

the passage in Leviticus that admonishes, "Love your neighbor as yourself."

In my many encounters with Hindu scholars in India, I've come to see the centrality of selfless compassion in Hinduism too — as expressed, for instance, in the Bhagavad Gita, which praises those who "delight in the welfare of all beings." I'm moved by the ways this value has been expressed in the life of great beings like Mahatma Gandhi, or the lesser-known Baba Amte, who founded a leper colony not far from a Tibetan settlement in Maharashtra State in India. There he fed and sheltered lepers who were otherwise shunned. When I received my Nobel Peace Prize, I made a donation to his colony.

Compassion is equally important in

Islam — and recognizing that has become crucial in the years since Sept. 11, especially in answering those who paint Islam as a militant faith. On the first anniversary of 9/11, I spoke at the National Cathedral in Washington, pleading that we not blindly follow the lead of some in the news media and let the violent acts of a few individuals define an entire religion.

Let me tell you about the Islam I know. Tibet has had an Islamic community for around 400 years, although my richest contacts with Islam have been in India, which has the world's second-largest Muslim population. An imam in Ladakh once told me that a true Muslim should love and respect all of Allah's creatures. And in my understanding, Islam enshrines compassion as a core spiritual principle,

reflected in the very name of God, the "Compassionate and Merciful," that appears at the beginning of virtually each chapter of the Koran.

Finding common ground among faiths can help us bridge needless divides at a time when unified action is more crucial than ever. As a species, we must embrace the oneness of humanity as we face global issues like pandemics, economic crises and ecological disaster. At that scale, our response must be as one.

Harmony among the major faiths has become an essential ingredient of peaceful coexistence in our world. From this perspective, mutual understanding among these traditions is not merely the business of religious believers — it matters for the welfare of humanity as a whole.

Tenzin Gyatso, the 14th Dalai Lama, is the author, most recently, of "Toward a True Kinship of Faiths: How the World's Religions Can Come Together."

A version of this op-ed appeared in print on May 25, 2010, on page A27 of the New York edition.

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Tara Institute

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Tara Institute is affiliated with the FPMT — the Foundation for the Preservation of the Mahayana Tradition — a network of Buddhist Centres in Australia and worldwide. Following the Mahayana teachings of the Buddha — in the tradition of Lama Tsong Khapa — we work to relieve all beings from suffering in all its forms.



Tara Institute is fully audited, not-for-profit and mainly run by volunteers. We rely entirely on the support of members, friends, benefactors and bequests. Donations and fees are requested in order to keep the Centre running.

Long Life Puja for Venerable Geshe Doga



Sunday November 18
at 10.00am

Each year, in order to thank Geshe Doga for his unfailing commitment and kindness to the students and friends of Tara Institute, the 16 Arhat Puja is offered to him for his long and healthy life.

Everybody is most welcome — new students, old students, friends and family.

Setting up for the Long Life Puja — Saturday 17th at 1pm

Setting up the tables with flowers, incense, light, food and water offerings is a beautiful expression of creativity and so uplifting for our minds. We work harmoniously, drink tea and meet many new and old friends. Working together is so joyful.

If anyone would like to contribute any of the following offerings or part of them, please let Margie Hanrahan know or myself on 9596 7410 or email spc@tarainstitute.org.au. Thank you. Ven. Lhamo

- 52kg white rice
- Fruit for the begging bowl
- Offerings for the main altar (about \$70)
- White and yellow flowers for water bowls only on the day
- White and yellow flowers for Geshe Doga's throne
- Bunches of flowers for the main altars
- 3 large offerings (tormas) for the 16 Arhat altar
- Sponsorship of the tsog (\$350)
- Saffron
- Monetary offerings to the sangha
- 8 packets of popping corn for the food bowls

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

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

Tara Institute

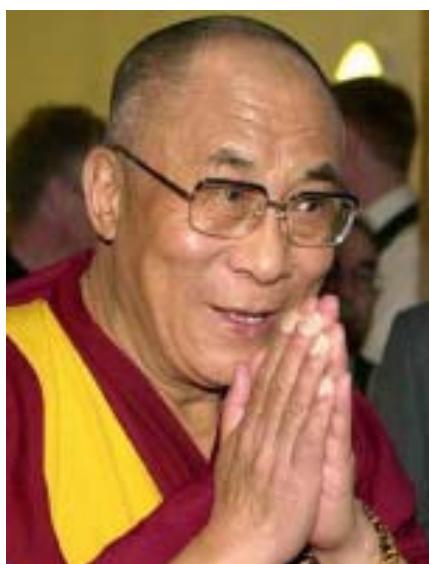


October 2012

One Day Course with Ven Michael Yeshe

Sunday 28 October - 9am to 4pm

Many Faiths, One Truth by Tenzin Gyatso



atheists issue blanket condemnations of those who hold to religious beliefs. In the Middle East, the flames of war are fanned by hatred of those who adhere to a different faith.

Such tensions are likely to increase as the world becomes more interconnected and cultures, peoples and religions become ever more entwined. The pressure this creates tests more than our tolerance — it demands that we promote peaceful coexistence and understanding across boundaries.

Granted, every religion has a sense of exclusivity as part of its core identity. Even so, I believe there is genuine potential for mutual understanding. While preserving faith toward one's own tradition, one can respect, admire and appreciate other traditions.

An early eye-opener for me was my meeting with the Trappist monk Thomas Merton in India shortly before his untimely death in 1968. Merton told me he could be perfectly faithful to Christianity, yet learn in depth from other religions like Buddhism. The same is true for me as an ardent Buddhist learning from the world's other

great religions.

A main point in my discussion with Merton was how central compassion was to the message of both Christianity and Buddhism. In my readings of the New Testament, I find myself inspired by Jesus' acts of compassion. His miracle of the loaves and fishes, his healing and his teaching are all motivated by the desire to relieve suffering.

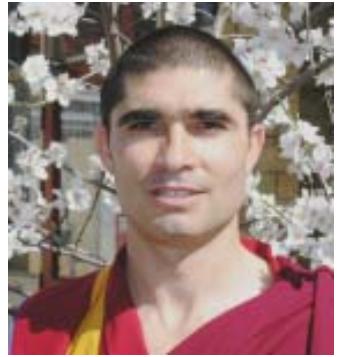
I'm a firm believer in the power of personal contact to bridge differences, so I've long been drawn to dialogues with people of other religious outlooks. The focus on compassion that Merton and I observed in our two religions strikes me as a strong unifying thread among all the major faiths. And these days we need to highlight what unifies us.

Take Judaism, for instance. I first visited a synagogue in Cochin, India, in 1965, and have met with many rabbis over the years. I remember vividly the rabbi in the Netherlands who told me about the Holocaust with such intensity that we were both in tears. And I've learned how the Talmud and the Bible repeat the theme of compassion, as in

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October 2012

MONDAYS ~ 8pm
•1, 8, 15, 22 & 29 October
Introduction to Buddhist Meditation



It would be natural for us to wish for a satisfied life. But have we seriously considered what a satisfied life really means? Does true satisfaction come from external sources or could the conditions for a satisfied life lie within us? If we do find ourselves longing for satisfaction, could that imply that we are actually somewhat dissatisfied in our present life situation? What aspects of life are we dissatisfied with and is there anything we can do to change it? These are questions worth asking ourselves and seeking possible answers to. With the tools of self-awareness and meditation, we can begin to explore and identify the real causes of dissatisfaction, and the means to gradually overcome them. According to Buddhist thought, the potential for a satisfied life lies right within us at all times, but we need to first recognize it and then further develop it.

The sessions begin with a breathing meditation followed by a brief presentation, and time for questions and answers.

The atmosphere on Monday nights is relaxed and open and people are welcome to attend all four teachings.

A facility fee is requested (members free) to help cover administration expenses. Just turn up at 7.50pm or phone Llysse in the Tara Institute office on 9596 8900 for more details.

TUESDAYS ~ 7.45pm
•2, 9, 16, 23 & 30 October
STUDY GROUP



Study Group offers students the opportunity to study more deeply in a structured and supportive environment. The course runs in six-week blocks comprising four weeks of teachings, one night of discussion group and a written exam on the subject matter of that series. Homework is given each teaching week and is assessed by experienced students from the group.

Geshe Doga's commentary on Nagarjuna's *Precious Garland* continues this year.

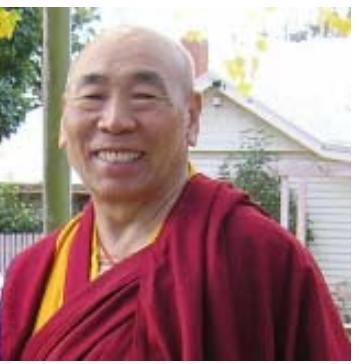
Nagarjuna is renowned for his penetrating analysis of reality. In *Precious Garland* he offers advice on how to conduct one's life and how to construct social policies that reflect Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all kinds of suffering, culminating in Buddhahood.

The evenings run in six-week blocks and students are asked to attend all six sessions. You are most welcome to come and experience Study Group at any time but conditions apply if you wish to attend on a regular basis.

If you have any questions please contact Ven. Lhamo on 9596 7410 or spc@tarainstitute.org.au.

WEDNESDAYS ~ 8pm
•3, 10, 17, 24 & 31 Oct.

An Evening with Geshe Doga



"When we have taken an honest look within, and seeing how our attitudes are related to our unsettled and troubled mind; we will begin to detect and notice that the attitudes that we are holding onto have been strengthened over years and years and that they directly contribute to that agitation. They basically cause a troubled mind. When we start to recognize this for ourselves, at that stage, we need to get a grip on understanding that all our troubles, all our uncomfortable feelings and all our problems, actually come from our own mind and the negative attitudes that we hold within us. When we begin to recognise this then, as I regularly share, this is where meditation practice can help us."

Excerpt from 18th July teaching.

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the every day situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate to help us to work with our own minds.

There is no fee for these evenings. If you have any questions please contact Venerable Lhamo on 9596 7410 or spc@tarainstitute.org.au.

One Day Course with Venerable Michael Yeshe

Sunday October 28th 9am to 4pm

Gaining an Insight into Buddhism

Introducing the Four Noble Truths

The Buddha was once an ordinary human being just like ourselves. He had also experienced a dissatisfied life, full of anxieties, worries and problems. It was the awareness of his own dissatisfaction and that of other living beings that prompted him to embark on a spiritual quest to find the means to end all suffering.

After spending a long period of time gaining knowledge and applying it in meditation practice, he eventually attained enlightenment; the fully developed state of ever-lasting peace and happiness. In achieving enlightenment himself, he realized that enlightenment is possible for each and every living being. Thus, out of great compassion for all living beings, he gave his first teaching, known as the Four Noble Truths; drawn from his own insights and experiences.

The course will be presented on a beginner's level, but will also be suitable for those who are familiar with Buddhism but would like to expand their understanding of these four truths.

Course fees:

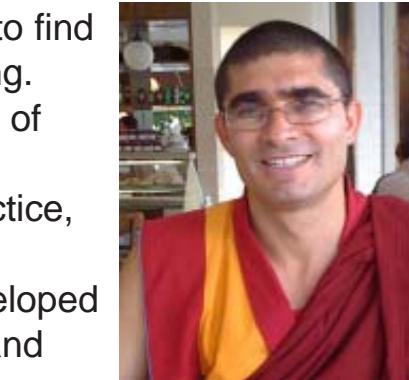
\$60 non-Members or \$40 Members

Includes vegetarian lunch and morning and afternoon tea.

Bookings are essential for catering purposes.

Please pay the office by Monday 22nd October
(call 03 9596 8900)

Dharma Club November 25th
please note that all dates are subject to change



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

Wednesday 10	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Monday 15	Tibetan 30	New Moon	Precepts
Monday 22	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Wednesday 24	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Monday 29	Tibetan 15	Full Moon	Precepts

WEEK 1	
MONDAY 1	8pm - Intro to Buddhist Meditation
TUESDAY 2	
7.45pm - Study Group	
WEDNESDAY 3	
10.00am - Healing Group	
8pm - An Evening with Geshe Doga	

WEEK 2	
MONDAY 8	8pm - Intro to Buddhist Meditation
TUESDAY 9	
7.45pm - Study Group	
WEDNESDAY 10	
10.00am - Healing Group	
6.00pm - Guru Puja	
8pm - An Evening with Geshe Doga	

WEEK 3	
MONDAY 15	8pm - Intro to Buddhist Meditation
TUESDAY 16	
7.45pm - Study Group	
WEDNESDAY 17	
10.00am - Healing Group	
8pm - An Evening with Geshe Doga	
SUNDAY 21	
10.30am - Dharma Club	

WEEK 4	
MONDAY 22	6.00pm - Tara Puja
8pm - Intro to Buddhist Meditation	
TUESDAY 23	
7.45pm - Study Group	
WEDNESDAY 24	
10.00am - Healing Group	
6.00pm - Guru Puja	
8pm - An Evening with Geshe Doga	
SUNDAY 28	
9.00am - 4.00pm - One Day Course with Venerable Michael Yeshe	

WEEK 5	
MONDAY 29	8pm - Intro to Buddhist Meditation
TUESDAY 30	
7.45pm - Study Group	
WEDNESDAY 31	
10.00am - Healing Group	
8pm - An Evening with Geshe Doga	