



# Tara Institute News

Registered by Australia Post Publication No. VAR 3576

APRIL 1992

## HH DALAI LAMA Tour Update



*HH the 14th Dalai Lama's long-awaited Australian tour is getting closer. Here is His Melbourne itinerary:*

**SUN May 3 (morning): Arrives.**

**2 - 4pm: Welcoming Ceremony and Multi-Cultural Event at the National Gallery.**

**4.45pm: Audience with the local Tibetan Community.**

**MON May 4, 10am: Teaching at the National Tennis Centre.**

**3pm: Civic Reception by the Lord Mayor of Melbourne.**

**6.10pm: Private audience for Benefactors and VIPs.**

**6.30pm: Address at the National Tennis Centre.**

**TUES May 5, 10am: Presentation of Honorary Doctorate at Melbourne University.**

**11.15am: Inauguration of Peace Garden in Exhibition Gardens.**

All enquiries: (03) 596 3602

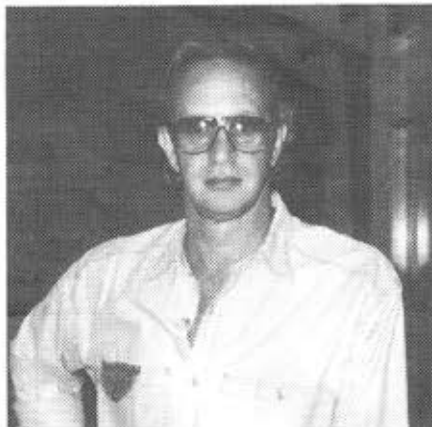
## *From the Director's Desk . . .*

**T**om Castles, our Treasurer, has resigned from this position. Tom took over from Hal Young in May 1989. Tom brought his expertise as a top-level financial professional and continued to improve the management of the Centre. He worked incredibly hard and helped us to tighten expenditure in all areas, advised us on fund-raising, and enhanced our financial position in the most difficult circumstances of a recession. In 1990 Tom saved TI by moving the Cash Trust from Pyramid to the Commonwealth Bank just before Pyramid's collapse.

Although low-profile, he was the cornerstone holding the Centre up over the past few years. He put aside his new baby, family and career for as long as he realistically could, at the specific request of Lama Zopa Rinpoche.

Much love and thanks to Tom and Suzanne, we wish you a happy and relaxing holiday.

**F**ollowing advice from Lama Zopa Rinpoche, long-time member Theo Van Embden has accepted the position of treasurer. Theo (pictured) has long and close connections with FPMT; he did his first course with Yeshe Khadro in 1976. Since then he attended several courses with Lama Yeshe and Lama Zopa Rinpoche, and took Initiations from both Lamas. He has visited Kopan and Bodhgaya several times.



*TI's new treasurer, Theo Van Embden*

In 1987 when Marillac House (the present TI) came up for sale, it was Theo to whom we turned when we needed someone with skill and experience in real estate and auctions. His astute bidding secured our new home at what was widely acknowledged as an excellent price in the strong market that prevailed at the time.

Theo lives with his actor wife Louise a short drive from the Centre. He is in business importing Oriental carpets and is the director of a large Armadale gallery.

**CONTINUED ON BACK PAGE . . .**

# APRIL PROGRAM

## WEEK ONE

WEDNESDAY 1  
8pm Eve with Geshe Doga  
THURSDAY 2  
8pm Tibetan Class  
SATURDAY 4  
6.30 pm Fundraising Dinner  
SUNDAY 5  
10am Sunday School

## WEEK TWO

MONDAY 6  
8pm Intro to Buddhist Med'n  
TUESDAY 7  
8pm Study Group  
WEDNESDAY 8  
8pm Eve with Geshe Doga  
THURSDAY 9  
8pm Tibetan Class  
FRIDAY 10  
8pm Tara Puja  
SUNDAY 12  
7pm Guru Puja

## WEEK THREE

MONDAY 13  
8pm Intro to Buddhist Med'n  
TUESDAY 14  
8pm Study Group  
WEDNESDAY 15  
8pm Eve with Geshe Doga  
THURSDAY 16  
8pm Tibetan Class  
FRIDAY 17  
Easter Course  
(finishes MONDAY 20)

## WEEK FOUR

MONDAY 20  
8pm Intro to Buddhist Med'n  
TUESDAY 21  
8pm Study Group  
WEDNESDAY 22  
8pm Eve with Geshe Doga  
THURSDAY 23  
8pm Tibetan Class  
SATURDAY 25  
5.30am Nyung Nä  
(finishes MONDAY 27)  
SUNDAY 26  
10am Sunday School

## WEEK FIVE

MONDAY 27  
6pm Guru Puja  
8pm Intro to Buddhist Med'n  
TUESDAY 28  
8pm Study Group  
WEDNESDAY 29  
8pm Eve with Geshe Doga  
THURSDAY 30  
8pm Tibetan Class



## AUSPICIOUS DAYS IN APRIL

FRIDAY 3  
Tibetan 30th -  
New Moon (Precepts)

FRIDAY 10  
Tibetan 8th -  
Tara Day (Precepts)

SUNDAY 12  
Tibetan 10th -  
Tsog Day

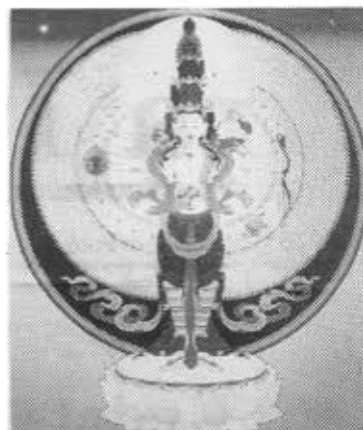
FRIDAY 17  
Tibetan 15th -  
Full Moon (Precepts)

MONDAY 27  
Tibetan 25th -  
Tsog Day



## Fasting Retreat on Compassion

Friday 24 (evening) to  
Monday 27 (morning)



*Thousand-armed Chenrezig*

A Nyung Nä fasting retreat will be conducted over this weekend. As this is the weekend before His Holiness the Dalai Lama arrives in Melbourne what better way to focus the mind, in preparation for hearing his message of compassion. This powerful purification practice has a strong connection with His Holiness who is regarded as the embodiment of Chenrezig, the Buddha of Compassion.

Previous participants have found this retreat to be one of their most moving and worthwhile experiences.

Participants should arrive at Tara Institute on Friday evening and stay until early Monday morning. The retreat proper begins at around 5.30am Saturday morning with the taking of the eight Mahayana precepts. These include taking only one meal for that day. On Saturday three sessions of reciting praises, making prostrations and reciting the mantra of Chenrezig are performed. On Sunday, four sessions are performed and additional vows not to eat, drink or talk for 24 hours are taken. The fast is broken on Monday morning and the final session completed.

*Cost: \$35 (Members \$20)*

*All are welcome to attend. No special initiations are required. Sponsorship donations are greatly appreciated. For more information and bookings please ring Jenny in the office on 596 8900.*

## Introduction to Buddhist Meditation

Monday 6, 13, 20, 27 at 8pm

Our April series of introductory talks will be presented by Damien Busby.

Long discussions with a house-mate (former TI program director Owen Cole)



Damien Busby

many years ago first inspired Damien to approach the rich spiritual traditions of Tibetan Buddhism. Damien quickly became one of our keenest and most dedicated students, and in turn has inspired many others to explore the Buddhist approach to the spiritual journey.

During this series, Damien will present those ideas and techniques he has found valuable in integrating the Buddhist path into daily life. Each evening will consist of guided meditations, discourse and discussion.

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*These classes are ideal for those wishing to learn about Buddhism and its meditation techniques. A facilities fee of \$5 per class is asked to help cover administrative expenses (Members free) All newcomers will receive a free copy of Wisdom Energy 2. Just come around 7.50pm or, for more details, contact Jenny in the TI office on 596 8900*

## Sunday School

Sunday 5, 26, at 10am

Sunday School will be held each alternate Sunday throughout the year. Sessions usually involve stories, drawings and always a drink and biscuits.

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*The classes finish at 11. For details, ring Jenny in the TI office on 596 8900.*

## Study Group

Tuesday 7, 14, 21, 28 at 8pm

The Study Group is getting into full swing for 1992 with over 60 enthusiastic participants aspiring to a deeper understanding of the principles of Buddhist practice.



Lama Tsong Khapa

When some students were asked about the benefits of being a member of the Study Group, all replied that it was an opportunity to experience personal growth. Comments included "stretching the mind sideways", "making me happy", "inspiring me to practise", and "developing communication skills to respect and relate better with others".

Study Group members spoke of the closer teacher student relationship they felt with Geshe Doga and the greater detail which was reinforced through discussions, question and answer opportunities and exams. Combined with the harmonious, interactive and non-competitive relationship with each other, many students find that Tuesday nights become the most tantalising and "looked-forward-to" night of the week.

"But what about exams? They make me nervous." Don't worry. There is no compulsion to do the exam although Geshela asks that everyone at least attends and meditates during the exam.

It is not too late to join. Every member of the Study Group rejoices when a new person starts attending. If you are unsure about making a commitment why don't you come and sample the classes. You will be most welcome.

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*For further details, please contact Kaye Miner or Ross Moore in the TI office on 596 8900*

## Evenings with Geshe Doga

Wednesday 1, 8, 15, 22, 29 at 8pm



Geshe Doga

The ten chapters of Shantideva's handbook of the spiritual journey, *Guide to the Bodhisattva's Way of Life* have provided inspiration to millions of Mahayana followers throughout the Buddhist world. Its pertinent advice on issues such as generating love, dealing with anger and developing wisdom is just as vital for us today as when first composed in the Eighth Century.

Geshe Doga is currently teaching from the eighth or 'concentration' chapter which emphasizes the importance of overcoming attachment and of developing love and compassion for all living beings.

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*These classes are suitable for all students, both new and old. There is no fee.*

## Tibetan Class

Thursday 2, 9, 16, 23, 30 at 8pm

Thubten Dönyo, our assistant translator, will continue beginner's Tibetan Classes each Thursday during April.

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*For more details, ring Jenny at TI on 596*

## Easter Course

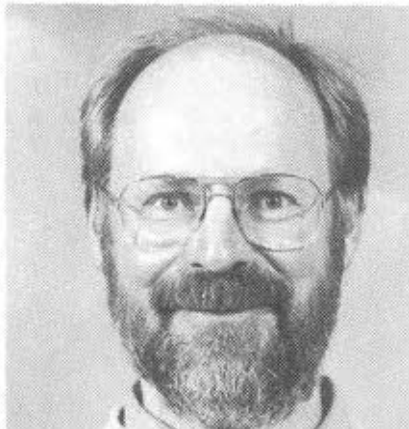
Friday 17 (morning) to  
Monday 20 (afternoon)

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*See insert for details*



## The 2nd TI Healing Course



Bob Sharples

On Saturday 29th of February, twelve people, nearly all of whom were suffering from a major life-threatening illness, attended our second Healing Course. The purpose is to introduce them to Buddhist ideas and meditation in order to promote both their spiritual and physical healing.

The weekend course was led by Pende Hawter and Bob Sharples. Six members of the Healing Group set up after Lama Zopa Rinpoche's first course in August '91, also attended. We all felt privileged to be part of the FPMT Mandala in action.

In August 1991 Lama Zopa Rinpoche gave us the training and inspiration to extend the range of TI's activities in this way. By offering these courses TI has yet another way to put our Bodhicitta aspirations into action. It also offers a unique opportunity to make the Dharma accessible and pertinent to people

who are experiencing great suffering, yet who may not, initially, be attracted to TI's regular teaching program.

The Course included short talks on the nature of the mind and healing in Mahayana Buddhism; developing compassion; mind transformation and pain management. A variety of meditation techniques were introduced to participants including a basic relaxation meditation; white light healing meditation; loving kindness meditation; giving and taking practice and the use of imagery to control and manage pain.

Geshe Doga shared morning tea with the participants on the Sunday morning and he delighted everyone with his usual warmth and interest. As well, Mira Slade, one of TI's longest standing and oldest Members, was able to join the group on Sunday morning for a few hours.

Participants in both this course and Rinpoche's August '91 course will continue to meet monthly on Thursday evening. Lama Zopa has urged us to conduct these courses at least twice each year.

A large group of people worked very hard to make this course happen. The ease and smoothness of its running was due to these tireless workers behind the scenes.

If you would like to know more about the group responsible for this aspect of TI's program, please talk to Kaye Miner or Jenny McRae at TI.

Bob Sharples

Theo will be assisted by a finance committee, whose help we value greatly.

Thank you Theo, for accepting this important and difficult rôle.

Last month Jane Lewis announced her resignation as Members' Representative and introduced her successor David Wicks. Jane will be missed by all of us who enjoyed her lively and friendly style. She put great enthusiasm into the job.

Jane has also been running Soft Byte for several years, at first from TI and more recently from her home. Soft Byte is a word-processing/computer services business, and Jane donates 50% of all profit to TI. In addition to this Jane paid rent for use of office space in TI. This would place her amongst the top few major financial supporters of our Centre, and has helped us enormously during times of financial difficulty.

Jane is returning to study at Monash University this year, and she will continue to run Soft Byte from her home, and of course support TI financially. Furthermore, she is the mother of a 5-year-old child. Thank you Jane for all you do for us.

Alison Ribush

### TARA INSTITUTE



A branch of the FPMT -  
Foundation for the Preservation of  
the Mahayana Tradition - a network of  
Buddhist Centres in Australia and world-wide.

## Journey to Tsong Khapa

TI Member Jon Breukel has produced a stunning video documentary on Buddhism in Tibet and China in the 1990s. Filmed entirely in Kham and Amdo and Western China, Jon's video provides a unique insight into the religious and cultural survival of Buddhism.

Jon has generously donated all profits from the sale of the video to the Tour of the 14th Dalai Lama.

◆ **Cost: \$39.95** Duration: 40 minutes (VHS)

◆ **To order:** Phone Jon on (03) 386 9762 (ah)

## Tour of HH Dalai Lama FUNDRAISING DINNER

Saturday 4 at 6.30pm

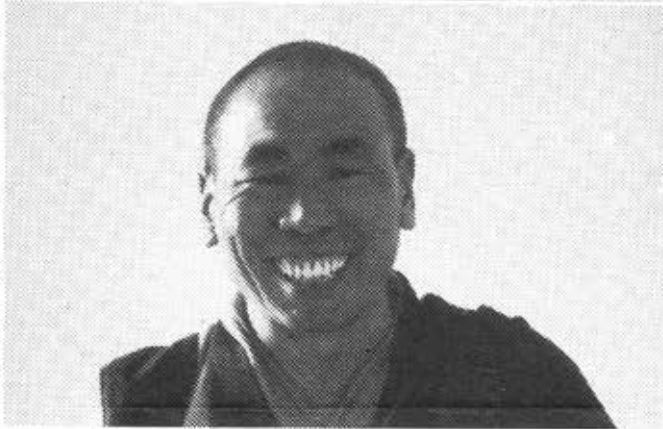
*This is your last opportunity to book for the dinner and support the Tour in this way. This is Tara Institute's major fund-raising effort to make the Tour a great success. Please give your support.*

◆ **Cost: \$50 per head** (children 12 and under free)

◆ **To book ring Jenny** in the TI office on 596 8900.



# APPLICATION FORM



## Easter Course

*The Foundation of All Good Qualities.*

April 17 to 20

Feel like a break from Melbourne over Easter whilst relaxing the body and stimulating the mind? . . . Yes? Then why don't you join Geshe Doga and fellow TI students for a retreat/holiday course at "Grey Friars" in Mt Eliza.

Arriving Thursday night and departing Monday afternoon, there will be ample time to meditate, relax, go for walks along the beach and most importantly, listen to teachings from Geshe-la on "The Foundation of All Good Qualities".

This prayer, composed by the 14th Century Tibetan Yogi and Scholar, Je Tsong Khapa summarises the stages of the Graduated Path to Enlightenment as taught by Shakyamuni Buddha and elucidated by the 11th Century Indian Pandit Atisha.

Geshe Doga's warm human approach and understanding of the western mind ensures that his teachings strike a chord within each one of us. This weekend will provide a wonderful opportunity for sharing this warmth.

**Cost: Members \$135 Non Members \$170**

**Includes accommodation in single rooms, meals, course fee and course materials.**

**Soup will be available upon arrival Thursday evening at 7.00pm prior to the Course Introduction at 8.00pm.**

**Places are limited so it is essential to register as soon as possible to reserve your place.**

YES, I want to attend the

## Easter Course

I am paying the fee of \$170 \$ \_\_\_\_\_

I am an FPMT member. My fee is \$135 \$ \_\_\_\_\_

I am also paying for someone else (details below) \$ \_\_\_\_\_

\_\_\_\_\_

I enclose my TOTAL payment of \$ \_\_\_\_\_

I am paying by cheque, payee "Tara Institute"

Or by  Bankcard  Visa  Mastercard

Card No \_\_\_\_\_ Exp date \_\_\_\_\_

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_



**TARA INSTITUTE**

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