



# Drol Kar Buddhist Centre

June



2021

## Coming Up

- June 5 Mindfulness Meditation  
9:30am - 12:30pm
- June 6 First Sunday of the Month  
10:30am - 12 noon

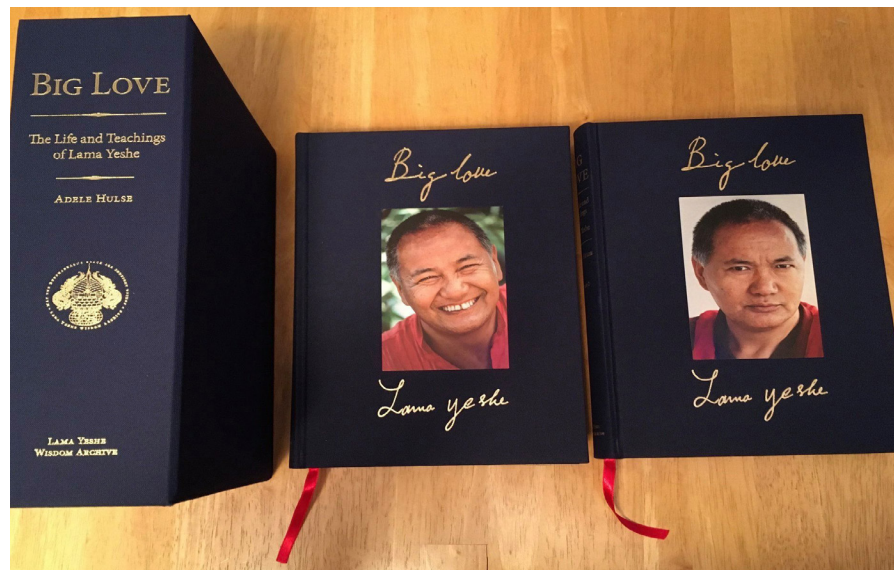
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[www.drolkarbuddhistcentre.org.au](http://www.drolkarbuddhistcentre.org.au)

**A reminder of the special  
Shakyamuni Buddha Meditations  
for Saka Dawa, led by Karen  
Mayer, on Wednesday May 26.  
See website for details.**

## New Addition to the Drol Kar Library



Thanks to the generosity of Drol Kar members Valerie Druce and Linda Diggins, the Drol Kar library now has a copy of 'Big Love: the Life and Teachings of Lama Yeshe' available for members to borrow. 'Big Love' contains personal stories of Lama Yeshe, his heart disciple Lama Zopa Rinpoche and the students who learned, lived and traveled with them. The two volume set is illustrated by more than 1,500 photos dating back to the 1960s.

# Mindfulness Meditation with Michael Anderson



**Saturday June 5**

**9:30am - 12:30pm**

Torquay psychologist and author of Mindfulness Meditation, Michael Anderson, will only be taking half day meditation sessions in 2021, offering an opportunity for extended periods of silent practice (unguided) for people who have some experience with meditation.

Michael's second session for 2021 will be on Saturday June 5, from 9:30am to 12:30pm.

Everyone welcome, donations appreciated.

## Upcoming Online Teachings by His Holiness

**May 26**

His Holiness will give a teaching on Je Tsongkhapa's 'The Three Principal Aspects of the Path' (lamtso namsum) along with the conferment of the Ceremony for Generating Bodhichitta (semkye) from 1:00pm - 2:30pm AEST.

**June 1 - 2**

His Holiness the Dalai Lama will give a teaching on Je Tsongkhapa's 'Destiny Fulfilled' (tokjoe dunlekma) for Tibetan youth on June 1 & 2, 2021 from 1:30pm - 2:30pm AEST.

Those interested may watch the live webcast of the teachings in Tibetan with translation in English, Chinese, Hindi, French, Russian, Spanish, Vietnamese, Japanese, Mongolian, Korean, German, Portuguese and Italian on the official websites and Facebook pages of the Office of His Holiness the Dalai Lama.

## Vegetarian Dish of the Month

### Slow Roasted Butter Eggplant Curry

**Serves 4**

100ml coconut oil  
20g unsalted butter  
2 onions, finely chopped  
25g ginger, finely chopped  
6 garlic cloves, finely chopped  
1 tsp each ground turmeric, cumin and garam masala  
400g can chopped tomatoes  
400ml can coconut milk  
2 Tbs tandoori paste  
2 eggplants, halved lengthways, flesh scored  
Coriander, roti and lime pickle, to serve

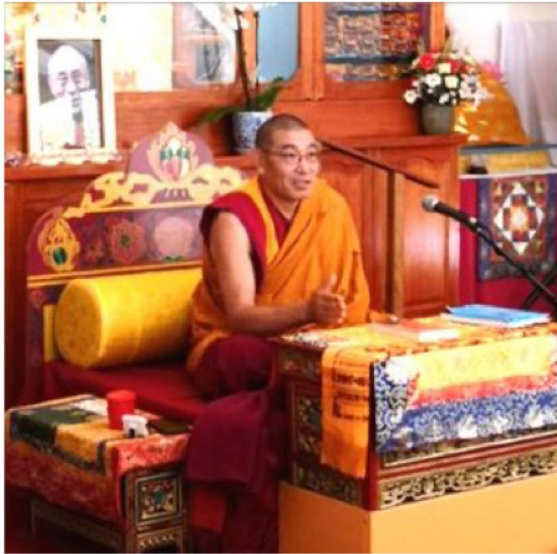
1. Preheat oven to 180°C.
2. Heat oil and butter in a large, ovenproof pan over medium heat. Add onion, ginger and garlic with 1 tsp salt flakes and cook, stirring, for 15 to 20 minutes, until softened and light golden. Stir in the spices and cook for 1 minute or until fragrant. Add tomatoes and coconut milk and bring to a simmer.
3. Spread tandoori paste over the scored flesh of the eggplant. Partially submerge the eggplant in the sauce, flesh-side up, and scatter lightly with sea salt flakes. Roast for 70 minutes or until eggplant is very tender and sauce is thick and reduced. Season to taste and scatter with coriander. Serve with roti and lime pickle alongside.

Original Recipe: [delicious.com.au](http://delicious.com.au)



# *Drol Kar Buddhist Centre*

625 Nortons Rd, Parapara; [www.drolkarbuddhistcentre.org.au](http://www.drolkarbuddhistcentre.org.au)



**GESHE SONAM  
THARGYE**

**First Sunday of the Month**

**Sunday June 6**

**10.30am – 12noon**

**'THE GREAT TREATISE ON THE PATH TO  
ENLIGHTENMENT'**

Don't miss this unique opportunity to receive a teaching on Je Tsongkhapa's Lam Rim text 'The Great Treatise on the Path to Enlightenment' from a highly qualified Tibetan Buddhist master.



***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.

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