Clare Callinan

There I was, wandering home, crossing the last street before home, when who should I see walking down that street (well lane really), but Clare. She had no escape, and very kindly agreed to be interviewed at a later date.

Clare first became interested in Buddhism three years ago. Over the years she had seen His Holiness the Dalai Lama on television - the first time probably being when he was awarded the Nobel Peace prize [in 1989] "and then that thing happens where you stop dead in your tracks. I was riveted. I had never heard anyone talking like that before." Clare also went to see him in 1992, although she was not thinking in terms of becoming a buddhist at that stage.

Then Clare read Sogyal Rinpoche's *Tibetan Book of Living and Dying*. She couldn't put it down and read it from cover to cover. As a result she tried to do some of the meditations suggested in that book, but realised that she wanted to know more.

The next source she researched was the telephone directory to find out about Tibetan buddhist groups in Melbourne, "and would you believe it the phone book actually fell open at 'Tibet'". The obvious number to ring was the Tibetan Buddhist Society at Yuroke, however that "seemed a little too far away, so the people at Yuroke, very kindly told me about a centre in Brighton - TI".

So Clare began to attend Monday nights. She had never meditated with a group of people before, but from the moment she began coming on Monday nights she feels she has never looked back. From the beginning Clare has loved walking into the gompa.

Clare became a Member in April 1995, after about a year of coming to TI. She became a Member because the meditation and teachings had been so helpful. "They gave me answers that were the antithesis of the way our society functions." The people she met were very friendly. She found TI an easy place to be and was very comfortable here. "So I decided that I wanted to support what was going on here."

In December 1996 Clare became a resident, and relates that to His Holiness' visit last year. "If that's the end result then I have no more reservations" she says.

With Lilien, our new chef, Clare is working to make the dining room a more inviting place for everyone to come and eat before teachings.

You can also find Clare 'personning' the bookshop on Tuesday nights. I'm sure they won't be the only things we see her doing around the place. Thanks Clare for telling your story and for your work around the centre.

Adair Bunnett

food for thought

This is what Clare looks like, so if you have any suggestions for expanding our meal service, or if you have any questions, or want to help – please talk to Clare. And of course, book for a meal by calling Sheena before 3pm on the day you want to eat at TI.

TI Explores the Internet

Like many of the computer community at TI, I have a modem used for transferring files for the publishing group.

Then last year I began to look more closely at the internet. Many of the internet sites confirmed my initial impression (a lot of flash and trash) but I found a few that were of great value.

I returned regularly to read the teachings of Jetsunma Ahkon Lhamo; I researched information about my medications and about energy-efficient appliances; and heard how teachers were able to download international news reports, and have students study selected excerpts later that day.

TI Member Mark Emerson, who also works with the group publishing Geshe-la's teachings, has used the internet to locate Jetsunma's site, and then downloaded copies of her teachings and ordered tapes and a CD from her centre. He also uses the internet to find material to support a work-based proposal on the important role of this new technology in our society.

Ven Thupten Donyo uses the internet to search out sources of information about stupas and wealth vases, and was able to make useful contact with important sources of information in a wide variety of traditions and cultures.

Mark and I became very enthusiastic about the possibility of TI developing an internet site. It seemed that it wouldn't be all that difficult to provide a service for people who wanted to find out information about TI and its teaching program, who perhaps needed some help and encouragement, or who wanted to find out about Tibetan Buddhism.

We talked it over with a number of people, further refining our ideas all the time. Then Centre Director Peter Guiliano asked us to prepare a submission asking the Executive for permission to investigate how TI might develop a useful internet site.

As a result we prepared a display at TI, asking people to respond to a simple survey of suggested topics. We will analyse those responses, then prepare a submission to the Executive outlining the findings, and our recommendations.

Stay tuned for further developments.

In the meantime if you'd like to be part of the process, contact

Internet Launch
Tara Institute
3 Mavis Avenue
EAST BRIGHTON VIC 3187
or email
mark.emerson@arts.monash.edu.au
with your ideas.

Adair Bunnett

Tara Institute's *own* Internet HomePage

How the World will see us

If undelivered, please return to —
3 Mavis Avenue, East Brighton 3187
Phone (03) 9596 8900 Fax (03)9596 4856

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SURFACE MAIL

Tara Institute NEWS

APRIL 1997

THIS MONTH

Guru Puja
with all the visiting FPMT Geshes
• Sunday 20 at 8pm

HEALING MEDITATION COURSE
• Saturday 12 & Sunday 13

Tara Institute honoured to host

AUSTRALASIAN GESHE CONFERENCE AND *CONSECRATION* OF WEALTH VASES AND STUPA

On his visit to TI in 1996 Lama Zopa Rinpoche suggested that the Centre should install a Stupa in the hallway and some Wealth Vases, not only for wealth but for auspiciousness and success. On the weekend of 19 April TI's new Stupa and Wealth Vases will be consecrated and installed.

On the 18, 19 and 20 April, TI will be blessed by a visit from most of the Australasian geshes. Khensur Rinpoche from Adelaide, Geshe Jampel Senge from Perth, Geshe Thubten Dawa from Sydney, Geshe Pal Tsering from New Zealand and Geshe Doga from Tara Institute are meeting at TI for one day of discussion and two days to consecrate many objects including the wealth vases and the stupa for Tara Institute.

AT TARA INSTITUTE

SPECIAL GURU PUJA WITH KHENSUR RINPOCHE, GESHE DOGA, GESHE JAMPEL SENGE, GESHE THUBTEN DAWA AND GESHE PAL TSERING

• SUNDAY 20 at 8pm

Everyone is invited at that time, to come and join the visiting geshes for this very special occasion. The ceremony will conclude the weekend of meetings and Consecration performed by our wonderful geshes. Please feel welcome to bring offerings if you wish.

The future is here.....and he's beautiful!

Last year Kathy Vichta (from Chenrezig Institute) asked me to help raise funds to support Lama Tenzin Osel Rinpoche. As a result the Lama Osel Support Fund was launched on Lama Zopa Rinpoche's visit to Australia and slowly the Fund is building a base of committed sponsors who help financially support Lama Osel to continue his studies at Sera Monastery.

Yesterday

Tara Institute is a branch of the Foundation for the Preservation of the Mahayana Tradition. This worldwide organisation was founded over 20 years ago by Lama Yeshe. Lama Yeshe was an unorthodox teacher — his sense of humour, his warmth and his sheer presence affected the lives of so many Westerners. When he passed away in 1984, many felt devastated.

Lama Yeshe's closest disciple, Lama Zopa Rinpoche, took up the reins as Spiritual Director of the organisation and began to search to find Lama Yeshe's reincarnation.

Lama Tenzin Osel Rinpoche was born in Spain in 1984 and fourteen months later HH the Dalai Lama officially recognised him as the reincarnation of Lama Yeshe.

Today

Lama Osel is studying at Sera Monastery in Southern India. He lives with his father Paco and his brother Kunkyen, who is also a monk, and other members of his entourage. Lama's education is a carefully-blended mixture of the Tibetan Buddhist training for a young tulku and that of a Western child.

Currently the costs of supporting Lama Osel and his entourage are not being fully met by the existing sponsors - more is needed.

What Can You Do?

We urgently need to ensure a regular income to cover the expenses incurred. Will you help to continue Lama Osel's education and reinforce our link with his holy work?

In Return...

As a supporter you will receive a quarterly Newsletter updating you with Lama Osel's activities and progress. (The first issue is now hot off the press!)

Most importantly you'll know your commitment is repaying the kindness of Lama Yeshe and making it possible for Lama Osel to fulfill his destiny.

So Far....

We have now reached the monthly amount pledged of $545.00 — a pleasing start! In addition we have received a number of once-off donations.

Thank you to all those who have been able to make this connection (many of the Support Fund people never met Lama Yeshe!).

In February we sent our first set of funds over to Ven. Marcel Bertels — $2265!

Just a few weeks ago I was thrilled to receive a letter from Lama Osel himself (see below), plus some wonderful new photos of Lama and his dog. PLEASE ENJOY!

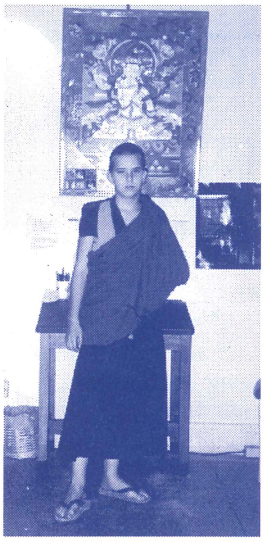
Lama Osel Support Fund

If you would like a copy of the Lama Osel Support Fund brochure and the latest copy of the Newsletter please contact:

Lama Osel Support Fund
c/- Tara Institute
3 Mavis Avenue
East Brighton
VIC 3187

or call me during Business Hours on 03 9663 3951.

Caroline Radford



TENZIN OSEL

House Nr. 103, Sera Mahayana University
P.O. Bylakuppe 571104, Mysore Distr.
Karnataka, India.

thinking of Australia

Now it is January, the first month of the year. Here the weather is colder than the other seasons. It's very beautiful to see in the morning the sun shine on the wet the green grass in the garden. I rap myself inside my zen and look at the sweet colors of the new day. It is a new day, and a new opportunity to help this precious life in this powerful place where everyone is doing the best that they have in themselves.

I am very happy and excited, because many events are coming in a short time: Going to Kopan, Tibetan New Year, my 12 birthday, journey to Boddh Gaya with my good kind teacher Venerable Lama Zopa Rimpoche, and my ordination as getsul in Dahramsala next February 97 with H.H Dalai Lama.

Many people come here to see me. I am very grateful to meet with every body, they tell me news of theirs country, and themselves, but I want to excuse myself not to spend so much time with them, because my schedule is intense, and my free time short, but slowly I am becoming more used to my schedule and am putting more hours of study.

Dear Caroline Radford, I am very grateful that you took the responsibility to collect money to continue my studies. Thank you very much for helping me.

Please give my best wises to all the people that collaborate in my education, then to entrust of me.

All my love and prayer.

Ozel

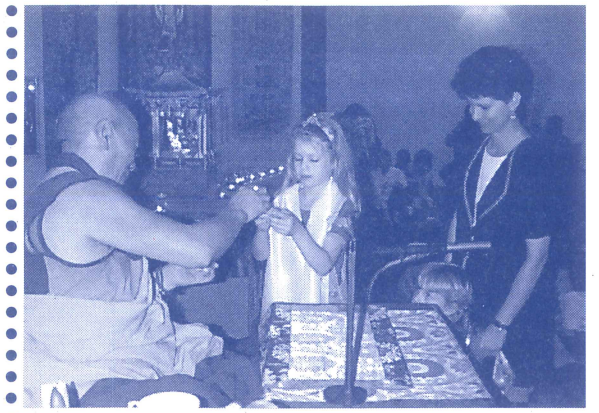
Lama Tenzin Osel.

PS. Caroline, could you send me some more brochures please, thanks.

GOOD NIGHT, SLEEP TIGHT

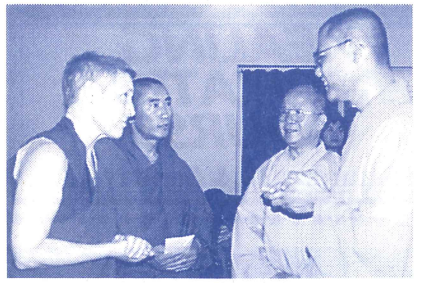
The monks' quarters at Thubten Shedrup Ling Monastery are ready to move into, but Ven. Gyatso has an urgent need for bedding such as blankets or doonas, either new or of good used quality.

Anyone interested in assisting the monastery with this can either donate money or bedding. Donations can be handed into the Office at Tara Institute and will be forwarded to Bendigo.



TI Member, Isobel Lengyel accompanies her children as they make offerings to Geshe Doga

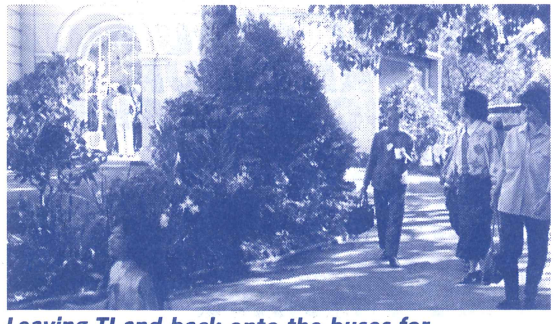
BUDDHIST PILGRIMS VISIT TARA INSTITUTE



Ven Carolyn Lawler and Thubten Donyo greet Pilgrims to the TI gompa

Pilgrims in the TI gompa

Taking refreshments in the dining room



Leaving TI and back onto the buses for another pilgimage stopover

On the weekend of 15 and 16 February, Tara Institute was visited by a group of pilgrims from three of Melbourne's Vietnamese Buddhist temples: Chuo Hoa Nghiem in Springvale, Quang Minh Temple (which hosted the Pan-Buddhist event last year during His Holiness's visit) in Braybrook and Quang Duc Monastery Buddhist Association of Victoria in Broadmeadows.

About 670 people took part in the New Year pilgrimage, visiting various Buddhist locations in Melbourne. The atmosphere in the Gompa was wonderful as the different groups, led by their Sangha, chanted prayers together. Many generations were represented – from tiny children to the elderly. It was an inspiration to see such devotion and grace. Each group made very generous offerings to Tara Institute for which we are extremely grateful and energised.

Ven. Thubten Donyo kindly offered Mani pills and Kalachakra water to the participants as they left. It was a delight for the TI community to welcome our Vietnamese Buddhist brothers and sisters during their pilgrimage.

Your chance to walk in the steps of the Buddha

TARA INSTITUTE PILGRIMAGE INDIA - 1997

Once again there will be a Tara Institute pilgrimage to the Holy places of the Buddha's life. This year we will be leaving on December 27 and returning some time around about the 28 January (1998).

The basic itinerary is as follows :-

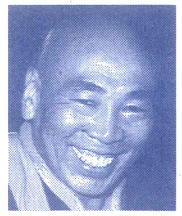
- Fly to Kathmandu via Singapore
- One week in Kathmandu
- Overland by bus through the places where the Buddha was born (Lumbini), resided (Sravasti), died (Kushinagar) and attained enlightenment (BodhGaya). Ending up in Varanasi where the Buddha first taught. This will take about two weeks.
- Overland by train to Dharmsala for three days and then by train to Delhi.
- Day trip to the Taj Mahal.
- Return to Melbourne from Delhi via Singapore.

Based on the previous pilgrimages, the total cost for everything from tickets to accommodation to visas is about $3500.

If you are interested in finding out more details or are intending to go on the pilgrimage please leave a note for Damien or ring me on 9596 1303 or you may leave a message in the office with Sheena on 9596 8900.

Damien Busby

PROGRAM



In essence spiritual practice or learning is all about how to live one's life better and more meaningfully.

Geshe Doga, TI's Resident Lama
Study Group, 4 March 1997

For people with life-threatening or very serious illness

HEALING MEDITATION COURSE

Methods and Meditations to Help Heal Mind and Body

- Saturday 12 & Sunday 13 from 10am - 5pm

This is Tara Institute's eleventh Healing Course. Started with the blessing and advice of Lama Zopa Rinpoche, the program has helped many people over the last five years.

The course will be conducted by Ven. Dr Diana Taylor, (Ven. Tenzin Chonyi), Buddhist nun and psychologist and Bob Sharples, co-facilitator with Dr Ian and Grace Gawler for Cancer Patient Residentials, at the Yarra Valley Living Centre.

WHAT CAN I EXPECT FROM THIS COURSE?

Any one person's life span is unpredictable - even though their clinical condition may be statistically assessable. So it's never too late. The important thing is how well you live, not how long you live. Paradoxically, it seems that the better you live the better your chances are of living longer. By changing your mind's attitude, you can access its energy, and use it to heal and improve the quality of your life.

If you can generate a happy and peaceful attitude, your whole life situation will be transformed.

THE PROGRAM

The program will run from 10am - 5pm each day. It will revolve around talks and meditations. There will also be discussions, workshops and gentle physical exercise.

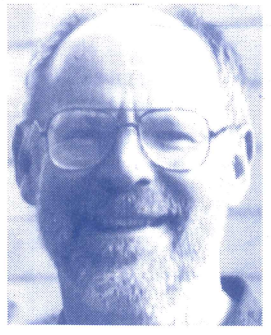
The first day involves introductory foundation building, discussions and feed back sessions. You will be shown how to meditate and how you can get started yourself.

WHO CAN REGISTER?

This is not a general healing course, nor is it a course for training health-care workers. The course is strictly limited to those who have life-threatening illnesses, and their partners.

Tara Institute's health-care facilities are limited, so there are some important preconditions - you must be mobile and able to take care of yourself and you must not be dependent on nursing care or machines.

Some accommodation is available but it is limited both in quantity and facilities. You will need to talk to the office manager without delay.



Correspondence and conversations will be honoured as strictly confidential.

COURSE FEE: $120 ($100 Members) includes vegetarian meals, refreshments and materials. (Concessions available on application)

REGISTRATION: Essential. Please contact Ven. Carolyn Lawler on 9596 8900.

MONDAYS

- 7, 14, 21 and 28 at 8pm

INTRODUCTION TO BUDDHIST MEDITATION

with Dr Alan Molloy

Dr Alan Molloy will lead this month's Introduction to Meditation series. Alan has been studying Tibetan Buddhism for twenty-one years and through many years of study and practice, has developed a detailed understanding of the teachings and their application to daily life.

Alan is a doctor, who not only spends time working with elderly and dying people, but also finds time to run TI's Publishing Group, and was a Melbourne co-ordinator of the recent visit of HH the Dalai Lama.

Alan's teaching style is relaxed and informal, providing students with clear explanations, guided meditation and ample time for asking questions.

These one-hour classes include meditation, a talk and some discussion and are suitable for beginners and more advanced students. Teachers volunteer their services at no charge for these sessions.

A facilities fee of $5 is requested to help cover administration expenses. (Members free). Just turn up at 7.50pm or phone Sheena in the TI Office on 9596 8900 for more details.

Tara Institute
3 Mavis Avenue
East Brighton 3187
Phone 9596 8900 **Fax** 9596 4856

A branch of the FPMT —the Foundation for the Preservation of the Mahayana Tradition— a network of Buddhist Centres in Australia and worldwide.

Using the Mahayana teachings of the Buddha — as taught in the Tibetan tradition of Lama Tsong Khapa — Tara Institute is a non-profit organisation dedicated to relieving the suffering of all beings. We welcome, and depend on, volunteer workers, Members, gifts, donations and bequests.

TUESDAYS

• 1, 8, 15. 22 and 29 at 8pm

STUDY GROUP

It is never too late to join Study Group! The Buddhist scriptures are so extensive it can be difficult to know how the teachings should be put into practice. Often students are heard to say, "I just don't know where to begin". The *Lam Rim* or *Graduated Path to Enlightenment* is the core text for this course, and it sets out in step-by -step fashion the different stages of realisations and insights that are practised sequentially on the Buddha's path to Enlightenment.

Geshe Doga's commentary reveals practical and dynamic methods for transforming our minds and developing clear and peaceful attitudes. Many students who have attended Study Group over the last few years speak of the incredible depth of the Teachings and the power they have to help us free ourselves from negative states of mind.

The evenings consist of meditation, discourse, debate and question and answer time. There are several excellent books on the topic - *Liberation in the Palm of Your Hand* by Pabonka Rinpoche is the set text - which are available in the TI Bookshop.

If you are interested in joining Study Group but would like more information, please contact Ven. Carolyn Lawler on 9596 7410, who will be happy to discuss any questions you might have.

Auspicious Days in April

WEDNESDAY 2
Tibetan 25th Tsog Day
TUESDAY 15
Tibetan 8th Tara Day (precepts)
THURSDAY 17
Tibetan 10th Tsog Day
SUNDAY 22
Tibetan 15th Full Moon (precepts)

WEDNESDAYS

• 2, 9, 16, 23 and 30 at 8pm

EVENINGS WITH GESHE DOGA

This month the Ven. Geshe Doga will continue his commentary on the text, *The Wheel of Sharp Weapons.*

This extraordinary work was composed by the great yogi Dharmaraksita while in retreat in the jungle. Dharmaraksita had vast scriptural knowledge and profound insight and this text contains the essence of the teachings of all his teachers and thus contains all of the teachings of the Buddha in condensed form.

Dharmaraksita transmitted these teachings to Atisha who developed true insight into the altruistic mind of enlightenment as a result of studying them.

On these autumn evenings, the Venerable Geshe Doga will inspire us to put the teachings into practice and will offer very practical advice on dealing skilfully with problems in all areas of life such as family, work, relationships and health. Geshe-la opens the session with a short meditation and concludes the evening with a commentary from *The Wheel of Sharp Weapons.* Students are always warmed by Geshe-la's understanding and gentle sense of humour.

For more details ring Sheena or Ven. Carolyn Lawler on 9596 8900. There is no facilities fee but donations are appreciated.

SUNDAYS

• 2, 16 and 30 at 10am

DHARMA CLUB

Dharma Club Co-ordinator, John Carroll, runs this wonderful program for children every second Sunday. The children are introduced to simple meditation techniques, stories of the Buddha and his teachings and some rituals such as making light and incense offerings, and Buddhist arts.

For more information, please contact the TI Office on 9596 8900.

APRIL

WEEK 1
- **TUESDAY 1**
  8pm –Study Group
- **WEDNESDAY 2**
  8pm –Evening with Geshe Doga

WEEK 2
- **MONDAY 7**
  8pm –Intro to Buddhist Meditation
- **TUESDAY 8**
  8pm –Study Group
- **WEDNESDAY 9**
  8pm –Evening with Geshe Doga
- **THURSDAY 10**
  8pm –Healing Volunteers Meeting
- ☛ **SATURDAY 12 & SUNDAY 13**
  10am - 5pm –HEALING MEDITATION COURSE
- **SUNDAY 13**
  10am –Kids' Dharma Club

WEEK 3
- **MONDAY 14**
  8pm –Intro to Buddhist Meditation
- **TUESDAY 15**
  6pm –Tara Puja
  8pm –Study Group
- **WEDNESDAY 16**
  8pm –Evening with Geshe Doga
- **THURSDAY 17**
  6pm –Guru Puja
  7.30pm –Healing Support Group
- ☛ **SUNDAY 20**
  8pm –SPECIAL GURU PUJA

WEEK 4
- **MONDAY 21**
  8pm –Intro to Buddhist Meditation
- **TUESDAY 22**
  8pm –Study Group
- **WEDNESDAY 23**
  8pm –Evening with Geshe Doga
- **SUNDAY 27**
  10am –Kids' Dharma Club

WEEK 5
- **MONDAY 28**
  8pm –Intro to Buddhist Meditation
- **TUESDAY 29**
  8pm –Study Group
- **WEDNESDAY 30**
  8pm –Evening with Geshe Doga