

News

March 2022



Osel's vision: planting a global forest



With Losar on March 3rd this year, we remember our kind precious founder Lama Yeshe.

Lama Osel is Lama Yeshe's recognised reincarnation and we have taken some time to shine light on some wonderful projects that are important to Lama Osel at the moment.

Some in the TI community will remember, a few years back, receiving a small packet of native plant seeds during an Australian visit by His Holiness, the Dalai Lama.

His Holiness is a vocal champion of environmental issues.

Tenzin Ösel Hita Torres, the reincarnation of FPMT co-founder Lama Yeshe, is another well-known Buddhist champion of the environment.

At the close of a 2019 retreat in California, Ösel gave participants the commitment of planting a tree before a year had passed. In early 2020, Osel formally launched the [Global Tree Initiative](#), with the goal of collecting 100,000 tree plantings to offer His Holiness for his 85th birthday (6 July 2020).

Two years on, the project has recorded around 720,000 trees planted in 51 countries.

Ösel invites us all to join us in this life-generating activity - "Plant your Tree – Grow our Forest – Save their Future!". Those not able to plant trees can donate or sponsor activities.

Australian regional coordinators, Jill Lancashire and Mark Allaway, are long-time TI students and volunteers. They have planted over 500 trees on their land in Central Victoria. Want to get involved? Contact Jill@Plantgrowsave.org or Mark@Plantgrowsave.org

TI Sustainability Group,
sustainability@tarainstitute.org.au

MONDAYS ~ 8pm

7, 14, 21 & 28 March

**Introduction to
Buddhist Meditation**



with Alan Molloy

(& Jeremy Cohen on March 14th)

**Reconnecting with Steadiness,
Kindness and an Open Heart**

For many of us, the last two years have been a time of uncertainty, anxiety, and loss. Our connections with the people in our lives and our communities have been disrupted, often leading to misunderstanding. Over the four Monday nights in February, students will be invited to reconnect with meditation tools that can help us move from a place of disconnection and limiting beliefs to a place of connection and trust, awakening our innate goodness, kindness, and wisdom.

Sessions will run for one hour and include guided meditations, a talk, and time for questions.

While our teachers kindly volunteer their time for these teachings and do not take any payment, there is a suggested facility fee of \$5. This fee goes towards the general running of our centre.

Everyone is welcome and there is no need to book. For any inquiries about these teachings please contact Amelia at spc@tarainstitute.org.au or call 9596 8900.

TUESDAYS ~ 7:45pm

8, 15, 22 & 29 March

Study Group



with Geshe Lobsang Dorje

Maitreya composed The Ornament for Clear Realizations to clarify and make explicit the teachings composed in The Perfection of Wisdom Sutras. It is composed entirely of verses and is divided into eight chapters. Each chapter presents one clear realization.

Geshe Lobsang asks everyone wishing to join Study Group to familiarise themselves with the previous teachings as they will be a continuation of last year's live-streamed sessions. All teachings (which began on June 11th) are made available on our YouTube channel after the event, so you can view them whenever it suits you. You can also request copies of the transcripts by emailing Amelia at the address below.

Geshe Lobsang has advised that in order to gain a good understanding of the topic it would be very beneficial to make a personal commitment to attend or view the teachings as much as possible and to put effort into studying the text.

Newcomers wishing to join this group please register by emailing Amelia at spc@tarainstitute.org.au. You are welcome to register and attend these teachings online or in person, or a mixture of both.

WEDNESDAYS ~ 8pm

2, 9, 16, 23 & 30 March

**The Swift Path
by Panchen Losang Yeshe**



with Geshe Lobsang Dorje

The Swift Path by Panchen Losang Yeshe is a Lam Rim text and is a step-by-step guide on the path to Enlightenment. It is a concise and very practical presentation of the various points from renunciation and the altruistic aspiration (bodhicitta) up to the development of concentration and insight. The text is a practical meditation guide and it explains in detail what to do in a meditation practice on the points of the path and what to do in between sessions. It also addresses the pitfalls that can occur and gives advice on the different experiences meditators may have.

These teachings will occur every Wednesday and students are welcome to attend when they are available. There is no need to register prior to the teaching, simply come along.

For any inquiries about these teachings please contact Amelia at spc@tarainstitute.org.au or call 9596 8900.



Auspicious days 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 2	Tibetan 30	New Moon	Precepts
Thursday 3	Tibetan 1	Losar: Tibetan New Year	Precepts
Thursday 10	Tibetan 8	Tara Day	Tara Puja
Saturday 12	Tibetan 10	Tsog Day	Guru Puja
Friday 18	Tibetan 15	Full Moon	Precepts
Sunday 27	Tibetan 25	Tsog Day	Guru Puja

LAM RIM CHENMO

TEACHING SERIES WITH VENERABLE GESHE DOGA



Friday 11, 18 & 25 March at 7.45pm

Geshe Doga will teach on three nights in March on the Lam Rim Chenmo. This teaching will be broad teachings on The Great Treatise on the Stages of the Path to Enlightenment. These texts are essentially Shakyamuni Buddha's teachings formulated into a step-by-step extensively outlined and explained path to enlightenment. Geshe Doga encourages students to study these teachings and engage in discussions with one another to deepen one's understanding.

If you wish to attend these teachings please register with Amelia at spc@tarainstitute.org.au.

Study Tibetan Language

The Lotsawa Rinchen Zangpo Translator (LRZT) school in Dharamsala is an FPMT centre founded by Lama Zopa that trains translators in Tibetan language. Due to the COVID pandemic the school had to cancel their face-to-face training of translators. In early 2021 the school offered an online "Foundations in Tibetan Language Program". This is a four-year course that covers Tibetan language in both the colloquial and written/scriptural forms. Three TI students are doing this course: Kate Danford-Storey, Kate Gomersall and Alan Molloy. Each week we have two two-hour online classes. Then there are also tutorials, revision, homework, and examinations. It is a solid program and requires considerable commitment. In addition to the three of us there are two nuns at Chenrezig Institute doing the course. In any class there are students from India, Asia, Europe, New Zealand, South America, Australia and other countries. For this reason, we have a lot of fun and laughing while sharing our learning experiences, its challenges while supporting each other in our studies.

Why study Tibetan language? Find out yourself. Start learning. I am sure the two Kates or myself would be happy to talk to you and encourage anyone to start leaning. Or just log on to the translator school website and join a course now!

<https://www.lrztp.org/foundations-in-tibetan-language-online-program/>

All the best from Kate, Kate and Alan

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Week 1

WEDNESDAY 2

8PM - The Swift Path

THURSDAY 3

Losar: Tibetan New Year

Week 2

MONDAY 7

8pm - Intro to Buddhist Meditation

TUESDAY 8

7.45pm - Study Group

WEDNESDAY 9

8pm - The Swift Path

THURSDAY 10

6PM - Tara Puja

FRIDAY 11

7.45pm - Lam Rim Chenmo

SATURDAY 12

6pm - Guru Puja

Week 3

MONDAY 14

8pm - Intro to Buddhist Meditation

TUESDAY 15

7.45pm - Study Group

WEDNESDAY 16

8pm - The Swift Path

FRIDAY 18

7.45pm - Lam Rim Chenmo

Week 4

MONDAY 21

8pm - Intro to Buddhist Meditation

TUESDAY 22

7.45pm - Study Group

WEDNESDAY 23

8pm - The Swift Path

FRIDAY 25

7.45pm - Lam Rim Chenmo

Week 5

MONDAY 28

8pm - Intro to Buddhist Meditation

TUESDAY 29

8pm - Study Group

WEDNESDAY 30

8pm - The Swift Path

March 2022

FOUNDATION SERVICE SEMINAR

First time ever in Australia



Foundation Service Seminars cultivate our connection to one another and develop what Lama Yeshe called ‘that family feeling’.

For the first time ever in Australia, a Foundation Service Seminar (FSS) will be held on 18th-22nd May 2022 at Tara Institute, COVID-19 permitting.

This five-day experiential retreat helps us understand the FPMT’s vision and mission, its history since being founded in the early 1970s, and how to offer service within the FPMT.

François Lecointre, FPMT’s Chief Operating Officer, will be the lead facilitator with Allys Andrews as the assistant facilitator.

The FSS will provide a marvellous opportunity for members of the TI community to come together in a retreat environment, something we have been unable to do for the last 2 years. Participants in previous courses speak glowingly of the strong communal bonds which develop with everyone working closely together with the same aims and purpose.

The FSS is also the foundation for the Teacher Development Service Seminar, and provides essential information and nourishment for those teaching in the FPMT organization. Graduating from an FSS is enormously helpful and extremely important for all current and future teachers.

To cover course and meal costs, there will be a charge for participating in the FSS. Whilst that charge will depend on the number of participants, we expect the cost of the course itself will not exceed \$300. Once we have more certainty about the number of people who want to do the course, we will fix the course and meal charges.

For more information about the FSS and its role in FPMT, visit the [FPMT website](#).

Please let us know if you are interested as soon as you can by emailing our Centre Manager, Paul Cross : admin@tarainstitute.org.au



François Lecointre

