



From right to left - Kyabje Lama Zopa Rinpoche, Tulku Tenzin Phuntsok Rinpoche, his father, Dari Rinpoche, Ven Tenzin Zopa, Khenrinpoche Lama Lhundrup

## Precious Jewel found

Dear Friends,  
Kopan Monastery is very happy to announce that Tulku Tenzin Phuntsok Rinpoche, the incarnation of our most precious Geshe Lama Konchog, has been found. He was confirmed as the true incarnation by His Holiness, the 14th Dalai Lama, who performed the haircutting ceremony recently during the Kalachakra initiation in South India.

The enthronement of the incarnation will take place at Kopan Monastery on 3rd March 2006.

All are welcome.

Khenrinpoche Lama Lhundrup



## Congratulations!

Dick Jeffrey, a seasoned resident of Tara Institute, and in more recent years, director of the Maitreya Project Universal Education School in Bodhgaya, India, recently married one of the teachers at the school, Vanshree, who has a seven year old daughter, Riya.

We wish them great happiness and joy on their new journey

Hi to all.

My name is Chris Aitken. I have been a long-time member of Tara Institute and last year I had a great opportunity to attend the inaugural 6 day conference for 'Universal Compassion and Wisdom for Peace' (UCWP) in England.

UCWP was set up in 2005 and based on Lama Yeshe's 'future vision of the need that "We need a new education, because the present education system is no longer up-to-date. Every nation, culture, religion and philosophy already has a heritage of wisdom; we can use this wisdom to create a universal education". This concept is now called 'Essential Education' (formally Universal Education). Its purpose is to provide training and resources to help more people develop the good heart; to become more kind and wise.

The conference gave me the opportunity to develop a shared understanding of essential education, and the potential role of UCWP in the 21st century. The conference also gave all participants the chance to take a global perspective. Already there is the Maitreya School in Bodhgaya, the Tara Redwood School in California and a 20 year history of summer schools in Italy, which have nurtured a school environment based around Essential Education

Practical workshops explored our connection with the environment, working for others, enlightened leadership, science, materialism & essential education, participative consensus, integrated recovery, what it's like to be a teenager, healing, E.E., and creating an E.E. environment.

The role of storytelling, music and art in Essential Education has been an important part of my work as a teacher/facilitator, especially working with indigenous communities, mainstream schools, and children in special educational settings from all cultural backgrounds, giving them the opportunity to tell their story through writing their own original music, singing, drama and further.

I also have a role in facilitating the artistic illustration and publication of their own books.

The highlight of the conference for me was to be able to help the youngest participant in the conference, Thubten Dechen, the 5 year old daughter of Thomas and Maris Warrior, to compose a song. It was reaffirming of how important it is to listen to our young children for they have much to teach us.

Warm regards to all. Chris.

### Please Note:

Dear friend of UCWP

We have just booked a venue from 7 - 9 April 2006 for the launch conference of UCWP Essential Education, Australasia/Pacific.

The conference will take place at The Satyananda Yoga Retreat Centre (<http://www.yogavic.com/daylesford.php>) which is situated near Daylesford.

It will be a working conference for about 40 people. Anyone with a strong interest in Universal Education/Essential Education can put the date in their diary.

With every good wish

Alison Murdoch

## T9 Bookshop SALE

For the month of March ~ good dharma bargains ~ be quick.

### Tara Institute

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Email [admin@tarainstitute.com.au](mailto:admin@tarainstitute.com.au)

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

Following the Mahayana teachings of the Buddha — in the tradition of Lama Tsong Khapa — we work to relieve all beings from suffering in all its forms.

Tara Institute is fully audited, non-profit and run by volunteers. We rely entirely on the support of

Members, friends, benefactors and bequests.  
Donations and fees are requested in order to keep the Centre running.



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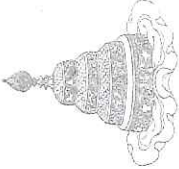
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# Tara Institute NEWS

## THIS MONTH

Study Group  
recommences

Tuesday 7 March



Medicine Buddha  
Empowerment

Sunday 26 March 2 pm

MARCH 2006

understood.

The statement that generosity is the supreme wealth has to be approached from the point of view that the wealth of this life is going to finish sooner or later. So one has to look at where the wealth of the next life is going to come from. It will come from practising generosity. Say for example one has \$15. If instead of spending all of the \$15, one uses \$1 to practise generosity, then that is an investment for a future life, and in such a way provides the wealth of the future life.

A subdued mind is a happy mind, and an unsubdued mind is an unhappy mind. This immediately leads to the question, 'Well then, how can I subdue my mind?'. One reason why an unsubdued mind is an unhappy mind is because the unsubdued mind is completely obsessed with external objects. It is completely focused on external objects in its search for happiness, so it is not surprising that such a mind is unhappy. A mind that is constantly focused on a multitude of external objects is not a happy mind, and it is also not a mind that can utilise its power properly, because that power is so dispersed. It is like a river: if it flows through a multitude of small channels then

## The Heart Advice

In his Heart Advice given at the end of every year Geshe Doga distils the advice that he has given throughout the year into one succinct piece of 'heart advice'. This is what he said on 19 December 2005



the mind needs to be wholesome and good, and this doesn't come about if the mind is not relaxed.

It is said that the supreme happiness is mental happiness, that the supreme wealth is generosity, and that the best friend is honesty. I think that the first of these is easily understood. Out of the different types of happiness mental happiness is the best type. It might be difficult to relate to the best type of wealth being generosity, especially if one is a little bit greedy. But honesty being a best friend is something that is also very commonly

First of all I want to thank you for all coming tonight. I want you to know that I am not here because I feel that the Monday night teachers don't have anything worthwhile to say (laughter). But I do feel that if I were to repeat what they usually say, then you wouldn't mind.

A good human life is not defined by whether one has good things to eat, but by the actions of the individual. If the actions and lifestyle of the individual are wholesome, then one can say that the person leads a good life. But in order for one's actions to be wholesome and good,



## Kirti Tsenzhab Rinpoche in New Zealand

Some people will remember Kirti Tsenzhab Rinpoche visiting Tara Institute in 1992 and conferring the Kalachakra initiation. This year he did the same in Nelson town, New Zealand. Actually, I saw a note that said that Nelson was about the 38<sup>th</sup> time that Rinpoche had conferred the initiation.

There were approximately 175 attendees who experienced this great blessing and I could not but be amazed when I looked up at Rinpoche to see virtually no grey hairs, despite his being 80 years of age this year. I recall hearing one years ago that Rinpoche was not at all well and thinking that well we students of Tibetan Buddhism have been very blessed by him and his nectar-like smile.....

It's a good job I kept that thought to myself because Rinpoche seems to be travelling now more than ever. His

second attendant, Ven. Amy Miller, said that in the last approximately 12 months Rinpoche had visited Russia, U.S.A., Mexico, S. Africa, Argentina, Antarctica and New Zealand. I have since learnt that he is now in Taiwan!

The lamas always say that the best way to take care of the guru is to practise the Dharma. Geshe Doga said during the first teaching for this year that if the motivation is impure, suffering will follow. But if we cultivate a pure motivation, we won't suffer.

Ven. Carolyn



KTR on the boat to Antarctica



KTR and Alak Rinpoche in Antarctica

Left: KTR and Alak Rinpoche in South Africa

## Kalachakra NZ 2006

On arriving in Nelson recently to attend Kalachakra initiation, I espied an old acquaintance, Brenda Chin-Foo, the director of the Chiti centre. I immediately asked her if I could interview her for the T.I. newsletter sometime during her stay. Brenda very kindly agreed and what follows is a very brief account of a centre director's life in Tahiti.



Brenda has been director of the centre for the last 13 years. At the beginning she simply wanted to spread the Dharma. Then she found that new people thought that the Dharma was just forgetting problems rather than thought transformation and taking responsibility. Happily this has changed as people have become more acquainted with Buddhism. Brenda herself leads meditations plus two months twice a year a French-speaking monk visits the

centre to give teachings and meditations.

Lama Zopa Rinpoche was the first Tibetan lama to go to Tahiti and, on his first visit, there was a strong feeling of relating easily to him, as though Rinpoche were a loving family member. He was also seen as bringing a very sincere love. This, according to Brenda, suits islanders, whose emotions come out easily.

Naropa Centre is running well with about 50 members. Brenda has a regular weekly column in the main newspaper in which she writes about Dharma. Initially the heads of the Catholic and Protestant churches in Tahiti were not open to Tibetan Buddhism, but due to Brenda's personal contact with these churches and her column, there is much more openness to Buddhism and both above churches now also have columns in the newspaper!

Brenda was someone who attended both the Indian and New Zealand Kalachakra. When asked about this she said that she felt very fortunate to have experienced Kalachakra in India. There was a real blessing for her in the combination of the qualities of His Holiness the Dalai Lama, the sacred site, the environment and the people attending. In N.Z. she felt a double blessing – the chance of a more direct experience of the initiation because fewer people and also the inspiration from it to build a bigger centre in Tahiti. Later she said that all the blessings she had received were for Naropa centre to flourish.

When asked what her advice would be to new people, she said that it was good to develop humility and the good heart. May we all do this and may her project have great success.

Ven. Carolyn



the power of the river is not properly utilised because it is dispersed. But if all of that water were to be channelled into the one river, then the force of the river is concentrated and becomes very strong.

If instead of engaging with and focusing on external objects, one focuses the mind internally, first collecting it internally, bringing it home and focusing it internally, and then placing it single-pointedly on the meditation object in a complete manner, then this will bring peace and tranquillity to the mind. It will also enhance one's mindfulness, make the mind clearer, more stable, generate new wisdom, and increase one's wisdom. So there are many benefits. It also makes one's mind relaxed, and this will also make one relax physically. So one will be mentally and physically relaxed, which also has a



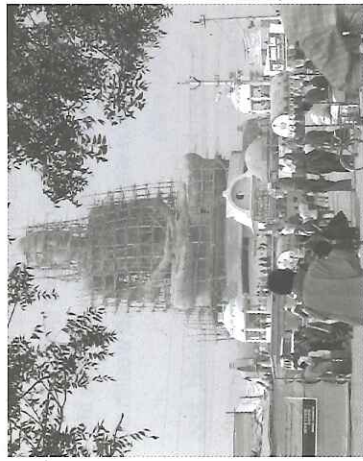
### Note for one's diary

Lama Zopa Rinpoche is coming to Tara Institute from late evening June 8<sup>th</sup> – arriving from a day in Hobart – until approximately Sunday morning, June 11<sup>th</sup>, which is also Saka Dawa. We will have more details in the next newsletter as there are still more details to be confirmed.



### INDIA 2006

The more you go to India, the more it's not about the physical hurdles but about the mental ones. The ones that force you to have a good look at yourself, and India somehow manages to rub your face in your best and worst qualities.



The Kalachakra initiation earlier this year given by the Dalai Lama in Amaravati in Andhra Pradesh was, of course, a great experience. To be in the presence of the Dalai Lama is a wonderful thing, and to be able to understand at some level the teachings on emptiness is thanks to Geshe Doga's remarkable teachings on Tuesday nights. Finally taking the Kalachakra as an initiation seemed to unlock another key within; something shifted.

Visiting Venerable Khensur Ugen Seten again is an experience not to be taken lightly. Being in the presence of a powerful lama is never to be underestimated. And watching Geshe Doga and Khensur Ugen

in each others' company is always a joy. We heard that the Venerable Ribur Rinpoche had passed away at Sera Jhe monastery a few days before we arrived. I had planned for years to go to America, or wherever, to receive his teachings. But – to my eternal sadness and regret – I never got around to it.

So I did the next best thing I could think of – circumambulations around his house, where he was still meditating. After death, yes, isn't that mind-blowing? We were also lucky enough to attend the cremation, which was moving; and interestingly enough, the sadness also lifted.



My mind and body was drained from all the intense spiritual experiences over the four weeks, and I wanted a rest – off to Mumbai for a couple of weeks to visit friends, eat incredibly well and catch a film festival.

Photos: courtesy Damien Busby

Cynthia Karena

## Medicine Buddha Empowerment

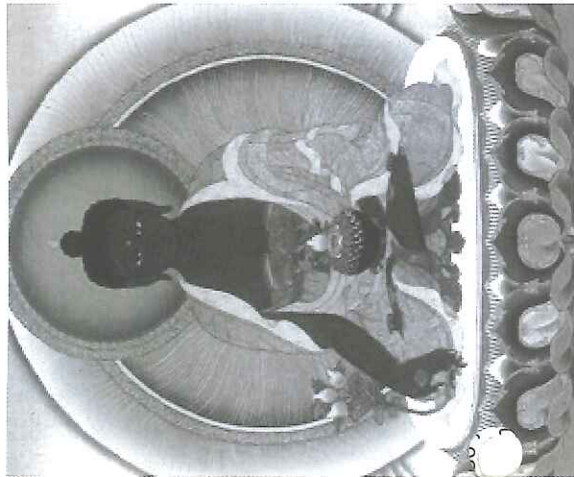
Sunday 26 March at 2pm

Conferred by Venerable Geshe Doga

Tibetan Buddhists consider the Medicine Buddha empowerment to be the most powerful blessing for healing, dispelling sickness and for awakening the innate healing wisdom that lies within every individual. The practice of the Medicine Buddha meditation, and all the other ways of connecting to the blessings of the Medicine Buddha are said to be much more effective when one has received the Medicine Buddha empowerment from a qualified lama. Geshe Doga has kindly agreed to give the empowerment and everyone is encouraged to attend.

For more information please call Ven.

Carolyn Lawler on 9596 7410.



### For your diaries:

## Easter Course at Tara Institute

Thursday 13 April, 7.30 pm – Monday 17 April after lunch

### Guarding the Mind

A commentary on the 5<sup>th</sup> chapter of Shantideva's *A Guide to the Bodhisattva's Way of Life*. Meditation without introspection lacks stability and purity. Mental introspection, like a sentry, guards every movement and function of our mind, including the minutest of feelings and attitudes we cultivate in our pursuit for a good life and eventual attainment of Nirvana. In explaining the techniques of developing introspection, the teaching also throws light on additional beneficial effects of an alert mind.

The TI Easter course has become a fine tradition of retreat away from the hustle and bustle of our daily lives. This year the retreat will be held at Tara Institute.

It is essential to give ourselves some time and space to listen, contemplate and meditate without interruption – to rest our minds as well as our bodies. This retreat can help us to find some clarity, kindness and focus in the way we live our lives.

The course comprises guided meditation sessions, teachings from Ven. Geshe Doga, discussions, and time to walk in Landcox Park.

Costs: Members \$200.00 (Early bird \$180.00) Non-Members \$250.00 (Early-bird \$230.00), residential accommodation \$20 per night inc. breakfast and supper.

(Includes: comfortable accommodation, refreshments, breakfast, vegetarian lunch and supper). Bookings and further details: TI Office: 9596 8900

Bookings will only be accepted with a deposit of \$30

### AUSPICIOUS DAYS ~ MARCH

On these days the benefits of action are greatly multiplied, so they are especially good for spiritual practice.

|              |            |           |           |
|--------------|------------|-----------|-----------|
| Tuesday 7    | Tibetan 8  | Tara Day  | Tara Puja |
| Thursday 9   | Tibetan 10 | Tsog Day  | Guru Puja |
| Tuesday 14   | Tibetan 15 | Full Moon | Precepts  |
| Friday 24    | Tibetan 25 | Tsog Day  | Guru Puja |
| Wednesday 29 | Tibetan 30 | New Moon  | Precepts  |

## MONDAYS

• 6, 13, 20 & 27 at 8pm

## INTRODUCTION

## TO BUDDHIST

## MEDITATION



## Finding a Balance

with Ally's Andrews

These introductory evenings will explore methods for finding balance in our busy lives. The classes will focus on meditations for calming the mind and techniques for working with the disturbing emotions that throw us off balance in our families, friendships, working life and leisure time.

People attending Monday nights come from all walks of life, from different cultures and religions to find out about the basics of Buddhism. The atmosphere is relaxed and open and people are welcome to attend all four teachings or just one evening – there is no commitment involved.

A facility fee of \$5 is requested (members free). Please arrive by 7.50 pm. For more information ring Marilyn Jones at the TI office on 03 9596 8900.

## Office Vacancy

A position is available in the main office of Tara Institute from mid-March. The ideal applicant will have excellent verbal and written communication skills, strong admin and interpersonal skills and be proficient with the MS Office suite.

For further information, please leave a message for the director, David Andrews, on 9596 8900 or email your contact details to the office on admin@tarainstitute.com.au



## TUESDAYS

• 7, 14, 21 & 28 at 8pm

### STUDY GROUP



*Geshe Doga with Lama Lhundrup from Kopan Monastery*

## ~ New Text !! ~

Geshe Doga will begin a commentary on Aryadeva's *Four Hundred Stanzas* on March 7. *The Four Hundred Stanzas* is one of the fundamental works of Mahayana Buddhist philosophy which includes explanations of the extensive paths associated with conventional truths. The first half of the text focuses on the development of merit by showing how to correct distorted ideas about conventional reality and how to overcome disturbing emotions. The second half explains the nature of ultimate reality.

The evenings run in six-week blocks, comprising four nights of discourses by Ven. Geshe Doga, one night of discussion and one night of a written exam. Homework is provided after each teaching. This is extremely helpful for clarifying and deepening your level of understanding and tracking the progress of your studies. This formal approach creates stability, continuity and the ability to study at a deeper level.

You are most welcome to come and experience Study Group at any time but conditions apply if you wish to attend on a regular basis.

The text is now available in the TI bookshop.

For more information please contact Ven. Carolyn Lawler on 9596 7410.

## WEDNESDAYS

• 1, 8, 15, 22 & 29 at 8pm

### AN EVENING WITH

### GESHE DOGA

“It is also important that the person who explains the Dharma adopts a cheerful, happy mental state and expression. The people who listen to the Dharma should sit there joyful and happy and the person who explains the Dharma should also be joyful and happy. They should all smile at each other and through this one will generate a very nice and joyful atmosphere. One can take this principle into one's daily life because it applies everywhere. If one is happy, joyful, and smiles at others then they will be naturally attracted to one and one will easily make new friends. People that one didn't know will want to get to know one and one will get on better with friends that one already has. Otherwise, if one is always frowning and grumpy, not only will one not make new friends, people that are close to one will usually distance themselves.”

*Ven. Geshe Doga, December 2005*

The Wednesday night programme combines meditation, a formal teaching on a Buddhist text and practical and insightful advice on how to relate Buddhist teachings to our relationships, work and other aspects of daily life.

Geshe Doga gives detailed and very practical advice on meditation and he will continue his commentary on the *The Medium Lam-Rim* by Lama Tsong Khapa. It is the core text in the Gelug-pa tradition and is, in effect, a

comprehensive training manual for practising the Buddhist path to enlightenment. These evenings will provide a clear overview of the Buddhist path for those new to Buddhism and an opportunity for longer-term students to deepen and clarify their understanding.

For more information please ring Merilyn Jones in the TI office on 9596 8900

## DIARY

### WEDNESDAY 1

8 pm – Evening with Geshe Doga

### SUNDAY 5

10.30 – Children's Dharma Club

### MONDAY 6

8 pm – Intro to Buddhist Meditation

### TUESDAY 7

6pm – Tara Puja

8 pm – Study Group begins

### WEDNESDAY 8

8 pm – Evening with Geshe Doga

### THURSDAY 9

6pm – Guru Puja

8 pm – Volunteers' Support Group

### MONDAY 13

8 pm – Intro to Buddhist Meditation

### TUESDAY 14

8 pm – Study Group

### WEDNESDAY 15

8 pm – Evening with Geshe Doga

### MONDAY 20

8 pm – Intro to Buddhist Meditation

### TUESDAY 21

8 pm – Study Group

### WEDNESDAY 22

8 pm – Evening with Geshe Doga

### FRIDAY 24

6pm – Guru Puja

### SUNDAY 26

2pm – **Medicine Buddha Empowerment**

### MONDAY 27

8pm – Intro to Buddhist Meditation

### TUESDAY 28

8pm – Study Group

### WEDNESDAY 29

8pm – Evening with Geshe Doga

## Wanted

Editor for the Tara Institute

newsletter. If you feel you have potential but need help initially, the current editor will be willing to help out.

Please send or give to Ven. Carolyn the appropriate curriculum vitae.