

DROL KAR BUDDHIST CENTRE

NEWSLETTER JUNE 2026



May 31 Saka Dawa lunar day puja

JUNE in Brief

June 7 First Sunday of the month teaching

June 14, 21, 28 Buddhist Philosophy teaching

June 5, 12, 19, 26 Meditation - Finding the Stillness Within

June 16 Saka Dawa ends

COMING UP

July 18 & 19 Retreat - The Practice of Bodhicitta



Translations from Sera-Je Monastery

By Karen Mayer

Using zoom for the first Sunday of the month teaching by Geshe Tsoda, the gompal was set up with TV and computer screens, allowing us visual access to translator Venerable Lobsang Dorje from India. Geshe Tsoda began humbly by expressing his happiness in being able to share his accumulated 27-year Dharma knowledge resulting in his Lharampa Geshe degree from Sera Je monastery. Geshe means virtuous knowledge and Lharampa implies the highest tier of this distinction, so, we are indeed most fortunate to have this level of teachings from a younger and newly qualified teacher. He provided clarity of the knowledge he has acquired and discussed the opportunities for us to learn Buddhist philosophy, psychology, as well as ritual practices, empowerments, mantra practices and guidance in home retreats.

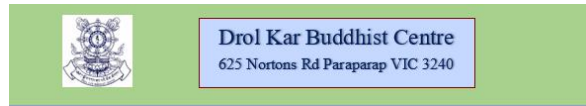


From our side, dependent on our motivation and interests, Geshe Tsoda stated his aim was to help us learn so we can become practitioners and help others outside of the Drol Kar Centre. It was a helpful reminder of the dynamic of the teacher and student learning process and what is available to us, dependent on our desires and the time we have to invest.

Geshe la, proceeded to provide a unique explanation of how to understand Shakyamuni's first teaching of the four Noble truths, stating the foundation lies in knowing the Two Truths, known as Conventional and Ultimate.

[continued p3]

JUNE PROGRAM



First Sunday of the Month
Sunday 7 June
10.30am – 12.00 pm
Geshe Sonam Thargye
teaching
Buddhist Philosophy
and Meditation

Teaching commences
at 10.30 am sharp

General Public \$10/ \$7 conc
(Drol Kar members excepted)
Lunch available after teaching \$15

Please note: Anyone unable to contribute the amount indicated, come anyway and give what you can



Buddhist Philosophy



Sundays 14, 21, 28 June
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



MEDITATION



FINDING THE STILLNESS WITHIN
Fridays 11.00 am – 12.00 pm
Dr Darren Fahroedin
and
DKBC senior students
All welcome

Donation suggested \$10

Please note: Anyone unable to contribute the amount indicated, come anyway and give what you can

Puja Ceremony Practice Sessions
with
Geshe Tsoda Gonpo
1:00 pm to 2:00 pm
Sundays in June
after Sunday teaching and a lunch break

Learn more about the Puja Ceremony
what it means, how to participate, and especially
how to join in reciting the prayers.

No booking required. Everyone is welcome to join in.
Participants bring along a notebook for taking notes, a
pen, any ritual objects you own such as bell and dorje,
and your Guru Puja book if you have one

ANNUAL GENERAL MEETING 2026

The Annual General Meeting for Drol Kar Buddhist Centre Incorporated for the 2025 financial year was held on Sunday 17 May. The Director Geshe Sonam Thargye gave a brief address followed by reports presented by, the Associate director Helen McKenzie, and the Treasurer Kate Kirkhope. An election for the Committee of Management for the 2026 financial year followed.

The treasurer reported that the Centre's finances are in a sound condition, while the AD outlined some of the features and successes of 2025.

The committee for 2026 is as follows:-

Director	Geshe Sonam Thargye	Associate Director	Helen McKenzie
Treasurer	Kate Kirkhope	Spiritual coordinator	Ven Jampa Drolma
General committee	Sue Baensch	Wendy Walker	Margot Brulotte
	Trevor Deutrom	Cheryl Hopwood	

Translations from Sera-Je Monastery (continued)

He explained that achieving a happy life is based on the cultivation of the two truths. Those with curiosity to ask the question as to know why happiness is elusive and difficult to maintain, can find the answers by;

- 1/ Analysis of our problems.
- 2/ Are there causes and conditions for our origination of problems.
- 3/ Is there cessation of our suffering, is freedom is possible?
- 4/ If it is possible, what are the means to following the path of freedom?

Geshe Tsoda, explained our understanding of the above points is dependent on our insight of the two truths. That being conventional and ultimate reality which is the foundation of every phenomenon. All external and internal objects have the two truths within them; they cover everything we experience in life. So, what is the condition of phenomena, what is the mode? Examples of conventional truth were provided as, our house, the 4 elements, (earth, fire, water, air), also plants and animals. The ultimate truth is the final mode of their existence, how they actually exist, the state of that phenomenon.

Geshe Tsoda highlighted this point further by using our body as an example; there are three levels of our body, gross, subtle and most subtle. The most subtle is how we try and understand Ultimate Truth: Gross level, is relatable as our experience of pain, such as a headache. At the subtle level we think about our birth, how parents helped with our growth and safety up until adulthood. It's reflecting on our life story, the multitude of changes we have gone through over the years. We may only notice the physical changes, however there are subtle inner changes. In order to observe the changes within our mind we need to look at the changes in our mind that occur



within days, hours, minutes, second by second. We all go through these changes momentarily but it is not apparent, awareness of these changes is the subtle level of our body. It is classified as the impermanent aggregate of the body.

The most subtle level of body, this body of momentary changes, signifies the foundation structure of body. These changes are dependent on causes and conditions and the composition is of parts and particles. This body is free of an independent

entity because it is made up of parts and particles, this negation of independent existence is the most subtle level of the body. So, conventional truth is the gross and subtle levels and the most subtle level is the ultimate truth, the final mode of existence of the body.

We can apply this knowledge in our life, our wish to gain and enjoy happiness and avoid pain and harm, we all want this. Happiness comes through different causes and conditions, our dependence on others for example. And although we may have certain wishes for our life, we are unable to guarantee fruition because we need to understand the conditions. Our life is mixed with happiness and problems and it all comes about from cause and effect. Even in our happiness or suffering we must understand that we are dependent on causes and conditions. Based on this understanding a happy life is possible. Using the example of community, it is dependent on family, family depends on the individuals within that circle. Positive individuals contribute to a happy family, who in turn contribute to that community. In this way it is possible to see the impact of our own happiness, resulting in happiness for others if we create positive attitudes.

Our suffering or joy is dependent on others, if we don't follow constructive behaviour and speech, it can harm others. With this awareness we reflect and try to stay calm in situations. Try and maintain behaviour that takes responsibility for oneself. If we realise we can't do things alone, we seek assistance from others. Trying not to harm others is an important practice.

In conclusion, Geshe la reiterated that our feelings are dependent on causes and conditions, the happiness and sadness of others is exactly the same. Our life is a mixture of happiness and sorrow, and this state needs to be understood. Everything is related to causes and conditions, this understanding helps us analyse our way of thinking, our perspective. Having a broader view of self and others will enable us handle things better in our life.

Vesak 2026

Victoria's Buddhist Community's multi-cultural celebration of the Lord Buddha's Birth, Enlightenment and Passing.

The 19th year of the Victorian United Nations Day of Vesak celebrations saw Sangha and supporters from many traditions gather in the city for Sangha Dana Offering & Sharing Lunch, Procession & Friendship Walk through the streets and gardens to Melbourne Town Hall for commemoration ceremonies and chanting and viewing the 21 Taras thangka.



Geshes from Drol Kar and Tara wait with Thai and Vietnamese monks before setting off on the city walk



The 21 Taras Thangka

In 2017, Lama Zopa Rinpoche presented Melbourne's FPMT Centre Tara Institute with the 15-metre high 21 Taras Thangka. The thangka features ancient sacred geometry that is reputed to help calm the mind. For those who struggle with meditation, gazing at these images offers a quick path to peace, strength, and fearlessness.

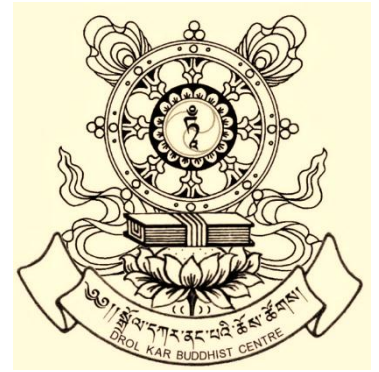
Lama Zopa requested that that the thangka be displayed to the widest possible audience. Tara Institute was founded by Lama Zopa Rinpoche and Lama Thupten Yeshe,

The Drol Kar Buddhist Centre Logo

In Tibetan tradition, a logo, or emblem, is seen as a key symbol for organizations or businesses. A well-designed logo reveals the purpose and goals of the organisation and is believed to bring luck and good fortune.

This emblem for Drol Kar Buddhist Centre comprises three main objects - a Dharma wheel, a traditional text and a lotus flower. These three represent respectively the body, speech and mind of all the Buddhas, and specifically the body, speech and mind of White Tara.

In Tibetan, Drol Kar means White Tara. White Tara is the female goddess of compassion and is also known as the mother of all Buddhas. In the middle of the Dharma Wheel is a “Tam” syllable in Tibetan script, the essence seed syllable of Mother Tara.



Logo design Ngawang Tashi ~ Artwork – Ally Bartlett

First, the lotus flower symbolizes the purified mind of enlightenment. It is arising from the water symbolizing that just as the seeds of lotus flowers begin in muddy water and develop into beautiful flowers, so too can sentient beings can achieve enlightenment and become purified.

The traditional text sitting on the lotus flower symbolizes all the Buddhist teachings, the perfect doctrine, the speech of the Buddhas, which arise from the purified mind.

The Dharma wheel above the text has eight spokes which turn continuously symbolizing the Buddhist teachings spreading beyond the borders of Tibet to the whole world. The Drol Kar community contributes to the spread of the doctrine through the teachings and other activities at the centre.

Through contemplating the logo, we can better understand what we are doing through our involvement in activities at Drol Kar Buddhist Centre. Anyone involved in this community, should rejoice in the activities of the Centre and support it wholeheartedly, so that the great task of developing the purified mind and promoting the spread of the teachings can benefit many beings far into the future.

By reflecting on the logo, we gain clarity about our participation at Drol Kar Buddhist Centre. All community members are encouraged to support the Centre's work in cultivating pure minds and sharing its teachings for lasting benefit.

Garden Tips for June ~ Kate Kirkhope

“In gardening the internal mind dialogue is replaced by the external Buddha in Nature.”

Plant:

- Bare-rooted Roses • Water Lilies • Stone Fruit (Pome) • Clivias, Gladioli.

Vegies:

Plant onions, leeks, and kale.

Hints:

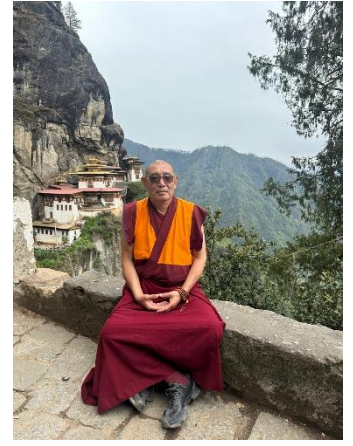
- Start to prune vines and Roses, divide Water Lilies
- Take hardwood cuttings of Hydrangeas, Fuchsias, Philadelphus, Lavender
- Prune and feed Hydrangeas
- Cut perennials to ground after flowering.
- Cut and replant strawberry runners.
- Once lost leaves, you can move deciduous plants.



THE BHUTAN

The Bhutan trip was offered widely late last year for a small tour of 10 travellers. This trip of a lifetime accompanied by Geshe Sonam Thargye and organiser Michelle Li arrived in Bhutan on May 1st for a whirlwind 7-day adventure. All travellers returned safely tired but excited by their experiences.

The trip will significantly benefit Drol Kar Centre any funds remaining after all costs paid will be donated to the Centre.



Participants Linda Diggins and Helen Robinson very kindly shared some of their experiences

LINDA DIGGINS: Bhutan didn't disappoint. It's beautiful!

We hiked in the forest and came to the valley, breathtaking.

We actually saw yaks grazing. They'll go to the peaks as soon as the weather warms.

Our party of 12 hiked to Tigers Nest Monastery. We left at 5:30 am and hiked up and down steep but safe steps and paths for more than 6 kms. We made it! And it sure was worth the effort.

We got to meditate in an ancient monastery perched on the side of a mountain. Glorious.

When we returned to Paro that afternoon, it was time for a banquet lunch with Tibetan momos. I imagine Tibet would be a lot like Bhutan.



We were so spoiled. Banquets for breakfast lunch and dinner. Delicious fresh food. Delightful cultural experiences. Lots of temples and fortresses. Amazing architecture. As you can tell we all had a great time in Bhutan.

HELEN ROBINSON: Oh! it was a wonderful trip. Especially being older it meant so much. I have returned slightly different. Pushing back a bit more on the restrictions that come with age. My thinking seemed to be constricting rather than enhancing. Not a completely new person but more open to the world. Not to underestimate it though... it's been important to me.

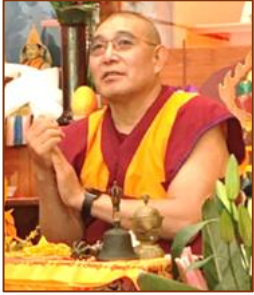


Manfred, Helen and I called ourselves the 3 Amigos and helped each other along the way.

DROL KAR TEACHING PROGRAM 2026

BUDDHIST PHILOSOPHY AND MEDITATION First Sunday of the Month 10:30 am – 12.00 pm
Geshe Sonam Thargye / Geshe Tsoda Gonpo

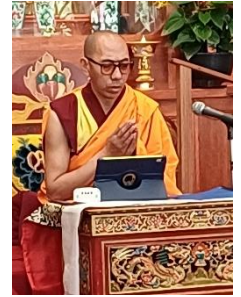
Buddhist philosophies, though varied, share a core goal of reducing harmful mental states that lead to suffering. Suffering stems from the mind, mainly through emotions like attachment or anger, which arise from self-centeredness.



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.

Geshe Tsoda Gonpo commences his teaching commitments periodically in 2026 this year assisted by a remote (India) translator.

First Sunday of the Month teachings start at 10:30am, duration 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.



BUDDHIST PHILOSOPHY ~ DHARMA PRACTICE IN OUR DAILY LIFE

Sundays 10.30am -12noon ~[except 1st Sunday of month]
Venerable Jampa Drolma

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.



STUDY GROUP- STAGES OF THE PATH

Monday Evening 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 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.

