

Drol Kar Buddhist Centre

Newsletter May 2025

MAY DATES

May 3	Mindfulness Meditation with Michael Anderson 9:00am - 12noon
May 4	First Sunday of the Month Teaching 10:30am - 12noon
May 11	Geshe Doga Teaching 11:00am - 12:30pm
May 26	Saka Dawa commences

Saka Dawa 2025

Saka Dawa (in Tibetan) or Vesak (in Pali), commemorates the birth, enlightenment and death of Siddhartha Gautama Shakyamuni Buddha. Vesak occurs on the fifteenth day of the fourth month in the lunar calendar, which is typically in May, and this year it falls on Wednesday, May 14th. However, due to the lunar leap year, Tibetans are celebrating Saka Dawa a month later, on Wednesday, June 11th. During Saka Dawa, it is said that a star called “Saka” shines brighter than at any other time of the year.

Many Buddhists have their own traditions for the day. Some will go to their local temple on the day of the full moon to pray, make offerings and undertake positive actions. Some may go for the whole Saka Dawa month to participate in charitable activities.

Buddhists believe that Saka Dawa is a particularly auspicious day, where the merits they achieve from performing good deeds, can be multiplied many times over.

General rites and rituals carried out on Saka Dawa include the chanting of mantras; releasing of caged birds and animals; having vegetarian meals; offering a meal (Dana) to Sangha, and in some cultures “bathing” a Buddha statue (where water is poured over the shoulders of the Buddha to remind people to clear their minds of negative thoughts like greed and hatred).

WHO EXACTLY WAS THE BUDDHA?

The Buddha is a title that refers to an individual who has attained enlightenment and has freed themselves of the continuous cycle of suffering. The historical Buddha is not a God, but is Siddhartha Gautama, who was a prince born into a Royal family in Nepal in the 5th Century BC. Siddhartha Gautama founded Buddhism.

It's believed that Siddhartha Gautama realised that wealth and luxury did not guarantee happiness. He renounced worldly life, travelled as a homeless holy man, seeking a way to bring about peace of mind. After six strenuous years of living as an ascetic, he realised that

deprivation was not the answer to attaining peace of mind. Through his own efforts of realising the Middle Way path, which became part of his teachings, he reached his goal of awakening within himself. He was 'awakened' to the true nature of reality in his meditation under the Bodhi tree in Bodhgaya, in the modern state of Bihar, India.

From this time on, he would be known as the Buddha and became a great teacher. For the rest of his life, the Buddha taught his followers how to free themselves from suffering by cultivating wisdom and bodhichitta to overcome the distracted mind and attain enlightenment themselves. He died in Kushinagar, located in what is now the state of Uttar Pradesh in northern India, about 2600 years ago.

Venerable Jampa Drolma



**Drol Kar
Buddhist
Centre**

625 Nortons Rd
Paraparap



*Teaching commences
at 10:30am sharp*

First Sunday of the Month

**Sunday May 4
10:30am – 12noon**

Geshe Sonam Thargye

**Buddhist Philosophy
and Meditation**

General Public \$10/ \$7 conc

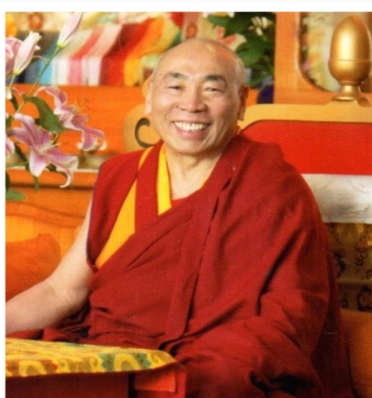
Drol Kar members – no charge

Tea and Coffee available after the Teaching

Please note: if you are unable to pay the full amount indicated for this teaching, please just pay what you can afford



Drol Kar Buddhist Centre



**Sunday May 11
11.00 am – 12.30 pm**

Venerable Geshe Doga

teaching

**The Thirty-seven Practices
of Bodhisattvas**

Teaching commences at 11.00am sharp

General Public - \$20

Lunch after teaching - \$15

Drol Kar/Tara members - \$20 [tchg + lunch]

Please note: if you are unable to pay the full amount indicated, please just pay what you can afford.

Drol Kar Future Sustainability Project Fundraiser

A big thank you for the generous donations received from our members and friends towards our bore water project. To date we have a total of \$17,000.

It is heartwarming that many of you value our Drol Kar environment and wish for people, animals and plant life to share in that.

For tax deductible donations, our account details are: BSB 633000 ACC 152195673.

We will need your email to send receipts, so if in doubt please let us know your details via info@drolkarbuddhistcentre.org.au

A New Addition to the Drol Kar Website

We now have an exciting addition to the Drol Kar website with the introduction of Guided Meditations, which have been recorded by various senior students and are available for use to enhance your meditation practice. First up is the Nine Round Breathing and White Light meditations with long time Drol Kar member, Valerie Druce.

We are in the process of uploading more meditations onto the site and would love to hear what you think about our new endeavour.

Mindfulness Meditation with Michael Anderson

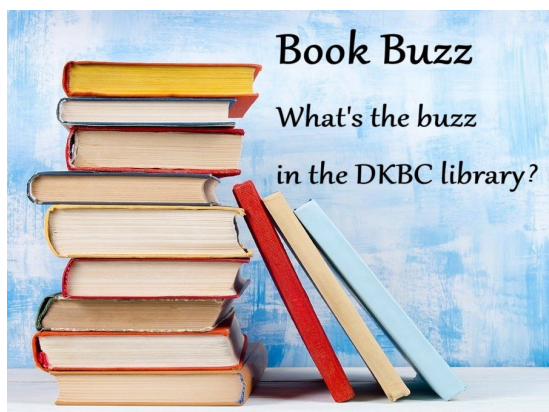
Saturday May 3 9:00am - 12noon

This is an opportunity to extend your meditation practice with longer sitting sessions. These sessions are silent and unguided to allow you to work on your own practice in a group environment. Sessions involve sitting for 50 minutes, with 10 minutes of walking meditation to not only break up the physical sitting practice, but also to enable you to expand your meditation practice into, and through, movement.

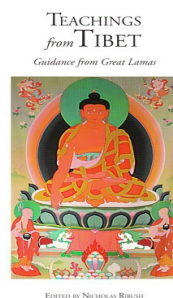
Everyone is welcome and you can feel free to tailor the sessions to suit your practice experience by attending for one or more hours.

Michael Anderson, Surfcoast Psychologist and author of **Mindfulness Meditation** (2004), facilitates these practice sessions in the peaceful and reflective environment of the Drol Kar Buddhist Centre.

Donations to Drol Kar appreciated.



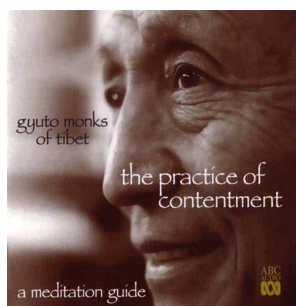
Recommendations for May from The Drol Kar Buddhist Centre Member Library.



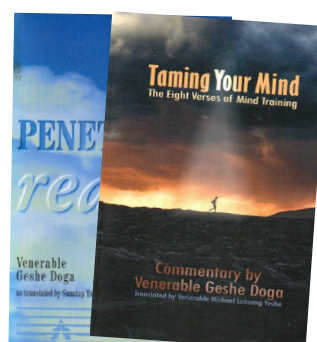
Teachings from Tibet - Guidance from Great Lamas

A collection of 16 short teachings on some of the most essential concepts of Buddhism such as The Four Noble Truths, the 12 Links, Generating Bodhicitta, Renunciation by renowned lamas like the Dalai Lama, Ling Rinpoche, Trijang Rinpoche, Gelek Rinpoche and Lamas Yeshe and Zopa.

The Practice of Contentment CD



The listener to this CD is guided through a series of meditative practices beginning with basic relaxation. The experience is enhanced by the unique harmonic chanting of the Gyuto monks.



For the month of May, two small books of teachings by Venerable Geshe Doga.

Taming Your Mind 72p
Geshe Doga's commentary on the Eight Verses of Mind Training.

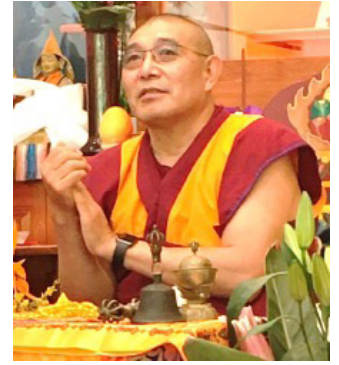
Penetrating Reality 37p
A condensed introduction to the teachings on wisdom knowledge with guidelines on how to meditate on emptiness.

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.

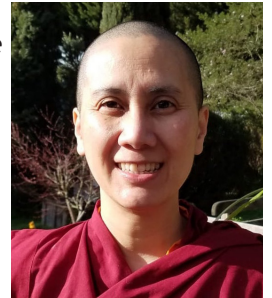
Tea & Coffee provided after class.

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

