

THE POWER & THE PASSION

MELBOURNE MAITREYA RELICS EXHIBITION JUNE 2010

A huge thank you to all the volunteers who helped make Maitreya Relics 2010 happen, from the stunning floral arrangements, the publicity team, the people watching over the relics and explaining the rituals, to the ushers who kept people in an orderly line.



With your help, almost 4,400 people had the opportunity to view the relics; around 300 at Friday's opening ceremony and about 4,000 over the weekend. Having the relics here was truly extraordinary and so many people were deeply moved by the experience.

including Venerable Geshe Konchog and the monks from Thubten Shedrup Ling monastery, and Venerable Michael and the monks from Tara Institute, led prayers for a



At the opening ceremony, about ten monks, meditative twenty minutes. Adam Hills, comedian and host of Spicks and Specks, made a point of saying he enjoyed the chanting.

Richard Williams, a young indigenous man walked around the relics playing his didgeridoo

as his offering to world peace. George Lekakis, chair of the Victorian Multicultural Commission spoke beautifully: "Just as this multicultural and inter-faith exhibit expresses the honourable human qualities of love and compassion, so too do we draw from our human capacity for empathy, curiosity and understanding to live together in social and cultural harmony."



You are welcome to contact the Tara Institute newsletter editors Allys Andrews and Sandra Kinread at allys.andrews@gmail.com

Obituary Farewell Julie

Julie Deasey, study group member and fellow pilgrim, renowned for her gorgeous laughter, died at home on 29 May 2010 following a long illness. Julie was a talented artist, great traveler, and devoted mother to Celeste and Archer who looked after her so beautifully, enabling her to stay at home until the end.



Following Julie's passing, Geshe Doga commented that Julie had done very good practice and was in a good place.

A warm welcome (again) to new member Clare Callinan.

This newsletter is Dharma material; please treat it with respect.

For information on the disposal of Dharma materials, please contact the Office on 9596 8900. Thank you.

Tara Institute

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Tara Institute is affiliated with the FPMT — the Foundation for the Preservation of the Mahayana Tradition — a network of Buddhist Centres in Australia and worldwide. Following the Mahayana teachings of the Buddha — in the tradition of Lama Tsong Khapa — we work to relieve all beings from suffering in all its forms.



Tara Institute is fully audited, not-for-profit and mainly run by volunteers. We rely entirely on the support of members, friends, benefactors and bequests. Donations and fees are requested in order to keep the Centre running.

If undelivered, please return to -
3 Mavis Avenue, East Brighton 3187

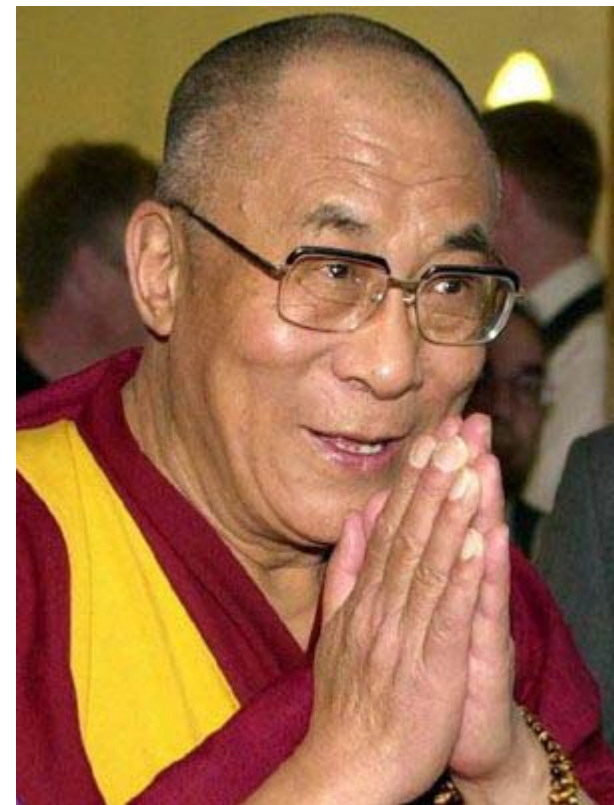
Tara Institute news



July 2010

A One-Day Course with Dr Ross Moore RECOGNISING THE CAUSES OF HAPPINESS

Sunday 18th July; 9am to 4pm



Special Guru Puja for the birthday of His Holiness the Dalai Lama

Sunday July 4th at 10am

Tenzin Gyatso is the 14th Dalai Lama of Tibet. He is the spiritual leader of his people, both in Tibet and for those living in exile. Through his dedication to the principles of peace, compassion and non-violence, he has gained the respect of people around the world, including heads of state and religious leaders. In 1989, he was awarded the Nobel Peace Prize.

Every year Tara Institute offers a special Guru Puja (offering ceremony) to acknowledge the incredible kindness His Holiness has shown to us by offering advice, appointing teachers and ordaining monks and nuns, and so keeping the beautiful lamp of the Buddhist path shining in Melbourne.

You are all invited to share in this ceremony of chanting and meditation. If you wish to make offerings of food and flowers, you are most welcome to do so.

MONDAYS ~ 8pm

•5, 12, 19 & 26 July

Introduction to Buddhist Meditation



with Dr Ross Moore

His Holiness the Dalai Lama explains: "But what is the practice of Dharma? Obviously it is not wearing special clothes, building monasteries and devoting ourselves to complicated rituals...The true practice of the Dharma is internal; it is a peaceful, open and generous mind, a mind that we know how to train, that is completely in our control."

In July Ross will continue his presentation of key Buddhist methods for developing a calm, flexible and beneficial state of mind, emphasising meditational strategies and techniques.

We are encouraged to investigate and sift through our current lives, determining what is really beneficial amongst our thoughts and actions, not just for ourselves but also for others.

These sessions will include an extended discussion time to encourage vigorous questions and answers.

These talks are suitable for anyone interested in engaging in creative and practical ways to creatively transform our circumstances, starting right now!

The atmosphere on Monday nights is relaxed and open and people are welcome to attend all four teachings.

A facility fee is requested (members free) to help cover administration expenses. Just turn up at 7.50pm or phone Llyse in the Tara Institute office on 9596 8900 for more details.

TUESDAYS ~ 7.45pm

•6, 13, 20 & 27 July

STUDY GROUP



Study Group offers students the opportunity to study more deeply in a structured and supportive environment. The course runs in six-week blocks comprising four weeks of teachings, one night of discussion group and a written exam that examines the subject matter of that series. Homework is given each teaching week and is assessed by experienced students from the group.

The text for this year's Study Group is: Nagarjuna's *Precious Garland*.

Nagarjuna is renowned for his penetrating analysis of reality. In *Precious Garland* he offers advice on how to conduct one's life and how to construct social policies that reflect Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all kinds of suffering, culminating in buddhahood.

Students are welcome to sample study group at any time but a commitment is required to attend on a regular basis.

If you would like to attend Study Group and need more information please contact Ani Rigtsal on 9596 7410.

WEDNESDAYS ~ 8pm

•7, 14, 21 & 28 July

An Evening with Geshe Doga



No need to go to Lhasa or India to listen to the great Tibetan Lamas – Come to Tara Institute!

The importance of having a good motivation in one's mind, or what is commonly understood as a good intention in one's mind, is because each state of mind is preceded by an earlier moment of mind. If we intentionally develop a good intention then the following moment of mind will naturally be conducive and positive.

Geshe Doga, 26 May 2010

Geshe Doga continues to teach on the Middle Lam Rim – a text by Lama Tsong Khapa – on the stages of the path to enlightenment. The evening comprises a guided meditation, a commentary on the text and a question and answer time. Geshe-la elucidates his commentary with practical examples from daily life, illustrations from his own experience and deep insight to reveal the essence of the text.

Geshe Doga teaches in Tibetan and Venerable Michael Yeshe translates the teachings into English.

There is no charge for the evening and everyone is warmly invited to attend

For more details please contact Ani Rigtsal on 9596 7410.

RECOGNIZING THE CAUSES OF HAPPINESS

Sunday 18 July 2010
One Day Course with Dr Ross Moore
9am - 4pm

As His Holiness the Dalai Lama writes in *Ethics for the New Millenium*:

"Negative thoughts and emotions are what obstruct our most basic aspiration – to be happy and to avoid suffering". When we are under their influence, we become oblivious to the impact our actions have on others: they are thus the cause of our destructive behavior both toward others and to ourselves".

How might we begin to identify and work at transforming these negative thoughts and emotions that block our own happiness and the wellbeing of others? What kinds of techniques does Buddhism offer enabling us to creatively transform personal habits and destructive views into positive states of mind and beneficial outcomes?



In this one day course, Ross will emphasize the role of personal reflection and meditative insight as powerful means for cutting through often deeply ingrained personal views leading us to regard the world (including our own inner one!) as often antagonistic, inflexible, even suffocating.

He will also teach techniques aimed at generating powerful creative minds such as love and compassion so that we can begin to realign our priorities and enhance our relationships and extend our responsibilities as a global citizen. Part of this will involve a presentation of the role of tantric visualization suitable for beginners and older students alike.

Participants will be invited to discuss their experiences and thoughts in smaller groups as well as share in group meditations and discussions. Guided meditations will focus on techniques for enhancing our inner aspirations as well as opening the door to increased sensitivity to other's needs and hopes.

The one-day format is ideal for those of us who do not have time to do retreat, let alone sit for extended periods on a meditation cushion. In fact, the chance to take even this short amount of time off to reconsider and refocus our lives is a valuable opportunity not to be missed.

As well as an experienced Buddhist teacher, Ross is a lecturer in Art and Design at the Australian Catholic University. He is also a writer and exhibiting artist.

Members: \$45

Non-Members: \$65

Includes vegetarian lunch and morning and afternoon tea.

Bookings are essential. Please call the office on 9596 8900 by no later than Monday 12 July.

Auspicious days in July are calculated according to the lunar calendar. On these days the benefits of actions are greatly multiplied, so are especially good for spiritual practice.

Tuesday 6	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Saturday 11	Tibetan 30	Solar Eclipse	Precepts
Monday 19	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Tuesday 20	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Sunday 25	Tibetan 15	New Moon	Precepts

WEEK 1

SUNDAY 4

10am - Guru Puja for His Holiness the Dalai Lama's birthday

MONDAY 5

8pm Intro to Buddhist Meditation

TUESDAY 6

6pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 7

10.00am - Healing Group

8pm - An Evening with Geshe Doga

WEEK 2

SUNDAY 11

2pm - Geshe Doga's Birthday Celebration Tea

MONDAY 12

8pm - Intro to Buddhist Meditation

TUESDAY 13

7.45pm - Study Group

WEDNESDAY 14

10.00am - Healing Group

8pm - An Evening with Geshe Doga

SUNDAY 18

10.30am - Dharma Club

9am - 4pm - One Day Course with Dr Ross Moore

WEEK 3

MONDAY 19

6pm Tara Puja

8pm - Intro to Buddhist Meditation

TUESDAY 20

6pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 21

10.00am - Healing Group

8pm - An Evening with Geshe Doga

WEEK 4

MONDAY 26

8pm - Intro to Buddhist Meditation

TUESDAY 27

7.45pm - Study Group

WEDNESDAY 28

8pm - An Evening with Geshe Doga

Dharma Club at 10.30am
Sunday Aug. 15 & Sept. 12