

2022 Buddhist Winter School

Change your mind, change your heart, change the world

August 5, 6 & 7 2022

7pm – 8:30pm Friday August 5th – Keynote Event – Jetsunma Tenzin Palmo

THE HEROIC HEART – IN CONVERSATION WITH JETSUNMA TENZIN PALMO

In this session Jetsunma will discuss the core themes of her recent book, [*The Heroic Heart: Awakening Unbound Compassion*](#) (Shambhala Publications), which is a modern commentary on ‘The Thirty-Seven Verses on the Practice of a Bodhisattva’, a classic Tibetan text in the *lojong* or “mind training” tradition. Lojong, or mind training, focuses on real-world experience and is filled with practical strategies to help us live with awareness, compassion, and wisdom. In discussion with USQ’s Buddhist chaplain, Pema Düddul, Jetsunma will answer questions many of us have, such as how, in these times of great challenge and difficulty, we can develop the heroic heart of the Bodhisattva (or compassionate warrior)?

Jetsunma Tenzin Palmo, born in England in 1943, is a fully ordained nun (bhikṣuṇī) in the Drukpa Lineage of the Kagyu school of Tibetan Buddhism. She is an author, teacher, and the founder and abbess of [Dongyu Gatsal Ling Nunnery](#) in Himachal Pradesh, India. She has taught Buddhism all over the world. Jetsunma’s latest book, *The Heroic Heart* (2022) is published by Shambhala Publications and has already been translated into Spanish and Portuguese. Jetsunma is renowned for being one of the few Western-born practitioners fully trained in the East, having spent twelve years living in a remote cave in the Himalayas, three of those years in strict meditation retreat. Jetsunma’s heart teacher was the eighth Khamtrul Rinpoche, Dongyud Nyima (1931–1980), who re-established the Khampagar lineage and monastery in Northern India after the destruction of the original monastery during the Chinese invasion and occupation of Tibet. The title of Jetsunma (revered lady) was bestowed on her by the head of the Drukpa Lineage, the Twelfth Gyalwang Drukpa, in recognition of her spiritual achievements as a nun and her efforts in promoting the status of female practitioners in Tibetan Buddhism.

10am – 11:30am Saturday August 6th – Dungse Namgay Dawa Rinpoche

PREMIER: INTERVIEW WITH DUNGSE NAMGAY DAWA RIMPOCHE

This session will be the premier streaming of a pre-recorded interview with Rinpoche. Rinpoche is unable to be with us live due to a last-minute trip to Bhutan.

Dungse Namgay Dawa Rinpoche (b.1974) is a son of Shenphen Dawa Rinpoche and H.R.H. Ashi Pema Codon Wangchuk, a member of the royal family of Bhutan. He is also a grandson of Kyabje Dudjom Rinpoche, Jigdral Yeshe Dorje. Rinpoche is recognized as a reincarnation of Garwang Sangye Dorje, who was one of the main teachers of Dudjom Rinpoche. Rinpoche was enthroned by Dudjom Rinpoche himself, who blessed him and predicted his future. Rinpoche received his education at St. Paul Catholic School in Darjeeling and Baha School in Maharashtra. Later he studied at Penor Rinpoche's Namdroling Monastery (Byalkuppe, South India) and later in a Nyingma monastery in Kathmandu for further training in the Dharma. Rinpoche is a Dudjom lineage heir and director of [Yeshe Nyingpo](#) temple in New York City as well as Orgyen Chö Dzong retreat Centre in upstate New York. He also oversees a number of centres in the [USA and Europe](#). Rinpoche has received teachings and empowerments from the following masters: Chatral Rinpoche, Sixteenth Karmapa Rangjung Rigpé Dorje, Muksang Tulku Rinpoche, Kyabje Penor Rinpoche, Shenphen Dawa Rinpoche and Kyabje Trulshik Rinpoche, among others. Rinpoche is well-known and loved for his open-heartedness, kindness and sense of humour.

1pm – 2:30pm Saturday August 6th – Elizabeth McDougal (Tenzin Chozom)

LEARNING BUDDHA NATURE IN A 'PRACTICE LINEAGE' NUNNERY

This session will look at the lifeworld of the nuns at Gebchak Nunnery (Tibet), and their understanding of the fundamental Tibetan Buddhist tenet, Buddha Nature (Tathagatagarbha). The Gebchak nuns are not scholars, but full-time practitioners of Vajrayana yogas and meditation. They live in a remote highland valley on the Tibetan Plateau, and have mostly opted out of the recent modernising trend towards more degree-oriented, philosophical studies in nearby monasteries. As a contemplative community of nuns who tend 200 yak and have few philosophical classes, how do they understand and come to embody the sophisticated principle of Buddha Nature, which scholarly monks often study for many years? How do they transform through their lifelong contemplative practice, and what does this tell us about our own most basic human nature? The talk aims to share the lived examples of these nuns as a reminder of our own potential and the most basic nature of our heart-minds.

Elizabeth McDougal (Tenzin Chozom) is a Canadian who trained in a traditional Tibetan Buddhist monastic education for seventeen years. Following that, she completed a PhD at University of Sydney on the modernisation of Tibetan Buddhist practices. She has acted as

translator for a number of esteemed Tibetan masters, including Wangdrak Rinpoche. Elizabeth currently lives in Sydney, translating for the [Gebchak lineage](#) and teaching mindfulness and other subjects at a natural health college.

3pm – 4:30pm Saturday August 6th – Traleg Khandro

LEADING A FULFILLING LIFE: THE ART OF BECOMING

From a Buddhist perspective there is more of an emphasis on “Becoming” or progressing, than on what we have been or done, or what has happened to us in the past. We do not want to deny our past, or our life story, nor do we want to be burdened and unnecessarily held back by it. How do we gain more freedom in our lives to “Become” more and to find greater ease within ourselves and with our dealings with others? It is easy to feel trapped and see our capacity as fixed. We can limit how we experience ourselves and the world around us when our responses - our emotional reaction-patterns and thought patterns become highly habituated. We can become stuck. In this talk Khandro-la will discuss how we can improve the quality of our life experience through changing how we respond to everyday disturbances and annoyances in the mind. Khandro-la will also introduce meditation techniques that can loosen or change how we habitually respond to ourselves and the world helping to give us more freedom from everyday suffering, and to allow us to lighten the load of the past in order to enjoy life more and “Become” more within ourselves.

Traleg Khandro, long-time student and wife to the late Traleg Kyabgon Rinpoche IX, is a Director at [E-Vam Institute](#) in Melbourne and the U.S, and runs [Shogam Publications](#), Traleg Rinpoche’s publishing arm. Khandro studied Buddhism under Traleg Rinpoche’s guidance for many years and has undertaken numerous long meditation retreats. Khandro-la has given commentary of Rinpoche’s teachings in Australia, America, Europe, U.K., and South-East Asia. At Rinpoche’s request Khandro-la also received traditional LuJong (Tibetan Yoga) training after qualifying as a Hatha Yoga instructor. Khandro-la has a degree in Psychology.

7pm – 8:30pm Saturday August 6th – Rotraut Jampa Wurst

BEING A VOICE FOR CHANGE

Jampa uses rap or rhymes to make it easier for people, especially young students, but also older people, to learn and remember things, in an easy rhythmic, playful way. Dharma Rap can be a helpful means to become engaged and willing to learn after being bored by school, university, or work. This session explores the possibility of being a voice for change in a world that faces difficulties, such as war(s), climate catastrophe, pandemic, hunger, and much more. Jampa will introduce Dharma Rap and explain how and why it was created. The session will then show how we can use this playful means for engaging ourselves with creating a better world. Jampa will also explain how Dharma Rap can help us to be more engaged with

Buddhism, especially compassion, respect for all sentient beings, and for our environment etc. By using rhymes we can activate our wisdom and compassion, so let's become engaged!

Rotraut Jampa Wurst (she/they) has a diploma from Humboldt University and a Ph.D. from the Free University (Berlin). Their thesis was published as *Identität im Exil* (Reimer pub., Berlin 2001). At the Tibetan Centre (Hamburg) Jampa earned a certificate and a small Tibetan yellow hat (Acharya), completing the "Seven Years Systematic Studies of Buddhism" with Geshe Thubten Ngawang. They have their own Coaching and Counselling practice in which Jampa coaches with playful means, e.g. with rap. Jampa is also a solo rap artist, and was deemed the "inventor of Dharma Rap" after performing their unique rap style at a Sakyadhita International Conference (for Buddhist Women). In 2021 they founded the [International Queer Buddhist Conference](#), IQBC and is currently organizing the second IQBC with a global team. Jampa's main teachers: are Geshe Thubten Ngawang, Ven. Kunsang Wangmo (Tilokpur) and Ven. Dhammada (Prof. Chatsumarn Kabilsingh). On two occasions Jampa took temporary monastic vows (given by Ven. Dhammada).

10am – 11:30am Sunday August 7th – Miffi Maxmillion

DISCOVER THE WISDOM HIDDEN IN DEPRESSION AND ANXIETY

Depression and anxiety are the pain system of the mind, and they reveal how we are painfully out of step with our deepest nature and our surroundings. Suffering comes from being out of step with reality, and it is compounded by misconceptions about the nature of reality that dominate our thoughts and emotions. Breaking the toxic depression cycle means - don't shoot the messenger! In fact, unless we heed the message, depression and anxiety will only strengthen until we give them the right attention. Buddhist psychology has a radical approach, using this very unhappiness as a path to compassion and emotional health. If we have the courage to listen to the wisdom our distress is alerting us to, we will be able to overcome our fears and become happier and kinder human beings.

Miffi Maxmillion is the Spiritual Programs Coordinator at [Langri Tangpa Centre](#), Brisbane Australia and is an FPMT registered teacher. Miffi was brought up a Buddhist and took refuge with Lama Yeshe at age 10, and did her first lamrim and Nyung-ne with Lama Zopa Rinpoche at age 16. She left behind a thriving haute couture and costume business to help her mother Inta Mckimm (who founded LTC), when she became sick with cancer. Packing her bags for two weeks, she ended up continuing her mother's life work and running the program. She is still there, teaching classes and leading pujas with great enthusiasm and joy, over twenty years later! Miffi's passion is in bridging the seemingly disparate worlds of modern life and the rich inner experience of Buddhist practice. She readily admits to watching far too much late night TV and is an avid New Yorker Magazine reader.

1pm – 2:30pm Sunday August 7th – Lozang Tsultrim

KINDNESS – IS IT ALWAYS POSSIBLE?

The Dalai Lama is quoted as saying: “Be kind whenever possible. It is always possible”. But is it? Is it possible to be kind in any situation no matter what? Has kindness been given a bad rap? Perceived by some as naïve, weak, idealistic, foolish and maybe even impractical. But who says this? And why would anyone have an objection to the idea and act of kindness? This talk will explore the challenges and obstacles that might come with practicing kindness, and why it is important to consider the benefits that come with being kind to ourselves as well as to others. Buddhism provides a multitude of tools to both practice and reflect on our capacity as human beings to be kind and how we can cultivate this most profound quality, no matter what!

Lozang Tsultrim has been a nun in the Tibetan Buddhist Tradition for 13 years, but has been a “student” of Buddhism for 24 years. She has had the great good fortune to spend time in India and Nepal over several years exploring the teachings of the Buddha across the Tibetan lineages with a variety of recognised masters. She has also had the opportunity to undertake some short personal silent and solitary retreats in Ladakh and Nepal and has visited a number of pilgrimage sites during this time. Tsultrim has also led a number of retreats and courses at Kopan Monastery in Kathmandu and at [Chenrezig Institute](#) on the Sunshine Coast in Queensland. As a professional counsellor and facilitator she has facilitated many different workshops on a variety of topics over the past 30 years. She has spent her working life in a variety of sectors including domestic violence, suicide prevention and currently in palliative care at Karuna Hospice.

3pm – 4:30pm Sunday August 7th – Pema Düddul

START WITH YOUR OWN HEART

Leo Tolstoy once wrote that everyone thinks of changing the world, but no one thinks of changing themselves. This echoes the Buddhist teachings that point out that we all have a tendency to externalise our woes, to see our troubles as a matter of the outer world, rather than a matter of our inner condition. This is why, when we have negative feelings about ourselves, such as low self-esteem, we tend to look for the reason in external things. We seem to believe that our self-worth comes from outside, from others. But what if, rather than looking for self-worth externally, we looked inwards? In this session we discuss the idea that true worth has an internal source, that it is a natural capacity of our hearts. We will learn that this natural capacity can be brought to fruition by following a few simple steps, beginning with self-compassion and ending with joyfully resting in our natural state.

Pema Düddul is the Buddhist Chaplain in the University of Southern Queensland’s Multi-Faith Service and the Director of [Jalü Buddhist Meditation Centre](#). Pema has decades of experience as a Buddhist practitioner and has taught mindfulness and meditation in Buddhist, educational and other settings since 2007. Pema counts himself as fortunate to be among the

first generation of Tibetan Buddhists to have studied and practiced almost entirely in the west, which was only possible due to the kindness and tireless effort of the many Tibetan masters who travelled and taught extensively outside of Asia. Pema has a doctorate (PhD) in creative writing and is an Associate Professor of writing, editing and publishing at the University of Southern Queensland. A regular contributor to *Tricycle: The Buddhist Review*, Pema is also the author, with Jamyang Tenphel, of [*Resting in Stillness*](#), a book about meditation, compassion and the nature of the mind, and [*Here We Settle*](#), a collection of Buddhist contemplative poetry.