



# Drol Kar Buddhist Centre



## November 2022

### Coming Up

- November 6      First Sunday of the Month  
10:30 - 12noon
- November 13     Vajrapani Empowerment  
11:00am - 12:30pm

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### Reflections on Venerable Geshe Doga's Recent Teachings

I realised recently that every time I pass through the front gate into the grounds of Drol Kar, a sense of peace and spaciousness settles upon me. You know how you have those light bulb moments? I have had a couple of those recently and some of the things I am learning through listening to the teachings have begun to 'settle' for me. While I acknowledge that I don't always navigate the dharma pathway with clear intention, I now have moments of feeling less obstructed and more able to prick up my ears and heart towards awareness. Personally, I feel that even when I hear things that resonate for me, ideas and concepts don't always settle straight away.

I had heard much about Geshe Doga's presence from other Drol Kar members, but at my first and second encounters with Geshe Doga, I felt honoured to have had the opportunity to be in the Gompa and see Geshela with his beautiful smile and the radiance of such kindness and wisdom.

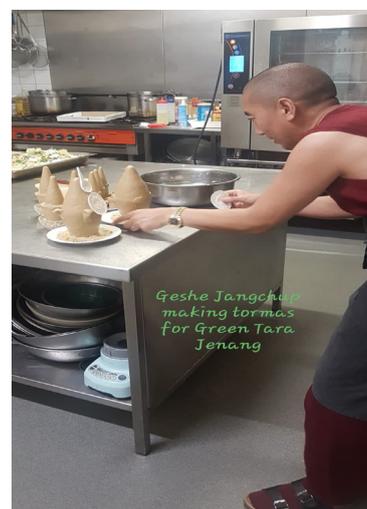
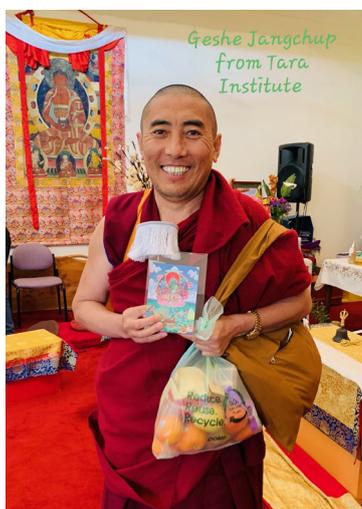
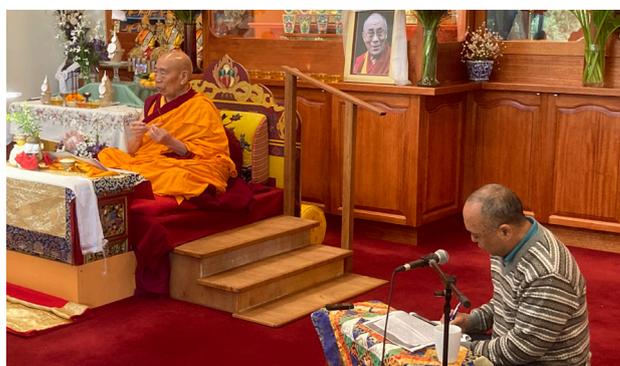
It gave me a sense of joy, peace and of time slowing; no rushing - just a chance to sit and be present.

I have been really fortunate to attend both the Medicine Buddha teaching and the Green Tara teaching delivered by Geshe Doga. Both teachings seemed to be over in an instant, (although I did think towards the end of the Green Tara teaching that I was getting peckish!). Following the teaching, the gomba had a sense of joy and anticipation as students stood in line to make an offering. I had a sense of awe and trepidation about making an offering and receiving a blessing from Geshe Doga; I was like the kid at the party who wanted to have a lollipop (blessing) too, but was a bit shy to ask how to get one! I don't have a Kata and wondered to myself was it OK for me, a 'sometimes student', to have the chance to make an offering. Then there was the issue of a Kata, I don't have one and I wasn't really sure about the protocol of 'borrowing' another student's Kata, but on both Sundays, the generosity and encouragement of other students saw me being able to make an offering and to have that personal interaction with Geshe Doga. I am not sure I can actually put into words how blessed I felt to experience the gentleness of Geshe Doga's hands and breath upon my head - it was a gesture that was so full of kindness that I felt my heart balloon in size in that moment.

I was also keen to help in a practical way for these Sunday teachings and I felt privileged and honoured to be able to contribute to the food on each of the teaching days. I love to make/bake cakes!!! ..... but I desist from this distraction, as I am positive I will end up eating most of the baked goods myself, which is not my desire (desirous though I am of cake!). So I have made a couple of different cakes, one for each of the Sundays that Geshe Doga has come down to teach recently. Cake one was a disaster, alas, as I turned it out too quickly and so, because it looked like a mess, I remade it and was happier with the result (attachment to an outcome!). The second cake I made, I cannot even remember what it was, it was a new recipe, but Karen said it was delicious. The third cake was a chocolate cake that was also a recipe I had not made previously, but I heard it was quite delicious. As I think about the making and offering of these cakes, I wonder to myself about attachment - yes, I am pretty attached to achieving a good outcome, that the cakes are tasty and look OK, but also that what I have offered is of a certain standard. When I thought about this a bit more in this very simple scenario, I can see my own self cherishing, so I realise that there are so many learning opportunities each and every day; I just have to remember to try to keep my ears pricked up and my heart open.

As I sit and think about what I have written (and read and re-read it many times over) I see that attachment and self-cherishing feature significantly for me ...

Andrea H

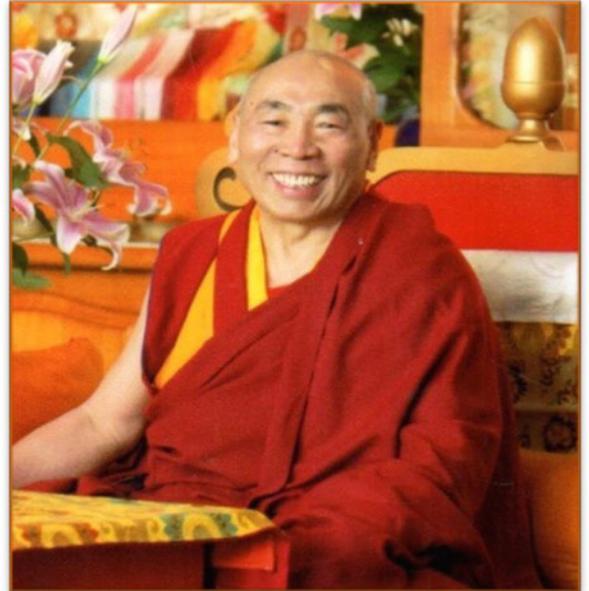


Thank you to Geshe Janchup and Geshe Lobsang from Tara Institute for helping and guiding us in the Empowerment preparations.

# Drol Kar Buddhist Centre

625 Nortons Rd, Parapaparap; [www.drolkarbuddhistcentre.org.au](http://www.drolkarbuddhistcentre.org.au)

## Vajrapani Empowerment with Venerable Geshe Doga



**Sunday 13 November 2022**

**Arrive 10.45am for 11.00am start**

followed by a vegetarian lunch for participants.

Vajrapani is one of the bodhisattvas that embodies the power of the enlightened mind. Suitable for both beginners and more experienced practitioners.

Venerable Geshe Doga from Tara Institute's visits to Drol Kar Centre provide a unique opportunity to receive teachings from a fully qualified Tibetan Buddhist master in an intimate setting.

Enjoy the experience of sharing lunch with Geshe Doga, other Sangha and the Drol Kar community afterwards.

Registration from 10.45am

Free Entry (bookings essential)

Lunch \$10

Enquiries: Drol Kar Buddhist Centre (10am-4pm) 5266 1788

Email: [info@drolkarbuddhistcentre.org.au](mailto:info@drolkarbuddhistcentre.org.au)

# Venerable Geshe Sonam in Vietnam

Venerable Geshe Sonam has recently returned from Vietnam where he was invited to give teachings in HCMC, Danang, Hanoi and Nha Trang by a monk he met at Drol Kar a few years ago.





FIRST SUNDAY OF THE MONTH  
WITH  
VENERABLE GESHE SONAM THARGYE

SUNDAY NOVEMBER 6  
10:30 AM - 12 NOON

# ARRCC GLOBAL DAY of ACTION for OUR PACIFIC NEIGHBOURS - OCTOBER 13, 2022

What a beautiful ceremony hearing from our interfaith representatives as they quoted their faith's reflections on the sanctity of caring for the environment to benefit all beings. Thank you so much to the Christian, Jewish, Muslim and Buddhist leaders and members for your commitment in addressing the need to protect and nurture our planet earth for our future generations. We are more the same than different in ideologies and it was humbling and touching to share in your reflections. May your generosity ripen upon us all. Karen Mayer



## Vegetarian Dish of the Month

### Roasted Turmeric Cauliflower Bowl Serves 4

500g cauliflower florets  
1Tbs rice bran oil  
1 tsp ground turmeric  
2 cloves garlic, crushed  
1 bunch broccolini  
150g white quinoa, rinsed, drained  
400g can lentils, rinsed, drained  
4 free range eggs  
½ cup (140g) reduced-fat, Greek-style yoghurt  
¼ cup coriander leaves  
2 Tbs lemon juice  
1 Tbs Sichuan pepper  
60g baby rocket  
½ cup (50g) walnuts, chopped

1. Preheat oven to 200°C. Line a baking tray with baking powder. Combine the cauliflower, oil, turmeric and garlic in a bowl. Arrange cauliflower mixture on the lined tray. Bake for 20 minutes or until golden, adding broccolini to the tray for the last 5 minutes of cooking.

2. Meanwhile, place the quinoa and 160ml water in a saucepan. Bring to the boil over high heat. Reduce heat to low. Cover and cook for 10 minutes or until the liquid is absorbed. Set aside for 10 minutes to steam. Stir in the lentils.

3. While the quinoa is cooking, bring a saucepan of water to the boil. Add eggs and cook for 7 minutes for semi-soft yolks or until the eggs are cooked to your liking. Refresh under cold water. Peel each egg and cut in half.

4. Place the yoghurt, coriander and lemon juice in a blender and blend until smooth. Season with pepper.

5. Divide quinoa mixture, rocket, cauliflower mixture and eggs among serving bowls. Drizzle with coriander dressing and sprinkle with walnuts.

Note: if you don't like coriander, replace it with fresh mint leaves.