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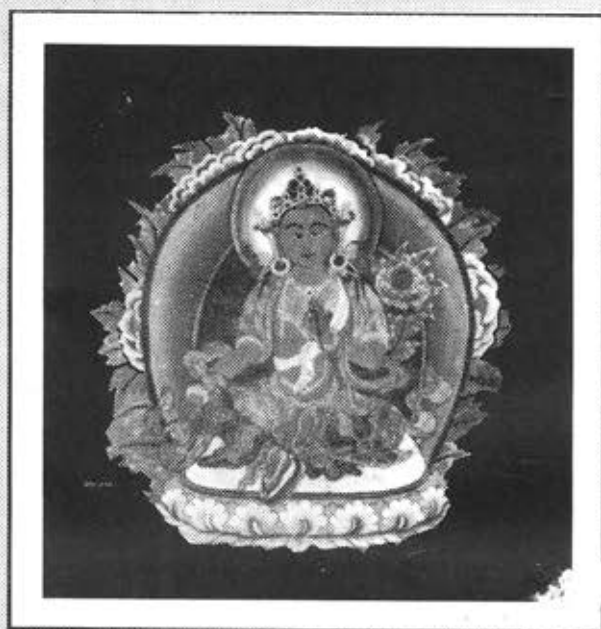
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# Tara Institute News

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FEBRUARY 1992



## Green Tara *EMPOWERMENT* Sunday 23rd February 10am

*Geshe Doga invites everyone to participate in this empowerment.*

The Green Tara empowerment is able to remove obstacles to our happiness, long life and health. Representing the wisdom energy of the omniscient mind of Buddhahood, Tara appears in female form and is said to be particularly swift in coming to our rescue when we are in danger and in guiding us along the path to Enlightenment.

On another level Tara represents the potential of feminine wisdom energy located within each of us. Through identifying with her in meditation we can tap this source of profound potential.

Attending this empowerment is a great way to start the year with the blessings of Green Tara. There is no commitment. ♦

*There is no fee for this event and registration is unnecessary. Simply arrive a bit before 10am to find a seat. For further information contact TI on 596 8900.*

## From the Director's Desk

His Holiness the Dalai Lama will visit Australia in April-May 1992 for a 14 day Tour. He will arrive in Melbourne from Adelaide in the morning of Sunday May 3 and will leave for Hobart in the evening of Tuesday May 5. The purpose of the Tour is to bring many people into contact with one of the 20th Century's truly holy beings.

In Melbourne the main events will be an Inter-faith Religious Service in St. Paul's Cathedral. At the National Tennis Centre there will be two public talks, one on World Peace and another on Buddhist Philosophy. Melbourne City Council has offered a section of the Carlton Exhibition Gardens for a Peace Garden, which the Dalai Lama will inaugurate by planting a Bodhi tree.

On April 4 Tara Institute will host a banquet in our hall to publicize and raise funds for the Tour. Please come along and enjoy a beautiful meal, entertainment and videos about the Dalai Lama. Tickets will be on sale soon at \$50 per head, and children under 12 are free. Damien at TI has further info, and details will be in the March Newsletter.

*continued on back page . . .*

# FEBRUARY

## WEEK ONE

MONDAY 3

8pm Introduction to Buddhist Meditation

TUESDAY 4

8pm Vajrasattva Meditation Practice

WEDNESDAY 5

8pm Special Teachings with Geshe Doga

SUNDAY 9

10am Sunday School

## WEEK TWO

MONDAY 10

8pm Introduction to Buddhist Meditation

TUESDAY 11

6pm Tara Puja

8pm Vajrasattva Meditation Practice

WEDNESDAY 12

No teachings

THURSDAY 13

8pm Guru Puja

## WEEK THREE

MONDAY 17

8pm Introduction to Buddhist Meditation

TUESDAY 18

8pm Study Group

WEDNESDAY 19

8pm Evening with

Geshe Doga

THURSDAY 20

8pm Beginner's Tibetan

Language Class

SUNDAY 23

10am Green Tara

Empowerment

10am Sunday School

## WEEK FOUR

MONDAY 24

8pm Introduction to Buddhist Meditation

TUESDAY 25

8pm Study Group

WEDNESDAY 26

8pm Evening with

Geshe Doga

THURSDAY 27

8pm Beginner's Tibetan

Language Class

8pm Guru Puja

SATURDAY 29 Feb -

SUNDAY 1 March

Healing Meditation Course

## Introduction to Buddhist Meditation

Monday 3, 10, 17, 24 at 8pm

In the February series of lectures, **Jill Gillies** will explore the first steps on the Buddhist path. This process involves turning inward to discover our unlimited human potential. By learning to cultivate our innate powers of wisdom and compassion, we can begin to benefit ourselves and others immensely.

Jill will present this topic over a series of four lectures including guided meditation and discussion. ♦



*These classes are ideal for those wishing to explore Buddhism and its meditation techniques. A facilities fee of \$5 per class is asked to help cover administrative expenses. (Members free) All newcomers will receive a free copy of Wisdom Energy 2. Just turn up around 7.50pm or contact Jenny in the TI office on 596 8900 for more details.*

## Vajrasattva Meditation

Tuesday 4, 11 at 8pm

On these two nights **Dr Alan Molloy** will lead a Vajrasattva meditation practice. This practice is a powerful technique for purifying our mindstream of negativities, especially those caused by broken vows or commitments. ♦



*For details, contact Jenny in the TI office on 596 8900*

## 1992 Study Group

Tuesday 18,25 at 8pm

**HOW THE STUDY GROUP WORKS:** The Group provides a stable study environment where students can explore Buddhism in depth with our resident Tibetan Lama, the Venerable Geshe Doga.

The Study Group is not competitive – students are able to work at their own pace and according to their own understanding under Geshe-la's skilful guidance, with ample opportunity for questions.

**WHAT IS INVOLVED IN JOINING?** One must receive the Refuge Precepts either at a Refuge Ceremony or in the context of an initiation. One must also follow the guidelines in the Study Group Constitution and be prepared to do a one week Lam Rim Retreat or its approved equivalent in 1992.

**THE CURRICULUM:** The Graduated Path to Enlightenment or Lam Rim is a condensation of all the teachings of the Buddha and a guide along the entire path to Enlightenment.

The Lam Rim's structure corresponds to the different stages of the spiritual path. It is therefore a perfect meditation manual as well as a means of taking those 'first steps' into the deeper meanings of the teachings. Several excellent reference books are available, so new students can join without being disadvantaged.

**TO JOIN:** Just come on Tuesday the 18th and register. ♦

*For further details, ring Jenny in the office on 596 8900*

# PROGRAM

## AUSPICIOUS DAYS IN FEBRUARY

**MONDAY 3** Tibetan 30th  
New Moon (Precepts)

**TUESDAY 11** Tibetan 8th  
Tara Day

**WEDNESDAY 12**

Birthday of Lama  
Tenzin Osel Rinpoche

**THURSDAY 13** Tibetan 10th  
Tsog Day

**TUESDAY 18** Tibetan 15th  
Full Moon (Precepts)

**THURSDAY 27** Tibetan 25th  
Tsog Day

## Beginner's Tibetan Language

Thursday 20, 27 at 8pm

Thubten Dönyo, our assistant translator, will conduct beginner's Tibetan Classes each Thursday for 8 weeks. These classes will suit people with no background in Tibetan. ♦

*There will be a fee of \$20 for the series. For details, ring Jenny at TI 596 8900.*

## Sunday School

Sunday 9, 23 at 10am

Sunday School will be held each alternate Sunday throughout the year. This is a valuable opportunity for children to meet and learn some basic Buddhist concepts and practices. Sessions usually involve stories, drawings and always a drink and biscuits. ♦

*The classes finish at 11. For details: ring Jenny or Kaye at TI 596 8900.*

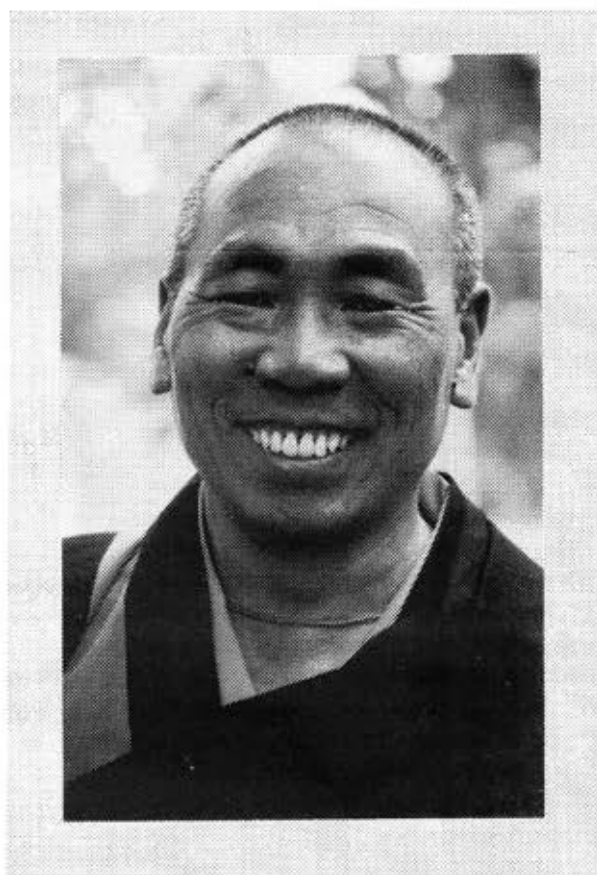
## 35 Buddhas Confession

Wednesday 5 at 8pm

Geshe Doga will conclude his commentary on this powerful purification practice. ♦

*Those students who have attended the previous three teachings are welcome to attend. Contact TI on 596 8900 for more details.*

**PLEASE NOTE: No teachings on Wednesday 12.**



## Evenings With Geshe Doga

Wednesday 19, 26 at 8pm

Our wonderfully kind teacher, Geshe Doga will continue his commentary on the text *A Guide to the Bodhisattva's Way of Life* on Wednesday evenings this year. Written in the eighth century by the great Indian teacher Shantideva, this text is much loved throughout all Mahayana Buddhist countries for its direct and practical explanations of techniques for developing spiritual qualities such as love, compassion, patience and wisdom.

Drawing from his own experience and that of his teachers, Geshe-la will describe methods for enhancing our commitment to the spiritual path and developing positive aspects in our lives. ♦

*These teachings are suitable for for all students, both new and old. Geshe-la has advised that on the first night he will emphasize the purpose and practice of meditation.*



## DIRECTOR *cont'd from front page*

The Tour Committee has organized an evening of classical and baroque music at Xavier College Chapel, in Barkers Rd, Kew. The Elysium Ensemble, some of Australia's finest musicians, will perform. The date for the concert is Saturday February 22 from 8 - 10pm. The entrance fee is \$20 (\$15 concession) and refreshments will be served.

Contact Lynn 596 5863, Lyne 754 2161 or Marg 578 4907. The contact no. for the Tour is 596 3602.

**AGM COMING UP** • Tara Institute's Annual General Meeting will be held at TI on Saturday March 14 at 5pm. All our members are invited. It is a good opportunity to meet the Executive Committee and other members, and to see what we have achieved together. The meeting will be followed at 6.30pm by a free Members' Dinner (bookings essential). Later in the evening we will meet in the Gompa to commemorate the anniversary of Lama Yeshe's death. More details in the next Newsletter.

**A BLOOMING MIRACLE!** • Has everyone seen the blooming courtyard garden? The concrete courtyard is slowly being transformed into a garden for all visitors and friends to enjoy. Landscape plans are being drawn up. David Wicks bought the trees and is spending a lot of his time nurturing the garden along. We plan to have small trees, pots of bamboo and flowers, bird baths, garden furniture and so on. If you would like to spend some time helping in the TI gardens, or have any plants or furniture looking for a kind home, please contact David at TI.

**HEALING WORDS** • The Ven. Pende Hawter has written an article called "The Buddhist Approach to Healing" which will be published in the Feb/March edition of *The Whole Person* magazine, available at newsagents. Pende and Bob Sharples are leading our second Healing Meditation Course at the end of this month.

**NEWS FROM KOPAN** • TI member Geoff Smith has just returned from the November Course at Kopan monastery in Kathmandu, Nepal. A new meditation hall is to be built and Geoff is helping to raise funds for the project. To find out more please ring Geoff on 598 3006.

We hope you all had happy holidays, and look forward to seeing you at TI.

*Alison Ribush*



## Lama Osel's Birthday

February 12 marks our precious Lama Osel's 7th birthday. Lama Zopa Rinpoche, when he was here last year, spoke of the importance of remembering Lama Osel. His birthday is an especially good time to do so.

## Why become a Member of TARA INSTITUTE before March 14?

Because at 5pm you could join fellow Members for Tara Institute's Annual General Meeting and learn how to have a voice in how TI is run.

Then, at 6.30pm you could enjoy special free Members' Dinner. This will be the fourth Members' Dinner at Mavis Avenue; it's always a delicious and friendly occasion.

Finally, at 8.30pm, we will celebrate TI's annual Lama Yeshe Remembrance Day. The lucky students who knew him recollect the extraordinary Tibetan monk who was responsible for Tibetan Buddhism reaching us in the West. N.B. EVERYONE is very welcome to come to this part of the day.

• Please come if you can to any part of Saturday March 14th's festivities. Members only to the AGM and Members' Dinner, please.

## Healing Course

Saturday February 29 Sunday March 1

Tara Institute's second Healing Course. ♦

See insert for more details.

## Your LIBRARY...

Please be mindful that TI Library is here for use by our valuable members. Last year the Library loaned over 250 items - mainly books relating to our teaching program, many books on Tibetan Language, dictionaries etc. Audio tapes are also popular - teachings on tape by Lama Yeshe, Lama Zopa Rinpoche, Geshe Doga and many other revered teachers. The library is also used by many other TI groups: Sunday School, Spiritual Program, Study Groups.

So next time you visit TI, grab a cup of tea or coffee and call in to your library in its new quarters (the most beautiful room in the house). If you

would like to assist in running the library, don't hesitate to come forward and talk to us.

*Ray Meikle*

## TARA INSTITUTE



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

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# Members' News

## February 1992

A supplement to TI News

### Welcome, New Members

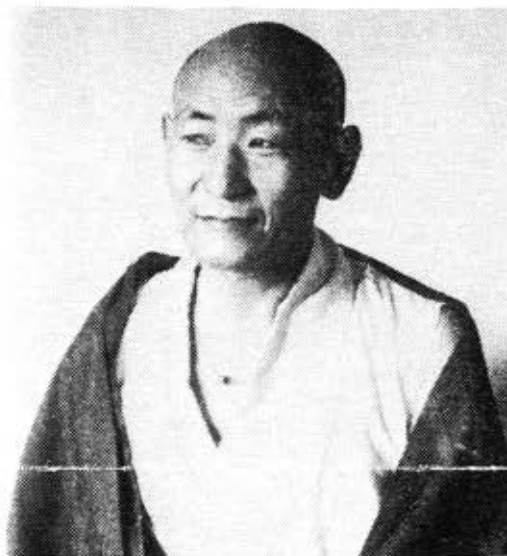
Thank you, Andrea Furness, Jeanne-Marie Pienne, Jacqueline Grenfell and Sarah Connell, for your contribution to the Centre and therefore to the happiness of all beings.

### Members' Birthdays

In December and January, happy birthday and long life to Gerard Dunlop, Ed Morcom, Merran White, Debbie Mientjes, Noel Young, Wendy Pullan, Gillian Goy, Pamela Diamond, Eve Herring, David Coleman, Kalu Ribush, Madge Sanger, Shanti Darling, Greg Sneddon and Noel Farquharson.

## What's Been Happening?

### Geshe Dawo's "Summer" Visit



The Venerable Geshe Dawo, TI's Resident Teacher from 1980 to 1984, visited Melbourne over New Year, and stayed at Tara Institute in between visits to some of his closest students of old. Geshela is now the Resident Geshe at Vajrayana Institute in Sydney - it's wonderful to have him back in Australia.

He seemed to bring with him lots of cleansing rain, which stopped almost the moment he flew back to NSW!

His last night in Melbourne took him to TI Member Theo Van Embden's place for a Supper Party, with many of his former students and his friend, Geshe Doga. It was a lovely night for

everyone - thanks again, Lou and Theo, for sharing your home for the occasion.

### The Most Beautiful Room In Brighton

Did you know that the front room on the right as you enter Tara Institute's gracious portals is the Members' Library? Furnished mostly with donations from Member Mira Slade, it's a lovely place to sit, gaze at the ceiling mural, nod at passers-by, listen to tapes of teachings, or browse TI's excellent collection of Dharma books (and an interesting hotch-potch of non-Dharma works). Please pop in and make use of your very own Library, anytime you're nearby.

TI's Reception Office remains first door on the left. The former Library room is now an office for Spiritual Program Co-Ordination, Newsletter Production, House Management, Book-Shop and Secretary for Tour of The 14th Dalai Lama. The small office at the end of the front entrance hall is now earning much-needed rent from a Member who sees her private clients there.

## What's Happening Next

### Big Members' Day in March

Mark SATURDAY MARCH 14th in your diary, please!

\* 5pm Come along and join fellow Members for the ANNUAL GENERAL MEETING - hear Reports on how Tara Institute is managing, ask questions, get a feel for how the place is run (on Members' energy!).

\* 6.30pm MEMBERS' DINNER - TI is offering her precious Members a scrumptious buffet dinner, on the house. This will be the fourth Members' Dinner at Mavis Avenue; it's always a lovely occasion. PLEASE BOOK (by calling the Office on 596 8900) BEFORE MARCH 7th.

\* 8.30pm LAMA YESHE REMEMBRANCE DAY - after dinner we'll enjoy stories and memories of the extraordinary Tibetan monk who was responsible for Tibetan Buddhism reaching us in the Western World.

Please come if you can to any part of Saturday March 14th's festivities. BOOKINGS ARE ONLY REQUIRED FOR THE DINNER. See you there!

### Eat For The Dalai Lama

Hooray! TI will be helping with money to provide Free Teachings at the Tennis Centre by His Holiness the Dalai Lama, during his 1992 Tour.

How? By putting on a Lavish Dinner at Tara Institute, complete with rented white linen, silver service and candelabra. When? On Saturday night,

April 4th. For whom? For whomever we know who's shown interest in His Holiness that we can get to come! Cost? \$50 a head, children under 12 free. Watch the March TI Newsletter for more details.

### Wanted!!!

Who can donate a light shade for the standard lamp in our Library? Just bring it along, or call Jenny in the Office if it needs collection.

### Fundraising Ideas and/or Energy

Everyone who ticked the "Fundraising" box on becoming a Member, now's your chance to get involved. We hope to set up a separate Committee for Fundraising that it'll be great fun to be on. Introduce yourself to Alison the Director (she's always at TI on a Monday night - dinner time is a good time to catch her...)

N.B. Fundraising is a great field to get into if you're interested in short-term commitment to a single project. For those of us with busy schedules, to be involved in arranging ONE Garage Sale, ONE Dance Party, or to sell tickets for ONE Theatre Evening, is a very manageable and immediately rewarding way of helping the Centre.

### Speaking of Garage Sales...

Who could oversee a Garage Sale in TI's CarPort sometime in May? Donations are constantly being made to our White Elephant Collection (more are always welcome - clean garments in good condition only, please, but any manner of furniture, tools, bric-a-brac...) and all it requires is someone who likes arranging and bargaining over junk! Call Jenny in the Office anytime with your name and number, please.

### Members' Classifieds

Remember to tell us about it so we can run a Members' Classified this year. Whatever you do will be useful to another Member sometime - massage, baby-sitting, word-processing, car sales...

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## OPINIONS

### Letters from Members

(Send to Tara Institute, c/- Members Rep, Jane Lewis)

Dear Jane,

WHAT interesting correspondence you've had recently! Juliet's letter (12/91) raises a number of issues which need consideration. I can certainly un-

derstand her view that there may be at times an overly intellectual approach to Buddhism at TI with much emphasis on study and talk. As a member of Study Group I guess my bias towards this approach is evident. There is always an emphasis on trying to integrate the learning into the way we conduct our lives and this is something we each have to sort out individually. I think that is why there aren't detailed or group meditation sessions too often as Juliet would have liked.

Juliet's letter points out the difficulty of arranging a teaching program to suit everyone's needs. I went through Monday nights, to Geshela's Wednesday talks to Study Group and felt the increased involvement at each level, combined with an appreciation of Geshela's very special qualities, was a suitable way to approach the Dharma for me. I can understand that for some other people that progression is not so easy, particularly if they are looking for group or led meditation time and not so much a commitment to study.

The next step Juliet may have been looking for may be discussing your practice with the senior students who kindly attend Monday nights. Their advice and support has been a great help to me and any newcomers to the Centre should feel free to approach more experienced people for advice and assistance with their practice.

With regard to Stephanie's letter (also 12/91), I would again advise the use of experienced meditators as sources of advice on meaning of prayers, mandala offerings and setting up of altars. Geshe Doga has given the Study Group detailed teachings on these topics and I am sure most of them would be happy to pass on these teachings to anyone interested enough to ask. If there were enough interest from beginners, then I am also sure one of the same students could arrange more formal classes to demonstrate the topics for those wishing to start formal practice sessions and set up altars in their homes.

Finally, I would like to advise all newcomers to the Centre to be patient with themselves and the teachers. An association with TI has the potential to bring enormous benefit to the individual as well as to all beings, so it is worthwhile being patient and persistent to see the benefits.

Kind regards,  
Tony Hammond.

\* \* \* \* \*

Dear Jane,

It was with gratitude and interest that I read Juliet Rowse's letter. In her active concern for TI she offered us her time and energy to provide us with caring and non-disruptive criticism. I am pleased that during the period of

her Membership she received some positive gain towards further growth, and I hope we meet again.

In turn I am writing to present a few thoughts on what Membership of TI means to me.

The most important Membership benefit of all is that, without TI, I would never have had the fortune to receive teaching and personal guidance from a highly qualified and revered Tibetan Geshe. After I attended Monday nights for several months, and when I knew without a doubt that the vast and deep field of Buddhism was where I would grow, Geshe Doga granted me a long interview and advised me on the steps I could take. He referred me to Sonam for directions in graded readings to introduce me to Tantra, after I took Refuge. My Membership of TI made it possible for me to finally take my first steps on the Path which I had been seeking for all my present life.

TI is a little like the proverbial Spanish inn; you find there what you bring to it yourself. I appreciate the smorgasbord of mind-nurturing activities which fulfill the needs of Members according to their own dispositions and karmic conditions.

At TI I feel "at home". Whenever I have a meal at TI I enjoy, not only the food, but the company of people with a common goal, following much the same direction at their own pace; regardless of our private histories and conditions we belong together and it is good.

On "getting us Members together" (Members' News 10/91 & 12/91): I have never had the impression of having to deal with "a bunch of private clubs" or cliques. For what it's worth, I don't believe you can artificially create one big "fellowship"; you can't organize and administrate social friendships. What matters to me is the deep spiritual bond such as those who receive initiations together, (or attend Nyung Na together), do have. At Weekend Courses, when we have occasion to meet people from outside Melbourne and people whom we rarely see otherwise, I have often shared with others at TI this feeling of effortless communication. Stressing differences, even with the intention of abolishing them, may have a reverse, divisive, effect. Social differences are part of samsara, I think. But we all cultivate Bodhicitta, we all share teachings, we all share prayers and pujas, we often have discussion and seminars. Not one of us is alike, but Jane, those who feel the need to communicate do and the others choose not to. It is all a projection of the mind, isn't it?

Yours in Dharma,  
Helene Kandel.

## A Letter from the Spiritual Program Co-Ordinator

Dear Members,

Having joined TI not so long ago, I have been following with more than casual interest (no doubt because of my taking on the role of Spiritual Program Co-Ordinator) the letters published in the Members' News.

One of the most pleasing aspects of these letters is the energy and willingness people have to posit their point of view with the motivation of developing TI for the benefit of all, and more.

Maybe because I'm "new" here, I am still amazed by the full and varied program which holds together and the number of people with whom we have contact.

I wonder if people are aware of the visits to schools, the visits groups make to TI, the Healing Program, the Tibetan Language and Debate Classes, Sunday School, the Purchasing, Stocking and managing of the BookShop, the care of the Gomba and Library as well as the regular Monday, Tuesday and Wednesday night teachings, Weekend Courses and Pujas. Phew! And that's just the program aspect to TI without mentioning the administrative, management, physical and mental care that are also required.

All this takes a tremendous amount of time, energy and the most sincere dedication of the people involved.

All the people who care about TI and the spread of Dharma, I'm sure, would love to be able to do more, to be all things to all people, to provide or promote every possible means for people to feel a part of TI and to develop along the spiritual path. Alas, our resources are limited.

To be able to expand and grow we have to be very careful how we spread ourselves, how we can best serve the largest number of people. If there were more people who were happy to commit themselves in a practical way then my heart explodes at the boundless opportunities to help others.

The Centre appreciates and welcomes your support and talents. We all want TI to work, to be harmonious and a great place to be. Everyone of us can help to achieve this.

Kind regards,  
Kaye Miner  
Ani Choying Sangmo.

## A Word from the Members Rep

Thank you, everyone who's contributed to Members' News so far. Please keep the letters coming in - where appropriate, the relevant Portfolio Holders can respond in the same issue, so it's a really effective way of your opinion being heard.