



Drol Kar Buddhist Centre

Newsletter February 2024

FEBRUARY DATES

February 4	First Sunday of the Month Teaching 10:30am - 12noon
February 5	Weekly classes recommence
February 10	Losar (Tibetan New Year)

Happy New Year 2024

Chinese astrology welcomes the 'Year of the Dragon', a mythical creature that symbolizes power, strength, wisdom, good fortune and success. The characteristics of the dragon are desirable qualities for most humans. The question, are they innately present because you were born in a particular year?

According to Buddhism the potential be strong, have wisdom and succeed in life is available to all of us, regardless of our zodiac sign. We don't have to wait for our turn or our lucky number to come round, what we sow in life is what we reap, even if that takes a long time to grow.

The teachings demand that we get real; real about life, real about our goals our wants and needs. So, the first thing we have to address is life's impermanent nature. Nothing lasts and we need only acknowledge that birth ends in death to have certainty about this law of nature. Having completed the small scope practices of the Lam Rim with Jampa la on Tuesdays, impermanence should be a daily observation.

This is not a downer, our skirting around the issue is what keeps us uncertain and insecure. If we thought about death regularly, as suggested by the Lamas, we would embrace impermanence and live each day to its fullest. Love others more, including their frailties and faults.

Compassion generates from wisdom and the realization we are all in this same unstable boat facilitates the cultivation of equanimity towards all beings. Think of the four immeasurable reflections, the wish for all beings to have happiness, freedom from suffering, cultivating joy not jealousy and immeasurable equanimity towards all, not holding some close while others distant.

A mind with these characteristics is powerful and strong and would not be easily swayed by others who appear unwholesome and harming. In fact, there would be wisdom and understanding that the display arises from fear, protection of oneself as a permanent, self-sustaining, self-sufficient entity.

The desire to cut oneself off from the truth of our inter-dependence occurs for me readily when seeing the contents of the news; wars, violence, all the more detestable when in the name of religion.

Our dear member Val, who engages with the 24 hour news cycle, kindly suggested counteracting all the war news with thoughts of peace, imagining peace - visualizing peace descending on the earth. Speaking of peace when war is mentioned, taking a minute, visualizing peaceful moments, people embracing in friendship.

Having tuned into the livestream sessions during December 2023 with His Holiness the Dalai Lama, I was reminded that he has never wavered in being an advocate of our human potential despite his people's tragedy. Our innate qualities of love and compassion are the major strengths that can overcome adversity. Cultivating these characteristics, results in good fortune and success.

To explore these concepts in depth, I look forward to continuing our monthly and weekly Drol Kar classes for 2024 with Geshe Sonam and Jampa. Perhaps the dragons amongst us can share their power, strength and wisdom.

Much peace, Karen

Venerable Hai Tao Master Special Event

Sunday December 23, 2023 saw Drol Kar Buddhist Centre play host to a special talk, 'Meditation on Happiness and Love' by Venerable Master Hai Tao, a renowned Taoist teacher from Taiwan.

The gomba and the grounds looked magnificent, thanks to the work of Geshe Sonam, Phuntsok and Tsoda, Venerable Jampa and a small group of dedicated volunteers, and were very much enjoyed by the large crowd who took the opportunity to come and listen to our international guest.



Drol Kar Teaching Program 2024

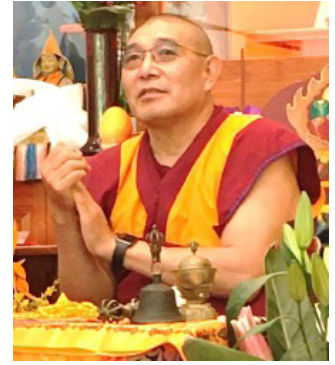
Geshe Sonam Thargye - First Sunday of the Month 10.30 am

This year, Venerable Geshe Sonam Thargye will begin his commentary on Shantideva's 'A Guide to the Bodhisattva Way of Life'. It may be useful to get a copy of the text so you can follow along during the teachings and also be able to do more reading and study between sessions.

First Sunday 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.

Everyone is welcome to stay afterwards for a cup of tea and/or vegetarian lunch for an additional \$15.



Venerable Jampa Drolma

Monday Evening 7.30pm - Lam Rim

Mahayana Buddhist Philosophy session focusing on the text, 'Liberation in the Palm of Your Hand' [1921] by Tibetan Lama, Pabongka Rinpoche.

Led by Venerable Jampa Drolma, this extensive teaching is a step-by-step guide for following the graduated path to complete enlightenment. The session is designed to be interactive and incorporates prayer, meditation, teaching, discussion and the opportunity for self-directed study.

The session is open to everyone interested in Buddhist studies, however, as the teachings are sequential in method, regular attendances will provide the most benefit.

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



Tuesday Morning 11.00am - Lam Rim

Led by Venerable Jampa, this class also focusses on "Liberation in the Palm of your Hand" the text by Pabongka Rinpoche.

The session is open to everyone but is especially suitable for beginners, as it is designed as an Introduction to Mahayana Buddhism. The session starts with motivation prayers, then follows an interactive step by step guide for meditation practices done at your own pace.

To experience the full benefit of your spiritual transformation within, we recommend regular attendances and self-contemplation studies after attending sessions.

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; donation appreciated.



Mindfulness Meditation - Michael Anderson

2024 schedule

Half days 9.00am -12.00pm - March 23, June 8, August 31

Full day 9.00am - 4.00pm - November 16

