

Drol Kar Buddhist Centre



June 2020



Coming Up

June 5 Saka Dawa

June 7 First Sunday of the Month

Join us on Zoom for the continuation of Venerable Geshe Sonam Thargye's special online teaching of 'The Four Noble Truths' on Sunday June 7 from 10:30am - 12noon. (see poster for details)

As of Monday June 1, it will no longer be necessary to book online for Drol Kar's normal teaching program.

Follow us on:



www.drolkarbuddhistcentre.org.au

A June Message from Karen

Hello Drol Kar family and friends,

We are happy to announce that we are resuming classes at Drol Kar in keeping with State Government requirements of 10 people per class (Not counting the facilitator and a helper). We have arranged an online booking system to meet the government protocols that enables tracking of Covid-19 if required. Please do not just turn up to the centre without registering online first or contacting us, it is a long drive if you are turned away due to restrictions. At this stage only the gompa and bathroom will be open for use, the kitchen and office will be closed to minimise the risk of cross infection. Also, at the risk of sounding repetitive, if you are feeling unwell or have any Covid-19 symptoms, for the benefit of others please stay at home.

Geshe Sonam will continue his monthly teaching Zoom class on the Four Noble Truths, on Sunday, June 7, from 10.30am - 12noon. This class will continue via Zoom until we are given further instructions by the State government on increasing the numbers of people allowed to attend public events. The May class had 30 people comfortably tune in as Geshe-la emphasized the point of targeting our afflictions as the purpose of meditation practice. The afflictions were

identified as the six main delusions, anger, desire, ignorance, wrong view, doubt and pride and when any of these conceptual thoughts arise within our mind, it robs us of our happiness and creates suffering and confusion. Delusion is defined as a false fixed belief, which occurs when we grasp at any emotion or thought and project it as existing from its own side, as an independent entity. Problems occur when we don't understand this projection as coming from our own mind. Instead, we interpret our dissatisfaction as coming from outside of oneself and habitually fixate on an external person or object as the enemy which threatens our harmony. We therefore create further suffering for ourselves because we act on this belief towards others in a defensive way, causing us to feel further alienated, lonely and misunderstood.

Although only a small synopsis of the topic, and interpreted superficially, Geshe Sonam will continue to expand further on this foundational teaching by Guru Shakyamuni Buddha 2,500 years ago. The importance of hearing the teachings, contemplating what we have heard, then transforming that understanding into our behaviour, speech or thought is the practice.

Saka Dawa

Saka Dawa is the fourth month in the Tibetan lunar calendar and in 2020 it occurs from May 22 to June 21.

This special time is celebrated by Buddhists the world over and rejoices the birth, death and enlightenment of the Buddha. It is believed that the karma from all actions performed during this time are magnified many times, therefore it is an excellent time to abandon negative actions and adopt positive actions.

Saka Dawa is also an opportune time to reflect on what your practice means to you and how you can use it best in your everyday life. This year, the full moon day is Friday June 5, which is considered particularly fortuitous for gaining merit.

We can then decide for ourselves, due to our efforts, if the teachings are relevant.

Our recent Zoom AGM was held in May and I wish to thank our dedicated, reliable volunteers, David Mayer (Treasurer), Linda Chitham (Secretary), Ven. Jampa Drolma (Spiritual Co-ordinator) and general members, Helen McKenzie, Linda Diggins, Sue Baensch and Tim McDonald for re nominating. Their generosity is greatly appreciated and keeps the Centre operational. To our class facilitators, Ven. Jampa, Valerie Druce, Darren Fahroedin and Carl Kay, thank you for keeping your classes operational during social isolation to benefit our members and friends.

We look forward to seeing you again soon at the Centre or online. Stay well, stay happy.

Karen Mayer

Associate Director

Recently, His Holiness the Dalai Lama blessed us with a 2-day online teaching. At the end of the second day, His Holiness suggested a set of 6 mantras, which would be good for us to recite at the moment (and particularly during Saka Dawa).

We recite mantras everyday to decrease the confused, wondering and afflicted mind. It helps enhance concentration, mindfulness and awareness.

1. Shakyamuni Buddha Mantra: OM MUNI MUNI MAHA MUNIYE SOHA

2. Medicine Buddha Mantra: TA YATHA OM BEKHANDZYE BEKHANDZYE MAHA BEKHANDZYE RADZA SAMUDGATE SOHA

3. Avalokiteshvara Mantra: OM MANI PADME HUM

4. Lama Tsongkhapa Migstema:

MIG MEY TZE WAI TER CHEN CHENREZIG

DRI MEY KHYEN PAI WANG PO JAM PAI YANG

GANG CHAN KHA PA TSUG GYAN TSONG KHA PA

LO ZANG DRAG PA ZHAB LA SOL WA DEB

5. Padmasambhava Mantra: OM A HUNG BENZA
GURU PEMA SIDDHI HUNG

6. White Tara Mantra: OM TARE TUTTARE TURE
SOHA



Birds and Bees at Paraparap

Birds

Spotted in a crevice in a tree on the property, a pair of tawny frogmouths. No one has noticed this species on the property before, although since their camouflage is brilliant, they could well have been around for many years.



Bees

The population of the Centre increased by many thousands recently when two beehives were placed in an out of the way spot in the garden by Gary Kendall. Happy, friendly bees (Gary assures us) and a queen in each hive have settled in well in a garden that could well be described as Bee-Nirvana. Delicious honey to follow.



First Sunday of the Month Special Online Teaching

with

Venerable Geshe Sonam Thargye

Sunday May 3

‘The Four Noble Truths’

10:30am - 11:30am

Zoom Meditation Fridays with Carl

Having leapt into the breach when Drol Kar had to cease Face-to-Face teachings back in March by taking the 'Finding the Stillness Within' Friday meditation sessions online, Carl has generously offered to continue with the Zoom sessions every second Friday from 2:00pm - 3:00pm.

Commencing on Friday, June 5 (Saka Dawa - VERY auspicious!) the sessions will be reviewed

at the end of June and, if the demand is there, will continue throughout the year.

The link to the class is:

<https://us02web.zoom.us/j/89693382668>

Alternatively, you can just open Zoom, click join a meeting and type in 89693382668 in the Meeting ID box.

Vegetarian Dish of the Month

Ful Medames (Bean Stew)

Serves 4

2 x 400g cans butter beans or fava beans, rinsed, drained

3 garlic cloves, bruised, plus 1 clove extra, crushed

400g can chickpeas, rinsed, drained

½ white onion, finely chopped

2 Tbs chopped fresh flat leaf parsley, plus extra leaves to serve

½ tsp smoked paprika

⅓ cup extra virgin olive oil

¼ cup fresh lemon juice

2 tsp tahini

1 tsp sea salt flakes

½ tsp ground cumin

60g unsalted butter

4 eggs

Natural yoghurt, to serve

2 small fresh red chillies, finely chopped

Flatbread, quartered cherry tomatoes and lemon wedges, to serve

1. Place the fava or butter beans, garlic and 1¼ cups water in a large saucepan. Bring to the boil. Reduce the heat to medium and simmer for 8 minutes.

2. Meanwhile, combine the chickpeas, onion, parsley, paprika and 2 Tbs oil in a bowl. Combine the lemon juice, tahini, salt, cumin, extra garlic and 1 Tbs remaining oil in a separate bowl.

3. Remove the bean mixture from the heat. Use a slotted spoon to transfer half the beans to a bowl. Use a potato masher to mash the remaining bean mixture still in the pan.

4. Add the lemon mixture and reserved whole beans to the mashed bean mixture and stir to combine. Cover to keep warm.

5. Heat the butter in a large frying pan over medium heat until foaming. Cook, stirring, for 2 minutes or until the butter is deep golden. Pour into a heatproof jug and keep warm.

6. Wipe the frying pan clean with paper towel. Heat the remaining 1 Tbs oil and crack the eggs into the pan. Cover and cook for 2 minutes or until the egg whites are just set on top.

7. Divide the bean mixture among shallow serving bowls. Top with the chickpea mixture, fried egg and a dollop of yoghurt. Drizzle over the burnt butter. Sprinkle with the chilli and extra parsley. Serve with flatbread, tomato and lemon wedges.

Original Recipe: Matt Preston, Taste magazine, May 2020

Drol Kar Buddhist Centre

625 Nortons Rd, Paraparap; www.drolkarbuddhistcentre.org.au



**GESHE SONAM
THARGYE**

Teaching online

First Sunday of the Month Sunday 7 June 10.30am – 12noon THE FOUR NOBLE TRUTHS

Don't miss this unique opportunity to receive the Buddha's foundational teaching from a highly qualified Tibetan Buddhist master.

Email: info@drolkarbuddhistcentre.org.au
for **Zoom link**
to connect to this unique teaching event



***Geshe Sonam Thargye** is a Tibetan Buddhist monk in the Mahayana tradition, educated at Sera Monastery India. He is the spiritual director and founder of Drol Kar Buddhist Centre and the Nying-Jey Projects sponsorship organisation supporting Tibetans in need in Tibet and in India.*

This teaching is suitable for beginners and advanced students alike.

Enquiries: info@drolkarbuddhistcentre.org.au