



TIBETAN COMMUNITY WELCOMES LEADER-IN-EXILE

Congratulations to Hal Young on becoming the Co-Chair of the Australia Tibet Council

Hundreds of members and friends of Melbourne's Tibetan community, including Geshe Doga, gathered at Fitzroy Town Hall on August 11 for a dinner to honour the visiting leader of the Tibetan Government-in-Exile, Dr. Lobsang Sangay.

Dr Sangay is the first democratically elected Tibetan leader. He took up the position in 2011 when His Holiness the Dalai Lama fulfilled his long held wish to relinquish the political aspects of his role, and was re-elected by the exile community in 2016.

Born in exile in 1968 in Darjeeling, India, Lobsang Sangay was the first Tibetan to earn a Doctorate from the Harvard Law School, where he then worked as a Senior Fellow until his election as leader (*Sikyong* in Tibetan). He is an expert in Tibetan law and international human rights law.

Speaking at the dinner, Lobsang Sangay stressed the moderate and peaceful nature of the Tibetan Third Way approach, which does not call for the independence of Tibet but for genuine autonomy for Tibet within China. He emphasized the cultural and religious resilience of the

Tibetan people, who have maintained their distinctive way of life in the face of more than 60 years of Chinese occupation.

Hal and Sue Young were among several Tara Institute members who attended the dinner. Hal, who has recently become the Co-Chair of the Australia Tibet Council, said that it had been very valuable for him to meet Lobsang Sangay and to learn more about the Tibetan leader's approach to freedom.

"I was really impressed by Lobsang Sangay's knowledge of the details of every aspect of the situation in Tibet, including human rights, religion, the environment and the economy, and by his ability to communicate this in a compelling way to a broad array of people" Hal said.

Lobsang Sangay visited Australia as a guest of the Tibet Information Office. He travelled to Sydney, Melbourne and Canberra, where he met several Members of Parliament and addressed the National Press Club.

Written by Alex Butler

You are welcome to contact the Tara Institute newsletter editors Allys Andrews and Sandra Kinread at allys.andrews@gmail.com for issues relating to the newsletter.

Tara Institute news

If undelivered, please return to-
3 Mavis Avenue, East Brighton 3187



**One Day Course
with Damien Busby
Sunday 22 October
9.30am to 4.30pm**

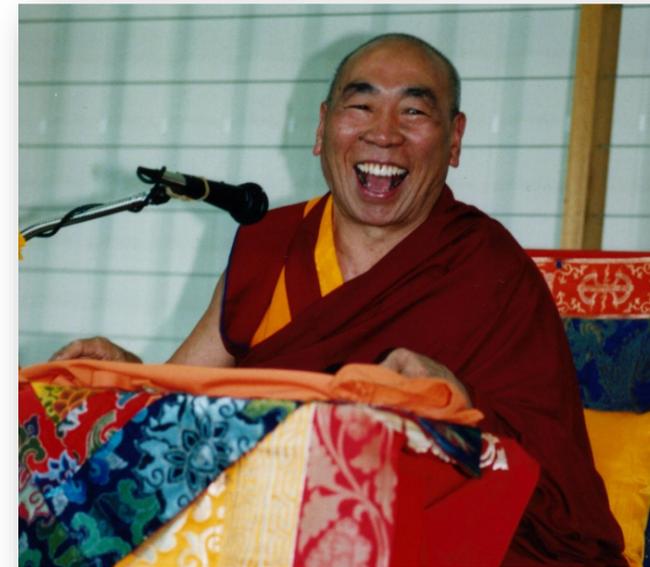
Heads up for the Long Life Puja for Venerable Geshe Doga

Sunday 12th November at 10.00am
Preparation of the offerings - Saturday 11th at 1.00pm
If you would like to contribute towards the offerings please let the Office know on 9596 8900.

Detaching from Criticism and Praise

If we are criticised it will neither decrease our qualities nor give us more faults. Similarly, if we are praised it will neither increase our qualities nor make us a better person. Likewise, if somebody compliments us on our appearance, it will not make us more handsome or beautiful. And, if someone criticises our appearance, it will not make us uglier than we already are!

If somebody says: "You are really a nice person with such a good mind," what is the benefit? It does not change anything. We know our own mind, and because we know our own mind, we do not need to get excited if we are praised, or get depressed if somebody criticises us. If we know our own mind, we can mentally remain happy even in the face of criticism.



It is said in the texts that "our mind is our witness". Our mind is the judge of what type of person we are. We do not need to rely on the praise and criticism of others and we do not need to identify with what other people say but should rely instead on how our inner situation really is. That is important.

By contemplating this again and again, slowly we will become independent of others' views. Slowly through our practice, we will

be able to improve our inner situation – increasing our qualities and reducing our faults – and there will be no need to be attached to or to identify with others' opinions.

Extract from 'Dharma For Daily Life'
by Venerable Geshe Doga; a Happy Monks Publication

MONDAYS ~ 8pm

2, 9, 16, 23 & 30 October

Introduction to Buddhist Meditation



with Damien Busby

Meditation and how our mind works

This month we will be looking at the subject of meditation. Even with the great public interest in meditation these days it is not so clear exactly how meditation is used and what benefit it can bring.

Meditation on its own can give somebody a small momentary relaxation benefit, but meditation conjoined with an understanding of how the mind works can bring far greater benefits.

We will look at how having knowledge of the workings of the mind can be used in conjunction with meditation practice. This combination can be applied during the meditation period itself but it is particularly in the post meditation period where a great benefit can be experienced.

If we are able to use meditation to alter the way that we use our mind then we can bring about a great change in our daily experience.

So this month we will be looking at trying to conjoin the knowledge of how the mind works with the application of meditation. We will particularly be looking at how we see objects and how they affect our state of mind. Using this knowledge we can then target our meditation at improving our own daily experience.

The atmosphere on Monday nights is relaxed and open and people are welcome to join us for one or all of these sessions this month. No need to register; just come along. A facility fee is requested (\$5—current financial members free) to help cover administration costs. Just turn up at 7.50pm or phone the Tara Institute office on 9596 8900 for more details.

TUESDAYS ~ 7.45pm

3, 10, 17, 24 & 31 October

STUDY GROUP



Lamp for the Path to Enlightenment

by Lama Atisha

Geshe Doga continues his commentary of this very accessible text, bringing it to life in the 21st century. It is a perfect time for new or interested students to join study group.

A Lamp for the Path to Enlightenment presented for the first time all of the teachings of the Buddha in an organized step by step path, making it very easy for the individual practitioner to get an overview of the entire path and to understand what practice might be relevant to them.

Study Group provides the opportunity and support to study Buddhist philosophy in depth.

Optional homework is given each teaching week and is self-assessed.

Help is always available for new people.

There is no fee for these evenings. If you have any questions please contact Amelia by email spc@tarainstitute.org.au.

WEDNESDAYS ~ 8pm

4, 11, 18 & 25 October

Heart Advice with Geshe Doga



Basically, we practise Dharma to transform our mind and transform our life inwardly. When practising Dharma, the fundamental cause for success is maintaining a firm belief and conviction in our practice, regardless of what others say and think. We should always think positively about our practice and see it as something that fills our life with meaning. If we maintain our faith unwaveringly, then nothing can interfere with our practice, and one day we will surely reap the benefits.

Penetrating Reality – Geshe Doga

Using the everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate. This guidance will help us work with our own minds. During these sessions Geshe Doga will also teach on the Graduated Path to Enlightenment text and give a commentary which is applicable to beginners through to experienced Buddhist practitioners. Everyone is welcome to attend one or all of these sessions this month.

There is no fee for these evenings. If you have any questions please contact Amelia by email spc@tarainstitute.org.au.

One Day Workshop with Damien Busby

Meditation, Mind & Transformation



Sunday October 22 — 9.30am to 4.30pm

This one-day course will be focused on the practice of meditation.

Conjoining meditation with the understanding of the way the mind works and so realising the possibility of transformation.

The relationship between the objects we see and the experiences we have is a very important understanding to have. How our mind and experiences in life actually occur is the very basis on which our happiness and suffering rests. Transformation is possible when we are able to understand the working of the mind and have the techniques of meditation available. We can then change the way that we experience objects and become able to direct our mind to a much more satisfactory experience of life. So on the basis of understanding the mind and in conjunction with meditation the possibility of the transformation of our experience becomes real.

We will look at how the mind reacts to objects perceived, and in the experiences that arise in us from the way that we perceive objects. So often we perceive objects through afflictive or destructive thinking and then experience very unsatisfactory states. When we see how the mind works in this way and understand that transformation is a real possibility a door can be open for us to have a very different life experience.

Facility fee \$45 members : \$55 non-members

The fee includes a delicious vegetarian lunch and afternoon tea.

For catering purposes we ask that people book and pay the office asap on 9596 8900 or email admin@tarainstitute.org.au

For course information call Amelia on 9596 7410 or spc@tarainstitute.org.au



Through an act of kindness the noticeboards of Tara Institute have taken on a new life.

Charlie Lennon, who regularly attends Dharma Club, and his father David, worked tirelessly to reinvent our noticeboards.

Now on the way to the Gompa you will enjoy a fresh splash of colour and new energy.

Thank you so much to the father and son team.

Auspicious days in October are calculated according to the lunar eclipse. On these days the benefits of actions are greatly multiplied, so are especially good for spiritual practice.

Thursday 5	Tibetan 15	Full Moon	Precepts
Saturday 14	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Thursday 19	Tibetan 30	New Moon	Precepts
Saturday 28	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Monday 30	Tibetan 10	Tsog Day	Guru Puja at TI 6pm

Week 1

MONDAY 2

8pm—Intro to Buddhist Meditation

TUESDAY 3

7.45pm—Study Group

WEDNESDAY 4

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

Week 2

MONDAY 9

8pm—Intro to Buddhist Meditation

TUESDAY 10

7.45pm—Study Group

WEDNESDAY 11

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

THURSDAY 12

8pm—Youth Group

SATURDAY 14

6pm—Guru Puja

Week 3

MONDAY 16

8pm—Intro to Buddhist Meditation

TUESDAY 17

7.45pm—Study Group

WEDNESDAY 18

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

SUNDAY 22

9.30am—4.30pm—One Day Course with Damien Busby

10.30am—Dharma Club

Week 4

MONDAY 23

8pm—Intro to Buddhist Meditation

TUESDAY 24

7.45pm—Study Group

WEDNESDAY 25

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

THURSDAY 26

8pm—Youth Group

SATURDAY 28

6pm—Tara Puja

Week 5

MONDAY 30

6pm—Guru Puja

8pm—Intro to Buddhist Meditation

TUESDAY 31

7.45pm—Study Group

WEDNESDAY 1 November

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga