



e-News

Welcome to the Gyalwa Ensapa Broome Buddhist Study Group e-News

Newsletter

Issue Number 3 November 2018

What's Up

Join on Wednesday Evenings from 5:15pm - 6:45pm at the Blue Body Buddha Sanctuary in Broome for Discussions and Meditations on How To Meditate. broomebuddhists@gmail.com <https://bluebody.com.au/locations/buddha-sanctuary/>

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Join us on Wednesday evenings at the [Buddha Sanctuary](#) at Cable Beach for our regular Wednesday Meditation & Discussion Session



Interested in How to Meditate?

Join us for Meditations & Discussions All Welcome

Wednesday Evenings
from 5:15 - 6:45pm

Buddha Sanctuary
5 Millington Road Cable Beach
Broome Western Australia



Contact

Email: broomebuddhists@gmail.com

Web: www.gebbsg.org.au

f: <https://www.facebook.com/gyalwaensapabroomebuddhists/>

Mobile: 0405077753



Gyalwa Ensapa Broome Buddhist Study Group is a Foundation for the Preservation of Mahayana Tradition Study Group FPMT



Cost: By Donation

Gyalwa Ensapa Broome Buddhist Study Group is a not-for-profit organisation and relies completely on volunteers. Donation offerings (suggested \$5 or more) are most welcome so we can cover costs.

Medicine Buddha Retreat

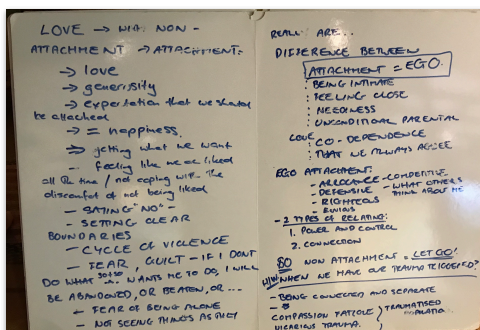
In October we were most fortunate to welcome [Venerable Lobsang Namgyel](#) in Broome for a two day weekend retreat on Medicine Buddha Healing Buddha Practice.



The Healing Buddha Sadhana presented 700 years ago under the the terma (treasure) advice instruction of the Lotus Arisen One, Padmasambhava, protects from diseases not yet experienced and from diseases already being experienced. This practice is especially beneficial in helping others, especially when doing healing work. It helps to be more accurate and beneficial.

Buddha Healing Buddha A practice for the prevention and healing of disease.

As well as teachings, the group engaged in group discussions analysing what it means to have non-attachment, compassion and love, the differences between love and attachment, how to stop clinging to



attachment and letting go, and of course the wisdom that examines that what we think exists doesn't exist the way we think it exists and the role of our mind. Participation in the discussions was most passionate and involved and Venerable followed up on each of our points in a most detailed manner.

Venerable Namgyel gave a detailed explanation and translations of the Healing Buddha Sadhana text and motivation for the practice on Day 1 and we engaged in the practice on Day 2.



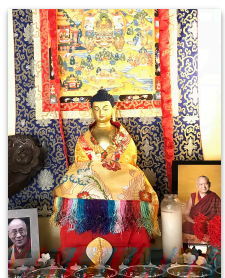
A thousand loving thanks go out to Petrine McCrohan for setting up the recording of the two days with video for the teachings and audio for the meditation and practice.

We thank the [Buddha Sanctuary](#) for their wonderful facility and assistance in accommodating all our needs.



This weekend's Medicine Buddha was dedicated to the health of the Buddha Sanctuary benefactor, Mr Chiu Chi Wen's mother.

Thank you Venerable Namgyel and please visit again with your delightful teachings!





Public Talk How To Meditate with Venerable Lobsang Namgyel

On Wednesday evening, 10th October, 2018

Venerable Namgyel gave a Public Talk and teaching on analytical and mindfulness meditation at the Buddha Sanctuary in Broome as part of his

AUSTRALIA INNER PEACE AND HARMONY TOUR

Those fortunate to attend were well entertained throughout the session being encouraged to wake up and go MAD - with Motivation, a focussed Action and Dedication to begin our day. With both humour and the serious side of Dharma practice practice discussed, Venerable introduced the participants to single pointed breathing meditation, being aware of our conditions and the nature of our minds, being able to let go of distractions and focussing on the present to become mindful.

Venerable discussed how we can use meditation to change our negative habits and support our lives and to monitor this throughout our day.

We also practiced how to dedicate positive energy to others in our surroundings and how compassion brings with it a strength to help others.

We concluded with a visualisation meditation.

Such a positive experience was had, that the word got around and people looked forward to the follow up meditation sessions on the following weekend.

Weekend Meditations with Venerable Namgyel

We were most fortunate to have Venerable Namgyel follow up with Saturday 13th October & Sunday 14th October morning sessions.

Following on from the Wednesday Public talk, Venerable presented meditations on Impermanence, Forgiveness, The Precious Human Rebirth and Tong Len on the weekend.

Participants expressed a great amount of gratitude for having Venerable Namgyel explain and present these meditations in such a clear and engaging manner, being most perceptive to the audience and responding to queries giving clear examples and analogies.



Venerable Namgyel enhanced our Dharma experiences whilst spending time with us here in Broome. We felt most privileged and enriched by his visit.

Please visit us again, Venerable, when you next have the opportunity!

Visit Venerable's Blogspot:

http://venerablenamgyel.blogspot.com/pl/about-me_8377.html



FPMTA National Meeting

As a member of [FPMTA](#), [Gyalwa Ensapa Broome Buddhist Study Group](#) attends National meetings throughout the year mostly by teleconference and face to face once a year. The 2018 meeting will be hosted by [Chag Tong Chen Tong](#) Tibetan Buddhist Meditation Centre, Hobart on 10-12 November 2018.

This wonderful opportunity allows for centre leaders to get together and share successes, trials and tribulations. The meetings provide excellent networking and wonderful and productive group discussions. Thank you to [Chag Tong Chen Tong](#) for hosting this event.

Guru Bhumtsok

Last year [Guru Bhumtsok](#) was hosted by [FPMTA](#) and [Chag Tong Chen Tong](#) in Hobart at the [Kickstart Arts](#) Centre. With generosity and kindness, [FPMTA](#) and Chag Tong Chen Tong has again offered to host the event from 12th - 15th November 2018.



Care of Dharma Books



Dharma books contain the teachings of the Buddha and thus they have

the power to protect against lower rebirth and to point the way to enlightenment. Therefore, they should be treated with respect. They should be kept off the floor and places where people sit or walk and not stepped over. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects should not be placed on top of Dharma books and materials. Licking one's fingers and using saliva to turn pages creates negative karma. If it is necessary to dispose of written Dharma materials, they should be burned rather than thrown in the trash. When burning Dharma texts, visualise that the letters of the texts to be burned transform into an AH ॐ, and the AH absorbs into your heart. Imagine burning blank paper. As you burn, you can recite OM AH HUM or the Heart Sutra while meditating on emptiness.

Lama Zopa Rinpoche has recommended that photos or images of holy beings, deities, and holy objects not be burned. Instead, they should be cut out of texts and, if possible, put in a stupa. Otherwise, put them high up in a tree inside a small, completely sealed structure structure, something like a bird house, so that the images do not end up on the ground.

To be human is to be powerful. We have the ability to do great things because our fundamental nature is positive.
-Lama Yeshe

Getting the Dharma out there!
GYALWA ENSAPA BROOME BUDDHIST STUDY GROUP

Gyalwa Ensapa Broome Buddhist Study Group
6 subscribers

CUSTOMISE CHANNEL YOUTUBE STUDIO (BETA)

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

CHECK OUT OUR NEW Videos and Audios on Gyalwa Ensapa YouTube Channel
https://www.youtube.com/channel/UCI_nIHdq9PnIRZfa7yH2qig/videos

Subscribe to be notified when more are posted!

Become a Friend of Gyalwa Ensapa Broome Buddhist Study Group

As a [Not-For-Profit charitable organisation](#) we rely solely on donations and volunteers to operate.

Subscribe through our [website](#) to become a *Friend of Gyalwa Ensapa Broome Buddhist Study Group* for \$100 /year or to contribute as a *Sponsor*.

The generosity of giving has skies of merit. Generosity diminishes an attitude in the mind of greed and selfishness. The virtue of helping others is most beneficial to the other and also produces a strong sense of well being and happiness to oneself. The benefit of creating the condition for the Dharma to be come further accessible to the community is most meritorious.

Thank you to current members and sponsors.

VISITING TEACHERS

Gyalwa Ensapa Broome Buddhist Study Group is always planning to be able to accommodate visiting teachers in the future.

As per custom, visiting teachers are fully accommodated by volunteers. Hosting a visiting teacher is a most meritorious action.

Geshes and teachers normally require accommodation that affords them privacy and the ability to retreat to themselves as required. All meals need to be provided with some taken privately by the teacher. If you have suitable accommodation and would like to host a visiting teacher contact: broomebuddhists@gmail.com

Group participants can share in the care of visiting teachers by offering meals and local travel to the venue etcetera.

Gyalwa Ensapa Broome Buddhist Study Group look forward to an ongoing program of meditations and teachings by visiting teachers.



Contribute to e-News

Everybody has a story to tell - big or little. Gyalwa Ensapa Broome Buddhist Study Group welcomes contributions to this e-News.

How wonderful to be able to share your stories, adventures, profiles, ideas.

Submit articles of your Buddhist journey to broomebuddhists@gmail.com for inclusion in future e-News editions.

[Gyalwa Ensapa Broome Buddhist Study Group is registered with the Australian Charities & Not-for-Profits Commission](#)

and relies on the generosity of voluntary contributions



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<https://www.facebook.com/gyalwaensapabroomebuddhists/>

[Gyalwa Ensapa Broome Buddhist Study Group is an FPMT Study Group](#)