

Drol Kar Buddhist Centre



September 2020



Coming Up

September 6 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 September 6 from 10:30am - 12noon. (see poster for details)

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www.drolkarbuddhistcentre.org.au

What are the Causes for Happiness?

As we slowly continue on Zoom with our teaching texts, Venerable Jampa continues to ask questions for consideration that will enable us to bring the teachings into our life. It is our responsibility through listening, reading, contemplation and then practice to translate the teachings into our daily activities. If we find the teachings do not apply to our life, then the question raised is, what is the purpose of the Buddhist teachings?

In hindsight, one of the reasons I have maintained my initial attraction to the Buddhist teachings over the last 25 years is that the teachings do translate into practical advice if I use my intelligence to reason and overcome my laziness for the quick fix solution. Any skill acquired needs practice, practice requires discipline, discipline becomes a habit and it is through habituation we can learn to develop that skill so it becomes second nature. If I consider activities that are habits to me such as driving, riding a bike or cooking certain dishes, they now require less effort to achieve the desired result. I am still concentrating and engaged, but the activity does not require the mental concentration and coordination that I had

to apply initially to learn. We also have to understand that our desire to learn comes from the benefit we derive from this activity. That most of us can drive safely is because of the wish to have independence to move around, there is a desire for something that manifests in motivation and action. Should we live in an inner city with reliable public transport, that desire may not manifest.

His Holiness the Dalai Lama and many of our teachers often begin their teachings with the fact that we all desire happiness and do not want suffering. Basic point that cannot be refuted right? Why, if this is our desire, is it so hard to achieve? According to the teachings we are looking in all the wrong places. We are not skilled at looking within, in fact our inner selves are often a mystery to us and this is highlighted greatly when someone criticizes us. We can be greatly sensitive to criticism and easily hurt yet have no difficulties seeing others' faults. The I/me/mine which seems to exist as the ruler in our life is always on the lookout for sensory stimulation and gratification. The senses are not the problem here, it is not the issue to eat food that pleases the taste buds or to enjoy the smell of a rose. Our five senses rely on objects external to us for our experiences and historically we relied on our senses for survival. Our inability to secure happiness lies in the craving of wanting more of the pleasant sensation. Not content with the momentary pleasure, the 'I' begins grasping at that sensation as the source of 'my' pleasure, 'my' happiness. This grasping may even provoke behaviour such as stealing the rose in order to try and keep that pleasure, the rose is 'mine'.

Without consciously knowing, our mind exaggerates the perceptual experience and begins to categorize the experience as good or bad, to either desire or avoid, which distorts the object of initial contact as being a solid independent entity with capabilities to produce happiness or suffering. The thought "I love roses" is perhaps comparing it against a flower we do not like. As Shakespeare states "a rose by any other name would smell as sweet", the rose is thought of by some as a source of happiness. However, not everyone loves roses, those pierced by its thorns may see it as a plant to be avoided. Whose view, therefore, is the right view? Is the rose a true source of happiness?

When we crave and grasp, for example, for more wealth, more chocolate, more material goods, we are driven by a mind that wants happiness for oneself or those we consider family or friends. However, we fail to see the broader view, our desires may come at a cost. I am being simplistic and am certainly no expert on world affairs, however the current difficulties of the world we live in has been driven by capitalism and corporate greed which only some of us have benefitted from. His Holiness says that climate change is a man-made problem and the fact that we created it, also means we can change it. Our short sightedness in wanting more, fails to recognize that we are all impermanent and will not be able to take anything with us when we die.

At some point in our lives, if we are fortunate, the penny drops and we feel let down. Often it takes terrible suffering to acknowledge this fact. Illness, grief, loss and pain are some of the experiences that can actually wake us up and motivate us to look internally for the answers to our own happiness. Our teachers remind us continually of the Buddha's words "we are our own master" that it is up to each of us to create the causes and ripen the conditions for our own happiness. This happiness begins with slowing down, to stop chasing and sit with who we are. Perhaps this is the upside of COVID-19, we have been forced to change our patterns, remain at home, think about what is important to us. We have the opportunity and time to look internally and ask what are the causes that can give us long term peace of mind and happiness? The current isolation has opened up our hearts to know that it is our relationships that are important, no amount of material possessions can offer the happiness of love and caring for others.

Our Buddhist teachers emphasize the practice of meditation as an important part of beginning our spiritual journey. Without knowing the workings of our mind, we will not be able to understand ourselves or others and bring about personal transformation. Although we cannot be together at Drol Kar for the moment, our teachers and facilitators continue to run philosophy and meditation classes to help us keep practicing and continue our spiritual path. His Holiness the Dalai Lama has generously taught continuously during Covid and his

wisdom is all on YouTube. We need not halt our spiritual journey in fact, more than ever, we need to keep trying to practice the teachings on Bodhicitta and Wisdom to help

ourselves and others find the happiness we all seek.

Karen Mayer



**First Sunday of the Month
Special Online Teaching
with
Venerable Geshe Sonam Thargye**

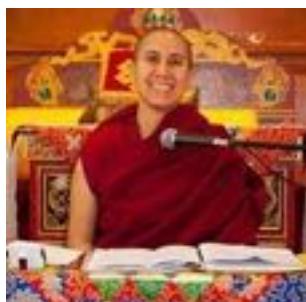
Sunday September 6

'The Four Noble Truths'

10:30am - 12noon

Zoom Meeting ID: 831 5550 441

Drol Kar on Zoom



Buddhist Philosophy with Venerable Jampa

Mondays: 7:00pm - 8:00pm

Zoom Meeting ID: 400 127 212



Healing Meditation with Val Druce

Tuesdays: 1:00pm - 2:00pm

Zoom Meeting ID: 812 8341 8399



'Finding the Stillness Within'

with Darren Fahroedin and Carl Kay

Fridays: 11:00am - 12noon

Zoom Meeting ID: 896 9338 2668

Vegetarian Dish of the Month

Vegetarian Moussaka

Serves 6

80ml olive oil

1 onion, finely chopped

2 garlic cloves, crushed

1 tsp dried oregano

400g can crushed tomatoes

400g can no added salt lentils, rinsed, drained

1 cup yoghurt

½ cup cream cheese, at room temperature

2 eggs

2 Tbs plain flour

2 large eggplants, cut lengthways into 1cm-thick slices

300g sweet potato, cut lengthways into 1cm-thick slices

1 cup shredded mozzarella

Small basil leaves, to garnish

1. Heat 1 Tbs oil in a medium saucepan over medium heat. Add onion, garlic and oregano and cook for 5 minutes or until softened. Add tomatoes and lentils and simmer for 5 minutes or until thickened slightly.

2. Whisk yoghurt, cream cheese, eggs and flour together in a bowl until smooth. Set aside.

3. Brush both sides of the eggplant and sweet potato slices with remaining oil and season with pepper.

4. Heat a chargrill pan over medium-high heat. Cook vegetables, in batches, for 2-3 minutes on each side or until charred. Transfer to a plate.

5. Preheat oven to 180°C. Grease a 30 x 40cm roasting pan. Arrange a layer of eggplant in base of pan. Cover with one-third of the tomato sauce. Top with sweet potato. Repeat layering sauce and eggplant, finishing with sauce.

6. Spread yoghurt mixture over sauce and top with cheese. Bake for 30 minutes or until golden. Garnish with basil, cut into squares and serve.

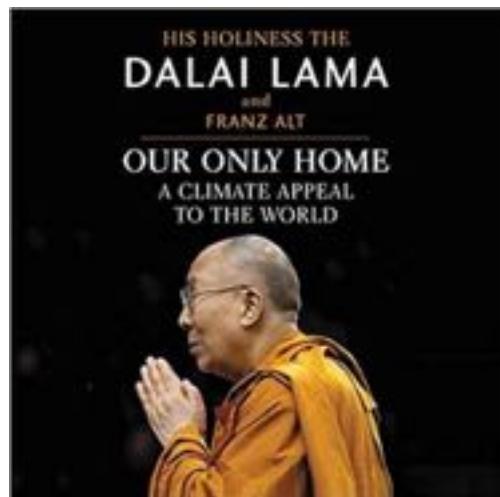
NOTE: Serve with a salad to complete it as a meal.

Original Recipe: Woolworths Fresh magazine, October 2018

His Holiness the Dalai Lama is expected to release a new book on climate change entitled 'Our Only Home: A Climate Appeal to the World', with German environmental journalist Franz Alt in November 2020.

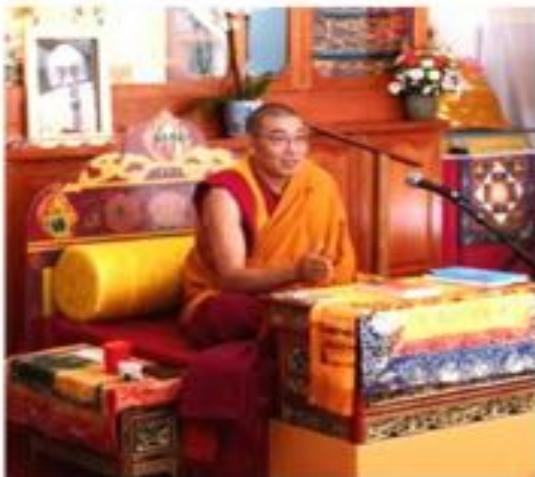
His Holiness has been a steadfast advocate for environmental conservation for many decades, having called for global cooperation on climate change and global warming.

In this latest book, he calls upon political decision-makers to finally fight against deadlock and ignorance on the issue of climate change and to stand up for a different, more climate-friendly world and for the younger generation to assert their right to regain its future.



Drol Kar Buddhist Centre

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



**GESHE SONAM
THARGYE**

Teaching online

First Sunday of the Month

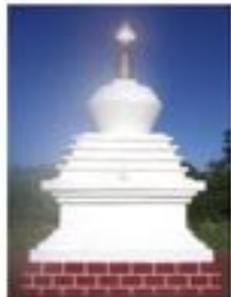
Sunday September 6

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.

Zoom Meeting ID: 831 5550 4441



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