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# Tara Institute News

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## LAMA ZOPA RINPOCHE AT TI

### SUTRA AND TANTRA TEACHINGS JUNE 15 - JUNE 27

Tara Institute is happy to announce an extensive two week teaching programme with the Venerable Lama Zopa Rinpoche to be held at Tara Institute next month.



Lama Zopa is the spiritual head of FPMT (Foundation for the Preservation of the Mahayana Tradition) of which Tara Institute is one of the oldest members. Rinpoche's

programme will cover both sutra and tantra aspects of the Path to Enlightenment. This is a unique opportunity to hear this great meditation master. It will be a very busy time so don't leave your expression of interest too late. For full details including registration forms, phone Wendy on 5962465.

### THE LAW OF CAUSE AND EFFECT ONE DAY SEMINAR Sunday 5th 10am - 4.30pm

The Tara Institute Study Group invites you to attend its first seminar for 1991. It will run from 10am to 4pm with an attractive buffet style lunch provided by Study Group members.

The topic will cover that most mysterious yet vitally important of topics - Karma. How do actions relate to their effects? What is necessary for a karmic action to be complete? Does hitting an insect while driving constitute killing? Is winning First Division Tattsлото twice simply chance? Why are some people beautiful while others ugly? What are the causes for being born in a war-torn country? How can we purify past negative karmas? Which karmas ripen first? How does karma relate to reincarnation? All these questions will be tackled! So come along and join in the fun.

To register, contact Wendy in the office on 5962465 or see Damien Busby or Jenny Draper who are supervising this event.

### DINE AMONG LYREBIRDS



### TARA INSTITUTE PICNIC hosted by The Study Group Sunday 19th May 11am

Ferny Creek Recreational  
Reserve (Melways map 75 d1)

**T**ara Institute's Study Group is delighted to host this wonderful picnic to which absolutely everyone is invited. The location is set in beautiful Sherbrooke forest with its famous walks, playground facilities and games for children, cricket pitch (Geshe Doga insists we play!) and a huge log cabin with open fire that will protect us from all elements. So even if it rains we will have a great time. All you need to do is come along and bring a plate of food and some drinks. Barbecue facilities available. For further details contact Wendy in the office. Looking forward to seeing you there.... Sonam (on behalf of The Study Group).

# TRAINING THE MIND

By Lama Zopa Rinpoche  
(Mahamudra Centre 1987)

*The following teaching was given by Lama Zopa Rinpoche at Mahamudra Centre in New Zealand in 1987. The topic is "thought transformation" which Lama Zopa will be also teaching at Tara Institute during our weekend course, Saturday/Sunday 15-16th June. So this is an excellent preview of what we have in store.*



**B**y training your mind in Mahayana thought transformation, there is no obstacle to your Dharma practice and all the miserable conditions appear as auspicious. Everything appears as a good sign and your mind is satisfied all the

time with happiness and peace. In such degenerate times as these, there is no better armour, no better protection than practising thought transformation. By doing these practices and not making yourself irritated, like an army dropping its weapons, you suddenly get released from problems. You can even recover very surprisingly from serious diseases.

Because holy beings do not develop an unhappy mind about anything, their minds do not get disturbed. As their minds do not get disturbed, the wind, the vehicle of the mind does not get disturbed. Because the wind does not get disturbed, the other elements of the body do not get disturbed and the person has a healthy body. When the elements of a person's body are disturbed, the mind gets disturbed and the body becomes unhealthy and gets sicknesses. The body becoming unhealthy then makes the mind unhealthy.

Wise people see that all happiness and suffering depend on the mind. You should seek happiness from your own mind, not from outside. Your mind has all the causes of happiness. You can

see this with thought transformation, particularly when you think of utilizing suffering in the path to enlightenment. When you do not think of the benefits of problems, when you do not mix the problem with the mahayana thought transformation and utilize it in the mahayana path, when you think only of the shortcomings of problems, you label something "a problem" and it appears as a problem to you. Therefore your mind creates the problem.

This is one way of explaining how the cause of problems is your own mind. The problem came from there. It is the same when you think of the benefits of problems and utilize the problems in the mahayana path. At that time, you stop the mind which dislikes the problem and establish the mind which likes it. It then appears as a beneficial, wonderful thing.

**T**his is especially true with any happiness you feel. From the small pleasure that comes when a light cool wind passes through when you feel hot, up to enlightenment, all this happiness comes

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## SAKADAWA

**SPECIAL GURU PUJA TO MARK THE ANNIVERSARY OF  
BUDDHA'S ENLIGHTENMENT AND PARINIRVANA**

**Tuesday 28th May at 8pm**

According to tradition, Buddha attained Enlightenment under the bodhi tree in Bodhgaya at sunrise on this day some 2,500 years ago. Aged thirty-five, he had spent six years engaged in various austere practices before rejecting these as too extreme.

Sitting in deep meditation under that tree, (a descendent of which still grows in Bodhgaya today), Buddha finally attained the liberation which he had sought so long. The Buddha then taught the way to liberation to countless followers before his



Parinirvana on the same date some forty-five years later.

Traditionally, offerings are made to the poor on Sakadawa. Once again TI will distribute offerings to those in need via the Brighton Benevolent Society. A donation box for monies, material goods and non-perishable food items will be set up outside the gompa at TI. Articles such as woollens, bedding, and other household goods are much appreciated. All students and friends of TI are invited to come and join the puja celebrating this special event.

from your own mind. Your own inner factory created this. Think of how the cause is there within your own mind. All the causes are there in your mind. These thoughts there within your mind are the causes of your happiness. So seek happiness from your mind. This is a very important point, a very essential point. Seeking happiness from your own mind is the basic thing about Dharma, the basic thing about Buddha's teaching. How you should seek happiness from your mind is especially clear here with this most skilful thought training practice.

**H**appiness does not depend on anything outside. Your happiness does not depend on whether a person has anger towards you or not, whether a person criticises you or not. While a person is angry towards you, by generating compassion, you feel it is so unbearable, so pitiful: by looking at the person with loving kindness, you feel that person who is angry towards you very warmly in your heart, in the aspect of that beauty. By utilizing

thought transformation, you see that person as unbelievably precious and kind. The most precious person in your life, more precious than ten millions of dollars, than mountains of diamonds. Among the sentient beings, he is the most precious and most kind.

Whatever harm a person does to you with his body, speech and mind, even though from the side of that person it is harm to you, in your own view, it is of incredible benefit for the development of your mind. It is a most enjoyable thing that makes you so happy. This happiness comes from your own mind. You can see very clearly, it does not depend on what he does, what she does, how she acts, how he behaves, what he thinks of you, what she thinks of you. It does not depend on these. What you think is a problem comes from your own mind: what you think is an incredibly joyful thing, a most beneficial thing, this happiness comes from your own mind. Happiness does not depend on anything outside.

**W**ith Mahayana thought transformation, no sentient beings or non living things can give harm to you. Even when you die, you are able to do thought transformation. Even at that time, you are able to do tonglen practice. His Holiness said that one who is able to die with the thought cherishing others is a compassionate person. If you are able to die with the thought of cherishing other sentient beings, you are a compassionate person, a self supporting person. This is what is called a self-supporting person.

If you die with tonglen practice, with the thought of bodhicitta, it is impossible for you to be born in the lower realms. Without any hardship, naturally you are able to experience death for all sentient beings. You are able to do this without any difficulty, with complete joyfulness in your heart. In this way you give freedom to yourself all the time: you have received freedom all the time. This is what is meant by the bodhisattvas who have achieved the concentration of all dharmas being pervaded by bliss.

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### **SPONSORSHIP NEEDED TO BRING KANGYUR TO AUSTRALIA**

Last year we sought sponsorship to allow us to purchase the Kangyur - the complete set of Shakyamuni Buddha's sutras. We need to raise another \$1,200 in order to get these sacred scriptures into our gompa. If you would like to contribute to this auspicious project please mark your offerings - Kangyur Fund - and give to Wendy in the office. For further details see Sonam Jampa.

### **OFFERINGS FOR THE GOMPA**

It would be wonderful if offerings of light (in the form of candles that could be lit at pujas), delightful fruit and flowers could be regularly offered to the gompa so that we can make it a beautiful and uplifting place, inspiring us to peaceful and radiant thoughts. Please feel free to make such offerings whenever you like. Flat round candles are safest (IKEA are best). If you would like instead to contribute to a gompa offering fund then please mark your envelopes GOMPA OFFERING FUND and give to the office. Thankyou. Sonam Jampa

### **WEEKEND COURSE "AWAKENING THE BUDDHA MIND"**

**"Exchanging Oneself  
with Others"**

**Saturday 25 - Sunday 26**

See course insert.



**TARA INSTITUTE**

is a branch of the Foundation for the Preservation of the Mahayana Tradition (FPMT) a network of Buddhist Centres in Australia and around the world.

**▼WEEK ONE:**

WEDNESDAY 1  
Evening with  
Geshe Doga 8pm

THURSDAY 2  
Hand Mudra Class 8pm

SUNDAY 5  
SEMINAR: Karma  
10am-4.30pm

**▼WEEK TWO:**

MONDAY 6  
Introduction to Buddhist  
Meditation 8pm

TUESDAY 7  
Study Group 8pm

WEDNESDAY 8  
Evening with  
Geshe Doga 8pm

THURSDAY 9  
Guru Puja 8pm

SUNDAY 12  
Sunday School 10am

**▼WEEK THREE:**

MONDAY 13  
Introduction to Buddhist  
Meditation 8pm

TUESDAY 14  
Study Group 8pm

WEDNESDAY 15  
Evening with  
Geshe Doga 8pm

**▼WEEK FIVE:**

MONDAY 27  
Introduction to Buddhist  
Meditation 8pm

TUESDAY 28  
Saka Dawa Puja 8pm

WEDNESDAY 29  
Evening with  
Geshe Doga 8pm

**▼WEEK FOUR:**

MONDAY 20  
Introduction to Buddhist  
Meditation 8pm

TUESDAY 21  
Tara Puja 6pm  
Study Group 8pm

WEDNESDAY 22  
Evening with  
Geshe Doga 8pm

THURSDAY 23  
Guru Puja 8pm

SATURDAY 25 - SUNDAY 26  
Weekend Course 9am - 5pm

SUNDAY 26  
Sunday School 10am

# MAY PROGRAM

**AUSPICIOUS DATES:**

Tibetan 25th - Thursday 9 Tsog; Tibetan 30th - Tuesday 14 New Moon Precepts; Tibetan 8th - Tuesday 21 Tara Day; Tibetan 10th - Thursday 23 Tsog; Tibetan 15th - Tuesday 28 Full Moon Precepts.

## INTRODUCTION TO BUDDHIST MEDITATION

**Monday nights 6th, 13th, 20th, 27th at 8pm**



This month Tara Institute's Programme Co-ordinator, the Venerable Sonam Jampa will present four talks introducing basic meditation techniques. He will focus on methods for developing generosity, beneficial action, patience, joyful enthusiasm, concentration and wisdom. Their opposites, miserliness, pained frustration, etc. will also be

described with many down-to-earth examples.

Sonam enjoys comparisons between Buddhist and Western outlooks, so his evenings are always stimulating. Though designed for those wishing to begin a meditation practice, these evenings are also beneficial for those who have been meditating for some time.

A facilities fee of \$5 per class is asked to help cover administrative expenses (Members free). Just turn up before 8pm or contact Wendy on 596 2465 for further details.



Tara Institute  
3 Mavis Avenue  
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## EVENINGS WITH GESHE DOGA

**Wednesday Nights 1st, 8th, 15th, 22nd, 29th  
at 8pm**

Each Wednesday night, the Venerable Geshe Doga continues to inspire us with the timeless wisdom of the great Indian Yogi Shantideva. Using readings from the text "A Guide to the Bodhisattva's Way of Life", Geshela illustrates exactly how each of us can apply the insights of Buddhism to daily practice.



At present Geshe Doga is teaching from the seventh chapter which deals with the development of enthusiasm and joy. Geshe Doga himself embodies these qualities and his joy and laughter is proof of just how effective these techniques can be.

These classes are suitable for all students both new and old. No commitment to attend regularly is required. No facilities fee.