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Tara Institute News

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Special announcement!
WHITE TARA EMPOWERMENT
see inside for details

AUGUST 1992

Open Day attracts hundreds to TI

PART TWO...

Good weather and a bit of advertising apparently aroused quite a lot of curiosity about Tara Institute. Our third Open Day started at 10am on Sunday June 21 and a crowd of mostly local people streamed through the Centre until the 4pm close.

It was our biggest and best Open Day so far. We put on more activities, food, decorations, talks and demonstrations than we've had before and most estimates claimed over 800 people visited.

People came from everywhere. One of them was singer Darryl Braithwaite who just happened to be pedalling by. Several descendants of J.B.Were and Tommy Bent came to see the ancestral home. Our close neighbours, the nuns from the buildings' last incarnation as Marillac House, also sited and two of them stayed, along with another 100 or so, for the second session of mantras in the Gompa.

There was plenty of interest in the regular Program (later, a lot of people came along for the Monday Night class). Andy sold about \$1,500 worth of books of all types. The Tour Association's stall was very busy taking orders for photos from His Holiness' Melbourne visit. TI and Australia Tibet Council had stalls too.

Big thanks to Violetta Moldoveanu for a clear view through the windows and dish water. And to Thubten Donyo who spent all day Saturday making the ultimate symbol - mo mos - a big hit - along with the Tibet Himalaya Restaurant's authentic Land of Snows delights. Homemade cakes and scones, coffee and free tea and biscuits... everything was so



Big smiles in the Coffee Corner

cheap - one Coffee Corner customer claimed it was too cheap and paid more. Visitors commented on the "wonderful, uplifting atmosphere in the Centre".

Here's what TI Member and Open Day 'Greeter', Jenny McRae, had to say...

"Many thanks are deserved by all those people who made the Open Day such a success. How do I measure success? The happiness on everyone's faces, the lively conversation and the wonderful interest shown by our many visitors. As one of the guides for the day I saw lots of new faces. Some had seen our adverts in the Age, others lived in the neighbourhood and there were those who had heard of the Open Day by word of mouth.

What was really interesting was the many different kinds of people who took the time to come and check us out. There is no doubt to me that the day was of great value. From my side and that of the guides we enjoyed showing off Tara. For the

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The story of TI's helping hand

by Adèle Hulse

We were granted AIDAB/NGO status as a result of our work at Sewa Semiti.

Unfortunately it is not as easy to help leprosy patients as you might think - especially in Delhi and the project was unsustainable. However we did not abandon the people and Sunita has maintained close links with them.

We chose NAIHO as the Australian beneficiary because Australian Aborigines have the highest incidence of leprosy in the world.

While the project in Delhi is no longer formally supported by FPMTA, several individuals make regular private donations. Our work with leprosy patients is now centred on the Maitri Project in Bodhgaya run by Adriana Ferranti who has survived the thousand bureaucratic shocks that come with this kind of work. It now has a very successful screening, treatment and rehabilitation project which services ever-increasing blocks of the local population through seven clinics. FPMTA has not yet given financial support to this project which is funded from other international sources.

From 1984 through to 1987, the local beneficiary was the Open Family Foundation run by Father Bob McGuire, parish priest at the Church of Sts Peter and Paul, South Melbourne.

CONTINUED NEXT MONTH ▶

AUGUST PROGRAM

AUSPICIOUS DAYS IN AUGUST

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

WEDNESDAY 4

First turning of the Wheel of Dharma

THURSDAY 6

Tibetan 8th Tara Day (Precepts)

SATURDAY 8

Tibetan 10th Tsog Day

THURSDAY 13

Tibetan 15th Full Moon (Precepts)

SUNDAY 23

Tibetan 25th Tsog Day

FRIDAY 28

Tibetan 30th New Moon (Precepts)

WEEK ONE

● SUNDAY 2

10am Sunday School
10am Debate Class

● MONDAY 3

8pm Introduction to Buddhist Meditation

● TUESDAY 4

8pm Study Group

● WEDNESDAY 5

8pm Geshe Doga

● THURSDAY 6

8pm Tara Puja

● SATURDAY 8

8pm Guru Puja

● SUNDAY 9

10am White Tara Empowerment

WEEK TWO

● MONDAY 10

8pm Introduction to Buddhist Meditation

● TUESDAY 11

8pm Study Group

● WEDNESDAY 12

8pm Geshe Doga

● SUNDAY 16

10am Sunday School
10am-4pm Seminar

WEEK THREE

● MONDAY 17

8pm Introduction to Buddhist Meditation

● TUESDAY 18

8pm Study Group

● WEDNESDAY 19

8pm Geshe Doga

● SATURDAY 22

to SUNDAY 23

10am-5pm Healing Meditation Course

● SUNDAY 23

8pm Guru Puja

WEEK FOUR

● MONDAY 24

8pm Introduction to Buddhist Meditation

● TUESDAY 25

8pm Study Group

● WEDNESDAY 26

8pm Geshe Doga

● SUNDAY 30

5.30am - 4pm Chenrezig Practice Day

10am Sunday School

WEEK FIVE

● MONDAY 31

8pm Introduction to Buddhist Meditation

MONDAY NIGHTS

Introduction to Buddhism

● Mon 3, 10, 17, 24, 31 at 8pm

The August series of classes will be lead by Patrick Campisi. 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). Just turn up around 7.50pm or phone 596 8900 for more details.

TUESDAY NIGHTS

STUDY GROUP

● Tues 4, 11, 18, 25 at 8pm

Geshe Doga continues the regular teachings on Lam Rim. These classes are suitable for both new and more experienced students of Buddhism. You are invited to 'sample' the Study Group at any time. However, as part of joining the Study Group you must be committed to attending regularly, prepared to take Refuge and willing to undertake a one week Lam Rim meditation retreat.



Contact Wendy on 596 8900 for more details. There is no charge for these classes.

WEDNESDAY NIGHTS

Evenings with Geshe Doga

● Wed 5, 12, 19, 26 at 8pm

Have you ever felt the 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 which doesn't seem too clear? Yes? Then Wednesday evenings with Geshe Doga are so appropriate.

This is when Geshe-la provides commentary on one of the most loved texts throughout all 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 both new and old students. There is no charge.

New TI LIBRARY HOURS

● Tues & Wed, 7.15 - 8.00pm + 1/2 hour after teachings.

● Sundays, 2 - 4pm.

Thanks to Susan Coates and Hélène

Kandel, Members can borrow books during those hours. Other people can sit and use all the books and archives. Thanks also to Helen Price and Carol McEwan for cataloguing our collection.

** 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. Donations are a way to help maintain this situation. So next time you're at TI, think about popping a coin or two in a donation box (near Gompa, gold phone and entrance hall) It all adds up!*

Geshe Doga personally invites you to attend . . .

The annual WHITE TARA long-life empowerment

● Sunday August 9 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. 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 and 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 bit early so that you will have time to take a seat. Bring your family and friends. All welcome - There is no charge.

Study Group Seminar: TENETS

● Sunday 16, 10am - 4pm

The second of four seminars. Tenets are the delineations of the systematic schools of Buddhist thought. The seminar's format combines open discussion, meditation and brief presentations. All students are encouraged to take an active part.

Facilities fee \$8 for Study Group members; newcomers free.

CHENREZIG practice day

● Sunday 30, 5.30am - 4pm

Geshe Doga has recommended that we hold a Chenrezig Practice Day beginning with prostrations to the 35 Buddhas and taking the 8 Mahayana Precepts at 5.30am. There will be four sessions of guided meditation on the Chenrezig practice at 8.30am, 10am, 1.30pm and 3pm, including recitation of the Chenrezig mantra *OM MANI PADME HUM*. Chenrezig is the Buddha of Compassion. By meditating on Chenrezig we develop the compassionate qualities which help us to benefit others. All are welcome to attend.

Facilities fee: \$35 (Members \$25)
Includes lunch and refreshments
For further details, ring Wendy: 596 8900

NOVEMBER

Latest news on KALACHAKRA

The **Initiation** will run from
Saturday 7, 2pm - 7pm to
Sunday 8, 2pm - 8.30pm

The **Commentary** will run from
Monday 9 to Friday 13. It will be retreat style; teachings in the evenings and meditations, discussions & explanations during the day led by an experienced student.

Rinpoche will give a Weekend Course on **Nov 14 & 15 - The Three Principles of the Path**.

Reserve your Preferential Booking by sending a \$50 deposit to the TI Office or phone through your credit card details to Wendy on 596 8900.

WEEKEND COURSE

MEDITATION COURSE to heal mind and body

● Sat 22 to Sun 23, 10am - 5pm

Following the advice of Lama Zopa Rinpoche, Tara Institute will be conducting its 3rd Healing Meditation Course this month. Teaching meditations and methods to transform one's attitudes and access its healing energy, the course draws on 2,500 years of Buddhist experience of the mind, how it works and how it affects the body.

Participation is limited to those who have life-threatening or very serious illnesses and their partners. By honestly thinking about and discussing the critical issues facing you, with other people who are in a similar situation, within a confidential environment, there is the opportunity to develop a peaceful state of mind and thus enhance the quality and quantity of life.

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

Facilities fee: \$120 (Members \$100) Includes lunch, refreshments and course materials. For further details please call Kaye Miner on 596 8900. Conversations and correspondence honoured as strictly confidential.

◆ CONTINUED FROM FRONT PAGE

visitors it meant a chance to come and see what we Tara-ites all look like and to find out *exactly what goes on at Tara Institute*. Many people expressed their thanks that TI had given this opportunity to see first hand our facilities and learn a little about Buddhist philosophy. They were warmed by the welcome they received and the obvious effort so many took in making it a fun and informative day.

"People who visited had all sorts of stories about their previous involvement with our historic house. One lady who is still a local used to clean for the nuns for many years and had been very keen to see how we had changed the place. She thought that the gompa looked beautiful. Another man worked for one of the owners about 40 years ago.

"For my part I enjoyed the chance to talk about our philosophy at TI and to make it accessible in a different way for other sentient beings."

So many people helped the day come alive. We can't thank them all by name but we must thank Suzanne Grenier for taking the job on and for carrying it all the way through, so beautifully and so successfully.

Everyone else who cleaned, posted, mailed letters, cooked, greeted, escorted, conversed, public speakered, sound systemed, set up and packed up, washed up and dried, swept, lugged, lead and followed, decorated, undecorated, sat babies, brought babies, bought and sold, served and delivered, mantra'd and explained, handed out and collected... thank you all. You were wonderful. We hope you enjoyed it as much as Tara Institute did.

VIDEO STAR

It's amazing what power can be generated with a little bit of creative thinking. Having just returned from a tour of China and Tibet, TI Member Jon Breukel struck on the idea of producing a professionally edited video of his journey and then offering the profit from its sales to the Tour of the 14th Dalai Lama.

Now His Holiness has been and gone, yet Jon's *Journey to Tsong Khapa* is still generating money for Tibet. With nearly 300 copies sold so far (11 overseas!) its contribution to the Tour looks like reaching \$6,000.

What a star performance.

SAKA DAWA helps the poor

Over 100 people enjoyed a lovely Saka Dawa Puja at TI last month. Although only about \$450 was given in cash (down on last year), much more material aid was given. There were huge piles of blankets, clothes, household goods, food and so on. It took Kaye and Alison two full car-loads to deliver it all to the Brighton Benevolent Society. A photo and article appeared in the July 8 Southern Cross.

The Benevolent Society wrote to thank TI; "*Compassion and the Individual* which (Kaye and Alison) presented to me is to be included with the Minutes after the members have had the opportunity to read it. The Society's Minute Books are held at the Melbourne University Archives in a controlled atmosphere for historical purposes."

An interesting way to preserve the Mahayana tradition.

CPMT - 92 Osel Ling, Spain

In September, TI Director, Alison Ribush is flying to Spain for the next Council for the Preservation of the Mahayana Tradition (CPMT-92). This year, the nearly annual meeting of all FPMT Centre Directors will be held at Osel Ling, one of the FPMT Centres in Spain.

Alison is likely to be asked to represent the A&NZ Region at CPMT-92. This is one of the big perks of the high office of Centre Director - Ali gets to pay all her expenses thus creating unbelievable merit. Another 'pay for merit' TI Member flying to CPMT-92 is George Farley who is on the FPMT International Board of Directors.

A LITTLE LEAK

FROM THE EXECUTIVE COMMITTEE

- Big welcome to our new residents.
- System Designer job applicants being considered.
- Landcox Hall being used (read: rented) every Tuesday night by R. Steiner Group and many weekends by an Applied Physiology group.
- Group of EC Members working on fund-raising ideas.



Kaye and Ali delivering offerings to the Brighton Benevolent Society.

News from the past . . .

AUGUST 1984 ☾

The Newsletter reported "an amazing response to the Cash Trust proposal adopted by the Members at the (May '84) AGM. We have almost reached our target of \$140,000."

Last month (1992) we saw how TI (July 1984) planned to address a 60% jump in mortgage repayments... and within one month, according to the newsletter, Members had already rallied to meet the challenge. A new computer-controlled cash system set up by George Farley and Gill Jelbart was estimated to save about \$2,000 a year. Phil Lengyel had completed the last unrenovated room and two additional residents had moved in.

"Our unstoppable worker, Ad... Hulse raised about \$300" in a garage sale. Fifi Mina was organising voluntary work serving meals to the elderly. Geshe Dawa was due to give his last long course before returning to India - a five day Mahamudra Course at Lovely Banks near Geelong. He was also to lead a Tara Night from 8pm - midnight at TI.

There was also a report on the July 1984 Regional Meeting in Sydney. Thirteen representatives from the seven local FPMT Centres had decided to fund the publication of Lama Yeshe's "Introduction to Tantra".

Incidentally, this August (we've returned to 1992) Alison Ribush, our Centre Director, is off to Sydney for the next Regional Meeting where 16 local FPMT Centres will be represented.