



# Tara Institute News

SURFACE  
MAIL

Registered by Australia Post Publication No. VAR 3576

If undelivered  
Please return to  
3 Mavis Avenue  
East Brighton 3187

POSTAGE  
PAID

## August 1991

### Healing body and mind

**August 24 - 31**

**On Lama Zopa Rinpoche's initiative, we are conducting our first ever healing course at Tara Institute.**

Led by Lama Zopa with Western assistants, it will focus on meditational approaches to working with potentially terminal illnesses. Attendance will be limited to those faced with a life-threatening illness, particularly one that cannot be cured by current treatments, such as cancer or AIDS. Participants must be mobile and be able to care for themselves.

No miraculous cures are promised nor astonishing turn-arounds. However, it is believed that with skilful methods and direct meditational techniques, the mind's ability to generate and focus healing energy is vastly enhanced. Any at-



tempt to naturally heal the body must focus on the mind's potential and capacity for strength and calm. In Lama Zopa's words: "some people have been helped by these methods and some people actually cured".

There is an option on residential and non-residential attendance.

The programme will run from 9am to 5pm each day and will revolve around Rinpoche's talks and medita-

tions. There will also be discussions, workshops, personal counselling, gentle physical exercising and leisure activities. Delicious meals will be served.

To obtain application forms and brochures, please ring the Healing Programme Co-ordinator Jill Gillies on 347 3027 or leave a message with Wendy on 596 2465.

Strict confidentiality will be honoured at all times.

#### Helpers

This is not a general healing course, nor is it a course for training health care workers. However, if you would like to be a helper, please apply in writing to the Healing Programme Co-ordinator with a brief CV, contact details and an outline of the specific and/or general areas in which you may wish to offer your services.

*Inside...*

## White Tara Empowerment

---

# Lamas' triumph

On behalf of Tara Institute I would like to thank absolutely EVERYBODY who helped make Lama Osel Rinpoche's and Lama Zopa Rinpoche's stay at Tara Institute such a triumphant and memorable event.

Our large contingent of international guests transformed Tara Institute into a cosmic convention centre. Conversations ranged from Lamas living on flower pills in distant mountain caves and miraculous stupas to the no less wondrous intricacies of funding Wisdom Publications. And everywhere you looked people were helping.

The capacity and potential of Tara Institute as a venue was exhibited at all turns. We found that the large front room made an excellent small meditation gumpa – capacity of only 50 or so! It was here that Lama Zopa Rinpoche led meditations and introduced the unique STANDING MEDITATION

in which one wobbled for long periods of time with eyes shut while attempting to establish a suitable frame of mind for the first prostration. "It's hard to go to sleep meditating on your feet," Lama Zopa gently observed towards the end of one marathon session. Hard but not impossible.

Our hall also showed its versatility with a wonderful Members' afternoon at which Lama Zopa and Geshe Doga graciously presided, Lama Osel having left earlier for Sera Monastery in India. Working to an amazing deadline, a handful of members operated a phone tree to invite all members. An extract from Lama Zopa's address is below.

It is inspiring to realize that we can and did look after and cater for 170 students at the weekend course on "Seven Verse Thought Transformation". This is a record for a course yet one was conscious that there was room still. Many com-

---

# Dharma: the way out of modern dilemmas

*An edited version of a talk given to TI members on June 30. Full transcript available for viewing at the TI office.*

Tibetan Lamas, driven from their own land and subjected to their own sufferings, have reached a deep understanding of the tribulations that seem inseparable from a western lifestyle.

And how privileged we were to hear direct from Lama Zopa Rinpoche, when he was here in June, his uniquely relevant ways to use Dharma as a solution to modern problems.

At one stage, Lama Zopa went to Adelaide on retreat. "I spent some time watching TV and listening to radio. In the afternoons I listened to one of the students, 'Caroline', who works for the radio," he said.

"For the whole afternoon it was all problems, what's happening in the city every day. You hear the people trying so many different ways to solve the problems – holding meetings, organising things to solve their recessions, their droughts, how to educate their children. For days I listened to people talking about how the government or the police can't handle or control things.

"And all the time what came to my mind is that until you meet the Dharma, until you actualise the Path, there is no way to stop the problems. Without Dharma, you'll always get stuck, the problem never gets solved, and one has the same experience over and over.

## Universal education

"They (on the radio) spent days talking about how to educate children in a proper way, and it seemed to me that many parents, even if they are not Buddhists, have many questions. They don't know what is wrong and what is right to tell their children. They know something is missing from the common schools, but they are not sure what. It seems such a big question.

"We had discussed Universal Education in the organisation a few years ago, around the time of Lama Yeshe. Now I began to feel that by starting this education without using particular terms or things which show it as a religion (which some people might not understand), it becomes Dharma. If it is simply translated into English it becomes universal.

"For example, in the sense of

karma, they say 'action'. People can usually refer to 'action' of body, speech and mind, but when we use 'karma' it becomes a particular thing they don't understand. When we put it into English – 'action' – it becomes universal and it doesn't appear as a particular eastern religion."

'Caroline', with a radio listening audience of about 40,000, was the first person Lama Zopa had met after the retreat.

"One student like 'Caroline' can benefit so many people at one time. I told her about the book, *Universal Education* by the Director of Lama Tzong Khapa Centre in Italy, and suggested she talk to him.

"We discussed how so much depends on the parents, educating children, bringing them up to be kinder, more loving, more patient – a peaceful life that brings a lot of happiness in the mind now and later. Even if it's not taught in schools, parents can teach compassion and universal responsibility at home.

"Compassion and universal responsibility are very important in society.

---

---

mented on the friendly and warm atmosphere. I didn't have the heart to mention the gumpa heating was turned up.

The tantric programme was also strongly attended with some 70 people attending the Heruka Initiation, 60 the Cittamani Tara Initiation and 54 the Cittamani Tara commentary. Those participating in the commentary were blessed with extra afternoon teachings dedicated to an explanation of Completion Stage meditations as well as a programme extended by four days.

The commentary concluded with a thanksgiving tsog at 1 o'clock on Thursday night on the eve of Rinpoche's departure. Rinpoche praised everyone for helping to make the Dharma available to others and made many comments and suggestions for our future development.

Perhaps the heart of the visit was the Long Life Puja for Lama Osel Rinpoche, Lama Zopa Rinpoche and Geshe Doga. To see these three great teachers sitting together with no pur-

pose other than to subdue our wild minds was very moving – also perhaps a little sobering – how come it takes three?

Need I mention that Lama Osel had to step in to rescue me when I began to do some rather startling improvisations during the crucial chanting of the Praises to the 21 Taras. Without so much as a cue he simply took over. Then each time we arrived at the end of one set of recitations I was encouraged to conclude that he was now happy to stop leading. But then, with a barely perceptible grin and a lightning challenge with the eye he would soar into the chanting again.

Soon after someone asked: "When will Lama Osel start teaching?" I heard myself cry "He's already teaching!"

What finally distils out of this whole experience is that each of us has every opportunity and facility necessary to practise right here and now. If we think we must wait for better conditions to develop a good heart and sane approach to life we need to think again.

*Sönam Jampa*

---

Education in this way stops negative thought, negative actions and violence which bring disease, disharmony and problems to family, him/herself, the country, the world.

"The conclusion I came to by watching TV is that it shows the creating of the 10 non-virtuous actions, receiving harm from other people and so forth. Each complete non-virtue has four suffering results and TV shows most of those results. The result of killing, for example, or stealing, or sexual misconduct. TV shows karma, even in 'entertainment'."

#### **Dharma is the highest, the best**

Rinpoche also concluded that we are extremely fortunate to have met the Dharma, especially Lam Rim. "That is everything. It sets it up for one person to achieve enlightenment without confusion or difficult problems in the practice.

"How fortunate we are, how extremely lucky we are (to have access to) the meditation centre. This Dharma organisation becomes the answer to transform and develop the mind.

"Then action benefits the person, the individual, which then benefits the world and all the sentient beings.

"Dharma is the highest and best

way to guide sentient beings. Without that there is no way to liberate them from the cause of suffering.

"Some give teachings, some create the conditions that are needed to help others, so I would like to thank you very much for this. We are able to benefit more now because of our past effort, and efforts now will benefit us more and more in the future.

"Not everyone can go to solitary places to actualise the Path, month by month, year by year, so the next thing is what service should we do for others?"

#### **Many Buddhas or one sentient being?**

"It is said that it is much more meaningful to work for one sentient being, to pacify the suffering and obtain the happiness for one, than to make offerings to as many Buddhas as there are atoms in the earth.

"This is mentioned in the section that talks of the shortcomings of giving up Bodhicitta, giving up altruism.

"Making offerings to Buddhas and Bodhisattvas of course is much more merit than giving something to ordinary sentient beings. It is merit like the infinite sky.

"So why Maitreya says in his teachings that it is more meaningful to help

one sentient being to be free from suffering and obtain happiness is because the Buddhas and Bodhisattvas cherish the sentient beings. It is only the sentient beings that they think of day and night, it is only the sentient beings that they work for.

"So one single sentient being (for example an enemy who doesn't love you, or someone you are responsible to take care of: father, mother, child) the numberless Buddhas and Bodhisattvas have compassion for.

"This sentient being is precious like the heart of all Buddhas and Bodhisattvas. So whatever you do to help this one sentient being, that becomes the best offering of all to the Buddhas and Bodhisattvas.

"This becomes more pleasing than making big offerings at the altar, and with sentient beings for whom you feel only envy or harm, this becomes even more pleasing.

"The most important thing is guidance from a rare, qualified teacher. Without that we can't benefit too many sentient beings."

With Lama Zopa Rinpoche and our precious Geshe-la as our "rare, qualified" teachers, may our work continue.

---

# Lama Osel Rinpoche:

**"The extremely illuminating light of transcendental wisdom flame"**

Many people have now had the opportunity to meet and receive the blessing of Lama Osel Rinpoche.

Despite his youth, he has travelled extensively to many western and eastern countries. In some places, the welcome extended to him has been phenomenal.

A very recent visit to Kuala Lumpur saw no less than 4,000 people arrive to receive his blessing. Press photos of the event show a sea of people completely enveloping the young Lama and his attendants as they slowly make their way from the car to the throne.

Lama Osel's visit to TI during the June CPMT meeting added an extra dimension to the already high energy that was being generated at the time. It was at this meeting that Lama Zopa Rinpoche offered Lama Osel the mandala, which Lama Osel "knowingly" accepted. This was the first time he had been invited to be present at a meeting of this kind.

The two Lama Chopa Pujas that Lama Osel attended were so beautiful. There were over 200 people in the Gompa on each of these days. It was obvious that for many there existed a strong connection as people openly wept during the ceremonies in an atmosphere both electric and emotionally charged.



Lama Osel now belongs to a fairly exclusive category of human being. That is, he is qualified to be recognised as a Tulku. The Tulku tradition is basically a Tibetan tradition that allows the reborn child of a previous great Lama or Tantric Master to be recognised. Tibetans have placed great faith in this system, showing us their total acceptance of rebirth as being a fact of life.

Lama Osel left Melbourne on Friday June 13 to travel to Sera Je monastery in India. His departure was both joyous and sad as his short time here was enjoyed by one and all.

On Monday July 15 Lama Osel Rinpoche was to be ceremoniously entered into his monastic training at Sera Je. This was also Lama Yeshe's monastery in Tibet.

Already Lama Osel has shown a keen interest in study. During his recent TI visit, Lama Osel was having his evening meal with Geshe Doga when a TI resident entered the dining room carrying a book. Lama Osel asked to see the book which had a Tibetan character on the cover. He asked Geshe-la what this character meant and Geshe-la told him: "It means mind". With that, Lama Osel's face lit up. Forgetting his meal, he got up from the table ready to leave with the student who was going to study from that book (*The Mind and its Functions* by Geshe Rabten.)

Lama Osel's study program could prove to be very demanding. Not only will he be required to learn in the traditional Tibetan style of memorisation and recitation, but also he will be studying English and other western subjects.

So we can only wait in anticipation to see what Lama Osel's future brings. If Lama Yeshe's life was anything to go by, there will be much joy, happiness and laughter following him in his travels to many distant lands.

*Mark Emerson*

---

## Welcome, Kaye

Everyone at TI, and our hard-working Programme Co-ordinator Sönam Jampa in particular, is delighted to welcome Kaye Miner, a Buddhist nun, as a Tara House resident and Assistant Programme Co-ordinator.

Kaye took her first serious steps along the Buddhist Path in 1985 when she attended teachings in Kopan, Bodhgaya and Dharamsala. She worked for FPMT Central Office and lived at Himalayan Yogic Institute in Kathmandu until 1987.

"I travelled in Tibet with Lama Zopa Rinpoche, visiting many holy places," said Kaye. "I returned to Australia for Rinpoche's 1987 Australia/NZ tour and have been living in Sydney since then."

Kaye was ordained in April 1990 by Denma Locho Rinpoche, abbot of HH the Dalai Lama's monastery, Namgyal, in Dharamsala.

---

## Director's thanks

Thank you, thank you, thank you to all those who cleaned, cooked, ran around and helped in other ways during Lama Zopa Rinpoche's teaching program.

Where would we be without you?

*Alison Ribush, TI Director.*

---



# AUGUST PROGRAM

## WEEK ONE

SUNDAY 4  
10am Sunday School

## WEEK TWO

MONDAY 5  
6pm Guru Puja  
8pm Introduction to Buddhist  
Meditation  
TUESDAY 6  
8pm Study Group  
WEDNESDAY 7  
8pm Evening with Geshe Doga  
SUNDAY 11  
10am WHITE TARA  
EMPOWERMENT

## WEEK THREE

MONDAY 12  
8pm Introduction to Buddhist  
Meditation  
TUESDAY 13  
8pm Study Group  
WEDNESDAY 14  
8pm Evening with Geshe Doga  
SATURDAY 17  
8pm Tara Puja  
SUNDAY 18  
10am Sunday School

## WEEK FOUR

MONDAY 19  
6pm Guru Puja  
8pm Introduction to Buddhist  
Meditation  
TUESDAY 20  
8pm Study Group  
WEDNESDAY 21  
8pm Evening with Geshe Doga

## WEEK FIVE

SATURDAY 24 – FRIDAY 30  
Healing Course  
with Lama Zopa Rinpoche



## The White Tara Long-Life Empowerment *Geshe Doga personally invites you to attend*

**Sunday August 11 at 10am**

**Duration 2 – 3 hours**

As has now become a Tara Institute tradition, Geshe Doga is again inviting all our Members and friends to participate in this empowerment that has the force to remove obstacles to our happiness, long-life and health.

Geshe-la's love and concern for us is evidenced by the fact that he will prepare for the event by personally doing a one week White Tara Retreat on our behalf, then dedicating all the merits for our spiritual and mental well-being.

From his own experience Geshe Doga has found many benefits of this practice. He has seen very sick, even critically ill people regain full health after being given White Tara's mantra to recite. Even someone without obvious physical illness can avert a future sickness and escape dangerous, possibly life-shortening circumstances. By relying on White Tara and reciting her mantra one can achieve a deep level of inner well-being so that one can be of real benefit to oneself and others.

The atmosphere during these Empowerments is hard to describe. Somehow, through the Spiritual Teacher's blessing, we are opened to the presence of White Tara as the active healing dimension of Buddhahood. Our barriers slip away we sense the total health of full Enlightenment.

### **What do I have to do to attend?**

There are absolutely **no** pre-requisites or obligations. Simply come along – perhaps a little bit early so that you will have time to take a seat. Bring your family and friends. **All welcome.**

## The Heart Sutra Weekend course with Lama Zopa Rinpoche at Atisha Centre

**August 17 - 18**

The Heart Sutra is one of the most famous Mahayana texts. It gives a concise but thorough presentation of the Profound Wisdom of Emptiness.

Cost FPMT Members \$100; Non-members \$120

Please make cheques payable to Atisha Centre.

Includes accommodation on Friday and Saturday nights. Meals provided beginning with light supper on Friday night.

Bring a warm sleeping bag and pillow; meditation cushion and blanket; torch; warm clothing; writing materials.

Lama Zopa will also give public talks in Bendigo on **August 19 and 20.**

## AUSPICIOUS DAYS IN AUGUST

MONDAY 5 Tibetan 25th - Tsog Day; SATURDAY 10 Tibetan 30th - New Moon (Precepts); SATURDAY 17 Tibetan 8th - Tara Day;  
MONDAY 19 Tibetan 10th - Tsog Day; SUNDAY 25 Tibetan 15th - Full Moon (Precepts).

# About the Program...

## Introduction to Buddhist Meditation

Monday  
Nights  
August  
5, 12, 19  
at 8pm



The August series of three introductory talks will be led by Dr Alan Molloy. Alan is a very experienced student, having studied Buddhism in both the East and the West for many years. A former Program Co-ordinator of Tara Institute, Alan is well known for his good humoured approach to teaching.

Drawing from his own experience, Alan's focus in this series will be on those aspects of the Buddhist path that he has found most valuable in stimulating inner change.

Each evening will consist of guided meditations, discourse and discussion. These classes are ideal for those wishing to learn about Buddhism and its meditation techniques.

■ A facilities fee of \$5 per class is asked to help cover administrative expenses (Members free). Just turn up about 7.45pm or contact Wendy on 596 2465 for further information.

## Study Group

Tuesday nights  
August 6, 13, 20 at 8pm



The Study Group has been a focal point of Geshe Doga's teaching program at Tara Institute since first convened in 1985. It provides a forum in which students can explore the Buddhist path in depth and develop firm understanding of the unique insights it offers. Each year, new students who join the Study Group find it provides inspiration and direction for their spiritual practice.

This year Geshe Doga is teaching on the Lam Rim or Graduated Path to Enlightenment. The Lam Rim is a particularly valuable teaching in that it shows how all the various aspects of the Buddhist path can immediately be put into practice. The Study Group is, therefore, suitable for all students both new and old.

Prerequisites for joining are to have taken Refuge, being prepared to attend regularly and willing to undertake a one week Lam Rim meditation retreat. New and prospective students are welcome to 'sample' the study group at any time.

■ Please ring Wendy on 596 2465 or contact the Study Group Co-ordinator, Sönam Jampa, for further details.

## Evenings with Geshe Doga

Wednesday Nights  
August 7, 14, 21 at 8pm



Each Wednesday night, Geshe Doga continues to teach how we can apply the timeless insights of Buddhism to the problems and difficulties of our modern lives. Using readings from the famous eighth century text, *A Guide to the Bodhisattva's Way of Life*, as a source, practical techniques to develop spiritual qualities such as concentration, clarity and compassion are explained in full.

■ These classes are suitable for all students, especially those wishing for a deeper understanding of how the practice of Buddhism can be related to our ordinary lives. No commitment to attend regularly is required.



Tara Institute  
3 Mavis Avenue  
East Brighton 3187  
phone: 596 2465  
fax: 596 4856

## Ever thought of living at Tara Institute?

There are some vacant rooms of different types, sizes and outlooks; and we are looking for new residents to fill them.

Tara House is an oasis of calm in the midst of the busy city. The sense of serenity and stability that those who frequent the Centre discover is due to the presence of our Teacher, the Venerable Geshe Doga, and other Holy Lamas who visit the Institute.

By living at the Centre you are actively and financially helping to spread the Buddha's teachings; you become part of a very real community; and you can enjoy first class meals prepared by our professional chefs.

■ If you are interested in moving in, please leave your name with Wendy in the office (ph 596 2465) or talk to Patrick, Andy or Alan after teachings.