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Tara Institute News

Registered by Australia Post Publication No. VAR 3576

JUNE 1992

THOUSANDS SEE HIS HOLINESS IN MELBOURNE

On the 4th of May 1992, former TI Treasurer, George Farley, addressed the biggest audience of his career.

It must have been one of the proudest days of his life because he was introducing Tenzin Gyatso, His Holiness the 14th Dalai Lama of Tibet, to 12,000 people packed into Melbourne's National Tennis Centre. And with another 9,000 people outside because they could not fit in, the Victorian Tour Committee saw their "impossible" dream come true.

Earlier the same day, His Holiness gave a wonderful teaching in the same auditorium. It had been followed by a civic reception at the Melbourne Town Hall where many of the most influential institutional leaders gathered to hear and meet His Holiness.

The next morning before he flew out, Melbourne University conferred an Honorary Doctorate on His Holiness while he amused and moved the people crowded into Wilson Hall. Then, with school children from all around Melbourne, he inaugurated the Peace Garden in the Exhibition Gardens.

It looked as if he had a few minutes to spare on the way to the airport, so His Holiness was taken to address a Joint Sitting of both Victorian Houses of Parliament at Parliament House.

Alison hands every TI Member to His Holiness



Our Centre Director, Alison Ribush (pictured), presented His Holiness the Dalai Lama with a beautiful book on behalf of every Tara Institute person.

The book was full of magnificent photos of Australian wilderness and heritage areas – and the name of every current TI Member; Ali painstakingly inscribed each name herself.

It's nice to know we've been held in the hands of His Holiness.

For many months TI provided the Tour Office for Victoria. Along with volunteers from all around, TI Members worked day and night stitching together a complexity of details to create an amazingly moving three days with His Holiness in Melbourne.

Because of the high level of support we gave to the Tour, Tara Institute was recognised by the Tour Committee as a Benefactor. As a result, two people were able to meet His Holiness personally during the Benefactors' private audience.

Names were drawn from a hat; the "karmic" winners were Gabe Wallace, Geshe Care Portfolio Holder, and TI Member, Di Johns (coincidentally, both worked extremely hard on the National Gallery Exhibition and Opening and on the Auction).

To meet the upsurge in interest in Tibetan Buddhism, a TI Member financed the production of 5,000 leaflets on Tara Institute; they were available at the Tennis Centre with FPMT brochures, TI newsletters and the latest Mandala magazine.

Alison wanted to thank everyone who worked so hard to make the Tour such a big success here in Melbourne and across the country.

TARA INSTITUTE



A branch of the FPMT –
Foundation for the Preservation of
the Mahayana Tradition – a network of
Buddhist Centres in Australia and world-wide.

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JUNE PROGRAM

AUSPICIOUS DAYS IN JUNE

MONDAY 1
 Tibetan 30th
 New Moon (Precepts)
MONDAY 8
 Tibetan 8th
 Tara Day (Precepts)
WEDNESDAY 10
 Tibetan 10th
 Tsog Day
MONDAY 15
 Tibetan 15th
 Saka Dawa Full Moon
 (Precepts)
THURSDAY 25
 Tibetan 25th
 Tsog Day
TUESDAY 30
 Tibetan 30th
 New Moon (Precepts)

JUNE

8pm Introduction to Buddhist Meditation
TUESDAY 2
 8pm Study Group
WEDNESDAY 3
 8pm Evening with Geshe Doga
THURSDAY 4
 8pm Healing Group
SUNDAY 7
 10 am Sunday School
 ■ **WEEK TWO**
MONDAY 8
 6pm Tara Puja
 8pm Introduction to Buddhist Meditation
TUESDAY 9
 8pm Study Group
WEDNESDAY 10
 6pm Guru Puja
 8pm Evening with Geshe Doga
FRIDAY 12 to MONDAY 15
 Nyung Nā
 Fasting Retreat
 ■ **WEEK THREE**
MONDAY 15
 8pm Saka Dawa Puja
TUESDAY 16
 8pm Study Group
WEDNESDAY 17
 8pm Evening with Geshe Doga
SUNDAY 21
 10am Sunday School
 ■ **WEEK FOUR**
MONDAY 22
 8pm Introduction to Buddhist Meditation
TUESDAY 23
 8pm Study Group
WEDNESDAY 24
 8pm Evening with Geshe Doga
THURSDAY 25
 8pm Healing Group
 8pm Guru Puja
SATURDAY 27 to SUNDAY 28
 Weekend Course
 ■ **WEEK FIVE**
MONDAY 29
 8pm Introduction to Buddhist Meditation
TUESDAY 30
 8pm Study Group

Introduction to Buddhist MEDITATION

Monday 1, 8, 22, 29 at 8pm

Please note - no class Monday 15 due to Saka Dawa Puja

This month our introductory series will be led by Dr Alan Molloy. Alan is

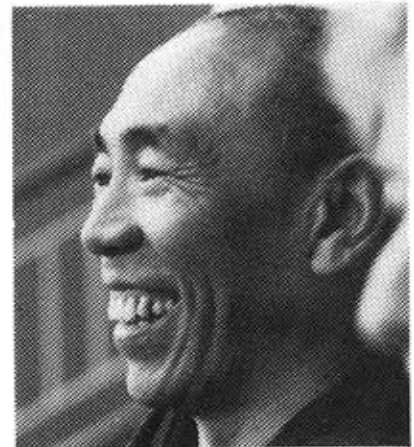
well known for his good-humoured approach to teaching. He will draw upon his own experience gained over many years of studying Buddhism in Europe, Asia and Australia.

These classes are especially designed for those wishing to learn about Buddhism and its meditation techniques. They are relevant for everyone. A facilities fee of \$5 per class is asked to help cover expenses (Members free). Just turn up about 7.45pm. For more information ring Wendy in the TI office on 596 8900

STUDY GROUP

Tuesday 2, 9, 16, 23, 30 at 8pm

Each Tuesday night our regular Study Group program continues. This year Geshe Doga is teaching on the Graduated Path to Enlightenment (Lam Rim). The Lam Rim teachings provide a simple framework for understanding how all the elements of the spiritual path can be applied in our daily practice. These classes are therefore suitable for new and more experienced students of Buddhism.



Geshe Doga

Having taken Refuge, being committed to attend regularly and willing to undertake a one week Lam Rim meditation retreat are prerequisites for joining. New and prospective students are welcome to 'sample' the Study Group at any time. Contact Wendy or Kaye on 596 8900 for more details. There is no fee for these classes.

Evenings with GESHE DOGA

Wednesday 3, 10, 17, 24 at 8pm

The ten chapters of Shantideva's handbook of the spiritual journey, *A Guide to the Bodhisattva's Way of Life*, have inspired millions of practitioners throughout the Buddhist world. His practical advice on issues such as generating love, transforming anger

and developing wisdom are just as vital for us today as when first composed in the Eighth Century. Geshe Doga is currently teaching from the 'concentration' chapter which particularly emphasises the importance of overcoming attachment and of developing love and compassion for all beings.

These classes are suitable for all students, both new and old. There is no fee for these classes.

Coming!

SPECIAL PUJA
 for His Holiness' birthday.
Monday July 6 at 8pm
 More details next Newsletter

KALACHAKRA INITIATION at Tara Institute

The message is: definitely book early!

From November 6-16, when Kirti Tsenshab Rinpoche gives the Kalachakra Initiation at TI, it will be the first time it has happened in our half of the world.

Traditionally, crowds of 300,000 and more have gathered for this initiation. Although we don't expect quite that many to turn up here, we do know people will pour in from all around Australia and overseas.

We can only accommodate 400 people in our Gomba so you will need to be quick if you want to fit in.

Shakyamuni Buddha taught the Kalachakra Tantra to enable King Chandrabhadra to attain Enlightenment without having to renounce his throne and become a monk.

The Ven. Kirti Tsenshab Rinpoche is one of the primary holders of the Kalachakra tradition; he is the sole holder of the lineage of the Kalachakra commentary called the Stainless Light. Rinpoche spent 15 years in meditation retreat before poor health forced him down from the mountains in 1986.

Lama Zopa Rinpoche said: "Kirti Tsenshab Rinpoche is a great Kadampa who shows real Kadampa Tradition... so completely renounced. There's not one slightest worldly activity, not the slightest light worldly dharma, no self-cherishing thought. Even talking, everything is as much as possible pleasing to sentient beings' minds."

For the past few years Lama Zopa Rinpoche has been pushing FPMT Australasian Regional Centres to bring Kirti Tsenshab Rinpoche here to teach. Finally FPMT has organised this, Rinpoche's first world tour of its Centres. By the time he reaches us he will have been to Greece, Italy, Spain, France, Holland, Germany, England, USA and NZ.

We are very honoured and fortunate to have Tara Institute chosen as the venue for this historic initiation.

BOOK NOW: we're taking advance bookings. A deposit of \$50 will give you first option; you will be informed of accommodation facilities as soon as registration details are finalised.

SAKA DAWA PUJA a Big One!

Monday June 15 at 8pm

(Please note: - no Monday class)

According to tradition, Guru Shakyamuni Buddha attained Enlightenment at Bodhgaya on this day some 2,500 years ago. He then taught the way to liberation to countless followers before his Pari-Nirvana (passing away) on the same date about 45 years later.

Traditionally, Sakadawa is a time to offer

help to the poor. Tara Institute has followed suit, and every year distributes offerings to those in need, via the Brighton Benevolent Society. A donation box for cash, one for material goods and non-perishable items will be set up outside the gomba at TI. Articles such as woollens, bedding, clothes and other household goods are greatly appreciated.

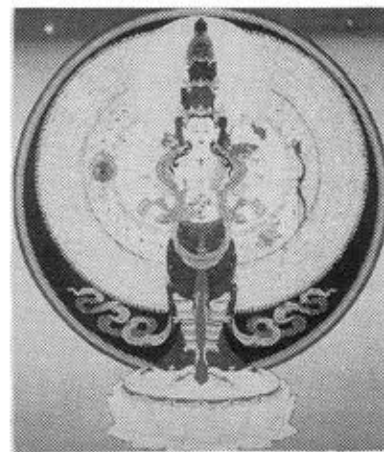
All students, members and friends of TI are invited to the puja to mark this special anniversary of the Lord Buddha, with our resident Teacher Ven. Geshe Doga.

NYUNG NÄ for SAKA DAWA

**FASTING RETREAT
on COMPASSION**

**Friday evening June 12
to Monday morning June 15**

Nyung Nä is a powerful purification retreat based on Chenrezig, the Buddha of compassion. It is short (two days) but intense. Lama Zopa Rinpoche has said that this two-day retreat can be more effective than a relaxed **three-month** one. The practice involves maintaining the Eight Mahayana Precepts (on which Ven. Geshe Doga taught in May) plus on the second day, additional vows of not eating, drinking or talking for 24 hours. The meditation sessions include praises, prostrations and mantra recitation. The



1000-Armed Chenrezig

retreat finishes early Monday morning in time for breakfast and work.

All are very welcome to attend. No special pre-requisites. Please book with Wendy on 596 8900. Sponsorships of participants, or donation are greatly appreciated. Cost: \$35 residential, \$20 non-residential (including meals)

WEEKEND COURSE

'Transforming Our Minds and Attitudes' June 27-28

Thought Transformation techniques are among the most important teachings that Buddhism has to offer us. They show ways in which we can overturn our habitual, limited ways of dealing with life and empower us to respond in a more open, compassionate way. ALL our experiences become opportunities for growth. Even the most adverse situation can be used as a way to deepen our spiritual practice.

This course is suitable for all students. As well as teachings from Geshe Doga there will be opportunities for discussion, meditation and relaxation

*Cost: Members \$60 Non Members \$75 (Includes lunch both days)
Overnight accommodation is available. Ring Wendy on 596 8900.*

Geshes group in gompa

Over 100 people filled the TI Gompa on the night before His Holiness arrived back in Melbourne for his second visit.

They were there for an unscheduled Guru Puja for the long life of Geshe Doga's teacher, Geshe Dhargyey, who was staying at TI along with our first resident lama, Geshe Dawa (now at Vajrayana Institute in Sydney).

How wonderful it was to be able to have such a trio of Geshes in our gompa at the same time. It was quite a sight watching the long line of people inch up to the three thrones to be warmly greeted by the Geshes; when each one arrived at the end they still had a big mental hurdle to

jump – which Geshe to present offering to first?

We are so lucky to have a Centre like ours where we can host extra sangha members so well. Thanks to everyone who worked hard to prepare rooms, flowers, food and a big welcome.

And thanks to all the branches of our sapling Phone Tree who got the word around so quickly and at short notice.

Incidentally, can you make four phone calls at the drop of a hat? If you would like to let other TI friends know when something unexpected crops up . . . give Farmer Dave a call – phone our Members Rep, David Wicks on 596 8900.

EASTER COURSE

On a hill overlooking Port Philip Bay, the Peninsula and the far-distant city sits Grey Friars monastic retreat house, surrounded by pine and cedar trees. This was the setting for the 1992 Easter Course which was, as Geshe Doga had said it should be, a holiday.

Early on Thursday night, 40 people arrived to find cloistered corridors and tiny carpeted cells with wonky beds (mine collapsed as soon as I looked at it). It was reminiscent of first day at boarding school.

The gentle, daily routine of meditations, discussions and Geshe Doga's excellent teachings on the *Foundation of All Good Qualities*, with Samdup translating,

was interspersed with games and relaxation and magical revelation, 40-person ping-pong, and delicious meals. Belinda's inspired cooking, following frantic preparation crammed into one long week, and delivered on one long weekend, kept everybody full and contented. And Geshe-la had us all down at the beach at 11 o'clock at night with bonfires and frivolities, ghosts and games, long jumps in the sand and one-legged Tibetan wrestling. And he laughed and laughed as his students tugged and pulled each other in the tug-of-war. This was the great unwind and everyone was happy.

Andy Melnic

Thanks Jan!

In response to last month's ad for a manager for Landcox Hall, Jan Semp has volunteered to take it on. Jan has

a lot of ideas for the hall, but would like to hear from you. If you can help Jan with suggestions or 'hands-on', please feel free to ring her on 836 2197.

CONTINUED FROM FRONT PAGE

His Holiness' visit to Melbourne was very brief but very powerful; he was in newspapers and on TV and mentioned on the radio constantly; he was treated sympathetically by all. In Canberra, on his way to talk with the Prime Minister, His Holiness addressed the National Press Club – one entire hour on national TV.

The visit undoubtedly raised the political stakes for Tibet's future. There can be no doubt that without George Farley there would not have been any Tour of

the 14th Dalai Lama to our region this time. No one else could have endured the pressure, the criticism or the responsibility. Probably on behalf of all the people who attended or were in any way moved by His Holiness – but CERTAINLY on behalf of everyone at Tara Institute – George and Helen, thank you so much for all you have done to make the Tour a fantastic success. And thank you from all of us who worked with you – for giving us all a chance to support and make this most powerful Tour happen.

TARA INSTITUTE ON SHOW

1992 OPEN DAY June 21

10.00 AM – 4.00 PM

1.30pm Welcome and History
by 'Sharon Gray'

This is the one special day when you can take your family and friends on a guided tour of TI – without having to go to teachings.

Everyone is invited to Tara Institute's third Open Day, to help us celebrate the fifth anniversary of TI's move to Mavis Avenue. It's also our way of showing what we do inside one of Brighton's most famous classified landmarks. Before we moved in, it was variously the home of Tommy Bent and J.B. Were – and 'Marillac House', a Catholic home for retarded girls.

On Open Day, hundreds of people usually walk through to have a look at the building itself and to satisfy their curiosity about what goes on in a Tibetan Buddhist Centre. Our first two were successful, fun and very relaxed and friendly.

We have planned a kind of Buddhist Show Day for the family – with activities in the Gompa, Bookshop, Library, Coffee Corner and Landcox Hall. There will be tours, an exhibition, talks and videos.

Suzanne Grenier, our former Director, is in charge and she would love to hear from you on 557 8069 or through the Office. Please call her now.

She needs a variety of hosts and hostesses to show people around and to look after some of the exhibits.

Can you put in a few hours helping Suzanne? She is looking for people to

- cook and serve cakes and tea
- create kids' activities (face painting, balloons, pony rides, other ideas?)
- lend and supervise Tibetan Art objects for the Exhibition
- serve in the Coffee Corner and Bookshop
- and just generally . . . help.

You will not have big responsibilities because most of the major management tasks are already under control. But we really do need your help. Please call – you too will enjoy the day.