, which are manifested through actions and subsequently result in outcomes. For instance, fostering positive mental qualities such as mindfulness, wisdom, compassion, and ethical conduct promotes the development of an empowered mindset.

If you focus on anger, fear, or doubt, you'll notice negativity everywhere. Drol Kar's Sunday classes with Ven. Jampa cover core Buddhist philosophy and show how Dharma practice can foster peace, clarity, and happiness.



**Monday Evening 7:30pm**

**STUDY GROUP- STAGES OF THE PATH**

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 Morning 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 come anyway and give what you can.

*There is only one moment in time when it is essential to awaken. That moment is now.*