



Drol Kar Buddhist Centre

Newsletter December 2024

DECEMBER DATES

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| December 1 | First Sunday of the Month Teaching
10:30am - 12noon |
| December 8 | Lam Rim Review Seminar and Break Up Lunch
10:30am |

January 3, 10, 17 & 24	Summer Meditation 11:00am - 12noon
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Recapping and Consolidating the 2024 Teaching Program

As the 2024 Buddhist teaching and meditation classes at Drol Kar come to a close, we will be having a final study day on Sunday December 8 from 10:30am - 12:30pm to recap and consolidate the program throughout the year.

The morning session will involve meditation, as well as a recap and discussion of Venerable Jampa's classes on 'Liberation in the Palm of your Hand' by Pabongka Rinpoche.

In February we commenced at verse 255, Thinking About the General Sufferings of Samsara and the teaching year is ending around verse 305, contemplating the nature of death and impermanence. If you have been part of the weekly teaching classes and are coming along, it would be helpful for all participants if you are able to review these verses to assist in contributing to the discussion. If you have more questions than answers, that's good too; it all helps with our learning.

The study morning is open to everyone, it is not necessary that you have attended the classes throughout the year. There will be guided analytical meditations, as well as learning from each other's readings and contemplations on the Middle Scope practices.

The program will be followed by lunch and it would be lovely if we each brought a plate of food to share with the Sangha and our fellow Dharma community.

On behalf of Geshe Sonam, the Sangha and the Drol Kar committee, we wish you all a safe and happy holiday period and we look forward to sharing the jewel of the Dharma with you all in 2025. May all beings share in its good effects.

Karen Mayer

The Four Foundations of Mindfulness Retreat

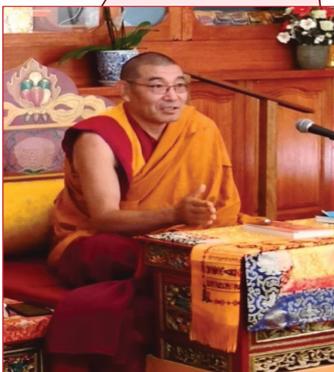
The Four Foundations of Mindfulness Retreat, led by Dr. Darren Fahroedin, was held in the beautiful space at Drol Kar Buddhist Centre. The day was very hot, but the gomba air-conditioning kept it comfortable for the fifteen participants.

Feedback from the attendees expressed appreciation for the silent meditation program which they thought was 'very insightful', 'inspiring', 'rewarding' and 'motivational'. They also enjoyed a short period of walking meditation after a 'delicious' lunch. Drol Kar Centre usually provides two or three retreats throughout the year. We look forward to programming similar retreats in 2025.

Thank you to the facilitator Darren Fahroedin and everyone who contributed to a great day.



Drol Kar Buddhist Centre



**First Sunday of the Month
Sunday 1 December – 10.30am – 12.00pm**

**Geshe Sonam Thargye
Teaching and Meditation Practice**

Teaching commences at 10.30am sharp

**General Public \$10/ \$7 conc
Drol Kar members – no charge**

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

White Tara Blessing at Drol Kar

Tara, as a deity, is the embodiment of the enlightened activities of all the Buddhas of the three times. She is represented as a powerful force of enlightenment and is able to grant blessings quickly.

Geshe Doga instructed that in order to create optimum positive effect from the recent White Tara Empowerment at DKBC, committing to reciting the mantra as often as one is able to and on a regular basis increases one's merits.

OM: Symbol of excellent qualities of Body/speech/mind.

Tare: Liberation from samsara and suffering existence, creating causes to liberate self.

Tuttare: Free from the 8 fears, (benefit of repetition to prevent fears)

Ture: Free of diseases, granting freedom.

Mama: I/mine want these qualities of long life, merit and wisdom etc.

Ayuh: Long life

Punya: Merit of ethics (increases one's lifespan)

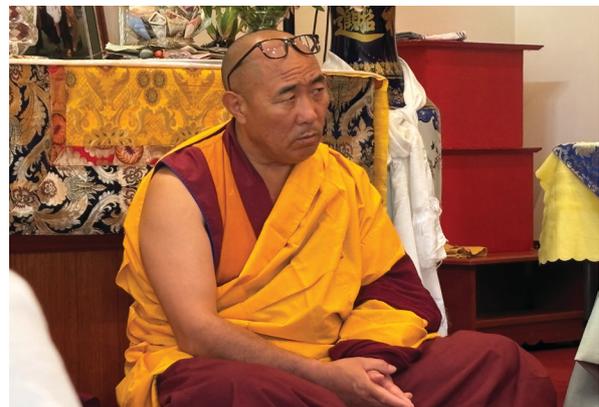
Jnana: Wisdom.

Pustim: Wealth and abundance.

Kuru: Make it so / do it.

Soha: Establish, stabilize.

From notes taken by Karen Mayer at the White Tara Empowerment on November 24



Drol Kar Gets A New Statue

Drol Kar Buddhist Centre has taken delivery of a new statue. The six-tonne Vietnamese marble statue of White Tara arrived on Friday 20 December. Still wrapped in plastic in her crate, the statue has been placed close to where she will eventually sit overlooking the large dam.

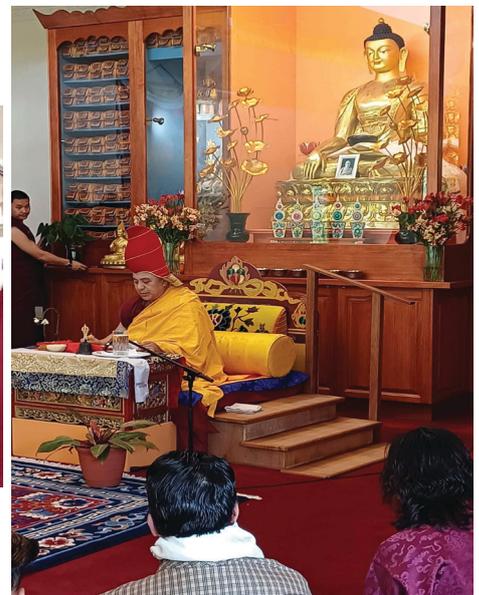
The three-metre statue was commissioned with one of the master stone masons in Vietnam. Geshe Sonam viewed the statue during his visit in August and approved the image.



Bhutanese Visitors to Drol Kar

A large group of Bhutanese people from Geelong and Melbourne made use of the Drol Kar facilities recently to welcome an important lama from their Buddhist tradition. Over sixty people, most wearing their colourful Bhutanese traditional dress, attended to hear Rinpoche teach and to receive his blessing.

Rinpoche exchanged greetings with Geshe Sonam in the gomba, and after the ceremonies had time for a chat and a cup of tea in Geshe Sonam's private quarters.





End of Year Celebrations

Sunday 8 December

10.30am – 12.30pm

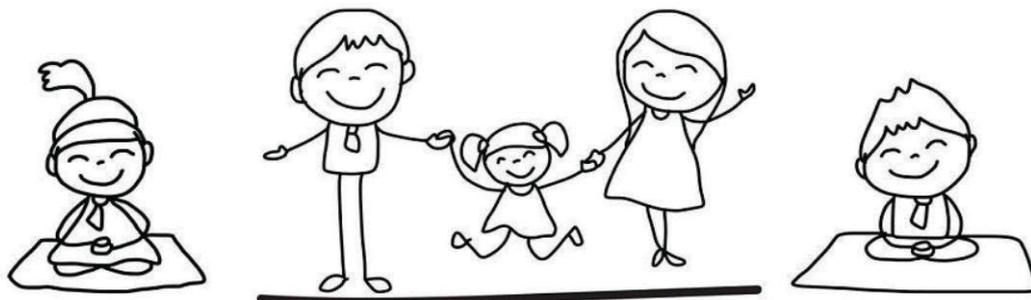
Lam Rim Review Seminar followed by **Lunch**

Led by Karen and David Mayer

'Liberation in the Palm of your Hand' by Pabongka Rinpoche.

We commenced the 2024 teaching year with Verse 255, up until Verse 310 of the text. This class will incorporate guided analytical meditations on the key points, group discussion and reflections of our understanding of the Verses.

All welcome to the class or come for lunch as our celebration for the Holiday break up.



Followed by

End of Year Vegetarian Lunch

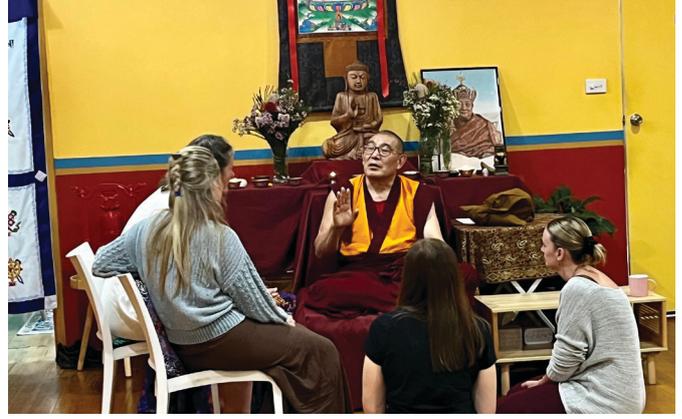
Please bring a plate of food to share

Drol Kar Centre 625 Nortons Rd, Paraparap Vic 3240

Geshe Sonam Teaches at Rosebud

On Sunday, November 24, Geshe Sonam gave a talk on Buddhist Wisdom to an enthusiastic audience at the Rosebud Health Store and Dharma Centre. Everyone who was there greatly enjoyed Geshe's talk and the discussion that followed.

Pictured below are Michelle and Guy, the owners of the centre, with Geshe Sonam at Drol Kar when they came to request that he do the teaching and Geshe Sonam deep in conversation with some of the attendees.



ALL OF US AT DROL KAR WISH YOU ALL A VERY HAPPY HOLIDAY SEASON AND WE LOOK FORWARD TO SEEING YOU FOR OUR FIRST SUNDAY OF THE MONTH TEACHING FOR 2025 ON FEBRUARY 2.



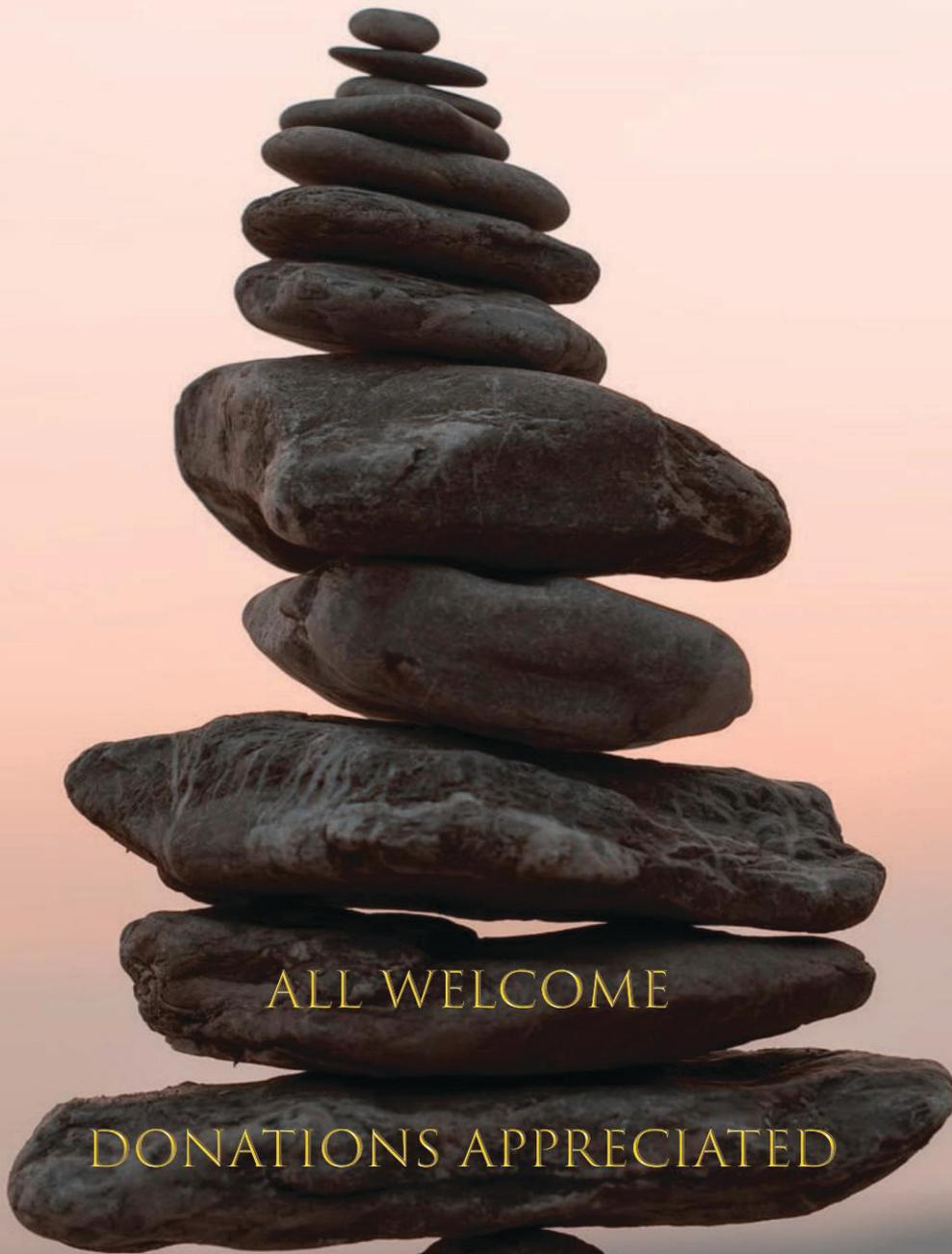
Drol Kar Buddhist Centre
is CLOSED on days of TOTAL FIRE BAN
in the south Central region of Victoria
which includes the Surf Coast area

SUMMER MEDITATION 2025
11AM - 12NOON

LED BY KAREN AND DAVID MAYER

FRIDAY JANUARY 3, 10, 17 AND 24

625 NORTONS RD, PARAPARAP



ALL WELCOME

DONATIONS APPRECIATED

FOR THE SAFETY OF OUR
COMMUNITY, THE CENTRE
WILL BE CLOSED ON DAYS OF
TOTAL FIRE BAN