

If undelivered please
return to:
3 Mavis Avenue
East Brighton 3186

Tara Institute News

Registered by Australia Post
Publication No VAR 3576

SURFACE
MAIL

POSTAGE
PAID

February
1991

LAMA TENZIN OSEL RINPOCHE'S 6TH BIRTHDAY PUJA

Tuesday 12th 8pm

To celebrate Lama Osel's sixth birthday we are offering a long life puja. This is the perfect way of expressing our thanks to Lama Yeshe who has shown the ultimate kindness by returning to us in a new aspect.

In the words of Lama Zopa Rinpoche -

"Lama Yeshe always enjoyed travelling around the world and going to the west and he encouraged me to come with him. So there must have been a reason for this. I only realized much later what it was. I even had trouble leaving Lawudo. I did not even go when there was a helicopter waiting for me!... but until Lama Tenzin Osel Rinpoche is ready to teach sen-



tient beings in the west at the centers and in other places, I plan to continue like this...

We must never never forget that this is Lama's incarnation. Lama, who

has returned to us in his new form. We must not forget that he is the one who has created all these centers.

There are so many sentient beings who have come into contact with the Dharma that we should not let Lama who has come back in a new form be forgotten while we are so fortunate in meeting other highly qualified lamas.

I think it is my responsibility to say these things because Lama dragged me to the west so often in the past to create this organisation for his western students."

Please bring an offering.
Everybody welcome.

LOSAR (TIBETAN NEW YEAR) 2118 IRON SHEEP ◆ LAMA THUBTEN YESHE ◆ COMMEMORATIVE DINNER ◆

◆ ◆ ◆ ◆ FRIDAY 15TH FEBRUARY 6pm ◆ ◆ ◆ ◆

For members of the FPMT and friends of the organisation, Losar or Tibetan New Year will always be remembered as the anniversary of the death of our most precious founder, Lama Thubten Yeshe.

Every year at Losar, his successor, Lama Thubten Zopa Rinpoche gives a talk about Lama and has encouraged other Centres to do the same.

Following the success last year of our commemorative dinner which was attended by ninety people, we shall again hold a special buffet on this night followed by videos of Lama, personal recollections and a short puja. You may come to all or any part of these ac-

6.00PM
COMMEMORATIVE DINNER
7.15PM
LAMA YESHE VIDEO AND
STUDENTS' STORIES
9.00PM
VAJRASATTVA TSOG
(BRING AN OFFERING)
10.00PM
FINISH

tivities but please book if you wish to attend the meal (details below). For those who didn't know Lama Yeshe, the

founder of Tara Institute and many flourishing FPMT Centres around the world, this is an excellent way to hear first hand how Westerners made initial contact with Tibetan Lamas in Nepal and how our centres grew. All welcome.

BOOKINGS FOR
COMMEMORATIVE DINNER

Please book by Monday 11th February by phoning the office on 5962465 (BH). We ask \$10 a head for the scrumptious three course meal so that we can cover costs. Adele Hulse is organising this event. Bring yourself, your friends and particularly invite anyone who knew or met Lama Yeshe.

GESHE DOGA RETURNS FROM INDIA

We are happy to announce that our precious resident teacher, the Venerable Geshe Doga is due to arrive back in Australia early this month. All about his recent Indian pilgrimage in next month's newsletter.

It is wonderful to be able to look forward to another year of teachings. Geshila will start teaching again this month with two special teachings -

THE INNERMOST ESSENCE OF MEDITATION

WITH THE VENERABLE GESHE DOGA

**Wednesday night
20th February 8pm**

"All forms of meditation have the single aim of taming and perfecting the mind so that our underlying mental potential can be actualized into living experience". Geshe Doga 1989

On this night Geshe Doga will explain the heart of Buddhist meditation - its aims, benefits and mode of practice. Drawing upon his own deep personal meditational experience he will communicate exactly what is needed to help us begin to take real responsibility for transforming our lives.



As well as teaching direct meditation methods Geshila will explain how detailed knowledge of our own minds is crucial if we are to understand how the mind is both the source of all suffering as well as all happiness. Such an insight into the workings of our own minds is necessary if we are to find the courage to actually begin gaining the upper hand.

Geshe Doga's presentation will be particularly geared to our situation as BUSY Westerners with barely time to yank our legs into sitting position, let alone our thoughts!

EASTER COURSE

**Friday 29th March
Monday 1st April**

Advance notice - we will be holding an Easter Course with the Venerable Geshe Doga over Easter. The topic is Thought Transformation based on the famous text - "The Jewel Ornament of the Awakening Warrior." Further details in next month's newsletter.



Tara Institute is a branch of Foundation for the Preservation of the Mahayana Tradition (FPMT), a network of Buddhist Centres in Australia and around the world



Tara Institute
3 Mavis Avenue
East Brighton 3186
Phone: 596 2465
Fax: 596 2465

INTRODUCTION TO BUDDHIST MEDITATION

**Monday nights 4th, 11th, 18th
and 25th at 8pm**



This month our presenter will be Tara Institute's programme co-ordinator, the Venerable Sonam Jampa. His topic will be the Four Immeasurables - Immeasurable Equanimity, Love, Compassion and Joy. The importance of these four attitudes to both ourselves and the world at large will be explained and there will be clear instruction on how to develop a simple but powerful meditation practice based on them. Each evening will consist of guided meditations, discourse and discussion.

There is a facility fee of \$5 per night for Monday night classes if you are not a Tara Institute member. This fee is not a charge for teachings but to help us cover our administrative costs. For further information, please ring Wendy in the office on 5962465. She is happy to answer all your programme queries.

GESHE DOGA AT ATISHA CENTRE

Geshe Doga will be giving two talks at Atisha Centre on the weekend 23-24th February. This is a good opportunity for a Dharma outing. For further details phone Atisha Centre on (054) 423686; (054) 412705

SUNDAY SCHOOL 1991

Sunday School recommences on Sunday 3rd February 1991 at 10am. We will hold classes on each alternate Sunday as usual.

The children will be taught some of the basic Buddhist concepts and practices such as prostration, how to make offerings, basic visualization and meditation and prayers etc. Sessions often include reading and discussing a story, drawing, and always a drink and a biscuit.

The class finishes at 11.00am.

If you have any questions or suggestions please contact me via the office on 5962465.

Michael Dunlop.



'World peace is achieved based only on a sense of brotherhood and sisterhood, on the basis of compassion. The clear genuine realisation of the oneness of all mankind is something important. It is something we definitely need. Wherever I go, I always express this view.'

His Holiness the Dalai

▼WEEK ONE

MONDAY 4
8pm Introduction to
Buddhist Meditation

THURSDAY 7
8pm Meditation on
Compassion

SATURDAY 9
6.00pm Lama Chopa Guru
Puja

▼WEEK TWO

MONDAY 11
8pm Introduction to
Buddhist Meditation

TUESDAY 12
8pm Lama Osel's 6th Birthday
Puja

THURSDAY 14
8pm Meditation on
Compassion

FRIDAY 15
Losar (Tibetan New Year)
6pm Lama Yeshe
Commemorative Dinner

▼WEEK THREE

MONDAY 18
8pm Introduction to
Buddhist Meditation

WEDNESDAY 20
8pm Geshe Doga's first public talk -
Innermost Essence of Meditation

THURSDAY 21
8pm Meditation on
Compassion

FRIDAY 22
6pm Tara Meditation

SUNDAY 24
6pm Lama Chopa Guru Puja

▼WEEK FOUR

MONDAY 25
8pm Introduction to Buddhist
Meditation

TUESDAY 26
8pm 1991 Study Group
first night

WEDNESDAY 27
8pm Spiritual Precepts for
Modern Living

THURSDAY 28
8pm Meditation on
Compassion

F E B R U A R Y P R O G R A M

TSOG AND MAHAYANA PRECEPT DAYS IN FEBRUARY

Tibetan 25th Saturday 9 - Tsog Day; Tibetan 30 New Moon Thursday 14; Tibetan 8 - Half Moon - Friday 22; Tibetan 10 - Sunday 24 - Tsog; Tibetan 15 - Full Moon - Thursday 28

1991 STUDY GROUP

**A BRAND NEW YEAR
BEGINS!**

"By joining this Study Group you will cause the flourishing of Dharma in this Country"

Geshe Doga Study Group in 1985

HOW THE STUDY GROUP WORKS

The Study Group's purpose is to provide a stable study environment for students to learn in depth about Buddhism from our resident Tibetan Lama, the Venerable Geshe Doga.

Students are able to work at their own pace under the kind eye of Geshila. We are not competing with one another so this is not an academic environment in the Western sense. Question and answer and open debate play a crucial role.

The group's popularity is evidenced by its rapid growth - 50 members participated in 1990 compared with 35 the previous year. We ex-

pect it to be even larger this year. As we also hold seminars and social activities, it is also an excellent way to make Dharma friends.

WHAT IS INVOLVED IN JOINING

Unlike other areas of the programme, regular attendance is expected therefore registration is required. You must also have formally received Refuge Precepts and be happy to follow the Study Group Constitution which guarantees ideal study conditions for the whole group. You must also be prepared to do a One week Lam Rim Retreat (or its approved equivalent) in 1991.

WHEN DOES IT COMMENCE

The Study Group will formally commence on Tuesday 26th February at 8pm

THE CURRICULUM

The Graduated Path to Enlightenment (Lam Rim)

The Lam Rim is a condensation of all the teachings of the Buddha as well as a map of how to travel to reach Enlightenment. It is said that to hear just one word of the Lam Rim is equivalent to receiving all the teachings of Shakyamuni Buddha.

Its structure corresponds to the stages of personal practice so it is a perfect meditation manual as well as a means of finding an experiential foothold in order to launch into the deeper meanings of the teachings.

Last year we dealt with the Preliminary section of this text. Several excellent book references as well as student notes are available so you can join this year without being disadvantaged.

HOW TO JOIN

Simply come along on the first night 26th February and register. For further details, ring Wendy in the office on 5962465 or contact to the Study Group Co-ordinator, Sonam Jampa.

MEDITATION ON COMPASSION

Thursday 7th, 14th, 21st and 28th February at 8pm

For this month only Tara Institute's programme co-ordinator, the Venerable Sonam Jampa will lead us through a sequence of guided meditations - all revolving around Chenrezig, the Buddha of Compassion.

Each evening will consist of a short introduction, an analytical meditation and a visualization meditation on Chenrezig together with mantra recitation. This will be fol-

lowed by a question and answer period and light refreshments in the gompa.

This will be an ideal opportunity to gain some meditation experience in a group environment as well as a chance to make some new friends.

No registration required. Just turn up on the night. All welcome.

LAMA OSEL TURNS 6

Reprinted with kind permission from Vajrayana's February newsletter

In 1983 and 1984 many high Lamas of the Gelugpa school of Tibetan Buddhism died. After two or three years many of them took rebirth and were recognised as the true incarnation of their predecessor.

In March 1984, the spiritual director of our FPMT centres, Lama Thubten Yeshe passed away. Due to his dedication to helping all beings and the great need his students have of him, he was reborn in Spain in February 1985. He will be 6 this birthday.

The story of Lama Osel has aroused profound interest mostly because he is one of the few recognised reincarnations to be born in the West.

Recently it was announced that Lama Yeshe's first Western disciple, a Russian princess called Zina Rachervsky, has been reborn in Paris and is now a young boy. The process of identifying a Rinpoche is more involved than just selecting a few correct pieces

of the previous Lama's possessions. It also involves signs, dreams observations, checks and, sometimes letters written before the Lama died stating where, when and the name of the parents to whom he would be reborn.

If you wish to read more about this subject the book "Reincarnation: the boy Lama" is available at the Tara Institute bookshop. "In Exile from the Land of Snows" and "Tibet is my Country" give details of the recognition of His Holiness the 14th Dalai Lama.

Since 1989, Lama Osel has been living at Rabten Choling Monastery in Switzerland where he is learning Tibetan and memorising many texts. This is a very traditional Tibetan Monastic education. This year he will move to India, to study at Sera Je Monastery of Lama Yeshe, Lama Zopa and most of the Geshe's teaching at FPMT centres. Following are edited transcripts of two interviews with Lama Osel in Holland last August.

Q Do you like being at Maitreya Institute?

Yes it's a nice house and there are many boys...and to play and also there are boys that speak Spanish and I very much speak Spanish and to speak English.

Q This way you learn many languages.

Yes three, English, Spanish and some Tibetan. But I learnt so much languages that I almost know all...almost all. (Lama Zopa cracks up laughing)

Q Lama do you like to study?

I like to play and after I like a little bit to study but I like very much to play. Because it's nice and I can be alone and I can play with boys. I can do everything that I want. I can have big space...and, that's all.

Q Do you like to have big space?

Yes, because I am big Lama. Everybody is big Lama.

Q Do you want to go to Sera Je?

Yes But when I have 6 years I will go there, but now I'm five and a half.

Q Can you tell us who is your Guru?

The Dalai Lama.

Q Why?

Because he teach and he's a very big lama and he's a very good lama.

Q What do you do, now that you're living at Rabten Choling?

First I do my prayers. After that I do a class...after I memorise. Then

when they ring the bell, it's lunchtime and then I go down. And then I stay. After lunchtime I go to play with a naughty boy, very naughty.

Q Why is he naughty?

Because he's Tibetan.



Q Sometimes do you do meditation or only prayers?

Only prayers. First I do the prayers, after I do a class of Gan.la. After I memorise...now when I go to Rabten Choling, I need to memorise Lama Chopa..but not all, half.

Q But don't you also need to meditate?

But only when I was small, when I was a baby, I had a very big room and I sat in the chair that was Lama Yeshe's. Then I was on television, in a big chair. I was meditating like this in a big chair like this.

Q What were you meditating on?

But I was thinking much things. I was thinking of playing, I was thinking of "Tom and Jerry"...

Q So you weren't really meditating, just pretending?

Yes.

Q Isn't real meditation important?

Yes, very important.

Q Isn't meditation important for students to calm their minds?

Yes, yes but now I'm small and don't help people because I'm very small. Lama Zopa - he is so big. He is older than 20, I'm just 5 years. I'm very small.

Q When you get bigger, then you're going to help others?

Yes, many people. I will do much teaching, teachings to help people and teaching to Lama Zopa...and much things. I want to work very much. I want to paint Buddhas. I want to do much things. I'm not going to play. When I grow,

when I have many numbers like Lama Zopa....

Q When are you going to start to teach Lama?

When I have 10 years.

Q And also you'll get initiation when you grow up?

Yes

Q Do you want to give any advice to the students. What's the most important thing for people to do?

Memorise, meditate and when they die they can be one Buddha.