

**▼WEEK ONE**

MONDAY 1  
8pm Introduction to  
Buddhist Meditation

TUESDAY 2  
8pm Study Group

WEDNESDAY 3  
8pm Evening with  
Geshe Doga

FRIDAY 5  
8pm Lam Rim  
Meditation Night

**▼WEEK TWO**

MONDAY 8  
8pm Introduction to  
Buddhist Meditation

TUESDAY 9  
8pm Study Group

WEDNESDAY 10  
8pm Evening with  
Geshe Doga

FRIDAY 12  
8pm Lam Rim  
Meditation Night

SATURDAY 13  
7pm Guru Puja

**▼WEEK THREE**

SUNDAY 14  
10am - 11am  
Sunday School

MONDAY 15  
8pm Introduction to  
Buddhist Meditation

TUESDAY 16  
8pm Study Group

WEDNESDAY 17  
8pm Evening with  
Geshe Doga

FRIDAY 19  
8pm Lam Rim  
Meditation Night

**▼WEEK FOUR**

MONDAY 22  
8pm Introduction to  
Buddhist Meditation

TUESDAY 23  
8pm Study Group

WEDNESDAY 24  
8pm Evening with  
Geshe Doga

FRIDAY 26  
6pm Tara Puja  
8pm Lam Rim  
Meditation Night

SATURDAY 27TH to  
SUNDAY 28TH  
WEEKEND COURSE -  
Dealing With Anger  
see insert

**▼WEEK FIVE**

SUNDAY 28TH  
10am - 11am  
Sunday School

MONDAY 29  
6pm Guru Puja  
8pm Introduction to  
Buddhist Meditation

TUESDAY 30  
8pm Study Group

WEDNESDAY 31  
8pm Evening with  
Geshe Doga

# OCTOBER PROGRAM

## TSOG AND MAHAYANA PRECEPTS DAYS IN OCTOBER

THURSDAY 4 Tibetan 15th - Full Moon (Precepts); SATURDAY 13 Tibetan 25th - Tsog Day; THURSDAY 18 Tibetan 30th - New Moon (Precepts); FRIDAY 26 Tibetan 8th - Tara Day; MONDAY 29 Tibetan 10th - Tsog Day.

### INTRODUCTION TO BUDDHIST MEDITATION

Monday Nights 1st, 8th, 15th, 22nd, 29th

This month Kathi Melnic and Jill Gillies will present a five night introductory

course on the topic of the Six Perfections - Generosity, Ethics, Patience, Joyous Effort, Concentration and Wisdom. Considered together the 6 Perfections contain all the essential ingredients needed for our spiritual journey right up to full Enlightenment.

Both Kathi and Jill have studied Buddhism for several years and bring to these evenings a sensitive and gentle approach combined with an ex-

cellent intellectual understanding of the topic.

Each evening will consist of meditation instruction, discourse and question and answer, followed by biscuits and tea and coffee.

We ask a fee of \$25 for those attending this five week course. You may come to a single night for \$5. This is not a charge for teachings but to help cover our administrative costs. There is no charge for members. For further information please ring Wendy on 5962465. She is happy to answer all your program queries.

### EVENINGS WITH GESHE DOGA

Wednesday Nights  
3rd, 10th, 17th, 24th, 31st at 8pm

The Venerable Geshe Doga continues his commentary to "A Guide to a Bodhisattva's Way of Life" by the great Indian saint Shantideva - ostensibly at least - for often Geshela only talks about the text in the last minutes of the evening, because he has been teaching us directly about meditation and the essentials of practice by drawing on his own immense experience. Somehow the topics he covers always seem pertinent to what is happening in our lives. Everyone seems to receive exactly the right advice to help their own situation.

So this is really an evening to treasure - a means of putting the whole week into perspective. Everyone is welcome. Just roll along ten minutes or so before the teaching starts. Afterwards there is a chance to share a cup of tea and chat with friends.

### SUNDAY SCHOOL

Every second Sunday we encourage the children to become aware of their minds, their relationships and their environment through story telling, meditation, drawing and discussion of Buddhism.

### STUDY GROUP

Tuesday Nights 2nd, 9th, 16th, 23rd, 30th

We continue our study of the text - "Liberation in the Palm Of Your Hand". Geshe Doga is relishing our enthusiasm for he is telling us many wonderful anecdotes to illustrate key points of the teachings. He is also offering much personal advice to enhance our practice. There are few places in the Western world which offer such a perfect Dharma study environment.

Please feel most welcome to join the Study Group. You may contact Sonam Jampa on 5962465 for further details.

### VAJRAYOGINISELF-INITIATION

Sunday 6th 2pm

For those who have completed the Vajra-yogini retreat and fire puja. Ring Kathi Melnic on 5962465 for more information.

## FROM PRACTISING THE GOOD HEART BY LAMA ZOPA RINPOCHE

I thought to speak a little about the view of the inner being, or Buddhist, which is dependent arising, and the conduct, which is not giving harm to other sentient beings. The nature of Buddhism is great compassion towards every sentient being. If there is compassion in your heart, the result of actions that come from that compassion mean it is impossible for you to give harm to other sentient beings. The nature of Buddhism is great compassion towards every sentient being. If there is compassion in your heart, the result of actions that come from that compassion mean it is impossible for you to give harm to other sentient beings. Your actions bring benefit, not harm, since there is compassion towards others within your heart.

It is like this, first of all, because there is not one sentient being who wants to receive harm. There is not one. Because of this, Guru Shakyamuni Buddha, who is the founder of Buddhism, trained his mind in compassion towards all sentient beings, and he completed this training. This was the main practice accomplished by Buddha. With himself as the example, out of that great compassion towards all sentient beings, Buddha then gave advice to us to have compassion towards all other sentient beings, and to not give harm to them. Even if you cannot benefit them, at least you should not give harm to others.

On the basis of not giving harm to others, you then develop the capacity to benefit them. This is Guru Shakyamuni Buddha's essential ad-



vice. He himself completed this work, and then left this essential advice. Even though there are eighty-four thousand teachings of sutra and tantra, this is the asocial practice. If you do not do this practice of abandoning giving harm to other sentient beings there is no spiritual practice left in life.

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### *There is not one sentient being who wants to receive harm*

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No matter how much a person says: "I am meditating. I am doing profound secret practices", if he cannot do this practice of abandoning giving harm to others, he is not doing the fundamental practice of Buddhism. I think the fundamental practice of all religions, not only of Buddhism, should be to abandon giving harm to others, and to practise compassion. This is the essence of all the various religions: Muslim, Christianity, Hinduism. The essence is not giving harm to others, and generating compassion towards them.

In this way, there is not a question that the religion you practise gives happiness to other sentient beings. Of course practising this way gives happiness to others, but also, by the way, the religion that you practise at least becomes beneficial for your own happiness, even if you cannot bring happiness to others. At least the religion which you practise does not harm yourself. This is a very important point to analyse, and to understand. The religion which you practise should at least benefit you with happiness now and in the future.

It is very important to have a generous compassionate mind. If there is no generous mind, no compassionate heart, no matter how much wealth you have, there is no mind-peace in your day-to-day life. Your problems become even bigger than before, when you were not wealthy. Your mind is much more dissatisfied, with much more worry and fear. You have more enemies than before, and give more harm to other sentient beings. If your heart is empty of compassion, no matter how much education you have, - even if you know everything taught in all the universities, even if you have every single degree - again you have the same problem: there is no mind-peace. More pride is developed than before, when you were uneducated. You have so many more problems. Like this, your life passes in problems. Your life finishes while you are experiencing big problems such as disharmony with others, worry and fear in your everyday life.

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## FRIDAY NIGHT LAM RIM MEDITATION

Friday Nights 8pm Oct-  
ober 5th, 12th, 19th, 26th  
and November 2nd, 9th  
and 16th.

This special seven week block of meditation instruction and practice has been organised by the Study Group at the request of Geshe Doga.

It is Geshe Doga's wish that as many as possible attend.

The first evening will be introduced by Geshe Doga who will give his blessings for the success of our meditation. On the seventh and final night we will perform a short thanksgiving ritual (Tsog) which Geshe Doga will also attend.

The format is as follows: each evening a group meditation will be led by



a member of the Study Group. The meditations will be drawn from the classic "Lam Rim" or "Graduated Path to Enlightenment" teachings of Lama Tsong Khapa. Following the guided meditation we will form into smaller groups to discuss the meditation and how it relates personally to our own experience. At this time we can also share other issues of concern to our lives and practice.

Perhaps you have been wishing to learn to meditate for some time or have come to several Monday Night introductions and are wondering what to do next. Or perhaps you have been meditating for ages but in rela-

tive isolation and are wondering what to do if you nod off to sleep whilst meditating. If so, here is your chance to talk about meditation experiences and techniques in an informal setting with Dharma friends.

As the meditations will unfold in a sequential fashion, there is a distinct advantage in attending the cycle of seven. But it is also worthwhile attending on a casual basis - allowing for the fact that the earlier meditations form the foundation for the later ones. Printed guidelines of the meditations will be available to help us with our practice back home.

Please contact Wendy in the office on 5962465 for further details.

If undeliverable please return to:  
3 Mavis Avenue  
East Brighton  
3186

# Tara Institute News

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## DINNER IN THE DINER - BON APPETIT!

Never before have so many people been dining at TI - on their way home, before a teaching, or while showing friends around the Centre. Join them for a really delicious vegetarian dinner or Sunday brunch. Meals are served from 6.30pm Monday to Friday and Sunday brunch starts at 11am. Ring Wendy in the office on 5962465 if you'd like to book. See you at the bain-marie.....

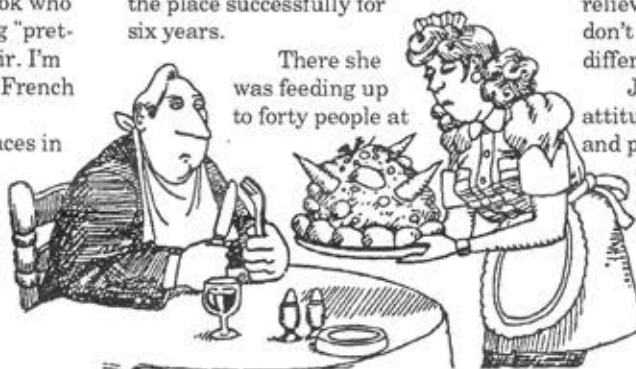
The new face in the kitchen - and the hands that now feed you belong to Jane Gregory, a professional cook who describes her food style as being "pretty earthy with a continental flair. I'm really interested in Italian and French cookery," she says.

The daily challenge Jane faces in the Tara house kitchen is to translate those predilections into tasty meals - that means making nourishing, colourful and interesting three course meals within a tight budget. How well does she do it? You'll have to book in and sample her fare for yourself.

The mother of two teenagers and the wife of Bill, an artist, Jane gained her kitchen skills in a vir-

tual trial by fire, when she opened up a dining room at Daylesford and ran the place successfully for six years.

There she was feeding up to forty people at



a sitting and though it gave her much creative scope she says she is rather relieved that her new TI customers don't come in expecting a choice of 5 different main courses each night.

Jane says she has a spontaneous attitude towards menu construction and preference for chunky soups and quality vegetables (an economic organic connection would be very handy). She prefers subtle flavours, relying on the combination of ingredients rather than the mask of too many spices or heavy sauces.

We welcome Jane to her new task as the nourisher of the residents and guests.  
Bon Appetit.

Tara Institute is a member of The Foundation for the Preservation of the Mahayana Tradition (FPMT), a network of Buddhist Centres in Australia & around the world.



3 Mavis Avenue  
East Brighton  
3186  
Phone: 5962465  
Fax: 5964856



# ☆☆☆ FIVE FANTASTIC THINGS ☆☆☆ THAT HAVE HAPPENED AT TI DURING THE LAST MONTH

## The White Tara Empowerment

**G**eshe Doga spent a week in retreat, meditating on White Tara and praying for our long lives and happiness. Over a hundred and twenty people came to receive the empowerment which was beautiful. Geshe Doga's commentary was crystal clear, Samdup's translation was lucid and intelligent, and the tormas made by Thubten Donyu were exquisite. The blessings that we all received from our remarkable teacher promoted great energy and enthusiasm for the meeting that followed.

## S.W.O.T. Meeting (Strengths Weaknesses Opportunities and Threats)

**A**fter the White Tara Empowerment, about thirty people enjoyed some excellent soup provided by Adele Hulse and then took part in the most productive public forum to have happened at TI for some time. Concentrated brain power motivated by deep concern for the future of our centre was put into finding realistic ways to move TI into the nineties. The meeting was beautifully organised by Adele Hulse, Laura Nichols and Sonam Jampa. Watch out for more news and further developments.

## Publishing Team

**F**or the last 2 months about ten people have been working in isolation, transcribing some of Geshe Doga's teachings with the view to producing a book. The publishing team met for the first time over tea and cake to assess how the project is going. It is going very well indeed and it is just the beginning of a new wave of TI publications.

## Picnic at Hanging Rock

**O**ver a hundred people escaped the city to picnic with Geshe Doga at the invitation of Study Group. It was a great day. Again a fantastic team of workers, under the direction of Ray Mickle, organised a delicious feast; cups of tea, a pavilion in which to hide from the wind and endless energy which ensured the smooth running of the picnic. Well done guys. Geshela led an expedition to the top of the rock; it felt like a mini pilgrimage! Upon our descent we found a soccer match underway, black karma versus white karma. Guess who won?

## Concert for the Marillac Girls

**T**he Gavan Dunn spear headed a terrific team who organised a wonderful concert for the girls who lived at TI in its last incarnation. The girls loved the music which was followed by a gorgeous afternoon tea in the sunny courtyard. Thanks to everyone who helped.



## REFLECTIONS FROM THE AUGUST WEEKEND COURSE - THE FOUR NOBLE TRUTHS

A couple of points have really stuck. Like suffering. Obsessive attachment to the body only leads to unhappiness because the body inevitably degenerates. I'll spare the details but at 35 proof is mounting. So it was great to hear how the mind can grow, flourish, be happy - irrespective of a wrinkling host.

The question was asked, "Why call the truths 'noble'?" Geshela explained that they are realised by arya beings who are noble because they have seriously examined the truths and consequently live in the understanding that to leave off suffering and be happy is the inner concern which results from changing ones attitudes. It is sobering to observe how

my mind continually manipulates external situations and relationships to try and fulfill its fantastic ideals. Geshela's teachings showed us how futile it is to do this and that the realistic solution is to take control of our minds and actualise the path to happiness. Being Noble is about getting REAL! Thank you Geshela.

Sue Smith