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Tara Institute News

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Lama Tenzin Osel Rinpoche enters Sera Monastery

On 15 July, Lama Tenzin Osel Rinpoche formally entered Sera Monastery, with three days of ceremonies and welcoming parties. In the morning he was received by all the monks from both Sera Me and Sera Je – some 2,000 – plus a representative of the Tibetan Government in Exile. Lama Osel was offered a



seat in the monastery and then the *gegu* (disciplinarian) and Abbot both gave speeches. The *gegu* said that they were happy that Lama Yeshe's reincarnation was found so easily and that they felt like parents welcoming a child. He said they would look after Lama very well.

During the ceremonies Lama Zopa Rinpoche discussed Lama Osel's education at length with the Abbot of Sera Lachi. It has been decided that Lama should have a Western education running parallel with a traditional Tibetan monastic education. This is to assist

Lama to integrate Western and Eastern curriculae in preparation for a life of teaching. Advertisements have been placed in newspapers around the world for a suitable Western teacher to live with him at Sera. Arrangements have also been made regarding care and accommodation. This is certainly a very auspicious time for him.

ous time for him.

If you would like to contribute to a fund for Lama Osel's care and education you may do so simply by making out your donation to Tara Institute but marked clearly LAMA OSEL EDUCATION FUND. We will then forward your contributions to India on your behalf, along with any letters or notes. Such help would be greatly appreciated. More information about Lama Osel's entry to Sera is available in the August edition of "Mandala" newsletter.

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MONDAY 2
8pm Introduction to Buddhist Meditation
TUESDAY 3
6pm Guru Puja
8pm Study Group
WEDNESDAY 4
8pm Evening With Geshe Doga
THURSDAY 5
8pm Lam Rim Meditation

WEEK TWO

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8pm Introduction to Buddhist Meditation
TUESDAY 10
8pm Study Group
WEDNESDAY 11
8pm Evening With Geshe Doga
THURSDAY 12
8pm Lam Rim Meditation

WEEK THREE

SUNDAY 15
10am Sunday School
MONDAY 16
6pm Tara Puja
8pm Introduction to Buddhist Meditation
TUESDAY 17
8pm Study Group
WEDNESDAY 18
6pm Guru Puja
8pm Evening With Geshe Doga
THURSDAY 19
8pm Lam Rim Meditation

WEEK FOUR

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TUESDAY 24
8pm Study Group
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8pm Evening With Geshe Doga
THURSDAY 26
8pm Lam Rim Meditation
SATURDAY 28
10am Chenrezig Initiation
2pm Chenrezig Commentary

WEEK FIVE

SUNDAY 29
9am-5pm Chenrezig Commentary
10am Sunday School
MONDAY 30
8pm Introduction to Buddhist Meditation



Chenrezig Initiation and Commentary Weekend Course September 28-29

Geshe Doga offers this special course this month. It is suitable for new and old students alike. It is possible to attend the initiation only. This will start at 10am on Saturday 28 and will be of some two hours' duration.

● *Please fill out the attached registration form if you wish to attend the initiation and commentary or just the initiation. For further enquiries, please ring Wendy on 5962465.*



Lam Rim Meditation

Thursday nights
September 5, 12,
19, 26 at 8pm

Sept 5: Precious Human Rebirth
Sept 12: **Death and Impermanence**
Sept 19: Suffering of Lower
Realms; Refuge
Sept 26: Karma

This special seven week block of meditation instruction and practice has been organized by the Study Group at Geshe Doga's request. The sessions are being conducted by students working in teams of two. This means we have exciting new presenters each night and lots of individual approaches. It is Geshe-la's wish that as many as possible attend. It is not necessary to be a Study Group member to come along.

Each evening will consist of a short talk and meditation on a topic drawn from the 'Lam Rim' or 'Graduated Path to Enlightenment' followed by group discussion. We can explore how the meditation relates to our own experience and share other issues of concern to our lives and practice.

As the meditations will unfold in a sequential fashion, there is a distinct advantage in attending the full cycle of seven. But it is also worthwhile attending on a casual basis.

● *These nights should prove a valuable follow-up for those who have attended Monday and/or Wednesday nights and wish to consolidate their meditation practice.*

Please contact Wendy in the office on 596 2465 for further details.

About the program...

Introduction to Buddhist Meditation

Monday nights
September 2, 9, 16, 23, 30 at 8pm



The first four nights of our popular series of introductory classes will be led by Wendy Cook, Tara Institute's office manager and the owner of that welcoming voice on the phone.

Wendy has been a keen student of Buddhism for several years and has an open approach that is fresh in its humour and candour. She has chosen topics that she feels have been the most important and beneficial for her own life: *Keeping It Together; Looking at Compulsion; Knowing Things Change*. She will also present basic Buddhist meditation methods and the ideas behind them.

On Monday 30th, Allys Andrews, another well-known Tara Institute personality, will present a one-night-only introduction on the topic of *Meditation and Parenting – how to cope with children and reach Enlightenment as well!* This will be of special interest to those who find themselves wondering about the goals of parenting, the quality of love and whether you can meditate on the run!

Though these classes are especially designed for those wishing to learn about Buddhism and its special meditation techniques, they are relevant for everyone.

● A facilities fee of \$5 per class is asked to help cover expenses (Members free). Just turn up about 7.45pm. For more information, ring Wendy on 596 2465.

Study Group

Tuesday nights
September 3, 10, 17, 24 at 8pm



The Study Group has been a focal point of Geshe Doga's teaching programme at Tara Institute since first convened in 1985. Initially, the Study Group was comprised of 15 or so eager students who were seeking a deeper understanding of the insights of Buddhism. Each year, new students have joined the Study Group and found that it provides inspiration and direction for their spiritual practice. At last count, over 60 students were enrolled with the number growing each month.

This year, Geshe Doga is teaching on the Lam Rim or Graduated Path to Enlightenment. The Lam Rim teachings are unique in that they show how all the various aspects of the path can be put immediately into practice. The Study Group is, therefore, suitable for both new and experienced students of Buddhism.

Prerequisites for joining are to have taken Refuge, be prepared to attend regularly and be willing to undertake a one week Lam Rim meditation retreat or to attend the seven Lam Rim meditation classes to be held each Thursday evening from September 5. New and prospective students are welcome to 'sample' the Study Group at any time.

● Please ring Wendy on 596 2465 or contact the Study Group Co-ordinator, Sönam Jampa for further details. There is no facilities fee for these classes.

Evenings with Geshe Doga

Wednesday nights
September 4, 11, 18, 25 at 8pm



Each Wednesday night, Geshe Doga continues to teach how we can apply the timeless insights of Buddhism to the problems and difficulties of our modern lives.

This month, Geshe Doga will commence teaching from the eighth or 'meditation' chapter of Shantideva's famous text, *A Guide to the Bodhisattva's Way of Life*.

This chapter includes practical advice on topics such as developing concentration and on overcoming attachment and desire. Shantideva also describes the unique method of developing the compassionate mind of bodhicitta through the path of 'equalizing and exchanging oneself with others'. This is a radical, yet very effective method for training the mind to abandon its habitual self-centred attitudes and replace it with a truly altruistic intention.

● These classes are suitable for all students, especially those wishing for a deeper understanding of how the practice of Buddhism can be related to our ordinary lives. No commitment to attend regularly is required. There is no facilities fee for these classes.

The Essence Of Buddhist Practice:

By Lama Zopa Rinpoche

From a transcript by Anila Ailsa Cameron

I thought to speak a little about the Buddhist view of the inner being, which is dependent arising, and the conduct, which is not giving harm to other sentient beings. The nature of Buddhism is great compassion towards every sentient being.

There is not one sentient being who wants to receive harm – not one. Because of this, Guru Shakyamuni Buddha, who is the founder of Buddhism, trained his mind in compassion towards all sentient beings, and he completed this training. This was the main practice accomplished by Buddha. With himself as the example, out of that great compassion, Buddha gave advice to us to have compassion towards all other sentient beings, and to not give them harm.

On the basis of not giving harm to others, you then develop the capacity to benefit them. This is Guru Shakyamuni Buddha's essential advice. He himself completed this work, and then left this essential advice. Even though there are eighty-four thousand teachings of sutra and tantra, this is the essential practice. If you do not do this practice of abandoning giving harm to other sentient beings, there is no spiritual practice left in life.

No matter how much a person says: "I am meditating. I am doing profound, secret practices," if he cannot do this practice of abandoning giving harm to others,



he is not doing the fundamental practice of Buddhism. I think the fundamental practice of all religions, not only of Buddhism, should be to abandon giving harm to others, and to practise compassion.

In this way, there is no question that the religion you practise gives happiness to other sentient beings, but also you obtain happiness for yourself. The religion that you practise at least becomes beneficial for your own happiness, even if you cannot bring happiness to others. This is a very important point to analyze, and to understand – the religion which you practise should at least benefit you with happiness now, and in the future.

It is very important to have a generous compassionate mind. If there is no generous mind, no compassionate heart, no matter how much wealth you have, there is no mind-peace in your day-to-day life. Your problems become even bigger than before you were wealthy. Your mind is much more dissatisfied, with much more worry and fear. You have more enemies than before, and give more harm to other sentient beings. If your heart is empty of compassion, no matter how much education you have, even if you know everything taught in all the universities, again you have the same problem: there is no mind-peace. More pride is developed than before you were educated. Your life passes in problems and finishes while you are experiencing big problems such as disharmony with others, worry and fear in your everyday life.

Even if you are a Buddhist and know all the sutra and tantra teachings of Buddha, and all the commentaries written by the pandits, even if you can say them all by heart, if your heart is empty of compassion, if you do not have a generous mind toward other sentient beings in your daily life, then still there is no mind-peace. Even if you have extensive intellectual understanding of Buddhism, there is no mind-peace. What offers you mind-peace and happiness in your everyday life is having a good heart, a generous mind.

Debate Classes

Sundays at 10am: Sept 1, 8, 15, 22

Debate classes are recommencing and will be conducted throughout September, October and November for 10 weeks. Our teacher is Samdup Tsering who is well qualified to teach debate as he is trained in both classical Buddhist and Western intellectual traditions.

Though these classes are open to everyone, some background reading is essential as well as a willingness to study and attend regularly. The topic builds logically upon itself so a sincere commitment from students is important. This is a valuable opportunity which has not been available before at Tara Institute.

● For further information, please contact the Debate Class co-ordinator, Alan Molloy on 596 2465.



TARA INSTITUTE

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Foundation for the Preservation of
the Mahayana Tradition – a network
of Buddhist Centres in Australia and
around the world.*