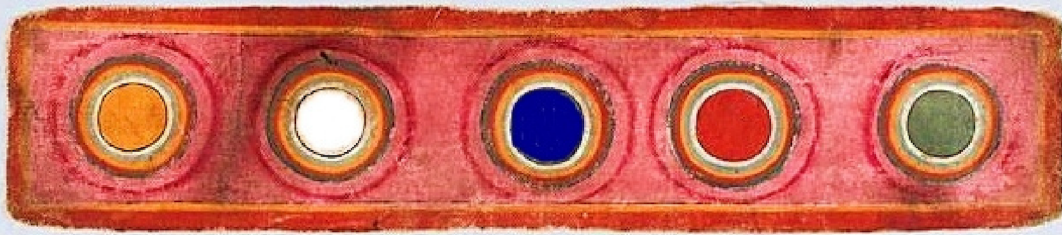


# Quarterly Newsletter

PRISTINE  
AWARENESS

1 July 2024



OPENING THE HEART, CALMING THE MIND

## Here's what has happened in the last months ...

Welcome to the new iteration of our quarterly newsletter! We are thrilled to share with you the latest developments in our mission to share The Path of Joy and Ease.

Firstly, we would like to express our gratitude to all of our donors and volunteers who have continued to support us as our Sangha grows. Your generosity and dedication have allowed us to keep our programs running smoothly and effectively. We are particularly thankful to the volunteers who helped run the annual retreat. Thank you!

Thanks to our Sangha and volunteers, we successfully completed our Awakening Joy and Ease retreat on June 8th and 9th! This retreat was tailored to the participants of our Five Year Program, The Path of Joy and Ease, but was also open to anyone interested in cultivating joy as a spiritual practice.

The retreat was led by one of our resident teachers, Dudjom Pema Düddul, and was attended by practitioners from almost every state of Australia and a number from Europe and North America. Twenty-five people attended the retreat, with 12 attending in person and 13 participating online. There were a few technical issues for those attending online. We promise to do better on that front next time!

Finally, we want to remind everyone that our Sangha is based on the Buddhist values of loving-kindness and compassion and would not exist without the commitment to these values shown by each and every one of you. Your presence, dedication to practice, and ongoing support is the heart of our community. Enjoy this quarter's newsletter!

*Pristine Awareness Team*

In this newsletter you can expect:

Community Updates

Upcoming Events

Brief Teaching

Practice Spotlights

Reflections

Pith Instructions



## Community News

Firstly, we would like to express our gratitude to everyone who attended our annual retreat, both those who attended in person and those who attended online. The retreat was the first opportunity for many of the Sangha members to meet each other in person. We had retreatants come from as far away as The Netherlands!

Secondly, we are excited to announce that from January 2025, *Pristine Awareness: Foundation for Buddhist Practice* will focus solely on the Path of Joy and Ease, which is our five year

practice program. All of our events and activities from 2025 onwards will be part of that program. This will mean fewer events but ones that are more aligned to our core mission and more tailored to our committed Sangha. Some events will still be open to the public.

Finally, we are thrilled to announce that Pema Düddul has two books that will be released in 2024. *Resting in Joy and Ease* will be released on August 16th and *Love and Devotion* will be published on November 15th.



### Dharma Poem

In the mountain's breath, rest.  
Feel the pulse of being;  
Uncolored by thought,  
Simply settle as you are.  
Grasp at nothing,  
Push nothing away;  
Let everything be.  
Like the flow of a slow river,  
Just let it all go.  
~ Pema Düddul



July to September 2024

### Upcoming Events

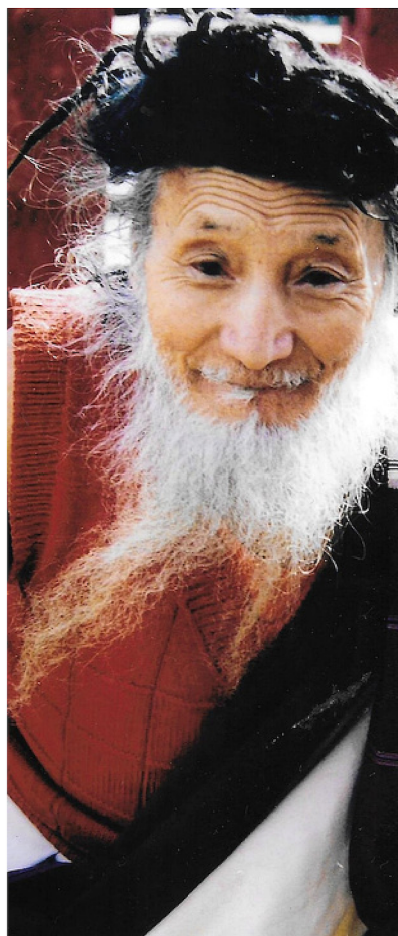
All are welcome to join us for our upcoming online public events:

- Five Year Program Session - 6pm  
July 7th
- Commentary on *Dudjom Rinpoche's 'Play of Thought' Part Two* - 7pm August 25th
- Meditation every Sunday at 9:30am
- All live events are on Zoom
- For more information go to the events page on our website:  
[www.pristine-awareness.org](http://www.pristine-awareness.org)



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# Practice Spotlights



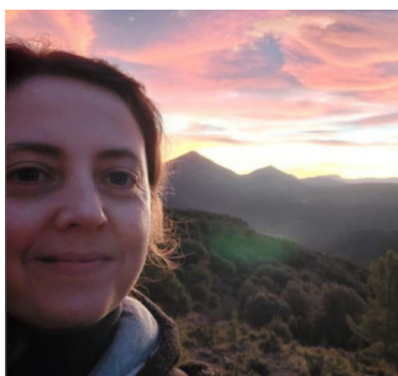
## FROM THE RETREAT

As well as revisiting the pith instructions of Kyabje Togden Amtrin, Pema-la introduced and gave a commentary on a profound pith instruction by Princess Parani of Oddiyana (650 CE), a lineage holder of the Dzogchen Semde. Practitioners on-site and online applied the pith instruction to their Joy Practice. It was wonderful to see a group of white-robed practitioners meditating on joy in the beautiful surrounds of Newtown Park. On day two of the retreat practitioners engaged in sky-gazing, which was made interesting by small planes undertaking training exercises overhead - like thoughts passing through the mind yet leaving no trace.



Wendi Forbes

"I'm left with a sense that Jamyang-la and Pema-la have given a great gift. My heart has taken another step in healing and my resting Joy seems to have deepened and shifted in texture. The gathering of the sangha has for me been a deeply grounding experience." *Wendi is a long-term Dharma practitioner and vibrational healer.*



Carla Schipper

"The teachings and Q&A sessions were more intense than when experienced alone at home online; especially when the oral transmissions were given. When Pema-la transmitted the AH practice I felt I slipped into a deep relaxation of letting go". *Carla is a member of our Five Year Program - The Path of Joy and Ease.*

## PITH INSTRUCTION

AROUSE JOY AND  
REST IN ITS  
NATURAL  
RADIANCE!

NOT ONLY IS THIS  
THE HEART OF THE  
PATH,

BUT INDEED IT IS  
THE HEART OF  
AWAKENING.

~ KYABJE TOGDEN AMTRIN

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## REFLECTION

This rainbow is just one of many that have appeared over the retreat place of my teacher, Jamyang Tenphel, who you all know is a humble and sincere practitioner and co-teacher at *Pristine Awareness: Foundation for Buddhist Practice*. Jamyang-la is a student of the great yogi Togden Amtrin, who is one of our lineage Gurus. Many of you will know that Jamyang-la has been in retreat for five years and counting. He has committed to staying in retreat for the rest of his life. How amazing! True practitioners are very rare these days.

The rainbow is a prime example of the illusory display that we experience as the physical world: It is patently not something real, but rather an ephemeral or transitory display produced by the interplay of light and water. Tibetan folklore ascribes various spiritual meanings to the appearance of rainbows. At the end of every rainbow is believed to be a wish-fulfilling jewel. White rainbows symbolize the death of a master. A rainbow around the sun is seen as an omen of the birth or death of a great teacher.

In some Tibetan traditions, the circular rainbow around the sun or moon stands for the actual presence of Buddha Samantabhadra, the All-good, the first or primordial Buddha. This is especially true of a double rainbow around the sun, which also is said to be an auspicious sign indicating the blessings or presence of a great spiritual master, a master who is inseparable from Samantabhadra. A double rainbow around the sun is also believed to be a sign of either accomplishment or the transformation (awakening) of a practitioner (yogin).

I find the fact that rainbows appear above Jamyang-la's retreat place very inspiring. It motivates me to practice and to develop the same deep devotion that is characteristic of Jamyang-la's practice. Don't get me wrong, I am not interested in producing rainbows. I am interested in producing an open heart. Jamyang-la is the perfect guide for helping me do that. I feel so profoundly lucky to have met Jamyang-la. May I make the most of this blessing!

~ Ben Mason

*Relax! Relax into Joy!*

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## TEACHING EXTRACT: EMPTY ECHOES

All thoughts and emotions, fleeting and baseless, are mere empty echoes, triggered by external events or the memory of external events, which themselves are impermanent and devoid of substance.

Our thoughts and emotions are described as our “inner life” and yet they have nothing to do with our true inner life. We are not who we think we are and we are not what we think about ourselves. Not only do our thoughts and emotions shed no light on our true inner nature, they are what obscures it.

Tragically, we are so focused on our thoughts and emotions that we think they are the sum total of who we are. We identify with thoughts and emotions and misconstrue them for a self.

We do not experience that which thoughts and emotions obscures, we are totally clueless about our true nature, our innate pristine awareness. To experience who we truly are all we need do is shift our focus away from thoughts and emotions, and away from the delusion of self they perpetuate.

This shift of focus is so profoundly simple, yet it is something so very few ever achieve, mostly because they never even try. Once we have achieved this shift in focus, through simple meditation, and we are settled in our true nature, then we will experience thoughts and emotions not as obscurations but as the natural radiance of pristine awareness.

~ Pema Düddul, from Jamyang Tenphel & Pema Düddul,  
*Resting in Stillness*, Jalu Publications, 2020, p. 138.

*Thank you for reading!*

PRISTINE AWARENESS	CONTACT US
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