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Tara Institute News

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LAMA ZOPA COMES TO TARA INSTITUTE June 6 to the 29

In June Lama Zopa Rinpoche is coming to teach us incomparable Dharma. To hear him and to witness his pure practice can change your life.

He will be here from June 6 to 29 - a huge slab of time given his international schedule. The first portion of this will be devoted to organisational meetings (see article on CPMT-91) and the rest to a public teaching program - for us!

Rinpoche will return between August 22 and August 30th to conduct a special one week Healing Course for people with serious illnesses such as AIDS and Cancer. The emphasis of the course will be to bring some positive change in their condition.

WEEKEND COURSE WITH LAMA ZOPA RINPOCHE

"Seven Point Training of the Mind" Sat 15 - Sun 16 June

HERUKA INITIATION

Mon 17th - Tuesday 18th June

CITTAMANI TARA INITIATION

Thursday 20th June

SEVEN DAY CITTAMANI TARA COMMENTARY

Friday 21st - Thursday 27th June

HEALING COURSE ONE WEEK LIVE-IN

Saturday 21st - Friday 30th August

When Rinpoche comes to town Tara Institute buzzes. The front door is rarely shut and everyone is on the phone checking for those famous last minute changes of schedule. Did someone say the puja was at 2pm? Or was that 2am? Roars of laughter waft down from Geshela's apartment, the sounds of pujas fill the air and the whole place is transformed into a glistening realm of non-stop Dharma practice. Dormitories overflow, cooks produce miraculous meals for millions

and students come from unexpected places to be with Rinpoche.

So you must take this opportunity to meet Rinpoche and listen to his wonderful teachings. Mark up your diary (it's going to be non-stop between 15th-27th June), talk to your boss and

make arrangements with your family. Also allow yourself a special budget as we need to charge facility fees to cover real tour costs for the public teaching component of around \$30,000.

Full enrolment details and descriptions of the program will be available in next month's newsletter.

▼WEEK ONE:

MONDAY 1
Introduction to
Buddhist Meditation 8pm

TUESDAY 2
Study Group 8pm

WEDNESDAY 3
Evening with Geshe Doga 8pm

THURSDAY 4
Introduction to
Tibetan Language 8pm

▼WEEK FIVE:

MONDAY 29
Introduction to
Buddhist Meditation 8pm

TUESDAY 30
Study Group 8pm

▼WEEK TWO:

MONDAY 8
Introduction to
Buddhist Meditation 8pm

TUESDAY 9
Guru Puja 6pm
Study Group 8pm

WEDNESDAY 10
Evening with Geshe Doga 8pm

THURSDAY 11
Introduction to
Tibetan Language 8pm

FRIDAY 12
Members' Puja 8pm

SUNDAY 14
Sunday School 10am

▼WEEK THREE:

MONDAY 15
Introduction to
Buddhist Meditation 8pm

TUESDAY 16
Study Group 8pm

WEDNESDAY 17
Evening with Geshe Doga 8pm

THURSDAY 18
Introduction to
Tibetan Language 8pm

▼WEEK FOUR:

MONDAY 22
Tara Puja 6pm
Introduction to
Buddhist Meditation 8pm

TUESDAY 23
Guru Puja 6pm
Study Group 8pm

WEDNESDAY 24
Evening with Geshe Doga 8pm

THURSDAY 25
Hand Mudra Class 8pm

SATURDAY 27 - SUNDAY 28
9am-5pm
Weekend Course

SUNDAY 28
Sunday School 10am

APRIL PROGRAM

AUSPICIOUS DATES

Tibetan 25th - Monday 8th Tsog; Tibetan 30th - Sunday 14th New Moon Precepts; Tibetan 8th - Monday 22nd Tara Day; Tibetan 10th - Tuesday 23rd Tsog; Tibetan 15th - Sunday 28th Full Moon Precepts.

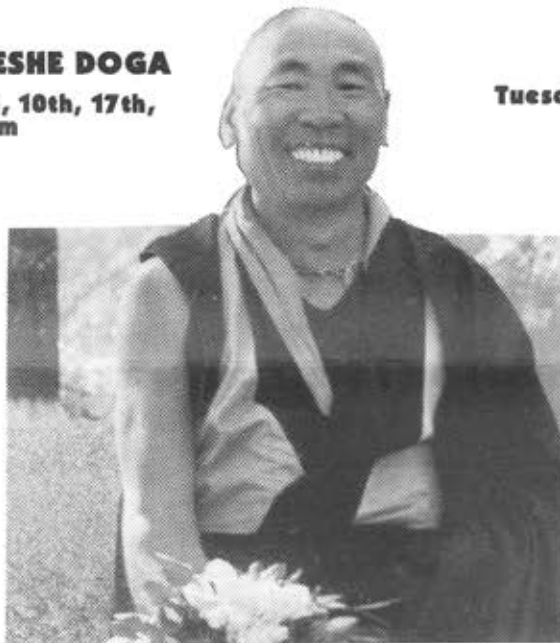
EVENINGS WITH GESHE DOGA

**Wednesday nights 3rd, 10th, 17th,
24th at 8pm**

Each Wednesday night, Geshe Doga continues to teach us how we can apply Buddhist insights to the problems and difficulties of our modern lives. Using readings from the famous Buddhist text, "A Guide to the Bodhisattva's Way of Life" as a base, Geshela draws from his own experiences to show how these teachings can be put into practice.

At present, Geshe Doga is teaching from the seventh chapter which deals with the development of that precious and rare quality of enthusiasm or joy in spiritual practice. For those of us who find that our actual practice falls far short of our intentions, these teachings provide powerful remedies.

The teachings are suitable for all students. New-comers are especially welcome. No facilities fee.

**STUDY GROUP**

**Tuesday nights 2nd, 9th, 16th,
23rd, 30th at 8pm**

Since 1985, the Study Group has been a focal point of Geshe Doga's teaching program at Tara Institute. It has provided a forum in which students can explore in depth the Buddhist teachings and develop firm understanding of the unique insights it offers. Each year more and more students join the Study Group and find it a real inspiration for their spiritual practice.

This year Geshe Doga is teaching on the Lam Rim or Graduated Path to Enlightenment. The Lam Rim is unique in that it shows how all the different aspects of the Buddhist path can immediately be put into practice. The Study Group is, therefore, suitable for all students both new and old.

The prerequisites for joining are to have taken Refuge, to be prepared to attend regularly and to be willing to undertake a one week Lam Rim meditation retreat. New students are welcome, however, to "sample" the Study Group at any time.

Please ring Wendy on 596 2465 or contact the Study Group Co-ordinator, Sonam Jampa for further details.



TARA INSTITUTE
3 Mavis Avenue
East Brighton 3187
Phone 596 2465
Fax 596 4856

CPMT-91 AT TARA INSTITUTE

6th-14th JUNE



CPMT stands for Council for the Preservation of the Mahayana Tradition. It is composed of Centre Directors, Board members and regional co-ordinators representing 69 FPMT Centres internationally. Every 12-18 months the CPMT meets to discuss policy issues, development plans and everything that is necessary to help Buddhism flourish in the West.

This CPMT meeting is historic as never before has one been held in Australasia, despite the high proportion

of Australasian members. CPMT will give us a chance to extend our warmest hospitality to our international family.

Although Tara Institute is providing the actual venue, many of the Australasian Centres are involved in

mounting the meeting. With items such as the role of hospice and healing work in FPMT centres, Wisdom Publications and Dharma Education in the West, it should stand out as a landmark event. Lama Zopa will attend the whole intensive eight days of meetings and then rest before commencing the public teaching program.

Once the intensive 8 days of meetings are over and after a short rest, Lama Zopa will begin a public teaching program. See separate article.

INTRODUCTION TO BUDDHIST MEDITATION

Monday nights 1st, 8th, 15th, 22nd, at 8pm.



The April series of introductory talks will be presented by Damien Busby. Damien has studied and taught the practice and theory of Buddhism for many years at

Tara Institute. Drawing from his own experience, Damien will focus on the ideas and techniques that he has found most valuable in stimulating change. Each evening will consist of guided meditations, discourse and discussion. These classes will be ideal for those wishing to learn about Buddhism and its meditation techniques.

Monday night 29th at 8pm.



The final Monday night class for April will feature a special talk by Dr Alan Molloy on "Developing Trust, a Buddhist Approach". Alan is a former Program

Co-Ordinator of Tara Institute and is well known for his good-humoured approach to teaching.

A facilities fee of \$5 per class is asked to help cover administrative expenses (Members free). Just turn up about 7.50pm or contact Wendy on 596 2465 for further information.

MEMBERS' TARA PUJA Friday 12th at 8pm



The annual Members' Tara Puja has become an important event for all TI students and friends in recent years. Once again Geshela has personally invited all TI Members and their families to come to this special occasion when special prayers will be offered for their health and well-being. All students, Members or not, are welcome to attend. Offerings of food or flowers welcome.

LAMA CHOPA (GURU PUJA) RITUAL INSTRUCTIONS HAND MUDRAS

Thursday 25th April 8pm;
Thursday 2 May 8pm



For two nights only the Venerable Thubten Donyu will give an explanation of the sacred symbolic hand mudras that are performed as an integral part of the Guru Puja - a practice we do regularly each month. The purpose of these classes is so that we can learn the significance of the mudras as well as perform them correctly and at the appropriate times! No registration required but we ask a facility fee of \$5 per class to assist with gompas ritual expenses. Further details, Thubten Donyu or Sonam Jampa.

APRIL WEEKEND COURSE

Saturday 27th and Sunday
28th 9am-5pm.

"CHERISHING OTHERS"

In the first weekend course for 1991, Geshe Doga will teach how to develop bodhicitta, or the attitude which "cherishes others as more dear than ourselves". See course insert for more details.

SONAM'S SNIPPETS

Is vanity sanity?

"We regularly spend more on the care and maintenance of our hair than on our mental health, more on the general grooming of our faces and bodies than we do on books of all kinds, and more on our wardrobes than on practically anything else." Craig MacAndrew, "On the Possibility of an Addiction-Free Mode of Being", 1987.

Western Madhyamaka

"O chestnut-tree, great rooted blossomer, are you the leaf, the blossom or the bole?"

W.B. Yeats Irish poet.

LAMA ZOPA RINPOCHE - A BRIEF BIOGRAPHY

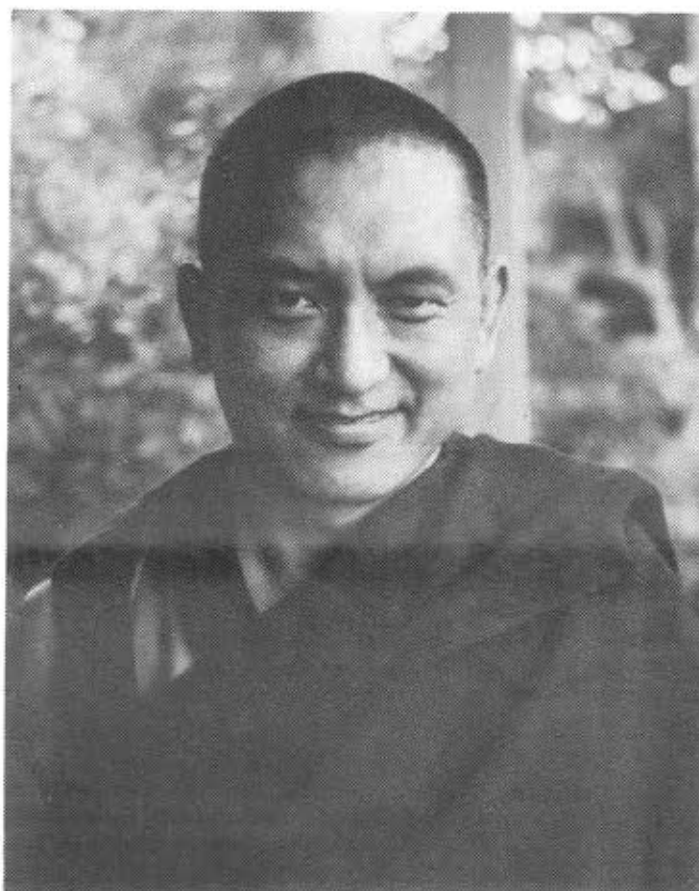
"Even when he is young", said Geshe Sopa, one of his teachers, "he is one of the young lamas who is special. He is a great practitioner, he has studied and practised seriously and can teach other people. I think everyone can see this".

The Venerable Lama Zopa Rinpoche was born in 1947 in a village near Mount Everest in the Solo Khumbu region of Nepal. From his parents' house he could peer high up the mountain to the cave where the late Lawudo Lama had lived.

The Lawudo Lama had been a great master of Tantric teachings and for the last twenty years of his life had dwelt in a cave meditating and giving spiritual advice to the local people. It is said that in the last years of his life he had gone beyond the need to sleep. Lama Zopa is said to be the great Lama's reincarnation.

As a young child, Lama Zopa would often crawl up the path leading to the cave. Repeatedly his family would have to climb after him to retrieve him from the dangerous path. Once old enough to speak the boy startled everyone by declaring himself the Lawudo Lama. When he turned five his claim was publicly tested. Only when he had repeatedly and faultlessly identified possessions belonging to the former Lawudo Lama was he formally verified as the rightful incarnation.

Lama Zopa began his studies at Solo Khumbu. The biography



of the Great Tantric master Milarepa was one of the first books he read and it inspired him to seek a realised guru and become a meditator. While on pilgrimage to Tibet with his uncle, Zopa Rinpoche declared that he intended to stay at Tomo Geshe Rinpoche's monastery in order to practise Dharma. The monastery again tested the young boy's claim to be an incarnate Lama and again it was verified.

***Once old enough to
speak the boy startled
everyone by
declaring himself the
Lawudo Lama.***

In 1959 at the age of twelve he fled Chinese-occupied Tibet and went to the refugee camp of Buxa in northern India where he

first met Lama Yeshe, his main teacher. Here Lama Zopa continued his studies under some of the greatest living Buddhist masters of our century.

In 1970 Lama Zopa, together with Lama Yeshe, gave the first of what were to become the immensely popular month-long Kopan Courses at Kopan Monastery in the Kathmandu valley. These courses provided, for numerous Westerners, the first real contact with an authentic living tradition of Tibetan Bud-

dhism. When they returned to their respective countries they realised the rarity and value of this contact and with the Lamas' blessings began setting up Centres which Lama Yeshe and Lama Zopa began to visit. The East had come to the West. A need to look after these fledgling Centres arose and in this way the Foundation for the Preservation of the Mahayana Tradition (FPMT) was established and has continued to evolve with some 69 teaching, meditation, healing and retreat Centres around the world.

On the passing away of Lama Yeshe in 1984 Lama Zopa became the spiritual head of the FPMT. He has continued to travel extensively in this capacity, visiting the various Centres on a schedule that for us would be unimaginable. Wherever he goes he brings energy and inspiration for practising the Buddha's teachings.