

# Drol Kar Buddhist Centre

## Newsletter September 2025

### SEPTEMBER DATES

September 7

First Sunday of the Month Teaching  
10:30am - 12noon

### September Musings from Karen

Welcome to spring! Most of us will be aware the days have been warm for winter with little rain. Drilling for bore water has commenced and we are hopeful this will provide nourishment for our gardens as we approach summer. Thank you to all our generous members and friends for helping make this project a reality, we hope that you can enjoy the fruits of your kindness to benefit all people and creatures who share this space.

Dharma advice continues to rain down upon those listening at Drol Kar in the emanation of Geshe Doga. Geshe la continues to gently remind our community that our lifespan is shortening and it really is time to ask the question; is this the only life we possess? Through our own experience we know that we will leave this body, so, rather than continuing to get caught up in this life's myriad distractions, Geshe la advises that right now, we have to think of a future life person. Where will we go, what will we become?

All schools of religion believe there are causes for a future destination. In this, we see that not only Buddhism believes in a form of afterlife. Within Buddhism we say the causes are called Karma, which is the actions of individual beings in our present life. If we hold to this reasoning, we can see that our current positive rebirth with our favourable conditions and opportunities is due to causes of our previous existences. So, should we want a happy future rebirth, Geshe la says the answer lies in the practice of morality.

The basis of morality is compassion, remembering that like myself all beings want happiness and wish to avoid pain, confusion and uncertainty. No one is different in this respect. Refraining from harming others is the primary cause for our current happiness and rebirth. Additionally, we require a good rebirth as motivation for our spiritual practice. Our future life goals depend on our understanding of the Dharma. The knowledge and practising of the Dharma are what drives us to liberation and complete enlightenment. Geshe la asks us here to recognize the benefits of the Dharma. Then asks the question of us, do we have the capacity to practice the Dharma?

In a nutshell yes, we have the capacity to create the causes for a Precious Human Rebirth. This PHR is the vehicle, which likened to a boat, will take us to the other shore. Geshe la reminds us that even thinking about the idea of wanting a good rebirth is very rare. It is up to us to create the causes and conditions; nothing happens without this. Using a quote from his text, Geshe Doga defined who is a true spiritual guide; It is the one who abides themselves in the 10 virtuous practices and leads others to engage in the same. As his heartfelt laughter encompassed the room, spreading joy, he said, in this way we can all be noble beings.

So, plenty to think about and practise until Geshe Doga continues his next teaching on October 12.



## Drol Kar Buddhist Centre

625 Nortons Rd  
Paraparap



*Teaching commences  
at 10:30am sharp*

**First Sunday of the Month**

**Sunday September 7  
10:30am – 12noon**

**Geshe Sonam Thargye**

**Buddhist Philosophy  
and Meditation**

**General Public \$10/ \$7 conc**

**Drol Kar members – no charge**

*Tea and Coffee available after the Teaching*

**Coming up for our friends on the Mornington Peninsula**



ROSEBUD HEALTH STORE  
& DHARMA CENTRE

WELCOMES

# GESHE SONAM THARGYE

"Buddhism for Western Minds"

**SEPTEMBER 14TH, 2025**

10am – 12pm DHARMA TALK

1pm – 3pm MEDITATION

**TICKETS AVAILABLE NOW**

\$60 Full Day or \$35 per session

Booking Essential.

Book Online, In-store or

Phone: 03 5986 1005

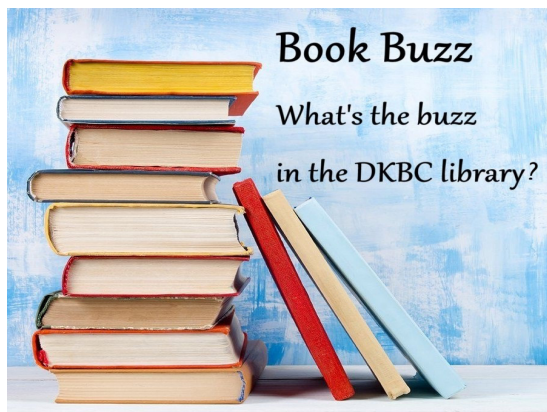


**[www.rosebudhealthstore.com.au](http://www.rosebudhealthstore.com.au)**

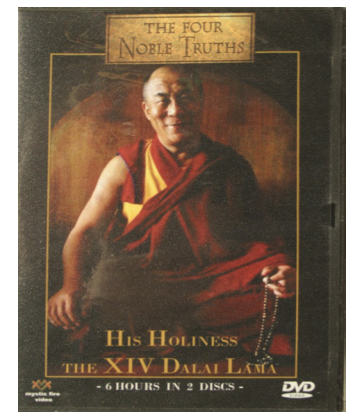


## The Drilling Begins.....

The drilling project, to hopefully provide a sustainable water resource for the Paraparap gardens into the future, is underway. The drilling of the bore is likely to take 7-8 days. Fingers crossed for a favourable outcome.

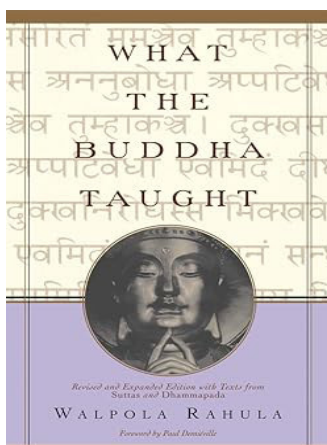


*Recommendations for September from the Drol Kar library. Enjoy!*



**The Four Noble Truths DVD set 4discs/6hours**

His Holiness the 14th Dalai Lama gave this teaching in London in 1996, teaching mainly in English with some Tibetan translation. The transcript of this clear, concise teaching was later reproduced in book form.

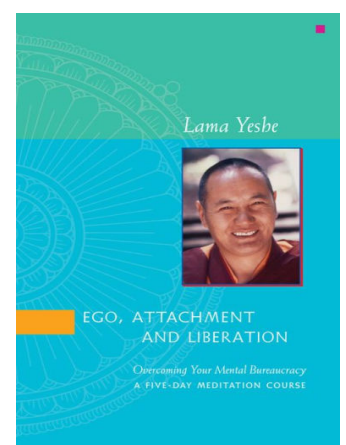


**What the Buddha Taught Walpola Rahula**

In this book, Dr Walpola Sri Rahula, himself a Buddhist monk, provides a clear, logical, comprehensive and authoritative introduction to the teachings of the Buddha. First published in 1959 it was revised in 1974 to include texts from the Sutras and Dhammapada.

**Ego, Attachment and Liberation Overcoming Your Mental Bureaucracy Lama Yeshe**

This text is the transcript of a Five-Day Meditation course given by Lama Yeshe near Melbourne in 1975. The teaching covers many aspects of philosophy, meditation techniques and includes Q&A from the course.



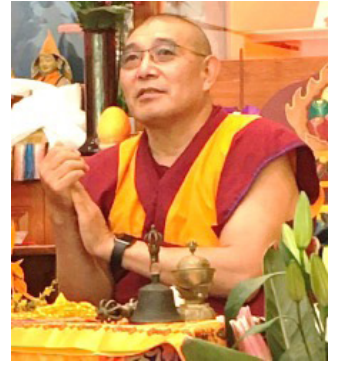


# Drol Kar Teaching Program 2025

## Geshe Sonam Thargye - First Sunday of the Month 10:30 am

There are many different Buddhist Philosophies, but the basis of all the teachings aims to eliminate the destructive states of the individual's mind and the problems the individual's mind creates that brings about suffering. Suffering originates from the mind. The main cause of suffering is our emotions. Grasping onto the self, and protecting the self gives rise to strong emotions such as attachment, anger, deluded views, love etc.

Venerable Geshe Sonam Thargye will continue with direct discourse in Buddhist Philosophy focusing on topics relating to our everyday life situations and how to free ourselves from these destructive emotions and thoughts. Geshe la is a skilled teacher in logical analysis and critical thinking. He says "without cultivating an ability and a willingness to look at different viewpoints, we will not diverge on understanding whether 'liberation makes sense or not' or is possible".



First Sunday of the Month teachings commence promptly at 10:30am and run for one and a half hours. The session includes motivation prayers, short meditation, teachings and time for questions and/or debate, in a friendly environment. The class is suitable and accessible for beginners through to experienced spiritual practitioners.

Suggested facility fee of \$10. Drol Kar members are free of charge. Bookings not required.

Tea & Coffee provided after class.

## Venerable Jampa Drolma

### Monday Evening 7:30pm & Tuesday Morning 11:00am

Jampa continues her commentary on the text, 'Liberation in the Palm of Your Hand' [1921] by Tibetan Lama, Pabongka Rinpoche. The text presents an organised breakdown in stages, of the entire Buddhist philosophy path.

The teaching is a step-by-step guide to help work through and understand our minds using everyday situations that we experience. The sessions are designed to be interactive and incorporates prayer, meditation, teaching, discussion and the opportunity for self-directed study. The sessions are open to everyone interested in Buddhist studies, however, as the teachings are sequential in method, regular attendance will be beneficial to understand the material fully.



Suggested facility fee \$10. Drol Kar members no charge

## Friday Morning 11:00am - 'Finding the Stillness Within' Meditation

### Dr. Darren Fahroedin and Damian McMurrich

What do we understand by meditation? From the Buddhist point of view meditation is a spiritual discipline and one that allows you to have some degree of control over your thoughts and emotions.

Buddhism explains that our normal state of mind is unruly and wild, and we are therefore not well equipped to deal with negative thoughts and emotions that can dominate us. We require a tool that can help us tame our mind, find the still, quiet place within, and thereby increase our potential for happiness.

This class is suitable for all levels of meditators, Buddhist or non-Buddhist, including beginners. Each class typically includes a short discussion around principles from Buddhist philosophy and Buddhist and Western science of the mind and healing, in a friendly, informal atmosphere with opportunities for Q&A. Bookings not required; donations appreciated.



## Mindfulness Meditation - Michael Anderson

### 2025 schedule

9:00am - 12noon Saturday May 3

9:00am - 12noon Saturday October 11

