Drol Kar Buddhist Centre



March 2021



Coming Up

March 7 First Sunday of the

Month Teaching 10:30am - 12noon

March 11 'Sacred People, Sacred

Earth - Sounding the

Alarm'

10:45am - 11:30am (see poster for details)

March 13&14 Natural Connections

Project

9:30am - 4:30pm

March 20 Mindfulness Meditation

9:30am - 12:30pm

Follow us on:





March Musings

Hoping you are all well and rolling smoothly with the ongoing external changes that have become part of our lives. For some this can be taxing emotionally, for others it's a peaceful time, relishing in little contact with the outside world. Whatever our circumstances, the programs at Drol Kar are tailored towards the study and practice of the Buddhist teachings to enable a grounded and calm mental attitude that observes and accepts the impermanence of all phenomena. It is helpful to remember we are all in this together and the road can become bumpy along the way regardless of well laid plans. The principal catalyst in all actions is our motivation or intention and, within Buddhism, we are asked to check this regularly. Watching our minds for any rising criticism or judgmental attitudes about others or even ourselves can prove very helpful. The principal of Mahayana Buddhism is to adopt positive intentions, thereby setting our motivation each day to try and benefit others. The ways this can be done are vast and varied however, put simply, the less we are bogged down with our own selfimportance the more we are open to recognizing others and positive actions will naturally follow.

Following on from a very interesting talk with Tejopala Rawls in February about incorporating the positive mental states in the Buddhist teachings with climate activism, you will have received an email outlining our commitment to 'Sound the Alarm' on Thursday, March 11 at 11am. Please consider supporting this event to let our governments know we want leadership and action on climate change for the sake of all our interconnected sentient beings. Some research papers state Covid and climate change are also interconnected phenomena and it is heartening to see how quickly positive changes can occur on the world stage when we work together. As Buddhist scholar Robert Thurman says, "Buddhism is realism, realism is joy, so

activism that tries to benefit others is also a path to happiness."

Spiritual communities have a lot to offer the world; messages of love, compassion and non-violence are essential to our survival and happiness. Even if you cannot attend this event, for further information and to sign the petition, go to the 'Sacred People, Sacred Earth Campaign' at www.arrcc.org.au

Karen Mayer



First Sunday of the Month with

Venerable Geshe Sonam Thargye Sunday March 7

'The Great Treatise on the Stages of the Path to Enlightenment'

10:30am - 12noon



Mindfulness Meditation with Michael Anderson

Saturday March 20

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 first session for 2021 will be on Saturday March 20, from 9:30am to 12:30pm.

Everyone welcome, donations appreciated.



Sacred People, Sacred Earth: Sounding the Alarm-March 11-2021



Join Drol Kar
Buddhist Centre
along with faith
communities around
the world, to inspire
governments to
make a more
ambitious timeline to
achieve net zero
carbon emissions.

A Day of Global Interfaith Climate Action Sit with us for a meditation to benefit all sentient beings on this precious planet. Come and show our human solidarity in the face of this spiritual and moral challenge.

BYO: cushion/chair Please wear a white tshirt/shirt When: Thursday-March 11th 2021 10:45 - 11:30

Where: Outside Libby Coker's Office Address: 195 Colac road, Waurn Ponds

For more information visit: https://www.arrcc.org.au/global

Volunteers Needed

Natural Connections Project

We require a small number of volunteers on the weekend of the 13th and 14th of March to maintain and set up/clean the gompa and toilets, wash dishes and be generally helpful to participants over this weekend. Can be a full day or part time. Saturday 8.30am - 4.30pm approx. Sunday 9am - 4pm (incl. packing up) Contact:

<u>karenmayer@drolkarbuddhistcentre.org.au</u> if you are able to help.

Drol Kar Website

We are seeking the services of someone who can maintain our Drol Kar Website. This is an important platform for providing information about our teaching program and events and helps the public know about us.

Linda Diggins, who has done a fantastic job over the years, will support and assist anyone interested in helping out. It would roughly an hour per week commitment. Please contact: karenmayer@drolkarbuddhistcentre.org.au

Vegetarian Dish of the Month

Coconut Curry Noodles (Serves 4)

200g pkt Pad Thai rice noodles

1 Tbs vegetable oil

300g firm tofu, chopped

1 brown onion, thinly sliced

1 carrot, peeled, cut into matchsticks

1 red capsicum, thinly sliced

 $\frac{1}{2}$ head broccoli, coarsely chopped

¹⁄₃ cup yellow curry paste

400ml coconut cream

80g shredded red cabbage

Coriander sprigs, to serve

Lime wedges, to serve

- 1. Place the noodles in a heatproof bowl. Cover with boiling water. Set aside for 5 minutes or until noodles are tender. Drain.
- 2. Meanwhile, heat oil in a wok or large frying pan over medium-high heat. Stir-fry tofu for 5 minutes or until golden. Transfer to a heatproof bowl.
- 3. Add the onion to the wok or pan. Stir-fry for 3 minutes or until tender. Add the carrot, capsicum and broccoli and stir-fry for 3 minutes until just tender. Add the curry paste and stir-fry for 1 minute or until aromatic. Stir in the coconut cream and 125ml water. Return the tofu to the wok or pan. Bring to a simmer. Season.
- 4. Add the noodles to the curry and toss to combine. Divide among serving bowls and top with the cabbage. Serve with coriander and lime wedges.

Original Recipe: Coles magazine, February 2021

Drol Kar Buddhist Centre

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



GESHE SONAM THARGYE

First Sunday of the Month Sunday March 7 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.

Enquiries: info@drolkarbuddhistcentre.org.au

The Drolkar Buddhist Centre is hosting a weekend workshop

Natural Connections

13th and 14th March 2021



Inspirational speakers, mindfulness meditation and creative expression through Ephemeral Art.

Natural Connections aims to restore a love for the earth, humanity and emotional wellbeing for all living things by inviting us to get intimate with nature in the gardens of the Drolkar Buddhist Centre, Paraparap

The Natural Connections Project has been developed in response to the 'Declaration of a Climate Emergency' by the Surfcoast Shire. Our program has been designed to promote greater emotional wellbeing as we face the difficult reality of climate change.

PROGRAM 9.30 to 4.30 each day

SATURDAY 13TH

- Wadawurrung elder Corrina Eccles Welcome to Country followed by a talk on the indigenous connection to the land
- Psychologist Michael Anderson Maintaining Equanimity

SUNDAY 14TH

- . Child Psychologist Jesse Diggins How do we talk to Young People
- Rebecca Patrick Vice President of the Climate and Health Alliance The benefits to our health of living sustainably

Ephemeral Art workshops with artist Caroline Hawkins throughout the weekend Each day will conclude with guided mindfulness meditation with Linda Diggins

Tickets \$120 fully catered

on sale from 8th Feb

Register your interest on the Natural Connections webpage to receive a ticket link.

Supported by the Surfcoast Shire's Arts Development Seed Fund



MINDFULNESS RETREAT EASTER WEEKEND ~ April 2, 3, 4 9 am - 12 noon daily

Explore the theory and practice of Mindfulness through daily meditation sessions and teachings with Geshe Sonam Thargye and Venerable Jampa Drolma

\$100 / Drol Kar members \$75 Limit 20 places - for 3-day attendance

Suitable for beginners & experienced practitioners

Morning tea provided each day + 2 course vegetarian lunch on Easter Sunday

Book early to secure a place Full payment required with booking-25% non-refundable

Bookings or further information - Phone: 5266 1788 Email: info@drolkarbuddhistcentre.org.au Drol Kar Buddhist Centre 625 Nortons Rd Paraparap VIC 3240