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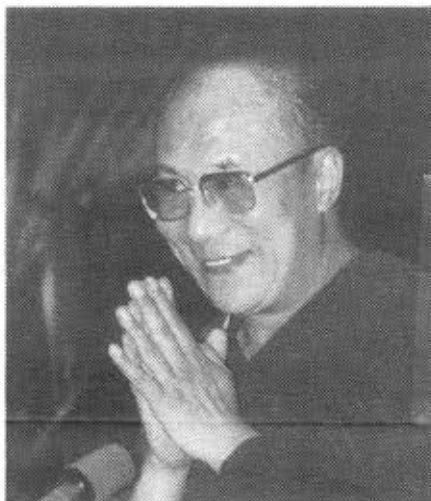
HH Dalai Lama due back in Melbourne

We have had to wait 10 years for this good news. His Holiness the Dalai Lama will be back in Melbourne on May 3, 4 and 5 this year. This is only two months away. The tour committee has done an excellent job in planning and organizing the functions that will occur over a very hectic 'Two Days in May' when His Holiness will be in Melbourne.

To give the greatest number of people chance to see His Holiness, the committee has booked the biggest and best venue in Melbourne – the National Tennis Centre. There will be a morning and an evening public talk in the Tennis Centre on May 4.

How can you help the tour to be a great success? If enough money is raised the public talks will be offered free. The total tour costs in Melbourne will be about \$120,000; the costs of the tennis centre events alone will be \$32,000. Membership of the tour association and fundraising have already raised a lot of money. Benefactors have so far generously donated \$7000.

More money is needed. To help raise money for the tour, Tara Institute is having a sumptuous **Fundraising Dinner Saturday April 4, at 6.30pm** featur-



ing live entertainment, a vast selection of food from our team of chefs and a talk by tour committee chairman George Farley. The cost of the dinner is \$50 per person; children 12 and under free; child minding provided. The dinner will finish at 9.30pm; the video 'Heart of Tibet' will then be shown. This is a very intimate and inspiring documentary of His Holiness in Los Angeles in 1989. Book using the form enclosed. If you would like to make a donation to the tour you may also use the form. The details will be forwarded to the tour committee.

From the Desk of . . . the Members' Rep

Hello and goodbye from me, Jane Lewis, Members' Rep since mid-1990, pictured on the back page with David Wicks, who's taking over now! David is just great and ready for a chat about absolutely anything. Introduce yourself when you see him next. He lives at the Centre, which is a boon.

David's been talking to me about how we can get Members doing things together and feeling closer to the Centre even if we can't come to teachings all the time.

So at the AGM (March 14) we plan to offer you a questionnaire – 'What Members Want'. You'll get a chance to suggest things like *Local Meditation Group, Women's Group, Gay Group, Footy Tipping, Ballroom Dancing . . .* whatever it is that **you** want, chances are other Members do too, and why not do it together? (Guess which Club David and I have already started! – *see back page*)

● **Other news:** It's now official policy. Regular monthly courses and retreats (led by Geshe Doga or local western students) offer a solid 25% discount for Members.

● **Lend a hand:** We need a few willing helpers to clean up after our Members' Dinner (on March 14, after

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MARCH PROGRAM

WEEK ONE

MONDAY 2

8pm Intro. to Buddhism

8pm Study Group

WEDNESDAY 4

8pm Eve. with Geshe Doga

THURSDAY 5

8pm Tibetan Class

SUNDAY 8

10am Sunday School

WEEK TWO

MONDAY 9

8pm Intro. to Buddhism

TUESDAY 10

8pm Study Group

WEDNESDAY 11

8pm Eve. with Geshe Doga

THURSDAY 12

8pm Tibetan Class

8pm Tara Puja

SATURDAY 14

10am Guru Puja

5pm AGM

6.30pm Members' Dinner

8.30pm Lama. Yeshe Com.

WEEK THREE

MONDAY 16

8pm Intro. to Buddhism

TUESDAY 17

8pm Study Group

WEDNESDAY 18

8pm Eve. with Geshe Doga

THURSDAY 19

8pm Tibetan Class

FRIDAY 20

8pm Members' Tara Puja

SUNDAY 22

10am Sunday School

WEEK FOUR

MONDAY 23

8pm Intro. to Buddhism

TUESDAY 24

8pm Study Group

WEDNESDAY 25

8pm Eve. with Geshe Doga

THURSDAY 26

8pm Tibetan Class

SATURDAY 28

8pm Guru Puja

SATURDAY 28 - SUNDAY 29

9am-5pm Weekend Course

WEEK FIVE

MONDAY 30

8pm Intro. to Buddhism

TUESDAY 31



AUSPICIOUS DAYS IN MARCH

WEDNESDAY 4

Tibetan 30th -

New Moon (Precepts)

THURSDAY 5

Tibetan 1st -

Anniversary of

Lama Yeshe's Passing,

First Day of Losar

THURSDAY 12

Tibetan 8th -

Tara Day (Precepts)

SATURDAY 14

Tibetan 10th -

Tsog Day

WEDNESDAY 18

Tibetan 15th -

Full Moon (Precepts)

SATURDAY 28

Tibetan 25th -

Tsog Day



March 14 a Triple Event

Saturday 14 at 5pm

TI's Annual General Meeting.

at 6.30pm

Members' Dinner (free).

at 8.30pm

Lama Yeshe Remembrance Time.

This includes videos of Lama Yeshe and personal recollections from those who met him. For those who didn't know Lama Yeshe (founder of TI and many flourishing FPMT Centres around the world), this is a great way to hear first hand how Westerners made initial contact with Tibetan Lamas in Nepal and how our Centres grew. Do join us

Members' Tara Puja

Friday 20 at 8pm

The annual Members' Tara Puja where special prayers are offered for the health, well-being and long life of TI Members, and their families, is a very precious occasion. It is a valuable opportunity to experience and join the tremendous energy and wonderful atmosphere of being together and sharing group activities. Geshe-la invites everyone, whether a member or not. Offerings of food and flowers welcome.

Weekend Course

Developing Concentration
and Insight

(details in insert)

Easter Course

Friday April 17 to Monday April 20

ADVANCE NOTICE - A course with Venerable Geshe Doga will be held over the Easter break.

(Details next newsletter.)

Introduction to Buddhism

Monday 2, 9, 16 at 8pm

Jeremy Cohen



Monday 23, 30 at 8pm

Mark Fernandes



Jeremy and Mark are both keen students of Buddhism and will be able to illustrate, from their own experience, the benefits of the teachings.

On Monday 2, 9 and 16 at 8pm, Jeremy will discuss the nature of problematic minds and how, through applying particular antidotes we can develop inner peace and happiness.

On Monday 23, 30 at 8pm, Mark will discuss what particular factors make this life so valuable and how we can cultivate Love and Compassion. ◆

These classes are ideal for those wishing to explore Buddhism and its meditation techniques. A facilities fee of \$5 per class is asked to help cover administrative expenses. (Members free) All newcomers will receive a free copy of Wisdom Energy 2. Just come around 7.50pm or contact Jenny in the TI office on 596 8900 for more details.

Study Group

Tuesday 3, 10, 17, 24, 31 at 8pm



For several years Tara Institute has offered the Study Group to those students wishing to develop a deeper understanding of the principles of Buddhist practice. The enthusiasm of over 60 students who attended regularly throughout 1991 shows its popularity.

Joining the Study Group gives first hand experience of the power and clarity that these teachings bring to our practice. Having taken Refuge, being committed to attend regularly and willing to undertake a one week Lam Rim meditation retreat are prerequisites for joining.

This year Geshe Doga is teaching on the Lam Rim or Graduated Path to Enlightenment. The Lam Rim teachings provide a framework for understanding all the steps that lead from our current state right up to full Enlightenment. Through studying and meditating upon Lam Rim, steady spiritual progress is assured.

Having read this far you may be thinking, "I would love to join but I have left it too late – the Group has already started and everybody ELSE knows so much!" Nonsense. We all have our own wisdom and in any case the group is entirely non-competitive – each student approaches the topic according to his or her own understanding. The experience of all members is that they joined at exactly the right time. Straight-away every teaching proves vital and perfectly attuned to their own situation. This is a testament to Geshe Doga's great skill as a teacher. He cares for each student equally. How inspiring to learn in such an atmosphere. ◆

Please ring Jenny in the TI office on 596 8900 or contact Kaye Miner for further details. New students are always welcome.

Evenings with Geshe Doga

Wednesday 4, 11, 18, 25 at 8pm



Have you ever felt that you need to hear some sincere, kind and practical advice to pick you up and rekindle that sense of "life is worth living"? To help work out how to deal with a tricky issue facing you which just doesn't seem too clear? Yes? Then Wednesday evenings with Geshe Doga are so appropriate. This is when Geshe-la provides commentary upon one of the most loved texts throughout all Mahayana Buddhist countries, Shantideva's *A Guide to the Bodhisattva's Way of Life*. Using the text as a base, Geshe-la draws on the experience of his teachers as well as his own to describe methods for enhancing the quality of our lives. ◆

These nights are suitable for all students, both new and old. There is no fee for these teachings.

Tibetan Class

Thursday 5, 12, 19, 26, at 8pm

Thubten Dönyo, our assistant translator, will continue beginner's Tibetan Classes each Thursday during March. ◆

For more details, ring Jenny at TI on 596 8900.

Sunday School

Sunday 8, 22, at 10am

Sunday School will be held each alternate Sunday throughout the year. ◆

The classes finish at 11. For details: ring Jenny at TI on 596 8900.

Our need for love

by HH the Dalai Lama

An extract from *Compassion and the Individual*. This booklet will be distributed free during the Dalai Lama's tour in May.

Ultimately, the reason why love and compassion bring the greatest happiness is simply that our nature cherishes them above all else. The need for love lies at the very foundation of human existence. It results from the profound interdependence we all share with one another. However capable and skillful an individual may be, left alone, he or she will not survive. However vigorous and independent one may feel during the most prosperous periods of life, when one is sick or very young or very old, one must depend on the support of others.

Interdependence, of course, is a fundamental law of nature. Not only higher forms of life but many of the smaller insects are social beings who, without any religion, law or education, survive by mutual coopera-

tion based on an innate recognition of their interconnectedness. The most subtle level of material phenomena is also governed by interdependence. All phenomena, from the planet we inhabit to the oceans, clouds, forests and flowers that surround us, arise in dependence upon subtle patterns of energy. Without their proper interaction, they dissolve and decay.

It is because our own human existence is so dependent on the help of others that our need for love lies at the very foundation of our existence. Therefore we need a genuine sense of responsibility and a sincere concern for the welfare of others . . .

Even when we engage in ordinary conversation in everyday life, if someone speaks with human feelings we enjoy listening, and respond accordingly; the whole conversation becomes interesting, however unimportant the topic may be. On the other

hand, if a person speaks coldly or harshly, we feel uneasy and wish for a quick end to the interaction. From the least to the most important event, the affection and respect of others are vital for our happiness . . .

Recently I met a group of scientists from America who said that the rate of mental illness in their country was quite high – around 12 percent of the population. It became clear during our discussion that the main cause of depression was not lack of material necessities but a deprivation of the affection of others . . .

I believe no one is born free from the need for love. And this demonstrates that, although some modern schools of thought seek to do so, human beings cannot be defined as solely physical. No material object, however beautiful or valuable, can make us feel loved, because our deeper identity and true character lie in the subjective nature of the mind.



Working Bee "Autumn-clean"

CONTINUED FROM FRONT PAGE . . .

our AGM and before our 8.30pm Lama Yeshe Remembrance). Just call David on 596 1303 with your name and number.

● **For those who aren't Members yet:** Please join us whenever you'd like to support the Centre with \$5 a week!

There are lots of perks, including the bi-monthly Members News, with inside stories and an Opinions Column for your letters. Nicest of all is the feeling that, whether we can come along all the time or not, we're keeping the Centre happening for everyone else who needs *tinued from front page . . .*

tinued from front page . . . to hear some good common sense. Join today and come to our AGM and free Members' Dinner on the 14th!

Jane Lewis



Saturday March 21, 10am to 4pm

Please come and join in the Big Clean-up before all the activity of His Holiness' Tour overwhelms us.

● Light refreshments provided; bring a plate. Contact Damien for more details.

TARA INSTITUTE



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