

Drol Kar Buddhist Centre

Newsletter April 2025

APRIL DATES

April 6	Geshe Doga Teaching 11:00am - 12:30pm
April 8	Drol Kar AGM 12:45pm
April 13	Geshe Sonam Teaching 10:30am - 12noon
April 18 & 19	Easter Retreat 9:30am - 4:30pm daily

NB:

DAYLIGHT SAVING ENDS 3:00AM SUNDAY APRIL 6, SO PUT YOUR CLOCKS BACK ONE HOUR BEFORE YOU GO TO BED ON SATURDAY APRIL 5.

Sustainable Future Fundraiser

The DKBC is embarking on two major projects for 2025 which relate to the future sustainability of our Buddhist organization. The first project is increasing the number of solar panels, which has been recommended by the Geelong Sustainability Group after an audit of our electricity usage. The Drol Kar management believe we can finance this project from our previous fundraising activities.

The second major project is digging for bore water on the property which will create a positive impact on the beauty and sustainability of our gardens for all sentient beings that live in and share this green space. It is with this second project in mind that I write in the hope of seeking financial donations towards the sustainable future of the Drol Kar Centre.

This year alone, due to ongoing drought conditions, we have had to buy two separate loads of water for our tanks to maintain the health of the gardens, trees, dam and wildlife at a cost of \$800. Our varied birdlife on the property has reduced due to lack of water in the dams.

Drol Kar prides itself on the beauty and tranquility of the gardens for all to enjoy. It is a place for contemplation and peacefulness, abundant with bird, animal and insect life. Many people attend DKBC just to walk the gardens and sit quietly, without ever entering the gompa or joining classes. Geshe la, the committee, our resident monks and dedicated volunteers work with joyful effort to be able to offer this positive experience to our community and the general public.

As the world's environment continues to be ravaged by human destruction and unpredictable weather events, this is a project to benefit future generations. We want our gardens to be an offering to all beings as a place of peace and relaxation. A place to feel safe and connect with

nature as you wander under the compassionate gaze of Quan Yin and Tara.

The cost of this project is estimated at \$45,000 and the Drol Kar Committee are seeking donations to make this project a reality. We are hoping to begin in June 2025 and are in urgent need of your generosity.

All donations will be tax deductible at the end of the 2025 financial year. Please consider investing in the future of your Dharma community for everyone to enjoy, by paying into:

Drol Kar Buddhist Centre Building and Education Fund

BSB: 633 000. ACC: 152195673.

Reference with your name and WATER and you will be sent a tax refundable receipt.

Thank you for taking time to read and consider this request.

Karen Mayer, Associate Director, on behalf of all DKBC management.



Drol Kar Buddhist Centre



Sunday 6 April
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
Buddhist
Centre**

625 Nortons Rd
Paraparap



*Teaching commences
at 10:30am sharp*

Sunday Teaching

Sunday April 13
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

Easter Retreat: Vajrasattva Meditation Practice

Friday April 18 & Saturday April 19

9:30am - 4:30pm

Led by Ven. Jampa and Senior Students

Vajrasattva is the manifestation of the purity of body, speech and mind of all the Buddhas.

The practice of Vajrasattva is common in all Tibetan schools of Buddhism. The retreat will focus on the teaching based on the Four Opponent Powers to purify negative karmic imprints created by the ten non virtuous actions. There will be guided meditation and mantra recitation (bring a mala if you have one) as well as time set aside for discussion on the question "Why do purification?"

Everyone is welcome to attend, there are no prerequisites or commitments.

For catering purposes, we ask that people book and pay before Wednesday April 16.

Two Day Retreat April 18 & 19

Members: \$140

Non-Members: \$200

Includes:
Guidance & support from
our experienced retreat
leaders .

Catered vegetarian lunch
each day plus morning &
afternoon tea

Retreat materials



One Day Retreat April 18 only

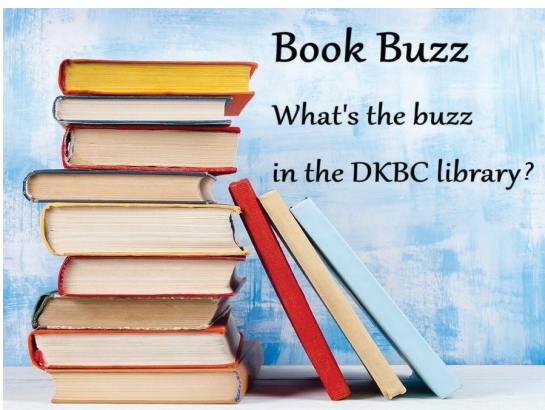
Members: \$70

Non-Members : \$100

Includes:
Guidance & support from
our experienced retreat
leaders.

Catered Vegetarian lunch
plus morning & afternoon tea

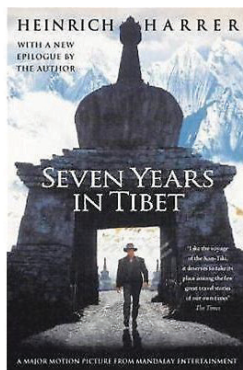
Retreat materials



Book Buzz

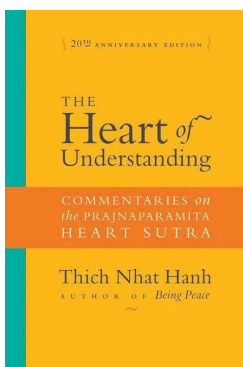
What's the buzz
in the DKBC library?

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



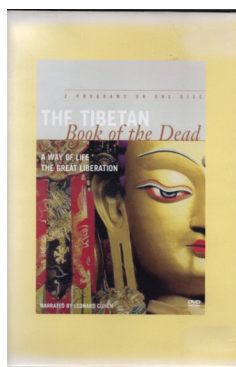
Seven Years in Tibet Heinrich Harrer

You've seen the movie, now explore the story in depth in Heinrich Harrer's own words. Wonderful insights into life in Tibet before the wider world discovered it.



The Heart of Understanding Thich Nhat Hahn

Zen Master, spiritual leader, poet, peace activist, pioneer in bringing Buddhism to the West, Thich Nhat Hanh is renowned for his powerful teachings and writings on mindfulness and peace. His commentary on the Heart Sutra, which he described as 'a precious gift', is easy, engaging reading.



The Tibetan Book of the Dead DVD

Narrated by Leonard Cohen

For anyone who still owns a DVD player of any kind, this two-part series is at times a challenging view into the way the Tibetan Buddhist culture deals with death. It follows the rites and traditions that follow the passing of an elderly member of a remote village in Ladakh.

Drol Kar AGM

When: Tuesday April 8 @ 12:45pm
Where: Tea Room area

All members are welcome to attend

All committee positions will be vacated and nominations for new committee members are open from Tuesday April 1. Nomination forms can be found in the Drol Kar office.

Drol Kar Future Sustainability Project Fundraiser

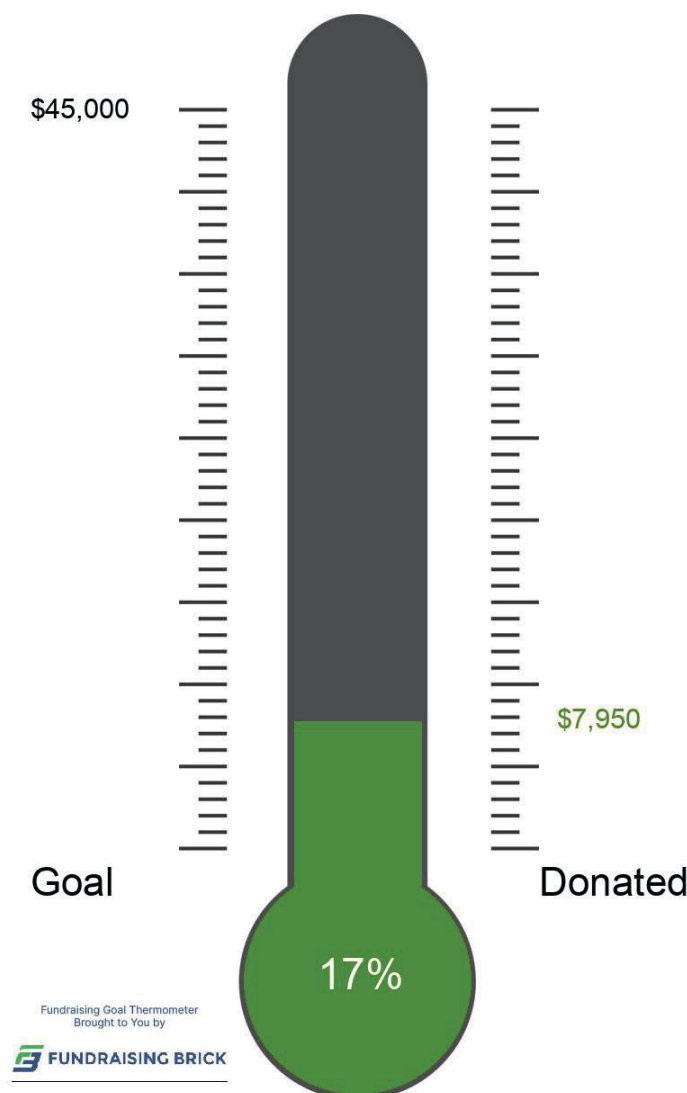
As Karen mentioned in the lead article of this month's newsletter, Geshe Sonam has been considering and investigating the installation of a bore on the property, with assistance from Damian McMurrich. Accessing underground water could provide a resource to help maintain the garden and Centre operations during future dry periods.

Thank you so much to those who have already generously donated to our future sustainability project. May your merits multiply and our trees and gardens grow to benefit the planet.

Keep up to date with donations received on our website, where we will be regularly posting updated totals using the graphic you can see below (currently displaying the total donated as of Tuesday, March 25).

"A society grows great when people plant trees in whose shade they will never sit"

T. Oselhita

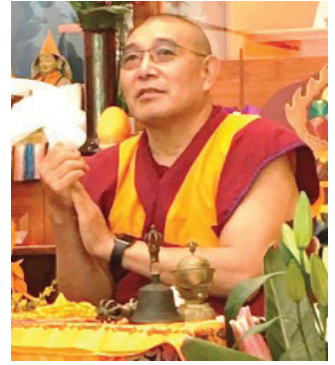


Drol Kar Teaching Program 2025

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

