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# Tara Institute News

Registered by Australia Post Publication No. VAR 3576

MAY 1992

## TI friends raise over \$3,000 for HH Tour

85 paying guests (and looked as if there were about the same number of workers) made a meal out of nourishing His Holiness the Dalai Lama's visit to Melbourne.

With Damien Busby at the wheel, Landcox Hall was transformed into a banquet room with childminding laid on in one of the lounges.

The food was particularly good – one kind of entree was followed by another and yet another until count was lost.

The last entree was harder to eat but easy to digest – a snapshot of the arrangements for His Holiness's visit.

After being forced to speak, Chairman of the Victorian Committee, George Farley, gave an entertaining picture of current preparations. Although everything is well in hand, George said he would still be prepared to do what he could to accept any new donations people may have. Just to show what a good sport he was, he went around the room looking for new benefactors. And he was very successful, collecting about \$7000 in new benefactor promises.

That took the evening's total to over \$10,000 – a fantastic help for the Tour.

If you would like to participate in sponsoring the Tour, becoming a Member or Friend – you can ring the Tour Office

on 596 3602. Don't forget the preferential seating and exclusive audiences which come as a result of supporting the visit.

Meanwhile back to the table. Guests gratefully gourmet'd their way through the excellent main course. The cooks, helpers, preparers and cleaner-uppers did a truly wonderful job. They put on an important part of which everyone connected with the visit was justifiably proud.

George Farley pointed out that with it. The Victorian Committee and by providing the Tour Office, TI has played an important role in bringing His Holiness to Melbourne. He thanked all those involved.

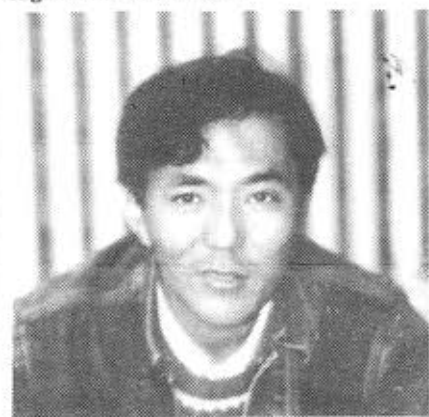
And then there's the **Dalai Lama Gala** on **Tuesday April 28 at 8:15pm.**

**National Theatre**, corner of Barkly St and Balaclava Rd, St Kilda. Tickets \$22.50 at Bass or phone **822 8338.**

What a line-up of stars:- Austen Tayshus, Gary Adams, Rachel Berger, Daryl Braithwaite, Joe Camilleri, Deborah Conway, Stephen Cummins, Mitchel Faircloth (Slim Whittle), Paul Grabowsky, Ross Hanaford, Wendy Harmer, Tracy Harvey, Vince Jones, Trevor Marmalade, Rod Quantock, Tony Rickards, Simon Thorpe, Jane Turner, Wilbur Wilde and others.

## Samdup tries for a little peace and quiet

Our long serving translator, Samdup Tsering, has decided to move into his own flat. We will miss his smiling face around TI – but not on teaching nights and weekends.



Samdup Tsering

Samdup will continue translating for Geshe Doga. He will generously make the trip backwards and forwards from South Oakleigh each time.

Considering the tremendous energy and dedication he has already given us over the past 8 years, isn't it wonderful that Samdup is still happy to go on working to help us? His job is unbelievably hard, especially when Geshe Doga teaches non-stop for so long. (How

CONTINUED ON BACK PAGE

# PROGRAM

# MAY

## WEEK ONE

### MONDAY 4

6pm Dalai Lama teaches at the National Tennis Centre

### TUESDAY 5

8pm Study Group

### WEDNESDAY 6

8pm Special Evening

### SUNDAY 10

10am Sunday School

8pm Tara Puja

## WEEK TWO

### MONDAY 11

6pm Guru Puja

8pm Introduction to Buddhist Meditation

### TUESDAY 12

8pm Study Group

### WEDNESDAY 13

8pm Special Evening

### THURSDAY 14

8pm *Healing Program*

## WEEK THREE

### MONDAY 18

8pm Introduction to Buddhist Meditation

### TUESDAY 19

8pm Study Group

### WEDNESDAY 20

8pm Evening with Geshe Doga

### SUNDAY 24

10am Sunday School

## WEEK FOUR

### MONDAY 25

8pm Introduction to Buddhist Meditation

### TUESDAY 26

8pm Study Group

### WEDNESDAY 27

6pm Guru Puja

8pm Evening with Geshe Doga

### SUNDAY 31

5am - 5pm One-day course with Geshe Doga

*Eight Mahayana Precepts*



## AUSPICIOUS DAYS IN MAY

SATURDAY 2 Tibetan 30th - New Moon (Precepts)

SUNDAY 10 Tibetan 8th - Tara Day (Precepts)

MONDAY 11 Tibetan 9th - Tsog Day

SATURDAY 16 Tibetan 15th - Full Moon (Precepts)

WEDNESDAY 27 Tibetan 25th - Tsog Day

## ONE-DAY COURSE

## THE 8 MAHAYANA PRECEPTS.

## ONE-DAY COURSE

Sunday May 31, 5am to 5pm

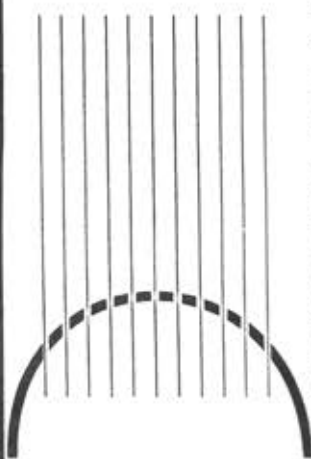
During this special one day course, Geshe Doga has kindly offered to both confer and give commentary on the Eight Mahayana Precepts. The Mahayana Precepts are a set of eight vows that anyone can take for a period of 24 hours. The initial ceremony is performed before dawn and the vows kept strictly until sunrise the following day. The vows are: to refrain from killing, stealing, sexual activity, taking intoxicants, sitting on high beds or thrones, taking food at the wrong time, wearing perfumes or adornments, dancing or singing.

*More details and application form in insert.*

FOR PEOPLE WITH LIFE THREATENING ILLNESSES

## Healing Program

Thursday 14 at 8pm



Meditation and support classes for people with very serious illness are held every 3 weeks as a follow on from our twice yearly Healing Courses. You need not have previously undertaken a weekend healing course to join the group, however we request that only those who are facing a life threatening illness (and/or their support person) attend. This enables open and honest communication in a confidential and mutually supportive environment. The format for the evening includes discussion as well as group relaxation and pain control meditations aimed at providing techniques to facilitate the healing process.

*For further information please call Kaye Miner on 596 8900.*

## Introduction to Buddhist MEDITATION

Monday 11, 18, 25 at 8pm

Please note – no class Monday 4, as His Holiness the Dalai Lama will be talking at the National Tennis Centre at 6pm

On Monday 11 at 8pm – using



Allys Andrews

relaxation, meditation and discussion, Allys Andrews will explore how freedom is achieved by taking responsibility for our own actions and being sensitive to the needs of others.



Kaye Miner

On Monday 18 and 25 at 8pm, TI's Spiritual Program Co-ordinator, Buddhist Nun Kaye Miner, will discuss the practicalities of developing the good heart using Buddhist techniques of meditation and mindfulness in a modern world.

*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.*

## Special STUDY GROUP Nights

Tuesday 5, 12 at 8pm

Geshe Doga has suggested the Study Group organise these very special evenings for everybody including those who aren't yet members of the Study Group or haven't attended before.

The evenings will begin with a short meditation as usual then there will be group discussion and question and answers in a relaxed and friendly manner over a cup of tea and biscuits.

The topic on Tuesday 5 will be *Bodhicitta – the altruistic aspiration to attain the state of peerless happiness in order to bring all beings to that state.*

On Tuesday 12 the topic will be *Emptiness – the actual way all things exist, the absence of the apparent inherent existence of things.*

These 2 nights are an excellent way to come and meet the people who regularly attend the Study Group, to experience the friendly atmosphere of sharing common interests and to ask all those questions which you may have been pondering.

*For more details, please speak to Wendy or Kaye Miner (596 8900)*

## Study Group

Tuesday 19, 26 at 8pm

On Tuesday 19, Geshe Doga continues the regular Tuesday Night Study Group program. 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 different elements of the spiritual path can be applied in our daily practice. These teachings are therefore suitable for both new and more experienced students of Buddhism.

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 Miner on 596 8900 for more details.*

## Two very special WEDNESDAY EVENINGS

Wed 6, 13 at 8pm

Following His Holiness the Dalai Lama's visit to Melbourne, Tara Institute will present two extra special nights suitable for all people who have attended any part of the TI program before or who wish to come for the very first time. These nights are especially suitable for people who attend Monday nights wishing to explore TI's program a bit further.

On Wednesday 6, a brief outline on *How to Solve Problems through good relationships* will be given by Patrick Campisi then, on Wednesday 13 Allys Andrews will outline the *Benefits of Meditation*.

The aim of these evenings is to bring together all people who attend or wish to attend TI's program to focus on a topic and then discuss and share ideas. If anyone has a particular topic they wish to discuss then this is the forum for doing so. There will be ample time to ask specific questions regarding Dharma, so 'bring them along' on the night.

Geshe Doga makes the point quite clearly that being able to clearly formulate questions and ask them as well as learning how to answer them in the most skillful and best way helps develop a person's communication skills which is a very worthwhile thing to have.

The Study Group members (those 50 or 60 people who come each Tuesday night) will also attend – thus enabling the sharing of a wealth of different experiences and approaches.

*All are welcome to attend. For more details, please contact Wendy or Kaye Miner on 596 8900.*

## Evenings with GESHE DOGA

Wednesday 20, 27 at 8pm

Our kind teacher, Geshe Doga continues his commentary on the text *A Guide to the Bodhisattva's Way of Life*.

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

## SENIOR CITS BIG HITS TI Member has head cut off!

TI's annual gift to the elderly people in Brighton was a big hit again this year.

Every year since we moved to Brighton, we mount a variety concert in Landcox Hall. With the help of the Brighton Council and the Red Cross, people came from all around to enjoy a full scale singing and dancing knees-up followed by tea and cakes for everyone.

Performers included Allys Andrews, one of TI's tap-dancing-Member-Mums. Members' Rep David Wicks and friends singing traditional Bulgarian folk songs to other traditional folks plus the queens of old-time sing-alongs Dulcie Wilke, Jan Seppings and Bev Gourlay, accompanied by Keith Watson, piano.

But it was magician Jim Conomy who really had the TI people laughing their heads off. After pulling a few tricks on Geshe Care's Gabrielle Wallace's he put

Phil Lengyel in the guillotine.

Phil was the MC for the day and he is well known around TI as a man who always keeps his head firmly on his shoulders. But this time it looked like he was really going to lose it.

Apparently, every minute of Phil's years of dedication to TI flashed before his eyes as the blade flashed toward his neck.

When asked if he would be available again next year, Phil was reported as saying he had a prior appointment – he would be washing his hair that day.

We want to specially thank Julia Gardiner and Gabe Wallace for organising the day, David Wicks stage manager, Phil MC, Michael Gamble lighting, Andy Melnic and David Coleman for setting up the Hall, and Adèle Hulse for helping to look after our guests and for taking them on a tour of the Centre.

### TI Members help raise a mountain at Tour Auction day

On the same day as the Senior Citizens' Concert even more TI people were involved in the big auction and concert for the HH Dalai Lama Tour. Some Members were working on both events at the same time. Tour Chairman, George Farley reports that about \$15,000 was raised with the dedicated help of a big team of helpers.

#### CONTINUED FROM FRONT PAGE

on earth does Samdup remember what Geshela said at the beginning?)

As if that wasn't enough, on top of his formal translating schedule, Samdup has been serving on the Tour Committee since it was first elected. Now, that Committee is meeting twice a week for many hours at a time; a million and one things have to be dealt with as the Tour looms closer; and with the Tour Office at TI, there is no mental space. Samdup needs some time on his own, and we all wish him the very best in his new home.

Recently, Samdup generously offered to work full time for the Centre. It would be so useful for TI to have

Samdup's energy involved in special tasks.

A group of senior students spent over a week trying to work out how we could set it up. But unfortunately the recession has hit TI just as heavily as it has hit everyone else. We simply could not find out how we could afford to employ him right now.

After the Tour, we will have another detailed look at whatever options we can think of – and if you have any ideas, (or a job) please talk to Gabrielle or Theo who can be contacted through the Office.

Again, Samdup, thank you. We really appreciate how hard you work to connect us with Geshe Doga and the Dharma.

## TARA INSTITUTE



3 Mavis Avenue  
East Brighton, Vic, 3187  
phone 596 8900 fax 596 4856

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

## A manager for Landcox Hall

Over the last few months Tara Institute has been hiring out Landcox Hall for various functions, workshops and groups. Demand is growing and it's becoming clearer and clearer that there's a lot of potential to make money for the Centre. The thing is, we need someone to manage it.

What does "manage it" mean? Well, the office does the bookings; you would be responsible for getting a few people to set up, dismantle and generally "be around" on the day, depending on the needs of the hirer. If you couldn't be there personally, the idea would be to organize (that magic word!) someone to be in charge in your absence.

This is pretty urgent. The hall is already being used, and more bookings are coming in.

Another way to make Landcox Hall work as a fundraising vehicle for TI is for us to run things in there ourselves. Obviously it's begging for some sort of **theatrical** fund-raiser to be held in there, but what about exhibitions, seminars, a regular jumble sale. Would someone like to run a Dharma-oriented stress management course?

I hope this hasn't distracted you from my main 'thrust', which is – we *do* have things happening in the hall already, and we badly need someone to look after them.

If you are interested (in any capacity), please leave a message for me with Wendy in the office on 596 8900, or drop me a line C/- Tara Institute.

David Wicks