

MEET THE MEMBERS

Jillie Lancashire and Mark Allaway

I met Mark when he contacted me about some heritage matters, as part of his survey of the physical heritage of the building and grounds at Mavis Avenue. It was also a chance to meet his partner Jillie who is a long time Member.

Jillie first met up with Buddhism when she "crashed a Nyung Nae in Lawudo" in 1979 while she was travelling around India and Nepal as part of her first trip overseas.

As Jillie explained "Gyatso sort of 'screened' me and explained some of the Buddhist principles and I was allowed to join in. Lama Zopa Rinpoche gave the sort of caring advice you would have expected from your uncle or grandfather (but never got!). The talks were focussed on overcoming personal problems, but there was no 'doctrinal thrashing' accompanying it. I had never investigated or even considered Buddhism as a source of valuable ideas. It was at that time that I realised that because our society is technologically advanced we assume that we are superior in all fields, so I was doubly astonished at what I'd heard and where I heard it from. It was all so much more useful than anything else that I'd ever heard."

On her return to Australia in 1980, Jillie went to see Gyatso who was then Spiritual Program Coordinator at Kew. "He suggested that I learn to meditate and I thought 'OK', but I was still not really considering commitment. I thought I'll take all the helpful bits and

keep cruising along."

Jillie added, "I've been taking on the helpful bits now for 20 years. I haven't found them all but I know the answers are there and not elsewhere".

In 1980 Jillie connected again with Lama Zopa at the Angelsea course and took refuge with him then. She also remembers a piece of advice Lama Yeshe gave to her in 1981, when she was finding it difficult to practice patience with her students. Lama Yeshe used the analogy of a tube of toothpaste — once it is empty you cannot put the paste back. So, he advised, don't get so run down you have no energy left to regenerate yourself, and he recommended that she take a break so that she would be able to return to teaching later.

Jillie travelled to Bodghaya in 1982 and 1985 for the First and Second Dharma Celebrations. She now realises the significance of the First Dharma Celebration where lineage holders Ling Rinpoche, Song Rinpoche and Lama Yeshe gave a number of important initiations which transferred the oral lineage to a large number of westerners. A short time later all had the Lamas died. Jillie believes that celebration was in fact engineered by the FPMT lamas to help transfer and preserve seeds of the lineage.

An early resident of Crimea Street, Jillie also served on the Executive Committee in those days, and represented TI at early discussions on

Universal Education, and was also our Buddhist representative on a Multifaith Resource Centre Committee which held a seminar on death and dying — far ahead of its time, in 1987.

For Jillie the best thing about those early days was that the lamas were able to come to Australia more often, and stay longer. She went on to say that the ability of the lamas to achieve their aims rests with the FPMT, which encompasses a diverse group of people with a vast range of skills. Jillie says "Internationally, the FPMT has the big picture, whilst Dharma Centres are a means of pulling local people together to solve real problems using Dharma".

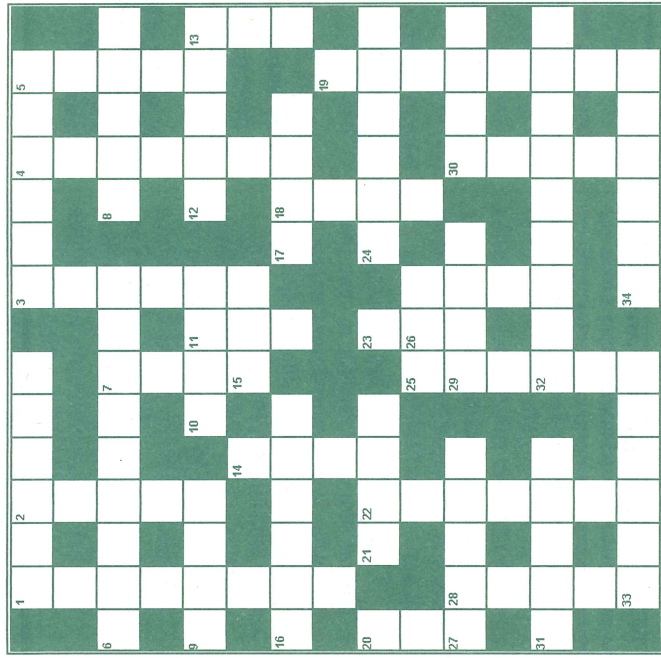
Jillie and Mark met around 1986, and her growing family has meant that Jill has been unable to attend TI very much since 1987. As both Jillie and Mark commented, "Having a family really expands or tests one's practice, and is much harder than any retreat".

Although Mark doesn't think of himself as a 'Buddhist', he feels that many Buddhist ideas are incorporated into his life. A landscape architect, he has also devoted considerable time and expertise in preparing a full heritage study of the building and grounds at Mavis Avenue.

Thank you Mark and Jillie for your many contributions over the years — get to hear about. Thank-you too, for the delightful lunch we enjoyed, as our supposed interview ranged over many interesting and varied topics.

ACROSS:

1. Break up ultra violet rite to discover pure quality. (6)
3. For a start, can a lama manage loutish 5 Down without agitation? (6)



6. Star throwing money around stumbles across monks' residence. (9)
8. You prod around feeling greatly honoured. (5)
9. Appear to observe a thousand. (4)
10. Without borders on, the ceremonial washing of hands reveals a large cat. (4)
12. With gills turned up the heart is illuminated. (5)
15. Beta, gamma... holding mere label! (3)
16. Con ita into showing us karma. (6)
17. Be inclined to add number of virtues to five hundred. (4)
21. I think — I am (Descartes) returns as a man-eating giant. (4)
24. Russia as, not is, revolutionised by demons. (6)
25. Business world leader is a bovine woman. (3)
27. Pertaining to a wrestling match. (5)
29. Harvest rotten pear. (4)
30. A degree with two points is what a thing depends on. (4)
31. Fifty race desperately to be free of clouds and obstructions. (5)
32. Merry poet in strange circumstances lacking permanence. (9)
33. Affluence can break the law. (6)
34. Tore Fast Forward characters apart in a vigorous attempt. (6)

DOWN:

1. Nice love disrupted by angry force. (8)
2. To build domain you must start with rubies, emeralds, amber, lapis and moonstones. (5)
3. Tearfulness arises out of mimicry gestures. (6)
4. In a tram derailed by alien. (7)
5. Young ones not in amongst the heads of Yemen and Hungary. (6)
7. Seconds, hours, aeons... returning to give out light. (4)
11. Paddle sounds like an option! (3)
13. All Blacks score a point... or at least attempt it! (3)
14. There are three... Jim Morrison was one. (4)
18. Every way leads in this direction. (4)
19. Rin's task: to decipher and discover a written language. (8)
20. Body of water sounds like a hundred! (3)
22. Georgia, you thank your mother for the Buddha! (7)
23. Initialise data entry about circle holding female quadruped. (3)
25. See, are you starting to catch hold of something to lean on? (6)
26. Armed hostilities begin making fairly high temperatures. (4)
28. Get down under there! (5)
30. Pub party is going through a stage... (5)

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THIS
WEEK'S
COURSE

**HEALING
MEDITATION
COURSE**
Saturday 13 & Sunday
14 from 10am - 5pm
With Ven. Thubten Chonyi
and Bob Sharples

**VAJRASATTVA
COMMENTARY**
- Saturday 20 & Sunday 21, 9—5pm

Tara Institute Pioneer, Inta McKimm Dies in Brisbane

Inta was born in Riga, Latvia and died surrounded by her closest friends and Gurus at 11.00am on 2nd August 1997, aged 71 at Langri Tangpa Centre, Brisbane.



Inta (above) surrounded by fellow Directors on the front steps of Tara Institute at the end of the March 1997 FPMT Regional Meeting

After that course Inta started holding regular Wednesday night meditation and discussion meetings in her Fitzroy house which her young daughter Myfanwy also attended. This was the first opportunity Melbourne students of the Lamas had to come together for meditation, prayers and talk. Before Inta opened her house some would occasionally go to the Buddhist Society of Victoria.

Uldis Balodis attended his first lecture by Lama at the Melbourne Town Hall, just before the Dromana course. He then drove with his friend Peter Fenner to a course taught by Rinpoche and Nick Ribush at a Conference Centre south of Sydney and went on to do the course immediately after that at Chenrezig. Back in Warrandyte Uldis kept a low profile, busy 'sorting himself out' until the Lamas returned in June 1976 when he attended another course at Chenrezig.

It was after this course that Uldis rented an old twelve room hotel at no 7, Palmerston Street Carlton and advertised in University quarters for 'spiritually minded vegetarians' to share the rent.

Inta attended Lama Yeshe's first public talk in Melbourne on 17th August 1974.

On March 25th 1975 Inta next attended an afternoon talk Lama gave to thirty psychiatrists, psychologists and social workers at Prince Henry's Hospital. Inspired by reading *The Way of the White Clouds* by Lama Anagarika Govinda, a book which led many Westerners to Tibetan Buddhism in the late '60s and early '70s, Inta asked questions about Nirmanakaya, Sambhogakaya and Dharmakaya. "Lama's answers made the audience look up a bit and think maybe they didn't have all the answers after all," said Inta. "Some of the other questions put to Lama were clearly designed to trip him up - the normal academic approach of going to a talk in order to criticise it."

The following week Lama Yeshe taught a five day course at Dromana attended by eighty-four people, including Inta. Nearly half the people left early because Buddhism was 'fashionable' then and the harsh realities of Lam Rim was not exactly the personal adornment they had in mind.

Tara Institute Member Fay Weyman was one of those, as was Andrew Young who still lives at Kagyu Ewam in North Carlton. Uldis wrote to Lama asking him to be Spiritual Director of the group and he agreed, giving the name Tara Institute. Anne Sutton, Uldis's partner at the time, painted a Tara, of which Rinpoche did the eyes and this was their first 'gumpa picture'. That painting is still around at Tara Institute.

When the Palmerston Street house opened, it developed naturally as the focus for the Melbourne 'FPMT' group, though the organisation was at that stage known as "The Yeshe Foundation".

But in the period between April 1975 and about September 1976, Inta McKimm's house was truly the first FPMT Centre in Melbourne and Lama Yeshe and Rinpoche visited her there on two occasions.

Inta and Miffy were both at the 1976 Chenrezig course. Many people there got a kind of 'flu' and when young Miffy came down with it, Lama Yeshe brought

Continued on page 2 ►

Planning underway for TI's Open day in November

On Sunday 16 November we will be holding our **Open Day**, to show the public what Tara Institute is all about.



Our last Open Day in 1992 brought many new people into the Centre for the first time, as did our Fete in 1993. This year's Open Day will increase awareness of Tara Institute, Tibetan Buddhism and meditation, and the role of TI in the community as well as being the chance to introduce the Dharma to more people. With ample food for sale, a market and the Bookshop, it is also an opportunity to raise some funds for the Centre.

No Strain, All Gain Committee Structure

Chief organisers Di Johns and Caroline Radford have come up with what they hope is a "no strain, all gain committee format"! Key sub-committees have been formed to deal with Advertising and Publicity, Spiritual Program, Front of House Welcoming, Decorations, Food and Catering, Raffle, Kids Activities, House Preparation, Entertainment, Explaining the Role of TI and FPMT in the Community, and Overall Administration.

Latest counts on Practices for Lama Zopa's Long Life — from FPMT INTERNATIONAL OFFICE

Thank you all so much for the practices you have been doing for Lama Zopa Rinpoche's long life and continued good health. I wanted to send an update of the numbers of the various practices that have been accumulated by the centres so far:



Animal Liberation: 299,708
animals have been liberated,
including birds, fish, crickets,
worms etc.

Maitreya Mantras: 131,599
mantras recited; **2,685 rounds**
of the **21 Taras praises**; **White**
Tara Mantras: 288 malas.

In addition to these, several centres have done Lama Chopa with tsog and dedicated to Rinpoche's long life. The students of Amitabha Buddhist Centre in Singapore did Maitreya puja with 1,000 offerings at Borobudur with Ribur Rinpoche, and the three centres in

But Volunteers Will Be Needed

Some of those sub-committees will be in need of more help than others, both with preparation and on the day, and the team leader of each committee will call for volunteers when needed.

We're organising a 'ring around' in order to involve as many TI Members as possible — so expect a

phone call, and please keep your eye out for more details in next month's newsletter, and on notice boards around the Centre.

Draft Program

At this stage the plan is to have volunteers greet people in the mini gumpa, where information kits including the day's program, an introduction to the centre the latest newsletter, and the Spiritual program will be available.

The Bookshop will be open all day, and in the library there will be information about Thubten Shedrup Ling Monastery and the Great Stupa project at Bendigo, as well as information about Tara Institute's historic building, and the role we play in the Bayside Community.

In the main gumpa there may be talks or brief meditation sessions to give people a taste of what TI offers. The details are still to be determined. We plan to have plenty of activities and fun things for kids to do. John Carroll and his Dharma Club will have lots going on! Other activities for kids will also be organised.

In the hall we plan to have some stalls, and of course in the Dining Room and Courtyard there will be one of our famous food festivals: international delicacies (including Vietnamese, Indian and Tibetan fare) and loads of delicious temptations to keep us munching throughout the day. Needless to say many hands (and mouths!) will be needed to make the food festival a big hit, but then we can all chip in just by coming along on the day.

There's a Raffle!

As you no doubt saw in the sub-committee list there is a raffle, and this is one area where EVERYONE can help, by buying or selling a ticket or two.

Contact...

If you want to help, and are able to offer your services in any way, then please contact Di Johns at 9417 7625 (home) or 9651 3102 (work). She will be delighted to pass your name on to the appropriate Team Leader. You don't need any special area of expertise to be part of Open Day — interest, enthusiasm and support are all that we need to make the day a success. Please ring Di to find out how you can participate.

WELCOME TO OUR NEW TI MEMBERS:

Tim Browning, David Holm, Sue Jollow, Jamie Lyons, Dianne McDonald, Lorraine Town, John Underwood.

Thanks also to those "old and/or lapsed" Members who have re-newed their memberships.

register now for

THE THIRD

TI FAMILY DINNER:

If you haven't yet sampled the cuisine or enjoyed the camaraderie these family nights offer, come along to the FOURTH Tara Institute

Family Dinner on

Wednesday 10 September

from 6:30 - 8:00 p.m. Please

book in by 3:00pm the day

before, by contacting Sheena

in the TI office on 9596 8900)

Only \$10 for three delectable

courses — everyone welcome!

The first two dinners were attended by 40-50 people each and were marked by a warm, friendly atmosphere in which everyone felt at home. (And the tucker was delicious, thanks to our wonderful chef, Lilien!)

Buon Appetito

Di Johns on behalf TI members.

her up to his newly built house at the top of the property. There Miffy recalls he treated her to

“unbelievable delicious long two hour lunches” and afterwards they did what he called ‘exercises’ for his heart condition, which consisted of them both jumping up and down on the new verandah as hard as they could and Lama teaching her to stand on one leg. They loved to make the house wobble with the force of their antics.

On November 26th 1976 Lama replied from Kopan to Uldis at Palmerston Street. “Melbourne has very much need for Centre. We have seen how much interest there is — this is our experience so we definitely need to establish a Melbourne Centre for the Melbourne sentient beings ... “Now the Melbourne Centre can be very active — old people, old students who need to stay there can stay and new people can come and they will stimulate the old ones... With regard to the Association of

Students, whatever most people think is the best way to do - that way you do. It is not necessary that everybody agrees”.

Ven Konchog Donma, (Bonnie Rothenberg) had just been dispatched to help set up a proper centre here. She didn’t like the old hotel and rented another place at 12 Miller Grove Kew which remained as Tara House until the first property was purchased at 4 Crimea Street St Kilda in the early ‘80s. In 1987 that was sold and the present site purchased. Lama appointed Peter Guiliano ‘President’ of Tara House while at Miller Grove.

Inta McKimm holds a remarkable and unique place in the history of Tibetan Buddhism in Australia and Tara Institute in particular. Not only did she start the first ‘Centre’ in Melbourne, she is the first Centre Director to die on the job and in their Centre.

Inta requested that no flowers be sent to her funeral but she invites students to make donations to the following FPMT projects: Langri Tangpa Centre; Lama Osel Support Fund; Karuna Hospice Service; Chenrezig Nunnery; Maitreya Project. Donations can be left with Sheena at the Tara Institute Office.

From our bookshelf

Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain and illness

by Jon Kabat-Zinn

Dell Publishing, New York, 1991
Rec. retail price: \$27.95 (\$25.15 for TI Members at the TI Bookshop)

“As long as you are breathing, there is more right with you than there is wrong, no matter how ill or how hopeless you may feel...” This conviction about the ability of each of us to become our own healer lies at the heart of Dr Jon Kabat-Zinn’s eight-week stress reduction program, based on the Buddhist practice of mindfulness. *Full Catastrophe Living* outlines the program’s philosophy and techniques, enabling anyone to do the program on their own, or with others. (A series of related tapes is available to guide meditation and practice sessions.)

Dr Kabat-Zinn - who runs the Stress Reduction Clinic at the University of Massachusetts Medical Centre - borrowed the title of the book from the film, *Zorba the Greek*. “Ever since I first heard it, I have felt that the phrase ‘the full catastrophe’ captures something positive about the human spirit’s ability to come to grips with what is most difficult in life and to find within it room to grow in strength and wisdom.”

The stress reduction program has been completed by many thousands of patients referred to the Clinic with more than their fair share of the full catastrophe, in the form of heart disease, cancer, lung disease, hypertension, chronic headache or pain, seizures, sleep disorders, panic attacks, skin problems, ulcers, or AIDS. As the author explains in the book, mindfulness practice does not necessarily reduce the pain these people suffer, rather it softens and transforms their attitude towards it. “In a word, they are handling ‘the full catastrophe’ of their lives, the entire range of life experience, including impending death in some cases, much more skilfully.”

There’s nothing unusual about the techniques Dr Kabat-Zinn teaches his patients - mindful breathing, sitting meditation, a ‘body scan’ relaxation technique, yoga, and walking meditation. What makes the practices so effective in this case is discipline and commitment. One of the ground rules for patients at the Clinic is that they must practice for at least 45 minutes a day, six days a week throughout the eight-week program, and are encouraged to maintain their own

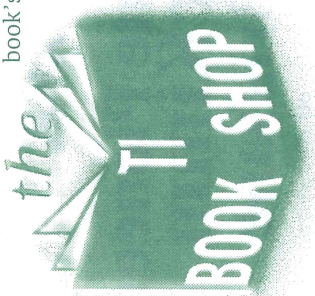
practice after they finish the program.

This sustained effort brings about enough of a change for patients to stick with their practice through subsequent surgery, chemotherapy, family and work problems, and imminent death. The many touching case studies discussed throughout the book show just how important a calm and focused mind can be in the face of big problems. You’ll think twice about your own ‘obstacles’ to establishing a regular meditation practice!

Dr Kabat-Zinn’s book brings together important ideas in medical science, meditation, Buddhism, and behavioural medicine. Apart from the section explaining the practices, there are sections on the holistic view of health; on managing the ‘stress response’; and on mindfulness and awareness as a way of life. It’s sound, practical advice for everyone, whether currently facing illness or not.

“When the dharma is really taking care of the problems of life, it is true dharma,” writes Thich Nhat Hanh in the book’s Preface. “And this is what I appreciate most about the book. I thank the author for having written it.”

All Profits from the TI Bookshop go towards supporting the Program. The Bookshop is staffed by volunteers and is open before and after teaching on Monday to Wednesday evenings, and during Courses. You can also shop during Office Hours - please see Sheena in the Office



Geshe Doga, TI’s Resident Lama
Wednesday Night, 30 July 1997

PROGRAM

We need to give thought to the skill of making friends... A good friend doesn’t mean doing everything they say.

HEALING MEDITATION COURSE

MEDITATIONS TO HEAL MIND AND BODY

With Ven. Thubten Chonyi and Bob Sharples

- Saturday 13 & Sunday 14 — from 10am - 5pm

Started with the blessing and advice of Lama Thubten Zopa Rinpoche, the Healing Program has helped many people over the last six years.

The course is designed for people who have life-threatening or very serious illness and their support person. It provides practical instruction on how to use meditations and thods to discover and energeise the healing power of the mind.

While there can be no guarantee of a cure, one of the keys to healing is a peaceful state of mind which can enhance the quality and length of life. Within a confidential, non-threatening environment together with other people who are in a similar situation, there is the opportunity to develop this peace of mind.

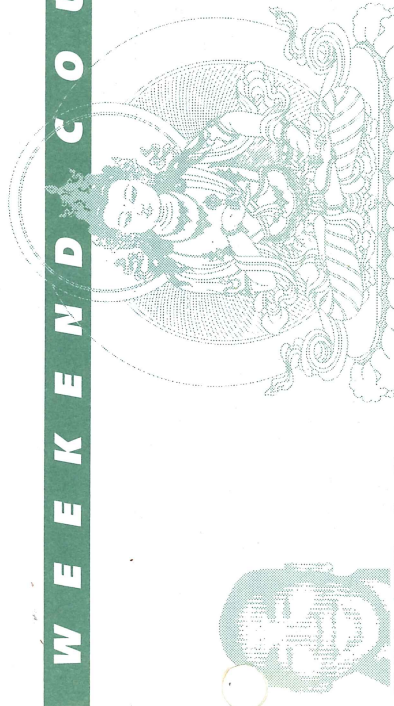
Following the course, a monthly support group is available to help maintain the meditation practices and methods that are taught over this weekend.

\$120 (\$100 FPMT Members)

Includes vegetarian meals, refreshments and materials. REGISTRATION: is essential. For more information please call Ven. Carolyn Lawler on 9596 7410. Correspondence and conversations will be honoured as strictly confidential.



WEEKEND COURSE



VAJRASATTVA COMMENTARY

-Saturday 20 & Sunday 21 September —9am - 5pm

Vajrasattva practice is a powerful meditation technique which includes all the elements necessary to eliminate negative energy from our mindstream. In particular, the practice purifies negativities caused by breaking vows or failing to keep commitments and pledges.

Receiving the commentary from Geshe Doga is a great blessing which will enable us to understand the practice and prepare us for the empowerment when it is offered next.

The course will comprise teachings from Geshe Doga, guided meditations, discussion and time to relax and walk in nearby Landcox Park.

\$75 (\$60 FPMT Members) which includes vegetarian lunch both days and refreshments. For more information please contact Ven. Carolyn Lawler on 9596 7410 Registration is essential by Wednesday 24. To book please call Sheena in the TI office on 9596 8900

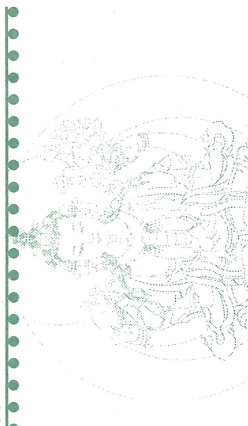
MONDAYS Introduction to Buddhist Meditation

-1,8,15,22 & 29 September, 8pm

Hal Young, long-time Member and student of TI, will lead this month’s introductory series. If you have always wanted to learn something about meditation but have not known how and where to start, then this is the night for you!

Over the course of the month, Hal will explain a number of meditation techniques which can be used to understand and diminish negative states of mind on the one hand and enhance positive states of mind on the other. With practice, our minds will become more open and relaxed and we can develop compassion for ourselves and others.

A facilities fee of \$5 per class is requested to help cover administration expenses (Members free) Just turn up at 7.50pm or phone Sheena in the TI office on 9596 8900



Nyung Na Fasting Retreat

Friday 5.8pm to Monday 8, 6am

Based on Chenresig, the Buddha of Compassion, Nyung Na is a concentrated practice consisting of eight meditation sessions comprising praises, prostrations and mantra recitations conducted over two days. The eight Mahayana precepts are taken for the duration of the practice and on the second day additional vows of not eating drinking or talking are observed.

The eight Mahayana precepts are; to refrain from killing, stealing, sexual activities, taking intoxicants, sitting on high beds or thrones, dancing, singing and playing music.

The retreat finishes early on the third morning in time for breakfast and work.

The benefits of this practice are legendary! Participants often speak of the clarity, calm and uplifted state of mind following the Nyung Na.

For more information please contact Ven. Carolyn Lawler on 9590 7410.

TUESDAYS

Study Group

- 2, 9, 16, 23 & 30 at 8pm

Study Group provides a stable and supportive environment in which to study Buddhism in greater depth. The Ven. Geshe Doga continues to teach from the Lam Rim, a Buddhist text which contains the complete teachings of the Buddha. The current topic is Bodhicitta or the altruistic mind of enlightenment. Evenings run in six week blocks and students are asked to attend all six sessions.



If you have any questions please contact Ven. Carolyn Lawler on 9596 7410.

CREATE BENEFITS BY SPONSORING WATER BOWL OFFERINGS

"Anyone who is having difficulties in their job or business and thinks that they don't have time to do offerings at home could sponsor offerings at TI"

(Lama Zopa Rinpoche)

Lama Zopa Rinpoche has stressed the benefits of making water bowl offerings to overcome hindrances, illness or family problems.

Please contact Ven. Carolyn Lawler on 9596 7410 if you would like to sponsor lights and water bowl offerings to overcome your own or others' difficulties.

HEALING SUPPORT GROUP

Thursday 18 at 7.30pm

The Healing Support Group is for those with life-threatening and serious illness - and their carers - who seek an effective way of meeting the challenges that such crises can bring. Led by Bob Sharples and Ven. Carolyn Lawler, the aim of the program is to create a warm, healing environment that enables participants to discover the source of healing within their own minds, using the wisdom and meditation techniques of a living spiritual tradition. It is also suitable for non-Buddhists.

Under the guidance of Lama Zopa Rinpoche, Bob has been leading the Healing Meditation Courses and Healing Support Group for several years. Ven. Carolyn has been practising meditation for more than ten years.

For more information on TI's Healing Program please contact Ven. Carolyn Lawler on 9596 7410.

WEDNESDAYS

AN EVENING WITH GESHE DOGA

Wednesday 3, 10, 17, 24 at 8pm

Wednesday nights provide a great introduction to the wonderful teaching style of the Ven Geshe Doga, TI's resident Tibetan Lama. Using the text, The Wheel of Sharp Weapons, as a basis for discussion, Geshe-la integrates the wisdom of the Buddha's teachings with practical advice on how to diminish the painful aspects of our lives and develop positive states of mind that lead to greater happiness and peace.



These evenings are suitable for new and more advanced students alike

For more details please call Ven. Carolyn Lawler on 9596 7410

SUNDAYS

CHILDRENS' DHARMA CLUB

- 7 & 21 at 10am

John Carroll runs this wonderful program for children every second Sunday. The children are introduced to simple meditation techniques, stories of the Buddha, some rituals such as making light and incense offerings, and Buddhist art.

For more information please contact the Centre on 9596 8900.

AUSPICIOUS DAYS IN SEPTEMBER

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

MONDAY 1	TUESDAY 16
Tibetan 30th	Tibetan 15th
New Moon,	Full Moon,
Precepts	Precepts
WEDNESDAY 10	FRIDAY 26
Tibetan 8th	Tibetan 25th
Tara Day, Precepts	Guru Puja
Tara Puja	
FRIDAY 12	
Tibetan 10th	Tsog
Guru Puja	

WEEK 1

- MONDAY 1
8pm - Intro to Buddhist Meditation
- TUESDAY 2
8pm - Study Group
- WEDNESDAY 3
8pm - Evening With Geshe Doga
- FRIDAY 5 to Monday 8
Nyung Na Fasting Retreat
- SUNDAY 7
10am - Kids' Dharma Club

WEEK 2

- MONDAY 8
8pm - Intro to Buddhist Meditation
- TUESDAY 9
8pm - Study Group
- WEDNESDAY 10
6pm - Tara Puja
- 8pm - Evening with Geshe Doga
- THURSDAY 11
8pm - Healing Volunteers
- FRIDAY 12
8pm - Guru Puja
- SATURDAY 13 & Sunday 14
10am - 5pm Healing Meditation Course

WEEK 3

- MONDAY 15
8pm - Intro to Buddhist Meditation
- TUESDAY 16
8pm - Study Group
- WEDNESDAY 17
8pm - Evening with Geshe Doga
- THURSDAY 18
7.30pm - Healing Support Group
- FRIDAY 19
8pm - Nyung Na introduction
- SATURDAY 20
9am VAIRASATTVA COMMENTARY
- SUNDAY 21
VAIRASATTVA COMMENTARY concludes 5pm
- 10am - Kids' Dharma Club

WEEK 4

- MONDAY 22
6am - Nyung Na finishes
- 8pm - Intro to Buddhist Meditation
- TUESDAY 23
8pm - Study Group
- WEDNESDAY 24
8pm - Evening with Geshe Doga
- FRIDAY 26
8pm - Guru Puja
- MONDAY 29
8pm - Intro to Buddhist Meditation
- TUESDAY 30
8pm - Study Group