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# Tara Institute NEWS

**FEBRUARY 1996**

**THIS  
MONTH**

**MEMBERS'  
TARA PUJA**

• Friday 23 at 8pm

**HEALING  
MEDITATION  
COURSE**

• Saturday 24 & Sunday 25



## BECOME A PART OF TI'S BIG, BIG HEART

Each February we include an article about TI Membership in the newsletter to try to encourage people to become financial Members of the Centre. The immediate benefits are obvious. When you become a TI member you enjoy reciprocal benefits at FPMT Centres world-wide - ranging from wonderful old villas and monasteries in France, Spain and Italy to meditation retreat centres in the mountains of India and Nepal and city Centres in London and New York.

In return for your subscription you receive:

- The Tara Institute newsletter every month
- *Mandala* - FPMT's fabulous magazine four times a year
- TI library membership and borrowing rights for books, tapes and videos
- Discounts in the TI bookshop

- Free attendance at Monday nights' Introduction to Meditation (normally \$5.00)
- Preferential bookings and substantial discounts at meditation courses and initiations
- Invitations to functions with visiting Lamas
- Special functions for Members
- When Lamas make surprise visits, you are contacted and told of unscheduled teachings and initiations.

The annual subscription costs \$240 a year for an individual or a family and this has not changed for at least 10 years! That's \$5 a week. Your contribution helps to keep TI's doors open to the hundreds of people who seek refuge, for whatever reason, each week. It helps with the running costs of the Meditation hall and library. It also helps to support our resident Lama, his attendant and translator

who work tirelessly to keep the Buddha's teachings alive, relevant and most importantly, accessible to anyone who needs them.

Becoming a TI Member is such an easy and practical way to be connected to a group of people who are all striving for world peace, tolerance, understanding, compassion and happiness.

Tara Institute is run by a dedicated group of volunteers who offer their time, expertise, money, and love because they feel TI has something useful to offer the community. They are all part of TI's big, big heart. TI offers from its heart teachings three nights a week, weekend courses, healing courses, healing support groups, involvement with community aid groups who help the homeless and the aged. The list is endless. The resources are not.

Please give some thought to becoming a Member, your contribution will make a huge difference. Membership can be paid yearly, half yearly or by leaving your credit card details with Vanessa in the Office and your account will be debited by \$20 a month (this method is particularly painless.)



# LOSAR

• Monday 19 February

*Tibetan New Year and the Anniversary of Lama Yeshe's passing*

*Lama Yeshe passed away at Losar*

1984 in America. Especially at this time we remember Lama's kindness in guiding us and the crucial part he played in bringing the precious Dharma to the West.

Here is a short extract from a personal tribute given by Lama Zopa Rinpoche six weeks after Lama's passing.

"For those of us who have received teachings directly from Lama Yeshe, he was incomparably kinder than all the Buddhas of the three times. He took care of us like babies, not only by giving teachings. Lama was more than a mother, more than a father to us, suffering as he did in everyday life for us.

He not only looked after our present life, but our future life also. He led us, helped us make preparation for happiness in this life all the way up to enlightenment.

For all of us it is the greatest sadness that Lama has passed away. We have lost our heart jewel, our wish granting gem. The remarkable aspect that we can see, that we can communicate with, that we can hear advice from: this has gone.

I think it must be the greatest sadness not only for us, but for many other people also, Tibetan and Western, who are not his disciples; people who have just talked to Lama, or met him briefly when he was

travelling, at different times and different places all over the world. Or for those who have only read Lama's teachings or just heard his holy words. Even those who never saw Lama but only heard his voice on a tape recorder. All these people who have felt Lama's great warmth, his special character, his great loving kindness, his unbearable compassion; I think Lama's passing must be a great sadness for them too.

Lama had such a great will, such incredible dedication to work for others. He planned great projects, for the benefit of others and to spread the teachings. Not only did he have the visualisation of all this but he was able to actualise it; he accomplished his plans, ensured that they were done, he didn't just imagine them. There are many learned lamas and geshe, all bearing the name 'holy being' and practising and teaching dharma in the East and in the West. And of them Lama is known to be very special; his actions unbearably compassionate, so excellent. The way Lama gave teachings to Western people especially: so suitable, exactly what was needed, perfect for each individual person.

When the sun rises the darkness of the earth is dispelled. In the same way the darkness of ignorance and problems in the minds of so many sentient beings around the world have been dispelled by the sun of Lama's teachings."

*This piece was taken from a personal tribute given by Lama Zopa Rinpoche, printed in Wisdom Magazine No.2 1984.*

## MANY HAPPY RETURNS LAMA OSEL!



Lama Osel Rinpoche, the incarnation of our founder, Lama Thubten Yeshe, will turn 11 on February 12. Lama Osel was born in February 1985 to a Spanish couple, Maria Torres and Paco Hita who lived in Granada. Lama Osel was recognised by Lama Zopa Rinpoche and His Holiness the Dalai Lama as the reincarnation of Lama Yeshe. Lama Osel Rinpoche is currently studying at Sera Monastery in South India and would welcome correspondence, especially from other children.

His address is:  
JETSU OSEL LABRANG  
House No. 103  
Sera Monastery  
P.O. Bylakuppe 571104  
Mysore  
India

### IN BRIEF

Geshe Tashi Tsering, the resident lama at Chenrezig Institute in Queensland, will be giving a teaching on **"The Causes of Happiness and Suffering"** at Atisha Centre in Bendigo on the weekend of February 10 and 11.

The teaching will be based on the Four Noble Truths - the nature of suffering, its causes, the elimination of suffering, and the path of liberation. Geshe Tashi Tsering's translator will be the Australian monk, Ven. Jampa Ingyen, who lives at Atisha.

The cost of the course is \$85 for Members and \$95 for non-members, which includes lunch both days and accommodation. Contact Rosemary on (054) 43 5480.

Ven. Thubten Gyatso (Adrian Feldman) is back at Atisha after travelling to Nepal to lead the annual November retreat at Kopan. Gyatso will be travelling again in February to lead a Lam Rim retreat in Bali. Contact Vanessa at the TI Office for further details.

TI has a new gompas floor which should make mid-winter meditations a lot more comfortable. The carpet was taken up to install underfloor heating and a new wooden floor to cover the old concrete one.

Geshe Dawo from Sydney visited TI to catch up with Geshe Doga and others over the Christmas-New Year break. Geshe Doga spent January in Queensland on holidays.



### Tara Institute

3 Mavis Avenue

East Brighton VIC 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.*

## PROGRAM

Positive states of mind are those which always encourage or influence us to practise patience when we confront some undesirable situation, or to support others when we see them in need. This is true spiritual practice. It is also the true practice of mind training, which is also the source of joy and happiness for us within this lifetime.



**Geshe Doga,**  
TI's Resident Lama  
Annual Family Day  
26 November 1995

## MEMBERS' TARA PUJA

• Friday 23 at 8pm

To thank you for your generosity and kind support of Tara Institute, Geshe Doga warmly invites you to a special Tara Puja where prayers will be offered for the long lives, good health and prosperity of TI's Members, their families and friends. It is a wonderful way to begin the year - to pray for the success of our worldly and spiritual endeavours, and the happiness and health of our families, friends and spiritual guides. Geshe-la's warmth, compassion and humour make this ceremony truly memorable, so please do come along, we look forward to seeing you all.

**Offerings of food and flowers are most welcome.**



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

The course is designed for people with life-threatening or very serious illness and their support person. It provides practical instruction on how to use meditation and methods to discover and energise the healing power of the mind.

Whilst there can be no guarantee of a cure, one of the keys to healing is a peaceful state of mind which can enhance the quality and quantity of life. Within a confidential, non-threatening environment together with other people who are in a similar situation, there is the opportunity to develop this peace of mind.

Following the course, a monthly support group is available to help maintain the meditation practices and methods that are taught over the week-end.

The success of past courses is best described by a participant:

"I have now attended two workshops. My return visit does not indicate that one was inadequate but, rather, that I believed that the benefits I gained from the initial workshop could be reaffirmed by a

## HEALING MEDITATION COURSE

### Meditations to Heal Mind and Body

• Saturday 24 & Sunday 25 from 10am to 5pm

return visit. How true that proved to be. So what have I gained?

First I have learned that people from all walks of life can come together and learn from each other. Formal qualifications mean very little - of more importance is the desire to share and to contribute to the well-being of others. Second, I have been introduced to a

way of viewing the world, people and life, which is radically different to the western

perspective. Third, I have learned some practices, specifically of meditation, which continue to reinforce my efforts to alter my way of life and which undoubtedly have benefitted my

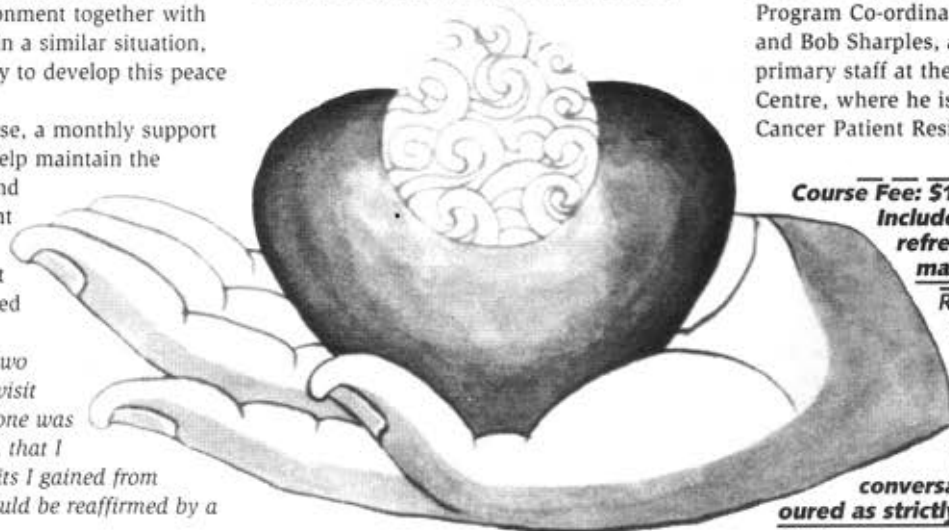
health. What more could I ask? These gains are reinforced each month at the evening sessions at which familiar faces greet me and we join together, with our guides, to continue the healing journey.

The course will be guided by the Ven. Kaye Miner, Buddhist nun and Spiritual Program Co-ordinator at Tara Institute, and Bob Sharples, a member of the primary staff at the Yarra Valley Living Centre, where he is a co-facilitator on Cancer Patient Residential Courses.

**Course Fee: \$120 (\$100 Members)**  
Includes vegetarian meals, refreshments and course materials.

Registration is essential.  
For more information or to register please contact Ven. Kaye Miner on (03) 9596 8900.

**Correspondence and conversations will be honoured as strictly confidential.**





## MONDAYS

• 5, 12, 19 and 26 at 8pm

### INTRODUCTION TO BUDDHIST MEDITATION

with Ven. Kaye  
Miner

TI's Spiritual Program Co-ordinator, the Ven. Kaye Miner, will lead this month's Introduction to Buddhist Meditation series. Kaye not only organises TI's busy Spiritual Program, co-runs the healing courses at TI and the follow-up support groups and training for volunteers, she also teaches at the Buddhist Summer School, gives talks to hospitals and schools and supports herself by working as a computer analyst during the day. Her schedule is breath-taking and she balances her spiritual life, secular work and work for the Centre with great skill and humour.

Kaye will offer insight into how to integrate Dharma into our daily lives by developing "the good heart". By developing love, compassion and wisdom through meditation and mindfulness, it is possible for each one of us to experience greater happiness and peace whilst going about our daily activities.

These one hour classes are relaxed and informal and include meditation, a talk and some discussion.

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



## WEDNESDAYS

• 7 at 8pm

### SPECIAL VAJRASATTVA PRACTICE NIGHTS

Vajrasattva practice is a powerful meditation technique which includes all the elements necessary to eliminate negativities from our mindstream. In particular, the practice purifies negativities caused by breaking vows or failing to keep commitments and pledges.

Jeremy Cohen will lead students through the Vajrasattva Sadhana, so it is a perfect opportunity to tap into the very special energy that fills the gompa on these evenings. This is the final Vajrasattva practice night.

**There is no facilities fee.**

• 14, 21 and 28 at 8pm

### EVENINGS WITH GESHE DOGA Geshe Doga Recommences Teaching for 1996



Geshe-la will continue teaching from Shantideva's text, *A Guide to the Bodhisattva's Way of Life*, on Wednesday 14th February. Using the beautiful verses as a basis for discussion, Geshe Doga offers clear and practical advice for resolving the problems that we all experience in our daily lives and encourages us to develop confidence and belief in our inner wisdom.

Wednesday evenings are a perfect entry point into the wealth of Buddhist philosophy and are taught by a highly qualified meditation master. There are no prerequisites for attending and the sessions are suitable for new and more experienced students.

**For more details ring Vanessa on 9596 8900. There is no facilities fee.**

PLEASE  
BECOME A  
TARA INSTITUTE  
MEMBER —  
Registration forms  
are available at TI.  
Call the Office for  
more information.

## WEEK 1

- MONDAY 5  
8pm — Intro to  
Buddhist Meditation
- WEDNESDAY 7  
8pm — Special  
Vajrasattva  
Practice Night

## WEEK 2

- MONDAY 12  
8pm — Intro to  
Buddhist  
Meditation
- WEDNESDAY 14  
6pm — Guru Puja  
8pm — Evening  
with  
Geshe Doga

## WEEK 3

- MONDAY 19  
8pm — Intro to  
Buddhist  
Meditation
- WEDNESDAY 21  
8pm — Evening  
with  
Geshe Doga
- FRIDAY 23  
8pm — **Members' Tara  
Puja**

- SATURDAY 24  
10am-5pm — **Healing Medi-  
tation Course**
- SUNDAY 25  
10am-5pm — **Healing Medi-  
tation Course**

## WEEK 4

- MONDAY 26  
6pm — Tara Puja  
8pm — Intro to  
Buddhist Meditation
- WEDNESDAY 28  
8pm — Evening with  
Geshe Doga

## AUSPICIOUS DAYS IN FEBRUARY

*Calculated according to the lunar calendar. The benefits of action are greatly multiplied on these days, so they are especially good for spiritual practice.*

SUNDAY 4	MONDAY 19
Tibetan 15th	LOSAR
Full Moon	Fire-Rat Year
(precepts)	MONDAY 26
WEDNESDAY 14	Tibetan 8th
Tibetan 25th	Tara Day
Tsog Day	(precepts)
SUNDAY 18	WEDNESDAY 28
Tibetan 30th	Tibetan 10th
New Moon	Tsog Day
(precepts)	

## MEET THE MEMBER

### Jenny Lane

*Jenny didn't know exactly how long it was since she became a Member, but thinks it's about ten years.*

In 1980 she shared a house with Tara House students Bev Greet and Diana Van Die who persuaded her to attend a talk given by Lama Yeshe at the Kew Civic Centre. There she met an American nun "who asked 'Are you going to India for the Dharma festival?' I said 'No'. She said 'Why not?' and I couldn't think of a single reason." That evening one of her housemates said 'Why not?' too. So Jenny went to Bodhgaya.

There Jenny went to an initiation being given by Lama Yeshe, but thought "This is beyond me". So "determined I wasn't going to get sucked in", she went to a week of teachings given by His Holiness's the Dalai Lama instead. "I'd done a degree in philosophy. The whole time I consciously tried to fault His Holiness' logic. I couldn't; not once. I was speechless." At the conclusion of the teaching she took refuge with Lama Yeshe under the Bodhi tree at Bodhgaya. "I was hooked."

Jenny returned to India in 1981. On her way to Dharamsala she stopped in

Bodhgaya, where she met the man who she later married. Then it was on to Dharamsala, where she studied with Geshe Dhargyey for five months.

"Fairly soon" after her return from that trip, Jenny became a Member. She "liked having the lamas around", and membership of TI was "at least to that extent a contribution to Geshe Doga being here".

Geshe-la "tells me what I need to know in about four very short words every time I go to see him." An example Jenny gave was as "no good; no point".

Last year was a big year for Jenny. She parted from her husband and moved from Brunswick to Ormond to be closer to the teachings. A close friend of 14 years died after a long illness. Jenny joined the Healing Group Volunteer Program to support him. Her friend was "happy when he died. I thought 'what do I have to do to die like that?' The answer is that I have to live differently."

Jenny has worked a lot with community, welfare and environmental groups. "I used to think my work was my practice. I wanted to change the world! Now I think that maybe being a happy person is enough of a contribution. And even harder work!". Her present practise is "to maintain a balance in my life".



At the present she is a part-time administrator at Monash library. "I can't remember facts and figures, that's why I am an administrator - I file it", she laughed. (We did a lot of that over the course of this chat.) Jenny also has a small business helping people with time management.

We did this interview very quickly and - dare I say it - efficiently. Thanks Jenny for your willingness to share your story at such short notice.



#### ACROSS

1. A golden era starting to mature. (3)
3. Case restructured before nervous twitch regarding strict practitioner. (7)
6. Eskimo boats carry Tibetan animal. (3)
9. Headwear has ability to be competent. (7)
11. Tern you are ordered to come back! (6)

12. Plant five in new order to make promises. (4)
14. 51 grams of hydrogen tritium produces luminosity. (5)
16. Lift something heavy within Eliot regarding acts of stealing. (6)
17. Hay car repositioned during performance Tantra. (6)
20. Rid fat shown to be at the mercy of circumstances. (6)
23. Virginia, with a louse egg, why show such narcissism? (6)

24. Avarice revealed when restructured, merged, losing a thousand! (5)
26. In Oslo we see a snail's pace! (4)
29. Tap din quieted by learned spiritual scholar. (6)
30. External draw returns to surround you going back. (7)
31. That which you pig, you reap! (3)
32. Sly goth moves around like an apparition. (7)
33. Attempt touch-down. (3)

#### DOWN

2. Keg company reformed by lizard! (5)
4. Printer's measures followed with ease by adversaries. (7)
5. Cling to reformed shire church. (7)
6. Callowness initially yields orange, unusual tasting honey. (5)
7. Ruler describes kilos in gram. (4)
8. Vegetables upset by monkeys. (4)
10. Wager around fine characters advantage. (7)
12. Java right about dorje. (5)
13. Trawler loses hands in both directions when lost at sea. (5)
15. Helen's city loses right to plaything. (3)
17. Ron's cot is rebuilt by his partner. (7)
18. Viceroy Albert holds ties to

- the King and Queen. (5)
19. We return to ask obliquely....(5)
21. Deity returns to a lower rebirth! (3)
22. Payment to long lish for such a sensation. (7)
23. Five is ten points for such insights. (7)
25. Muddled wren flies east to rejuvenate (5)
26. Southern path to influence. (4)
27. Vendor deputy holds command. (5)
28. Chooses broken pots (4)

## TI CRYPTIC CROSSWORD No 26

#### TI CRYPTIC CROSSWORD NO. 25



## STUDY GROUP 1996 Re-commences 15 March



The Tara Institute Study Group has been running for more than ten years and has become an extraordinary forum for the study, contemplation and discussion of the Buddhist teachings. It is not merely an intellectual exercise. Students are encouraged to integrate the teachings into every aspect of their lives. Teachings on patience, loving kindness, wisdom, generosity, perseverance and meditation are put into a context that can be applied to any situation. The result is that we experience greater peace in our lives and greater harmony in our relationships with others.

Study Group is also the training ground for Western teachers who learn how to teach meditation and Buddhist psychology at the Centre and in the community.

### The Aims of Study Group

The purpose of Study Group is to provide a stable study environment in which students can learn in depth about Buddhism from a fully qualified teacher - our resident Tibetan Lama, the Venerable Geshe Doga who has achieved the highest qualification of Larampa Geshe.

### Atmosphere

The environment is harmonious and supportive and whilst some extremely erudite scholars have emerged over the years, their effect has been to inspire and encourage. There is no competition and students are encouraged and supported to work at their own pace.

Question and answer and open debate play a vital role in the learning process and this element of the course is usually marked by general hilarity. It is great fun and very stimulating.

### Some Special Requirements

Regular attendance is expected at Study Group and therefore registration is required and represents your commitment to the program. It is required, as well, to have formally received or be willing to receive Refuge precepts and be happy to follow the Study Group constitution.

Taking part in a one week Lam Rim retreat or its approved equivalent

(usually a series of 7 evenings of meditation) is also a pre-requisite in 1996.

All these requirements guarantee ideal conditions and a harmonious environment in which the Study Group can flourish.

If you are interested in joining Study Group but feel worried about the commitments please contact Ven. Kaye Miner on 9596 8900 who will be happy to discuss any concerns you might have.

### Curriculum

The Graduated Path to Enlightenment (Lam Rim) is a condensed version of all the teachings given by the Buddha. The teachings in this form function like a map which can lead us to Enlightenment. It is a perfect manual for personal meditation practice and offers a way to penetrate the deeper meanings contained in the teachings.

Students notes and several excellent book references are available from the bookshop.

### How to Join

Please feel welcome to come along on the first night for the year, Tuesday 15 March at 8pm. For more details please contact Ven. Kaye Miner through the TI Office on 9596 8900.

## The 1995 Family Day Picnic

The annual TI Family Day in late November once again provided an opportunity for parents to enjoy listening to Geshe Doga's teaching, whilst the children were looked after by a crew of child minders, headed by John Carroll and Allys Andrews. One of the highlights was the picnic in park, where everyone relaxed in an atmosphere of delicious food, good friends and games. By the way, a big thanks to Caroline Radford for supplying a great selection of art



materials for the kids.

Above: The children entertained each other by reading from the Jataka Tales.

Right: Picnic in the park: (foreground

from left) Ven. Thubten Donyo, TI translator Samdup Tsering and his son, Tenzin, Belinda Tsering and Sue Speer.



TI has no regular source of income to make the teachings available. Although we sometimes request a fee to help cover costs, we try to provide free or low-cost events as often as possible. When you leave a donation you help maintain this situation. So next time you're at TI, think about popping a coin or two in a donation box (near Gampa, gold phone and entrance hall). It all adds up! •