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# Tara Institute News

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DECEMBER 1991

## New role for Kaye

We have a new Spiritual Program Co-ordinator. Kaye Miner, Buddhist Nun and Data Processing Manager, has some splendid communication and personnel management skills that will help our Program to keep on improving and become more and more accessible.

Kaye's history with FPMT began in 1978 when she first heard about Lama Yeshe. Her plans to see him in England in 1980 were thwarted by a bout of glandular fever.

And when she heard about His Holiness the Dalai Lama's visit to Australia in 1982, she couldn't attend because she had appendicitis!

Things began to look up in 1985. Kaye travelled to Nepal and India for the Enlightened Experience Celebration (an FPMT Festival of teaching and initiations led by HHDL and others). She finally met Lama Zopa and was instantly set to work on his computer.

She ran the FPMT Central Office, Kathmandu (for a while from her bedroom!)

"My tasks included secretarial work for Rinpoche, managing tours, Minutes Secretary for CPMT '87, and writing and producing newsletters to all the centres (including the first issue of *Mandala*)," Kaye said.



She then accompanied Lama Zopa to Tibet and later to Australia and NZ. While she was in Sydney, staying with her parents, earning money and furthering her university studies, she managed a Data Processing staff of 30, studied business four nights a week and led Pujas and weekend courses at Vajrayana Institute.

Kaye was ordained in 1990 by Denma Locho Rinpoche, abbot of HHDL monastery in Dharamsala, on advice from Lama Zopa that this was the right time.

As Minutes Secretary for CPMT '91, Kaye intended to do the entire Lama Zopa Rinpoche tour, but Rinpoche advised her to stay at TI to help with the Program.

And Kaye's 'Personal Most Constant Dharma Practice'?

"I'm not religious," she says. "I think and I try not to jump to conclusions about things and people."

Kaye, whose star sign is Aquarius, says her 'Most Likely Rebirth' is probably going to be plankton at the bottom of a cold, dark ocean. "But of course, I hope it will be a Pure Realm!"

A big welcome, Kaye, from all of us.

## TARA INSTITUTE



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

## Sönam Jampa says: 'Thanks'



I wish to extend a big thank you to everyone who has helped me over the years in the gargantuan task of running the teaching program. It is a truism to say that without you . . . but nonetheless, without you the job wouldn't have been half as much fun! Please keep supporting the Centre as much as you can and, particularly, give Kaye the same wonderful support you have given me. In this way, Tara Institute will be able to fulfil the wishes of uncountable beings.

Keep up the good work.

Yours in Dharma,

Sönam Jampa

# From the Director's desk

Dear Friends,

☉ A big thank you to all those people who sponsored the Nyung Nā held for Lha Bab Duchon. It proved to be a powerful event with 12 people completing the full 2 days of meditation and fasting while several others joined in for a session. Sponsorship covered the full cost of offerings, meals and accommodation thus allowing many to share in the creation of positive energy. Watching the participants keep silence and fast on the second day was inspirational especially during the Tara Puja when everyone else was having a wonderfully social time.

☉ Tara Institute, along with the other FPMT centres in Australia, is planning to publish a teaching of His Holiness the Dalai Lama's, called *Compassion and the Individual*. This booklet will be distributed free of charge during His Holiness's visit in May next year, an incredible opportunity for us to provide free teachings and publicity. Our cost of sponsorship of the book is \$1,000.00. If you would like to make a donation to assist with this or help in any other way, please contact me C/- Tara Institute.

☉ In preparation for His Holiness' visit, the Tour Associations from each State will hold a National Conference at TI in December. We welcome the delegates.

☉ Geshe Dawo is back in Australia! We are expecting Geshe Dawo to visit Mel-

bourne for 2 weeks from December 20th. He will stay at least some of the time at Tara Institute and is looking forward to seeing old friends. Please let Wendy or Jenny in the office know if you would like to visit Geshe Dawo or take him out.

☉ *Au revoir* to T.Y. and Adèle Hulse who moved out of TI last month after a stay of several years. I first met Adèle in Pokhara (Nepal) at New Year 1974, and then we were at the 6th Kopan Course together that year (along with Adrian Feldman, Roger Kunsang, Pete Guiliano and others). Adèle has worked tirelessly for FPMT since then, raising money and pulling off wonderful events such as the Bleeding Hearts Ball. This year Adèle organised the CPMT meeting at TI, and she is currently representing TI on the inclusion of our Centre on Brighton Council's Historic Buildings Register. Adèle has been asked to write a biography of Lama Thubten Yeshe, which will be published by Wisdom. Adèle will be living near TI, and closer to T.Y.'s new High School. Best wishes to you both in your new home.

☉ This has left Adèle's and several other rooms vacant. There is a range of rooms available at varying rents. There are many benefits and advantages to living at TI, not the least being the Executive Committee's recent decision to make all weekend courses with Geshe Doga half-



price for residents. For more details, contact Karen, Andy, Patrick or Alan.

☉ We have 2 new cooks in the kitchen. Shanti Darling will cook each Monday, Tuesday and Thursday. Shanti used to teach vegetarian cooking. She worked for a year at the T.M. Academy in the Blue Mountains, and more recently at Rasa's Veggie Bar in St Kilda. Julia Phillips caters on Wednesdays and Fridays. For the last year Julia was the vegetarian chef at Monash University. A delicious 3 course vegetarian meal (\$8 adult, \$5 child) is served each weeknight at 6.30. Why not come with friends for a meal, or dine at TI before teachings? Please book through the office by 3pm, ph: 596 2465.

☉ Our Spiritual Program will start up again mid January with Monday Nights, and a Lam Rim retreat over the long weekend. Further details in January.

☉ We wish you all a Merry Christmas and New Year and happy, safe holidays.

## Healing program

A weekend healing meditation course is planned for February 29th - March 1st 1992. The details of course structure, fees etc will be worked out during the next few weeks. Any enquiries can be directed to Jenny McRae on 550 2711.

Some Australian FPMT centres are looking at setting up a fund to provide financial help for healing course participants. This will give everyone a wonderful opportunity to contribute to healing courses by giving donations to the fund. Planning of the fund will be discussed at the February 1992 FPMT Regional Directors' meeting in Adelaide.

## Translators' course

The FPMT is planning a three month intensive course in Tibetan Language, in either Spain or Greece in September 1992. This course is open to all and the emphasis will be on learning colloquial as well as classical Tibetan. Guided meditations will be used as well as debate.

A further course of 12 months is offered to serious students who intend to become translators

● For details: Jan-Paul Kool, FPMT Tibetan Language Course, Laarstraat 27, 8166 GR Emst, Holland.

## Bon voyage, Wendy!

Our indefatigable office manager Wendy Cook is taking a well-earned break of four whole months overseas. It'll be 'old home week' some of the time, because Wendy lived in the US for nine years and she hopes to catch up with friends while she's in the States. And of course she'll visit some of the FPMT Centres.

So how will the office run without her? Jenny Draper has stepped in. From December 6, when Wendy leaves, till the end of January, Jenny will spend at least an hour a day in the office, doing what needs to be done to keep things going.

After the holiday period till Wendy returns at the end of March, Jenny will person the office for about 30 hours a week. Bless you, Jenny.

And will Wendy really return? She says she wouldn't miss being in Australia during His Holiness the Dalai Lama's visit for ANYTHING!

**TI on TV** Turn to Channel 7 on Sunday December 15 at 10.30pm to see Geshe-la and TI students (briefly) in a TV documentary focusing on religion in Australia.

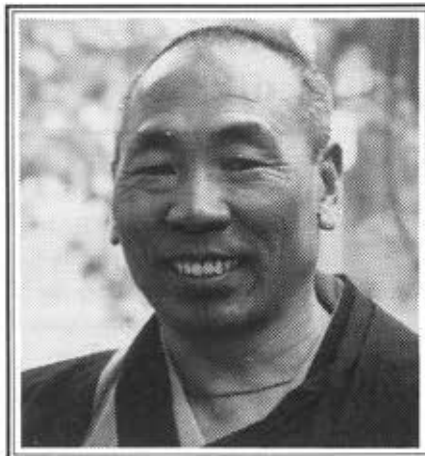
# From Geshe Doga's final Teaching, 1990

Spiritual teaching is valuable because it counteracts all the negativities of the mind. Any method which counteracts, weakens or purifies the negativities of the mind we can call the spiritual path, or Dharma.

Spiritual teaching does not necessarily refer to theoretical understanding of spirituality. Without practice such understanding can be the cause for increasing the negativities of our mind. In other words our mind has a negative potential as well as a positive potential. When due to certain conditions those negative potentials ripen, or manifest as a state of our mind, they can cause misery not only to oneself but also to other beings. Through spiritual practice one is trying to weaken the negative energy and develop the positive energy in the mind . . .

It is wrong to think that one has to seek the practice of Dharma elsewhere. Also it is wrong to think the refuge, or protection, it gives comes from somewhere else. Rather one has to recognise that it is within oneself. In Buddhism we talk about three objects of Refuge but in truth those refuge objects have to be realised within oneself.

So it is through Dharma practice that



we gain some new knowledge. One seeks some strength inside because with that strength one can tolerate more, confront various situations and have better direction and courage. This is the real refuge, the real guide for oneself.

In this process of spiritual training the base on which one works is within one's mind. One's responsibility is to cleanse that base . . . We could have the advantage of feeling more joy and happiness. With the practice of meditation as one purifies the mind more and more it will become more and more perfect.

Since all our physical actions are

products of the mind and often determine the various situations that we experience and cause others to experience, therefore by controlling the mind all other situations can automatically be controlled.

If one sits and examines even one action of our speech, or body, one can see that the action can be derived from one's specific state of mind. In this way one would have more understanding of what one should and should not be doing. With meditation one can gain some control over the mind and hence one can control one's actions. By cultivating and developing certain states of mind our actions will be such that they become very fulfilling for oneself and many others. There are many, many negative states of mind in oneself. If they are not controlled, our actions will be very harmful and uncontrolled and we will end up with much suffering. Cultivating the positive state of mind is like a wish-fulfilling jewel. With that positive state of mind all one's deeds become positive and all the consequences become very useful and meaningful . . .

So in conclusion, a quote from Lord Buddha, "You are your own teacher, there is no outer teacher as such".

## Six years of the best

by Peter Guiliano

"Wow! What a fantastic presentation. Tara Institute has one of the most impressive teaching programs in the FPMT."

That was the reaction of many Centre Directors who had just witnessed Sönam Jampa's presentation at CPMT-91. One famous expatriate was so inspired that he wanted to immediately come back to Melbourne just to participate in the newly-revealed TI program.

It was exactly the kind of talk we have come to recognise as typical of our longest serving Program Co-ordinator – Sönam Jampa.

Next to our Teachers, no one has done more to shape TI's program than Sönam (and his previous incarnation – Ross Moore). With his considerable intellect and creativity, he has been able to pioneer many new ideas – like our successful

Study Group and workshops. Not only have they been great for TI but they have also served as models for similar programs at our sister Centres as well.

Way back at Crimea Street, no one was paid a penny to work for TI. So all work had to be done after work whenever there was time. Ross set up and ran a very smooth, efficient Program committee to cope with the lot.

Before long, we couldn't fit enough people into the Centre. Ross was one of the key driving forces behind the impossible move to Mavis Avenue – one of his greatest legacies to TI.

TI grew and grew, with Alan Molloy generously cutting short his career overseas to be Program Co-ordinator for a time. When Sönam resumed the role, the job became a full time career of meetings, interviews, writing, guiding, counselling, teaching and being on-call. In peak times it's exhausting. And being Program Co-ordinator at TI is a great way to go broke. So finally it's time to take a fully deserved break; time for Sönam to spend some time

on himself.

On behalf of TI; from all the people you've patiently counselled; from the thousands of people who have been able to take teachings at TI thanks to your careful organising; from everyone who's lived here with you; from a decade of Executive Committee members and Centre Directors who have valued your enthusiastic commitment; from the Centres and people who have benefited from your clear teachings . . .

Thank you so much.

*May the wise be honoured*

*And may they receive alms;*

*May their minds be completely pure*

*And may they be renowned*

*in all directions.*

(A Guide to the Bodhisattva's Way of Life)

● By way of thanks for Sönam's dedication, kindness and time, a special fund has been established. If you would like to make a Christmas offering for Sönam, please send donations to Julia Gardiner, C/- Tara Institute.

# DECEMBER PROGRAM

## WEEK ONE

MONDAY 2

8pm Introduction to Buddhist Meditation

TUESDAY 3

8pm Study Group

WEDNESDAY 4

8pm Evening with Geshe Doga

## WEEK TWO

MONDAY 9

8pm Introduction to Buddhist Meditation

TUESDAY 10

8pm Study Group

WEDNESDAY 11

8pm Evening with Geshe Doga

SATURDAY 14 8pm Tara Puja

## WEEK THREE

MONDAY 16

6pm Guru Puja

8pm Introduction to Buddhist Meditation

TUESDAY 17

8pm Study Group

WEDNESDAY 18

8pm Final Teaching with Geshe Doga for 1991

## AUSPICIOUS DAYS IN DECEMBER

THUR 5

Tibetan 30th - New Moon (Precepts)

SAT 14

Tibetan 8th - Tara Day (Precepts)

MON 16

Tibetan 10th - Tsog Day

SAT 21

Tibetan 15th - Full Moon (Precepts) Partial Lunar Eclipse (Merit increases by several million)

MON 30

Tibetan 25th - Tsog Day

## Introduction to Buddhist Meditation

Monday 2, 9, 16 at 8pm

Julia Gardiner, TI Assistant Director, actress extraordinaire and "hands-on" Buddhist, will lead the first two of our popular introductory classes this month. On **December 2**, Julia's topic will be "First impressions (or into the deep end without floaties!)". There will be a guided meditation, discourse and discussion based upon her experiences of meeting Buddhism and visiting TI for the first time. On **December 9**, Julia will use the same format but the theme will be "Attachment: Pass the scissors please". Julia will discuss the personal application of Buddhist teachings on attachment to ordinary everyday life.

On **December 16** "Kindness, Clarity and Christmas" is the topic for the class with Allys Andrews. Often Christmas is not the very joyous occasion which we expect it to be, due in part to conflict and family difficulties. There are many lonely people, especially during the festive season, while others concentrate on new material acquisitions. Allys will provide meditation techniques and insight for transforming the experience of Christmas into something positive enabling a relaxed approach to a special time of year.

● A facilities fee of \$5 per class is asked to help cover administrative expenses (Members free). Just turn up before 8pm or contact Jenny on 596 2465 for further details.

## Study Group

Tuesday 3, 10, 17 at 8pm

Geshe Doga continues his commentary on the *Graduated Path to Enlightenment* or

## Lam Rim Retreat

Australia Day long weekend

As a result of many requests, a Lam Rim retreat has been scheduled for late January 1992, to be held at Tara Institute. The retreat, to be led by Damien Busby, will commence on **Saturday January 25** and finish on Monday 27th. Geshe Doga has said that it is good for people to come for whatever period they can manage. This could be for the full three days or

*Lam Rim*. The Study Group is designed for students wishing to develop a deeper understanding of the principles of Buddhist practice. New and prospective students are welcome to 'sample' the study group at any time.

● Please ring 596 2465 for further details. There is no facilities fee for these classes.

## Evenings with Geshe Doga

Wednesday 4, 11 at 8pm

Geshe Doga draws upon the wisdom of the great Indian scholar and yogi Shantideva to illustrate how the insights of Buddhism can be applied in daily practice. Using *A Guide to the Bodhisattva's Way of Life* as a source, practical techniques to develop spiritual qualities such as concentration, clarity and compassion are explained in full.

● These classes are suitable for all. No commitment to attend regularly is required, and there is no facilities fee. Ring 596 4265.

## Final Teaching with Geshe Doga for 1991

Wednesday December 18, 1991

Tonight is the final teaching that Geshe Doga will give at Tara Institute for 1991. As in previous years, Geshe-la has agreed to give a special teaching in which he will offer advice based on his personal understanding of what is of most benefit for Dharma practice in the West. This is a great opportunity for those who haven't heard Geshe Doga teach previously. Please do come to thank him for his kindness and patience in showing us the Path to Enlightenment and in making the Centre such a wonderful place.

● All welcome. Ring 596 4265 or just come.

even just one meditation session in the evening.

The retreat, consisting of meditation sessions and discussion, will focus on the *Graduated Path to Enlightenment*. For one to generate understanding and conviction of the path, it is important and invaluable to gain direct, personal experience by meditating upon the topics. This retreat is highly recommended for all.

● For further information contact Damien Busby or Kaye Miner on 596 2465.