



March 2010 Newsletter

Since we last spoke life has been a bit of a rollercoaster. Some wonderful things have happened and as usual great lessons from the not so good happenings have been learned. The big highlight for me was attending my daughter Sharni (and her new husband) Aarons wedding and being asked to do a wedding blessing for them which I did through trembling lips. I didn't think I would cry which is the usual mother of the bride thing to do but to my surprise my eyes welled up and spilled over when I saw how beautiful and happy my daughter looked walking down the aisle to embrace Aaron - who is the son in-law from heaven. They are two extraordinary people with great big warm hearts so I am sure they will have a long and happy marriage. They have the support and friendship of some beautiful friends which I had the pleasure sharing this wonderful time with while we had a great time together.



Sharni & Aaron with friends at their wedding

The next great highlight as always for me was attending the teachings of His Holiness the 14th Dalai Lama and having the good fortune to be sitting up on the stage very close to him which has always been another big dream of mine. To be in his presence is a miracle I treasure.



Choeying on stage with His Holiness

I then stayed on longer in Sydney with my Dharma sister Crystal Ia who has been busy making beautiful hand- made natural aromatherapy candles which she makes out of soy and bees wax with essential oils. While waiting for the arrival of her soon to be born son she joyfully brewed up candles for our centre.

You can purchase these truly sacred candles with sacred syllables embedded into little Buddha statues and other spiritual shapes which have been drenched in subtle healing oils from the Oddiyana Dharma Shop until we have them on line.

Crystal later gave birth to the darling little boy David who we call “rocket man” due to his lively nappy tunes. Crystals mum flew from China and we were all kept busy playing and looking after David.



Crystal and David in early learning classes – no surprise it is early meditation classes!

Where there is life there is death. Just after David was born Crystal's father died from cancer. This was a very emotional time for us all. It was a great honour to be with Crystal and her family during this time - to be able to chant mantras and prayers for them all. My blessings and love to Crystal and her family.



Crystal, Thearak & Choeying doing a Soor practice (for the deceased) for Crystal's dad. A very moving and beautiful time for us all.

We performed the 'Kar-Soor' practice for the deceased which is a wonderful Buddhist practice to help the deceased leave this physical world without any attachment and to seek spiritual rebirth by reflecting his or her mind on virtuous thoughts.

This is a very powerful and wonderful practice should you ever lose loved ones or wish to help people in natural disasters or war zones please call us at the Sanctuary and we can do a 'Kar-Soor' for them on your behalf or you can attend as well. Life is such a mystery after death there was renewal . . .

It seems love is in the air . . .



I arrived home to soon be flying interstate again to Cairns this time for the wedding of my much loved step son Sam and his new wife Emma. I was once again asked to do a blessing at their wedding which gave me great joy. Their wedding was a beautiful informal occasion and I felt very honoured to be included in the family celebration. Emma is from England so we are all praying she is allowed to stay in Australia.



Sam & Emma

The mystery of life continues as mass obstacles hinder eager participants attending the new course.

After arriving home from Cairns it was all go preparing for the next Calm Abiding Meditation Course which began on Sunday. The course is small due to obstacles for many people who were all fired up and ready to go only to find life and its inevitable challenges prevented them from attending. So the course is varying in numbers due to students only being able to come on certain days.

I am sure everyone will get a good taste of the benefits of meditation even if they come for part of the course.

In April I will be attending an Uttataratantra Retreat in Bangalow near the beautiful Bryon Bay for a 10 day retreat with Dzongsar Khyentse Rinpoche (below)



I am going to get “dismantled” so I can reach enlightenment . . . and I hear he is very good at doing just that! Have to admit to being a bit scared as well as looking forward to being dismantled!

I will be away from the 9th April to the 11th of May. So classes and teachings will be suspended during this time.

Previously attending a 3 month Hevajra empowerment and retreat at Rinpoche’s Dzongsar Monastery in Chauntra, India while being in this beautiful monastery we all had an amazing time there hearing the teachings of his Holiness Sakya Trinzin who is the head of the Sakya

lineage.



Having fun with the nuns at the main temple of Jamyang Khyentse Chökyi Lodrö Institute, Chautra

That's all for now in the meantime Phoongkee (the meditating pooch) and I will chill out and look forward to seeing you here at the Sanctuary either on the Course or on Thursdays for a group meditation.



Phoongkee meditating



Choeying in Sikh Temple in Delhi

A lotus for you
Love Choeying