

# Tara magazine – The Editors Look Back

Written by Owen Cole and Peter Guiliano, who were both instrumental in the newsletters' genesis.

Reading *Tara* – a Buddhist magazine published by Tara Institute in the early 1980s – inspires readers even today. Its idealism, innocence, enthusiasm and joy of the early days of Tibetan Buddhism in Australia is still there to see.



Students had returned from the hippie trail and Dharma courses in India and Nepal hungry for knowledge and keen to continue developing their baby Buddhist practice back home. However, there were no models of how to do it or how to set up and run Dharma centres in the west.

Tara Institute had its first Geshe, Geshe Dawa, and translator the Venerable Kelsang, but how to translate a 2,000-year-old monastic tradition into a modern city environment?

We were so ignorant. One of the debates at the time was whether a geshe was a lama.

That's perhaps where *Tara* helped. We are talking an era where the printed word was king, the widespread use of email and the internet were still dreams, where people didn't communicate with 140 character messages and had time to read.

The at least eight issues of *Tara* reflected an easy-paced Buddhism steeped in the search for a more compassionate life removed from the materialism of the time.

Some articles were deeply personal; other articles from past Tara Institute people covered any number of topics. Venerable Gyatso (Adrian Feldmann) and his late father, Jules, on the establishment and development of Nalanda Monastery in France, the then Venerable Scott Brusso on how Buddhism changed his competitive attitude to playing his beloved tennis, Buddhism in the medical field from psychologist, Venerable Wendy Finster, and physiotherapist, Venerable Pende.

The irrepressible and wonderful writer, Adele Hulse, wrote on an Australian visit of Mother Teresa, the Rajneeshes and the Hari Krishnas.

Of course, there were teachings from our and other lamas – curiously, with a number on death and dying.

The magazine devoted the back page to the bizarre, insightful and funny; a column called *Minestrone*. Items ranged from the 12 commandments given by Aboriginal men to young boys at initiation to dietary advice from

Mahatma Gandhi, a student who had a copy of *Cutting Through Spiritual Materialism* stolen from her house during a break-in, and being Melbourne, wisdom gleaned from the St Kilda and Collingwood Football Clubs (if such is possible in the latter case).

*Tara* reflects a different era of Buddhist practice and development but the raw enthusiasm still lifts the heart. Dare to be inspired. Have a look at the newsletters on the Tara Institute website. *Owen Cole*

That's Owen Cole's 2016 view of the content that he edited in the days when Tara House was "housed" in Miller Grove, Kew and when Geshe Dawa was 3 kilometres away in "The Tara House Annex". At that time, Owen was also the Program Coordinator. And he worked full time so he could help fund our activities. We had no money and few workers. Sometimes we had more people at the Committee meetings than were coming for teachings.

As well as producing the regular newsletters, we were also reproducing teachings printed by the Tibetan Library in Dharamsala, India. Under instructions from Doctor Nick, we would combine three different pamphlets into one edition. To compensate for the fact that the same page numbers were in each one, we printed them onto different coloured paper and stapled them together. You may have seen one or two.

Those pamphlets were simply copied off an original print but Newsletters and "tara" magazine were much more complicated. They had to be typed up and collated by Owen and then marked up to specify the font face, sizes and settings for typesetters. There was an awful lot of work running around between typesetters and printers — to drop off and then pick up again. When that phase was finished, artwork was all hand done with scalpels, glue and ink. Illustrations and some articles were simply used without permission, so the effect was pretty impressive and "tara" still looks good today, three or four decades later on in the digital age. *Peter Guiliano*



To view the back issues on the Tara Institute website, please go to [www.tarainstitute.org.au](http://www.tarainstitute.org.au), scroll down to Newsletters and click on Archive and you will see the previous years newsletters. Pick a year and it will take you to individual months.

## Tara Institute news

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



September 2017

## One Day Course with Venerable Geshe Doga

Sunday 24th September 9.00am to 5.00pm

### The Friend Who is Angry Can Be the Most Kind Person in Your Life

In October 2016, a student wrote to Lama Zopa Rinpoche asking how to deal with a situation in which an individual behaved in ways that were angry and unkind. Rinpoche typed out the following reply himself from Buddha Amitabha Pure Land in Washington State, US:

Usually when you are being sincerely kind towards a person, that person learns from you. Then they become kind to you. Sometimes this takes time.

Patience is unbelievable when you practice it. It brings success and happiness in this life and future lives, for hundreds of thousands of lifetimes. Through the development of patience, you can achieve enlightenment and free yourself from the oceans of suffering of samsara. Also you can enlighten the other person. With bodhichitta, you can utilize the harm to achieve enlightenment and the happiness of every sentient being of the six realms. You can benefit the other person in that way.

In Sydney, Australia, I heard about a family that bought a new car. The neighbor did not like the family, and he made marks on the car once or twice. Then the mother of the family asked a Dharma student what to do about this. The student explained to the mother what he thought Lama Zopa would do to the neighbors who were marking the car. He thought Lama Zopa



would buy them a present, whatever they liked. So the mother checked what the neighbor liked, and it seemed that he would like a ball very much. So she bought a few balls. At the beginning he did not accept. But then he accepted the balls, and he was very happy. And he erased the marks he had made on the car.

Your friend who is angry towards you can be the most kind person in your life if you use the opportunity to practice patience or compassion towards her. Then you will be able to achieve enlightenment quickly. And after that, you will be able to liberate mother sentient beings from the oceans of suffering of samsara and bring them to

full enlightenment. If someone is just nice to you, flattering you, giving you food and so forth, that just brings attachment, and that becomes the cause of samsara and the lower realms. Lightly edited by Ven. Holly Ansett and Mandala.

[Lama Zopa Rinpoche](#) is the spiritual director of the [Foundation for the Preservation of Mahayana Tradition](#) (FPMT - of which Tara Institute is an affiliate), a Tibetan Buddhist organization dedicated to the transmission of the Mahayana Buddhist tradition and values worldwide through teaching, meditation and community service.

You are welcome to contact the Tara Institute newsletter editors Allys Andrews and Sandra Kinread at [allys.andrews@gmail.com](mailto:allys.andrews@gmail.com) for issues relating to the newsletter.

**MONDAYS ~ 8pm**

4, 11, 18 & 25 September

## Introduction to Buddhist Meditation



with Margie Hanrahan

The Buddha's first teaching was on the Four Noble Truths; the Truths of Suffering, Cause, Cessation and Path. In today's busy and complex world this profound teaching can show us how to live a happy and more contented life.

No-one wishes for suffering, which is why we invest so much time, energy and money trying to avoid suffering. However no matter how hard we try, suffering is inevitable. This is because there are many causes of suffering which afflict us, both physically and mentally.

Often our efforts to lessen our suffering only increase our suffering as we; sweat the small stuff, strive for perfection or get caught up in 'why me'.

By not understanding our suffering we can perpetuate it, leading to even more dissatisfaction, anxiety and even despair. A deeper understanding of our suffering, its cause and the path to overcome it can help us to become more resilient, contented and develop true inner happiness.



The atmosphere on Monday nights is relaxed and open and people are welcome to join us for one or all of these sessions this month. No need to register; just come along. A facility fee is requested (\$5—current financial members free) to help cover administration costs. Just turn up at 7.50pm or phone the Tara Institute office on 9596 8900 for more details.

**TUESDAYS ~ 7.45pm**

5, 12, 19 & 26 September

## STUDY GROUP



### Lamp for the Path to Enlightenment

by Lama Atisha

Geshe Doga continues his commentary of this very accessible text, bringing it to life in the 21st century. It is a perfect time for new or interested students to join study group.

A Lamp for the Path to Enlightenment presented for the first time all of the teachings of the Buddha in an organized step by step path, making it very easy for the individual practitioner to get an overview of the entire path and to understand what practice might be relevant to them.

Study Group provides the opportunity and support to study Buddhist philosophy in depth.

Optional homework is given each teaching week and is self-assessed.

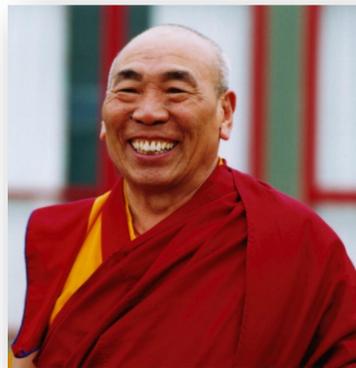
Help is always available for new people.

There is no fee for these evenings. If you have any questions please contact Amelia by email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).

**WEDNESDAYS ~ 8pm**

6, 13, 20 & 27 September

## Heart Advice with Geshe Doga



**Whenever we relate to another person we should think about their qualities and try to adopt them. When we are together with them we should be mindful of their delusions and focus on their positive side. If we maintain a relationship with others with that sort of attitude in our mind then if, after a number of years you were to be separated, then when that separation takes place we would be left with the benefit of their qualities. We would be thinking about their qualities and we would have benefited ourselves by relating to their qualities.**

Teaching August 2008

Using the everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate. This guidance will help us work with our own minds. During these sessions Geshe Doga will also teach on the Graduated Path to Enlightenment text and give a commentary which is applicable to beginners through to experienced Buddhist practitioners. Everyone is welcome to attend one or all of these sessions this month.

There is no fee for these evenings. If you have any questions please contact Amelia by email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).

## One Day Course

# with Venerable Geshe Doga

Sunday 24 September—9.00am to 5.00pm



**Geshe Doga will be teaching on The Four Immeasurable Thoughts, sometimes described as The Four Qualities of The Heart, these are:**

- ◇ Loving kindness or warm friendliness
- ◇ Compassion – heart-felt sympathy for others who are suffering
- ◇ Empathetic Joy – rejoicing in others' happiness
- ◇ Equanimity or even-mindedness – the mind's ability to be free from attachment and aversion

**These qualities are what all of us can relate to and can develop and deepen throughout our lives.**

### Everybody is most welcome to attend this course

The course comprises meditation, discussion and time to relax and walk in the park during the lunch break.

**Early Bird to 4pm—15th September: \$60 members - \$80 non-members  
After 4pm—15th September: \$70 members - \$90 non-members**

**The price includes a delicious vegetarian lunch and afternoon tea.**

For catering purposes we ask that people book and pay the office before the 15th of September on 9596 8900 or email [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au)

**For course information contact Amelia [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)**

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

Wednesday 6	Tibetan 15	Full Moon	Precepts
Friday 15	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Wednesday 20	Tibetan 30	New Moon	Precepts
Thursday 28	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Saturday 30	Tibetan 10	Tsog Day	Guru Puja at TI 6pm

### Week 1

MONDAY 4

8pm—Intro to Buddhist Meditation

TUESDAY 5

7.45pm—Study Group

WEDNESDAY 6

8pm—Heart Advice with Geshe Doga

### Week 2

MONDAY 11

8pm—Intro to Buddhist Meditation

TUESDAY 12

7.45pm—Study Group

WEDNESDAY 13

8pm—Heart Advice with Geshe Doga

THURSDAY 14

8pm—Youth Group

FRIDAY 15

6pm—Guru Puja

SUNDAY 17

10.30am—Dharma Club

### Week 3

MONDAY 18

8pm—Intro to Buddhist Meditation

TUESDAY 19

7.45pm—Study Group

WEDNESDAY 20

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

SUNDAY 24

9am-5pm—One Day Course with Geshe Doga

### Week 4

MONDAY 25

8pm—Intro to Buddhist Meditation

TUESDAY 26

7.45pm—Study Group

WEDNESDAY 27

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

THURSDAY 28

6pm—Tara Puja

8pm—Youth Group

SATURDAY 30

6pm—Guru Puja

September 2017