

Drol Kar Buddhist Centre

Newsletter June 2025

JUNE DATES

June 1	First Sunday of the Month Teaching 10:30am - 12noon
June 11	Saka Dawa Event: Prayers and Recitations for World Peace 7:00pm - 8:00pm
June 15	Geshe Doga Teaching 11:00am - 12:30pm

Notes from Geshe Doga's Recent Teaching

On Mother's Day at Drol Kar we were blessed to receive an intimate teaching by Geshe Doga, where he gave us instructions on how to secure a positive future rebirth. He also explained the benefit of how generating a motivation to achieve enlightenment is the cause of our state of Buddhahood in the future.

Shakyamuni Buddha reached enlightenment by eliminating all faults and achieving excellent qualities one by one. It was not a sudden but a gradual process. If we question what is the state of Buddhahood? it is a mind free from all faults and attaining all higher qualities and, if we really think about this, we can appreciate how marvellous this would be. The Tibetan word Sang Gye (the beginning of our refuge prayer) has two syllables. Sang being free of all faults and Gye is cultivating the omniscient mind. A Buddha is someone who knows all objects of knowledge and Sang Gye is the complete aspect of knowing, implying the possession of all excellent qualities.

Geshe la then spoke at length about the qualities of the Buddha, Dharma and Sangha, in particular about Mahayana Dharma which, when put into practice, is an internalized quality. All the internal qualities we gain, is through the Noble truth of cessation and the Mahayana Noble path. It is important when taking refuge that we entrust ourselves with conviction in the three objects of refuge. This trust in the three objects gives protection from the fear and insecurity of our future life so we need to recognize and acknowledge our fears and insecurities and have the desire to be free from that.

In terms of our spiritual practice, we need to have a sound knowledge of the refuge objects and practice by understanding the law of Karma. Refuge in Mahayana Dharma emphasizes it is not enough to hear the teachings, but we must qualify oneself as a practitioner of Mahayana Dharma. If asking what makes this the path? It is the cultivation of the Bodhicitta mind, the altruistic mind to benefit others. Without altruism we cannot call ourselves Mahayana practitioners. The way to generate altruism, is through the two instructions, Tonglen and the Seven-fold cause and effect meditation. Both these meditations are the Mahayana path.


The practice of taking refuge is a fundamental Buddhist practice. Without integrating this practice, it would be difficult to say if the life we live is meaningful. If we waste our life being busy for material or temporary pleasure, at the end we are going into our future life empty handed. We are fortunate to be a human now, but should death come tomorrow, do we have any confidence in securing a precious human rebirth?

Geshe la went on to discuss how it is possible to secure a precious human rebirth by relying on our refuge protection and altruism to benefit others. He discussed the importance of the three trainings, particularly the practice of morality, highlighting the benefits of the ten virtuous actions and eliminating the ten non virtuous deeds. Freeing the mind from non-virtuous deeds and adopting all positive qualities, cultivates a mind which is free from delusions. When we are free of deluded concepts, the mind is peaceful which in turn provides us with the ability of concentration. The concentrated mind allows us to focus single pointedly on the nature of reality which ultimately leads to wisdom, the true realization of all things as they are. The six perfections of morality, concentration and wisdom, when incorporated with generosity, patience and joyous effort is the complete spiritual path that will lead us to enlightenment.


My intention in sharing this transcription is to give the reader a taste of Geshe Doga's practical wisdom which he so generously provides to us each month. Any errors in translation are due to my faulty note taking and lack of listening skills. What I am sure about is that Geshe Doga generously continues to come to Drol Kar each month for our benefit and future happiness. For that I am truly grateful. The rest is up to us.

The next teaching is Sunday, June 15, during Saka Dawa.

Karen Mayer



**Drol Kar
Buddhist
Centre**
625 Nortons Rd
Paraparap




First Sunday of the Month
Sunday June 1
10:30am – 12noon

Geshe Sonam Thargye
**Buddhist Philosophy
and Meditation**

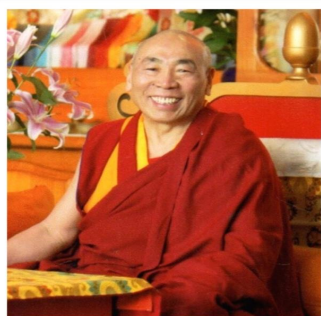
*Teaching commences
at 10:30am sharp*

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 15 June
11.00 am – 12.30 pm

Venerable Geshe Doga
teaching

**The Thirty-seven Practices
of Bodhisattvas**

Teaching commences at 11.00am sharp

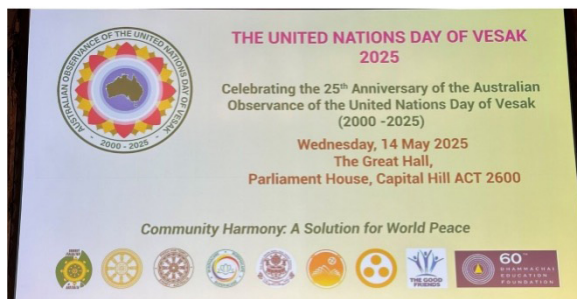
General Public - \$20
Lunch after teaching - \$15
Drol Kar/Tara members - \$20 [tchg + lunch]

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

Australian Observation of the United Nations Day of Vesak 2025

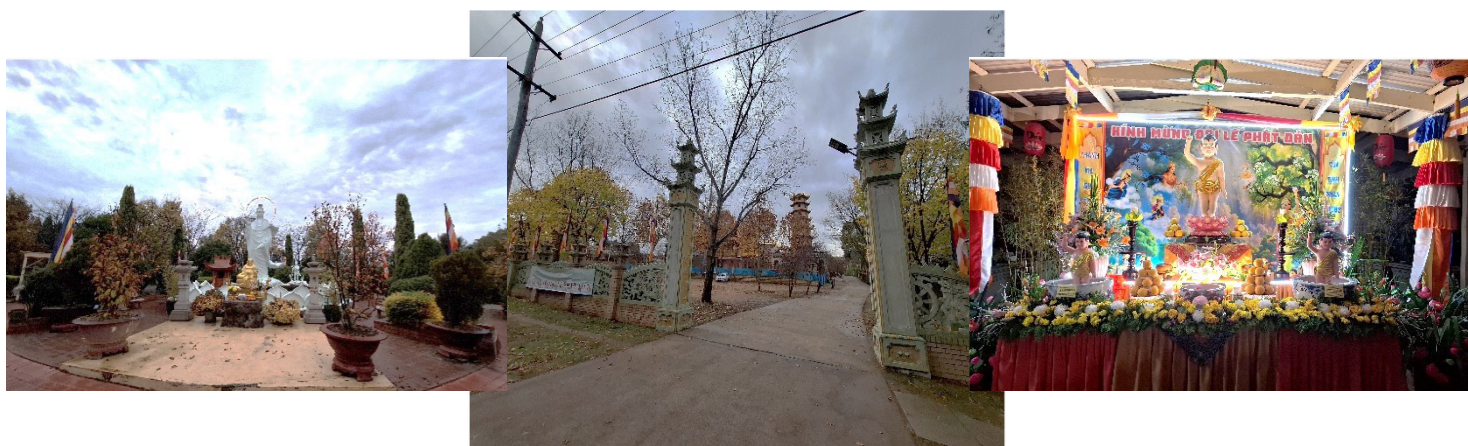
A United Nations (UN) General Assembly resolution on 15th December 1999, recognised Vesak as an international day to be celebrated and observed by the UN Headquarters, UN regional offices and member countries. UN day of Vesak has been observed since the year 2000. In 2007, Australia adopted the Observation of Vesak Day, and the first celebration in Australia was held at Sydney Town Hall with more than 2000 participants. Since then, the Buddhist Community in Australia has celebrated Vesak Day annually, aiming to bring more awareness of this auspicious day to the Australian public and government.

On Wednesday 13th May, approximately a thousand people travelled to Canberra to celebrate the 25th year since Vesak was endorsed by the UN. The event was organised by the Organizing Committee for Australian Observance of the UN Day of Vesak, supported by the Buddhist Federation of Australia and its spiritual and parliamentary patrons.



Just before dawn on Tuesday May 13, Geshe Tsoda and I set out for Canberra with the Quang Minh Buddhist community. We joined one of the two buses going from Melbourne. During the bus ride, we enjoyed a light breakfast and

for lunch, we stopped in Wodonga where we ate then explored the surroundings. During the journey we were entertained by an impromptu karaoke session by the group. After many short breaks during the trip, we arrived in Canberra around 6.30pm. The Sangha stayed overnight at Canberra's Van Hahn Temple, whilst others stayed in a hotel close by.



Vesak Gathering: Alms Offering and Friendship Lunch

The day's events started at Albert Hall at 10.30am with spiritual merit-making activities for lay people with a Sangha alms offering ceremony. There were approximately 150 monks and nuns from across Australia participating in this event. A delicious vegetarian lunch for all participants was sponsored by the Canberra Bhutanese Buddhist and Cultural Centre community.





Mindfulness Walk (from the old Parliament House to the new Parliament House)



After lunch, participants took part in a 1.5km Mindfulness Walk procession towards the Great Hall of Federal Parliament House. The procession concluded with a group photo on the grass in front of New Parliament House.





Everyone assembled for a group photo in front of New Parliament House, Canberra



The Great Hall of Parliament House

After the procession, all the participants went back through security and filled the Great Hall for the official Vesak ceremony due to start at 3.00pm. There were participants from all over the country, joining harmoniously to pray in unison, and chanting from different cultures reverberated through the great walls. After the prayers and chanting, there was a meditation session for sustainable world peace, and for the well-being of humankind.

Following the meditation, there were speeches made by parliamentary patrons, spiritual patrons, and the United Nations representative.

In his opening speech, Senior Vietnamese monk, Venerable Phuoc Tan said, "The Buddha taught us that peace begins with, and within, each of us."

He continued: "A harmonious mind creates a ripple effect, inspiring peace in our homes, communities and across nations. Yet inner peace alone is not enough. The challenges we face - from local disputes to global conflicts - call for thoughtful and compassionate action. Many of the world's greatest crises began as small, unresolved conflicts. These tensions can escalate when left unaddressed, eventually shaking the entire nations and continents. Just as a single ember can spark a bushfire that consumes homes and forests, so too, can unexamined discord grow into worldwide turmoil."

These words reminded me of His Holiness the 14th Dalai Lama saying: "If you think you are too small to make a difference, try sleeping with a mosquito." Hence, if we cultivate a peaceful state of mind by integrating the Dharma into our life, live peacefully with our loved ones, our community and the nations, peace in the world will prevail.

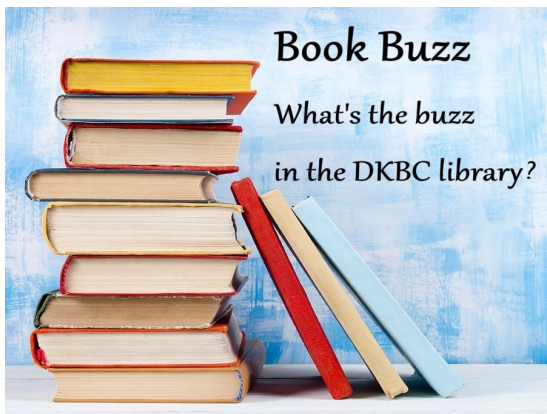


Overall, the spiritual journey was inspiring as so many people across the country came together and united with the same intentions.

We were inspired by the dedication of the organizing committee and the Buddhist community in creating such a wonderful, and inclusive event. May this Saka Dawa month bring you all inspiration, clarity, joy, harmony and peace.

The Tibetan Vesak Day (Saka Dawa) occurs on Wednesday 11th June. Please join us in spiritual practice from 7.00pm - 8.00pm at Drol Kar Buddhist Centre. You are welcome to make offerings to the Drol Kar sangha in appreciations for their dedication and kind efforts in bringing the Dharma to DKBC members and the community.

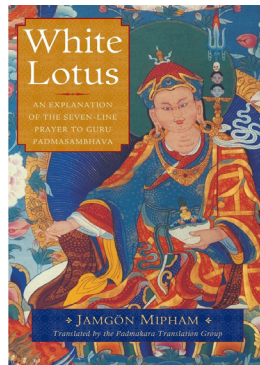
Venerable Jampa Drolma



Book Buzz

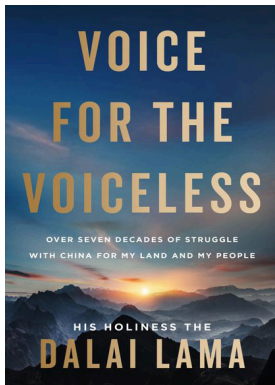
What's the buzz
in the DKBC library?

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



White Lotus Jamgon Mipham

An explanation of the Nyingma Seven Line Prayer to Guru Padmasambhava, also known as Guru Rinpoche, an 8th century tantric master, who expounded the Vajrayana practices for rapid spiritual awakening.

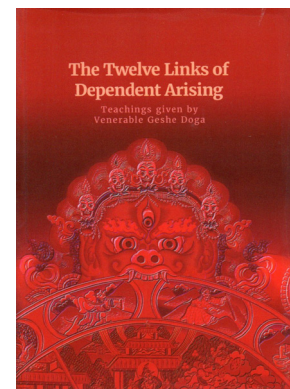


Voice for the Voiceless H.H. the Dalai Lama

The Dalai Lama was 16 years old when Tibet was invaded by the Peoples Republic of China. In this 2025 publication, His Holiness documents the seven decades of the Tibetan struggle with China from his perspective.

The Twelve Links of Dependent Arising a teaching by Geshe Doga

Understanding the twelve links of dependent arising is essential to achieving freedom from suffering and seeing the way things really exist. In this new publication of a teaching from the early 2000s, Geshe Doga explains the nature of each of the twelve links.



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Prayers and Recitations for World Peace

*Wednesday June 11
7:00pm - 8:00pm*



Please join us to enrich our Bodhicitta at this auspicious time of Saka Dawa. This will be an opportunity to implement the Buddha's teachings, accumulate a multitude of merits and be of benefit to all beings with whom we share this planet.

*Drol Kar Buddhist Centre
625 Nortons Rd, Paraparap*

Enquiries: Phone 03 5266 1788

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

