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Tara Institute News

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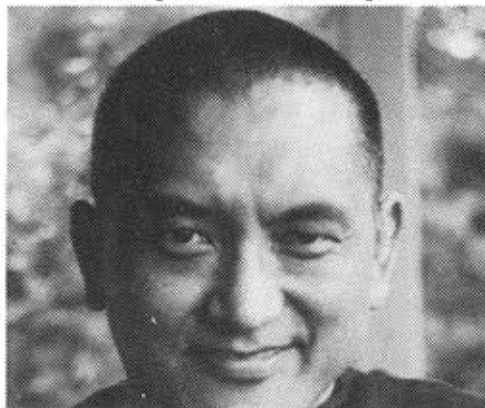
LAMA ZOPA AT TARA INSTITUTE

SPECIAL PROGRAM

Saturday 15th - Thursday 27th

Over the period of two weeks the Venerable Lama Zopa Rinpoche will conduct a concentrated teaching program involving a weekend course, initiations and tantric commentary. It is a great privilege for us to be able to offer such a rich and varied program and we ask you to seriously consider this opportunity to take part.

Lama Zopa is the spiritual head of FPMT (Foundation for the Preservation of the Mahayana Tradition) of



which Tara Institute is one of the oldest members.

If you have not yet received your brochure giving all program details and registration form, either pick up a copy from Tara Institute or ring 596 2465 and we'll send one out.

And don't leave your application to the last minute. We need to know who's coming so that we can look after everyone properly.

NEWSFLASH

LAMA OSEL TO VISIT



We have just had the wonderful news that Lama Osel is coming to Tara Institute during the CPMT meeting in the first weeks of June. Lama Osel is the recognized incarnation of Lama Yeshe who, together with Lama Zopa Rinpoche, established Tara Institute and the many other flourishing

FPMT Centres around the world. More details as soon as they become available

GURU PUJA

Friday 7th at 7pm

On the 25th day of the Tibetan lunar month we follow an ancient tradition by performing this offering practice. Please join us in this chanting meditation. Flowers, food, candles, etc. welcome.

ADVANCE NOTICE

HIS HOLINESS THE DALAI LAMA'S BIRTHDAY PUJA



On Saturday 6th July at 8pm we will be holding one of the main pujas for the year. This year His Holiness's Birthday Puja will coincide with a Chenrezig Nyung Nye Fasting retreat to be

conducted on the same weekend. All the positive power of the practice will be dedicated to His Holiness's long life. More details in July's newsletter, but you might like to mark this one up in your diary now.

LAMA ZOPA

A man of spirit, insight and "extraordinary ordinariness"

Everyone is looking forward to Lama Zopa Rinpoche's visit in June. It will be a major event in the Buddhist calendar.

Journalist and TI member, Heather Kennedy, recently talked to some of those fortunate people who have already met this extraordinary individual.

Here are some of their singular stories.

I first met Lama Zopa Rinpoche in January 1974 at Kopan Monastery in Kathmandu where about 20 Westerners were studying and preparing for the sixth meditation course which was attended by another 200 people.

I usually encountered Lama Yeshe and Lama Zopa every day. They were so different from one another. Lama Yeshe was always striding about, laughing and joking, and he took a great interest in everyone's life.

Lama Zopa seemed to be in the background, with his head down and eyes closed. He didn't appear to take much personal interest in the students - his time was spent in prayer and meditation.

At that time, Lama Zopa had not travelled outside of Nepal and India, and had no contact with the outside world. His whole life had been spent in study.

I soon realised that, despite his early life in Solo Khumbu, Lama Zopa knew more and had more understanding of humanity than anyone else I had ever met or read of. His insights into human psychology and our life in the West in the 20th century have impressed all who have met him.

Lama Zopa has given me much advice and guidance over the last 17 years, often very specific instructions regarding my children's lives, or my health, or my practice. In times of trouble Lama Zopa has always been there, offering sympathy, advice and love.

He is truly compassionate, wise and self-less. I owe much to him, and to his teachings.

Alison Ribush, Director, Tara Institute

I remember meeting Lama Zopa in Kopan in the early 1970s. I found his lectures very difficult to understand. He ummed and aahed and coughed - mainly coughed - and made it very difficult. We had to concentrate very hard. When I thought about it later, I felt he was probably doing it deliberately to test our patience and concentration.

One small incident baffled and impressed me.

When I saw him in Kopan in his room, sitting on his tiny little cot, surrounded by books, I expected him to speak in broken English.

But he talked about the view outside the window in perfect English; more than perfect, almost Elizabethan English.

My husband, Mony, had said something like: "You have a beautiful view", and it IS just wonderful; his little room is up on a hill at Kopan.

And Lama Zopa said: "Unfortunately the view is partially obscured by the tree."

Ester Liberman

Lama Zopa, when I met him in 1974, was unbelievably tiny, bird-like, and coughed all the time. He coughed all through the month-long Kopan course right up until the very last day. That day, he completed the teachings, speaking very clearly, very rapidly, and without coughing once.

There were all kinds of wild, cheerful hippies around Kopan, including one very handsome lad who had beautiful, long, blond hair he was very proud of. He was very close to the Lamas.

One night after he had been out on the tear for a few weeks, he was changing Rinpoche's drinking water barrel outside his room. Suddenly the door opened, and Rinpoche's quiet voice gently called him inside. The lad knew something was up and didn't want to go.

HELP!



A CRY FROM YOUR PROGRAM CO-ORDINATOR

PROGRAM HELPERS NEEDED

With the international CPMT meeting being held at Tara Institute together with Lama Zopa's busy teaching schedule, June is going to be a bumper harvest of things to be done. If you would like to assist in any way, vacuuming the gumpa, helping with the offering bowls, typing prayers, making flower arrangements, greeting guests, sweeping the diner, leading meditations, making pots of tea, serving in the bookshop or coffee corner, running errands, helping the librarian etc. etc. please contact Sonam Jampa immediately on 596 2465. He will be holding his breath so if you don't ring... 1983

But in he went, and there was Rinpoche grinning from ear to ear, holding a big pair of scissors.

"I'm going to cut your hair," he said - and proceeded to hack it all off, laughing uproariously all the time.

Adele Hulse, writer

The one very distinct impression I always had of Lama Zopa was that he was not all in this world. When you held his hand it was as if you had nothing in your hand. He was so light...he was just so much spirit and so little flesh.

I am told he is much more down to earth now. I am told he has changed now because he has so much worldly work to do.

Mira Slade, TI Member, 83 years old, blind, and a Buddhist since meeting Lama Yeshe 17 years ago

When I met Lama Zopa at the course we did in 1973 in Nepal, I was just overcome by his youth. He was so incredibly young and had such power.

I used to skip a lot of lessons and go outside the Gompa. I couldn't hear him inside the Gompa, but 300-400 yards from the Gompa I could hear the vibrations of his voice.

'Lama Zopa did a four month retreat up here (at our farm in Gembrook). A few Lamas have done retreats here. Our home is really blessed.

I know if it weren't for Lama Zopa, my marriage wouldn't be as happy as it is, my children wouldn't be as well-adjusted as they are...he just transformed my life.

Maggie Feldmann, florist

Wow! What a shock I got when I first heard Lama Zopa teach. I couldn't believe how badly he spoke English. It drove me mad. He coughed a lot; he took a maddening amount of time to deliver one point; and he repeated bits of it several times in a row.

I couldn't concentrate on what he said. I was going nuts about the way he said it. I desperately wanted to leave but I had travelled all the way to Kathmandu to hear him and I knew other people had been able to survive it. I decided to hang in just a little longer. I could see the guy didn't even care what any of us thought about his presentation - no way was I going to let him beat me.

That was nearly 20 years ago. Now I know his name means 'patience', and I know that if I don't learn anything else listening to Lama Zopa Rinpoche teach, I will certainly learn a lot about patience - mine! I also know his tricks, like:

"And in conclusion..." means get ready for another hour.

Under unbelievable pressure, in terrifying (for me) circumstances, faced with unpredictable lunatics,

chaos and imminent disaster, I have never seen this man look so much as like dropping the ball.

Other people can tell you some of the hundreds of 'miracle' stories, and I've witnessed some myself. But for me, the most remarkable thing about Lama Zopa Rinpoche is his extraordinary anti-razzle dazzle. He has always played it 'no big deal'.

But I've seen him work and, hey, he doesn't fool me.

Peter Guiliano, graphic artist

Just one incident. Before attending my very first Tibetan Buddhist course at Atisha Centre in 1983, I instructed my friends to come and get me (read "rescue") if I was not back by the due date.

This was no laughing matter! I had watched almost the whole of my sister's generation being whisked away by exotic religious cults and I was wary.

Anyhow, by the end of my five days with Lama Zopa, I rang my friends only to find myself saying: "Don't come and get me, I'm staying longer. This Lama glows."

Sensing that this statement was not confidence-inspiring, I added: "You think I'm mad, but he does glow - he really does. I've never seen anything like it before," topped off with "don't worry about me, I'm fine", and a peal of laughter!

Sonam Jampa, Spiritual Program Co-ordinator

KARMA SEMINAR A GREAT SUCCESS

On Sunday 5th May the Study Group conducted its second seminar for the year. Over 55 people, including some fifteen guests, enjoyed the stimulating discussions and presentations as Study Group members explored the farthest extent of their knowledge! This is certainly a powerful way of discovering how much we don't know and sharing what we do. A two hour lunch gave us the opportunity to relax and enjoy each others' company. Thanks to all who brought food to share and particularly Jenny and Damien for co-ordinating the day. Details of coming seminars will be published in later newsletters. Perhaps you would like to attend?



TARA INSTITUTE is a branch of the Foundation for the Preservation of the Mahayana Tradition (FPMT) a network of Buddhist Centres in Australia and around the world.

▼WEEK ONE:

MONDAY 3
Introduction to Buddhist Meditation 8pm

TUESDAY 4
Study Group 8pm

WEDNESDAY 5
Evening with Geshe Doga 8pm

FRIDAY 7
Guru Puja 7pm

SUNDAY 9
Sunday School 10am

▼WEEK TWO:

MONDAY 10
Introduction to Buddhist Meditation 8pm

TUESDAY 11
Study Group 8pm

WEDNESDAY 12
Evening with Geshe Doga 8pm

SATURDAY 15 - SUNDAY 16
Weekend Course (Lama Zopa)

▼WEEK THREE AND FOUR:

MONDAY 17 - TUESDAY 18
Heruka Initiation (Lama Zopa)

THURSDAY 20
Cittamani Tara Initiation

FRIDAY 21 - THURSDAY 27
Cittamani Tara Commentary (Lama Zopa)

JUNE PROGRAM

AUSPICIOUS DATES

Tibetan 25th - Friday 7 Tsog; Tibetan 30th - Wednesday 12 New Moon Precepts; Tibetan 8th - Wednesday 19 Tara Day; Tibetan 10th - Friday 21 Tsog; Tibetan 15th - Wednesday 26 Full Moon Precepts.

INTRODUCTION TO BUDDHIST MEDITATION

Monday Nights 3rd, 10th at 8pm

This month's shortened series of introductory talks will be presented by Hal Young who has chosen the twin themes of perseverance and coping. He will be looking at how we can stop ourselves being overwhelmed by life experiences and how we can keep pursuing our chosen goals without letting them deteriorate and fall away.

Each evening will consist of guided meditations, discourse and discussion. 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). Just turn up at 7.50pm or contact Wendy on 596 2465 for further information.



Tara Institute
3 Mavis Avenue
East Brighton
3187
phone: 596 2465

STUDY GROUP

Tuesday Nights 4th, 11th at 8pm

Each week Geshe Doga gives commentary on the Graduated Path to Enlightenment or 'Lam Rim'. This classic teaching covers all the essential aspects of the Buddhist path in a concise and easily understood format.

First formulated by the great meditator and teacher Atisha, the Lam Rim provides clear and practical instructions on how to apply the Buddha's teachings in our lives. By studying this text we can see exactly how to proceed in accordance with our own capabilities at any point in time.

New students may join the Study Group at any time. The only prerequisites are to have taken Refuge, be prepared to attend regularly and willing to undertake a one week Lam Rim meditation retreat. Prospective students are welcome to "sample" the Study Group at any time.

Please ring Wendy on 596 2465 or contact Study Group Co-ordinator, Sonam Jampa, for further details.

NB: Due to Lama Zopa Rinpoche's visit this month, Geshe Doga will teach for the first two weeks of June only.

EVENINGS WITH GESHE DOGA

Wednesday nights 5th, 12th at 8pm



Geshe Doga continues to teach from the famous Buddhist text "A Guide to the Bodhisattva's Way

of Life". This text is much loved for its direct and clear explanations on the development of spiritual qualities such as love, compassion, patience and wisdom.

Geshela is teaching from the seventh chapter of the text which deals with the development of enthusiasm or joyous effort. Drawing from his own experience, Geshe Doga will describe methods we can each apply in our own lives to enhance our commitment to travelling the spiritual path.

These teachings are suitable for all students. New students are especially welcome. There is no facilities fee for the teaching.

Please note that Geshe Doga will not teach during the second part of the month to make way for Lama Zopa's program.

KANGYUR FUND APPEAL

We still need \$950 to bring the complete collection of the Buddha's spoken word (in Tibetan translation) to Tara Institute where it will take pride of place. When the Kangyur arrived in New Zealand, Geshe Ngawang Dharghey said that it was the same as the Buddha himself arriving in person. To have a hand in such an auspicious event is very fortunate indeed. Sponsorship at any level is greatly appreciated and can be fully acknowledged. Please mark any donations 'Tara Institute Kangyur Fund' and send to Tara Institute Office. Thank you. *Sonam Jampa*

SPECIAL INFORMATION SESSIONS

We are conducting several special one hour information sessions to give you more information and provide you with an opportunity to ask questions about the advertised programme. If you would like to participate in one of these please book by ringing Wendy on 5962465. Several time slots will be available.

RESIDENTIAL ACCOMMODATION

Tara Institute offers dormitory-style residential accommodation at the following general rates:

Daily Rate \$30 (Member \$25) Weekly rate \$165 (Member \$140)

As space is limited, preference will be given to early bookings. For further details ring Wendy in the office on 5962465.

HOW TO GET THERE

Melways Reference 67 J9

By train (from city) - Sandringham Line. Alight North Brighton Station. Left down Bay St. Cross Nepean Highway. Down Milroy St. Right at Mavis Avenue.

By tram (from city) - East Brighton Tram No. 64. Alight Stop 60. Down Charles St. Left Landcox St. Right Wairoa Av. Left Mavis Avenue.

WHAT TO BRING

To all events: cushion, meditation blanket (it can get cold in gompas).

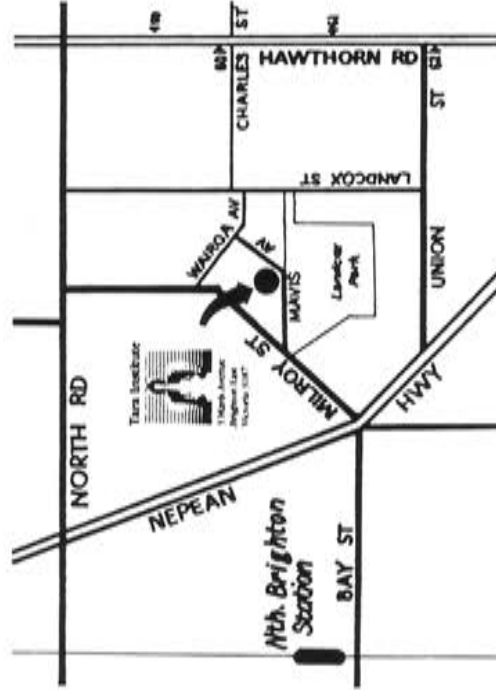
Courses: as above together with notepad and pencil

Residential: sleeping bag, pillow, warm socks, toothbrush!

LAMA ZOPA RINPOCHE SUTRA & TANTRA TOUR



15TH - 17TH JUNE 1991



Tara Institute



3 Mavis Avenue
Brighton East
Victoria 3187

Telephone (03) 596 2465



A branch of the Foundation for the Preservation of the Mahayana Tradition

Tara Institute



LAMA ZOPA AT TARA INSTITUTE

As Rinpoche maintains an incredibly busy tour schedule around the world our two week teaching program presents a rare opportunity to receive teachings covering all aspects of the Buddhist path to Enlightenment.

LAMA ZOPA RINPOCHE A BRIEF BIOGRAPHY

The Venerable

Lama Zopa Rinpoche was born in 1947 in a village near Mount Everest in the Solo Khumbu region of Nepal. High above the village was a cave where the Lawudo Lama, a great master of Tantric teachings had lived. Lama Zopa is said to be the great Lama's reincarnation.

In 1959 at the age of twelve he fled Chinese occupied Tibet and went to the refugee camp of Buxa in northern India where he first met Lama Yeshe, his main teacher who later formed the FPMT.

On the passing away of Lama Yeshe in 1984, Lama Zopa became the Spiritual Director of FPMT. He has continued to travel extensively, visiting the 70 or so Centres as often as possible.



SUTRA PROGRAM

TRANSFORMING OUR ATTITUDES

WEEKEND COURSE

Sat 15 - Sun 16 June 9am-6pm both days

Cost: \$170 (Member \$135) Includes 3 course lunch and light supper. This fee covers tour expenses only.

Over this weekend Lama Zopa Rinpoche will invite us to probe our ideas about the sources of unhappiness and happiness. Basing his teaching on the famous Thought Transformation text SEVEN POINT THOUGHT TRANSFORMATION by the ancient meditation master, Geshe Chekawa, he will show us how to cut through our assumptions and prejudices so that we can begin to live according to values that are profoundly simple yet profoundly alive.

TANTRA PROGRAM

HERUKA INITIATION

Monday 17th - Tuesday 18th June

Monday 7pm-12pm; Tuesday 6pm-12pm

Cost: \$100 (Member \$80) This fee covers tour expenses only
Commitment: daily practice of Yoga of Three Purifications; daily practice of Six Session Yoga.

Lama Zopa will be conferring the 5 Deities Heruka Initiation. For those who intend to take the Cittamani Commentary but have not taken another Highest Yoga Initiation, this initiation will serve as the pre-requisite.

One must receive the initiation from a fully qualified teacher in order to do Heruka practice.

CITTAMANI TARA INITIATION

Thursday 20th June 7pm-Midnight

Cost: \$80 (Members \$60) This fee covers tour expenses only. COMMITMENT A 700,000 mantra retreat, once a month practice of the sadhana; daily practice of Six Session Yoga.

INITIATION PRE-REQUISITE

One must have ALREADY received another Highest Yoga Tantra such as Heruka (as offered earlier in our program), Guhyasamaja, Yamantaka, Kalachakra, Hevajra. This pre-requisite is essential.

To study and practice the Cittamani Tara Tantra one must receive the initiation.

CITTAMANI TARA ONE WEEK COMMENTARY

Friday 21st - Thursday 27th June

Weekdays 9am-11pm Weekend 9am-6pm

Cost: \$480 (Members \$340) Includes 3 course lunch and light supper each day

COMMENTARY TIMETABLE

WEEKDAY teaching sessions will be held in the evenings, 7pm-11pm. This means that you can keep working and still attend ALL of Rinpoche's sessions. Meditations and discussions on the commentary led by experienced students will be conducted semi-retreat style, throughout the day.

PRE-REQUISITE

To listen to this Commentary one must have received the full Highest Yoga Tantra initiation of CITTAMANI TARA (such as the one offered by Lama Zopa). This initiation involves taking Tantric Vows and Six Session Yoga commitments. This always distinguishes it from Green Tara which is given WITHOUT Tantric Vow and Six Session commitments. Contact Sonam Jampa or Patrick Campisi if you have any questions.

COMMITMENT

There is no extra commitment associated with the Commentary.

IMPORTANCE OF THIS COMMENTARY

Before we can really practice the Cittamani Tara meditation we must receive a commentary from a qualified Tantric master.

Only by following the Commentary instructions can we really gain the great benefit of the practice.