If undelivered, please return to
3 Mavis Avenue, East Brighton 3187
Ph (03) 596 8900 Fax (03) 596 4856

POSTAGE PAID

SURFACE MAIL

Tara Institute News

Print Post Approved PPNo. 340638/00006

DECEMBER 1994

A CHRISTMAS MESSAGE FROM THE EXECUTIVE COMMITTEE

Another busy year at Tara Institute is coming to a close. Most Members of the Executive Committee will be in Melbourne for Christmas and the holiday period, though Ven. Kaye Miner will be visiting India and Nepal. Ven. Thubten Donyo will also be going. Damien Busby has again organised a pilgrimage to India and Nepal, about eighteen people are accompanying him. I hope Damien will write something for the Newsletter on his return.

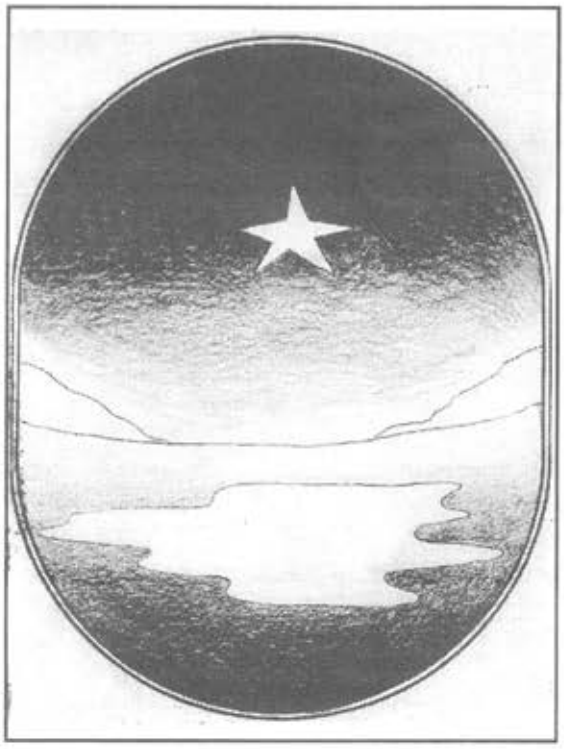
The Spiritual Program will end for 1994 on December 19th with the final teaching for the year with Geshe Doga. Monday night Introductory Groups have proved popular this year, with attendances of up to 142. Study Group continued on Tuesday nights with the successful format of teaching nights, discussion group and regular examinations. Study Group will resume in March 1995. Wednesday night has seen a large number of people coming after attending the Monday Introductory Group.

We have held several one-day or weekend courses and Study Group seminars, and the Easter Course this year was held at Yarra Junction.

Geshe-la has several ideas for the Program next year - please watch the Newsletter for information.

Two Healing Meditation Courses were held this year, and the Healing Group participants meet regularly for follow-up meditation and support. Our healing work is much valued in the community.

The Healing Volunteers Group have met several times regularly and will continue ongoing training and support work next year.



Our visits to schools and groups have continued through the year, and we also send people to teach regularly at Wodonga Continuing Education Centre.

Highlights of the year for many people were the tour of Ribur Rinpoche and the visit of the Abbot and Monks of Gyuto Tantric College. Ribur Rinpoche was here in May and gave several teachings and initiations. We are so fortunate to have such high Lamas come to teach us. Ribur Rinpoche has been invited to return to Australia so we may see him again next year.

The Gyuto monks stayed at TI for several days and performed several pujas to an overflowing Gompa. They received a lot of publicity and media interest.

There have been many other events at TI, and many of our Members have been involved in diverse projects, or with Tibet-related activities.

In February we hosted the Australia/New Zealand Regional Directors' Meeting. I will be attending the next meeting at Atisha Centre in February, and hopefully going to the world conference of FPMT Centre Directors at Lama Tsong Khapa Institute in Italy later in the year.

Visitors to the Gompa will have seen the new Tara statue which was offered by Thubten Gyatso (Adrian Feldmann) in memory of his parents. In our new second Gompa, or "Relaxation Room" near the front door we have a Kwan Yin statue. This Gompa is used for smaller events, healing work, private meditation etc. The library has been repainted and is currently being set up.

We have many new books available for borrowing by Members.

We have recently had made statues of Lama Tsong Khapa and two disciples. These were made in India and shipped here. We are also having printed 213 volumes of the Tengyur, or Old Masters Texts. Geshe-la will be informing all our Members of these projects - please contact the Executive if you would like more details.

Lama Zopa Rinpoche came to Australia in September. Several Melburnians made it to Queensland for the course and initiations. Geshe-la, Ven. Thubten Donyo, and others went for the twentieth

Continued Page 3.....

DECEMBER

WEEK 1
- SUNDAY 4
  10am Sunday School
- MONDAY 5
  8pm Intro to Buddhist Meditation
- TUESDAY 6
  8pm Study Group
- WEDNESDAY 7
  8pm Evening With Geshe Doga
- SATURDAY 10
  8pm Tara Puja

WEEK 2
- MONDAY 12
  6pm Guru Puja
  8pm Intro to Buddhist Meditation
- TUESDAY 13
  8pm Study Group
- WEDNESDAY 14
  8pm Evening With Geshe Doga
- SUNDAY 18
  10am Sunday School

WEEK 3
- MONDAY 19
  8pm FINAL TEACHING FOR THE YEAR - Geshe Doga

WEEK 4
- TUESDAY 27
  8pm LAMA TSONG KHAPA DAY GURU PUJA

AUSPICIOUS DAYS IN DECEMBER

Auspicious days are calculated according to the lunar calendar. On these days the benefits of action are greatly multiplied, so they are especially good for spiritual practice.

FRIDAY 2
Tibetan 30th
New Moon
(precepts)
SATURDAY 10
Tibetan 8th
Tara Day
(precepts)
MONDAY 12
Tibetan 10th
Tsog Day
SATURDAY 17
Tibetan 15th
Full Moon
(precepts)
TUESDAY 27
Tibetan 25th
Lama Tsong Khapa Day
Guru Puja

PLEASE NOTE PROGRAM RECESS FROM TUESDAY 20th DECEMBER 1994 UNTIL MONDAY 16th JANUARY 1995.

"Not realising the potential of [this human life] is like a person who finds gold and does not know its value."

Geshe Doga
TI's Resident Lama
Teaching on
'The Heart Sutra'
29-30 October 1994

MONDAY NIGHTS

INTRODUCTION TO BUDDHIST MEDITATION

• Monday 5 and 12 at 8pm

Jenny Draper will take the two nights of introductory classes this month. Jenny has been a student of Buddhism for 6 years and is a resident of Tara Institute. Having travelled widely and experimented with different spiritual paths, Jenny will bring her practical humour and florists' creativity to these evenings.

These introductory evenings show how we can readily integrate the classic Buddhist teachings with our Western lifestyle to develop a happier, more positive outlook.

A facilities fee of $5 per class is requested to help cover administration expenses (Members free). Just turn up at 7.50pm or phone Vanessa in the TI office on 596 8900 for more details.

TUESDAY NIGHTS

STUDY GROUP

• Tuesday 6 and 13 at 8pm

Study Group provides a unique environment in which to study the teachings of the Buddha in greater depth.

Geshe Doga is giving a commentary on the Lam Rim or Graduated Path to Enlightenment. This classic teaching covers all the essential aspects of the Buddhist path from beginning to end in a concise and easily understood format.

New students are encouraged to come and see what Study Group is all about at any time during the year.

Being committed to attend regularly and to take Refuge are requirements for joining the group.

For further information please contact Ven Kaye Miner through the TI office on 596 8900.

WEDNESDAY NIGHTS

EVENINGS WITH GESHE DOGA

• Wednesday 7 and 14 at 8pm

In the past students had to travel thousands of miles to enjoy the warmth, wisdom and infectious laughter of Tibetan Lamas. It is unbelievably easy for us to listen to Geshe Doga teach from Shantideva's text, *A Guide to the Bodhisattva's Way of Life*.

Using this inspiring text as a base Geshe Doga gives unfailingly sound solutions to day-to-day problems.

Wednesday nights are a perfect 'bridge' between the Introduction to Meditation series and the Study Group.

Please feel most welcome to attend. For more details ring Vanessa on 596 8900.

THE HEART ADVICE

Final Teaching for 1994 with Geshe Doga

• Monday 19 December, 8pm

"In this very lifetime we can get many practical benefits from meditation. We can have more control over our minds. We can concentrate better and think more clearly, and achieve more peace, rest and happiness in the mind. Then there are the long-term benefits - achieving a better future life, as well as the everlasting state of peace and happiness, the state of liberation."

Final Teaching, TI, 1993

As he has done in previous years, Geshe Doga will distill the meaning of all the teachings given at TI during the year - and the full scope of Buddhist philosophy - into their 'heart essence'.

At this very special teaching, Geshe-la will give the most essential, succinct advice to help us live our lives in a rewarding and useful way, and bring happiness to ourselves and to those around us.

Geshe Doga's warmth, humour, wisdom and loving compassion makes you want to sit up, take notice and try out his advice.

Geshe-la's final teaching for the year is always a special event. Last year, some 140 people crammed into the gompa to hear it!

Do try to come along and bring your family and friends. ALL WELCOME - TEA AND CAKE PROVIDED AFTERWARDS.

For more information call Vanessa at the TI office on 596 8900. (There will be no charge for this event - the usual Monday night facilities fee will not apply.)

Tara Institute
3 Mavis Avenue
East Brighton VIC 3187
Phone 596 8900 Fax 596 4856

A branch of the FPMT, the Foundation for the Preservation of the Mahayana Tradition, a network of Buddhist Centres in Australia and worldwide.

LAMA TSONG KHAPA DAY

SPECIAL GURU PUJA WITH GESHE DOGA

• Tuesday 27 at 8pm

For centuries Tibetan and Mongolian Buddhists have commemorated the passing of the famous Tibetan yogi and scholar Tsong Khapa whose life and work is comparable to that other great Tibetan saint Milarepa.

Lama Tsong Khapa was considered an emanation of Manjushri and single-handedly inspired an entire religious renaissance.

He founded the Gelugpa lineage, which continues to this day, and includes the existence of Tara Institute and the FPMT.

Today, many thousands of Western Buddhists also join in commemorating this anniversary by making candlelight offerings and singing praises so that the Buddha's teachings may continue to flourish.

Please come and join in this special celebration. Offerings of candles, flowers or food are most welcome.

....Continued from Page 1

A CHRISTMAS MESSAGE FROM THE EXECUTIVE COMMITTEE

year celebrations and consecration of the prayer wheel and stupa. Unfortunately Rinpoche did not visit Melbourne this time.

Lama Osel is studying hard at Sera Monastery. His younger brother has also been ordained and is attending Sera. Lama's address is JETSA OSEL LABRANG, HOUSE NO. 103, SERA MONASTERY, P.O. BYLAKUPPE 571 104, MYSORE, INDIA. Perhaps you would like to write?

TI is continually being decorated and improved - major projects include fire-safety, rewiring of the whole house, a wooden floor in the Gompa to protect us from the cold concrete, painting, new curtains, furnishings and so on.

The gardens are also being landscaped. After much debate and expert advice we're having three of the trees at the front treated, and the two dead (and dangerous) trees removed.

The Executive Committee meets every two weeks. Di Johns became Member's Representative at the beginning of 1994, otherwise Membership of the Executive has been very stable. Remember that any items you would like discussed can be left with Vanessa in the Office for the relevant portfolio holder. Minutes of the meetings are posted in the Residents' Lounge by Caroline Radford, the Committee's secretary, following the meetings.

The Executive would like to thank all our friends and supporters who so generously give their time and expertise to help us with all our projects and activities. Geshe-la sends his warm wishes to everyone for the Christmas season and he looks forward to seeing you next year.

The Executive wish you all a wonderful Christmas and happy and safe holidays.

See you all next year.

Alison Ribush and the Executive Committee

CHRISTMAS BREAK

TI's spiritual program will go into recess over the Christmas-New Year period. Geshe Doga's 'Heart Advice' teaching on Monday 19th December will be the last teaching for the year.

The program will resume on Monday 16th January with a meditation evening starting at 8pm - more details of the January program in the January 1995 newsletter.

• TI has no regular source of income to make the teachings available. Although we sometimes request a fee to help cover costs, we try to provide free or low-cost events as often as possible. When you leave a Donation you help maintain this situation. So next time you're at TI, think about popping a coin or two in a donation box (near Gompa, gold phone and entrance hall). It all adds up!

Meet the Member

Dick Jeffrey

Dick's first response when I approached him for this column was that he was not a high profile Member. 'All the more reason that you should be a Meet the Member' I replied. His second response was that he didn't have a very interesting story. 'That gives me the second sentence', was my response. (Actually it is the third). Dick then very kindly agreed to help out.

For the past 10 years or so Dick has been endeavouring to practise meditation, but it was always in an isolated sense, in that it was not within the context of any particular tradition. His efforts were not always sustained, with the result that he found himself making regular efforts to turn his meditation practice into a more structured part of his life.

A couple of years ago Dick became aware that he needed to place that meditation practice in a broader framework, and decided to explore Buddhism as a possible vehicle. He says that he didn't have much understanding what that involved, beyond the fact that it involved an interest in the nature of mind and consciousness. There was, he understood, no belief in the supernatural, and the structured rational approach of Buddhism was in accord with his scientific rationalist background.

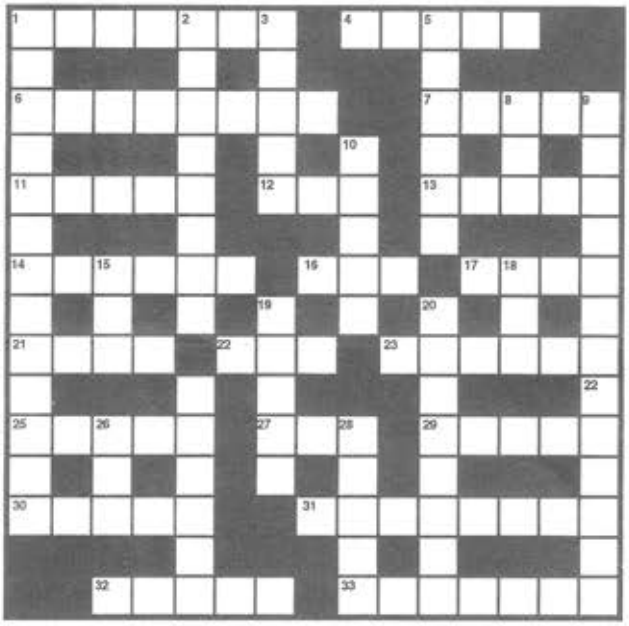
He contacted TI then because it was the closest centre to where he lives, and began to attend Monday nights on an intermittent basis about two years ago, but nothing really gelled. Then this year he returned because he wanted to develop his ideas 'within a community of like minds', not just study a philosophy.

Dick has been attending Study Group for some months now, which he finds to be a good 'regenerative experience' and an 'ongoing process'. He likes the continuity of the Study Group. He has also attended a Nyung Na and found that 'it made it a lot clearer what Buddhism is all about'. He doesn't yet consider himself a Buddhist, but what he has learnt has been compatible with his thinking.

Dick became a Member because he felt that he wanted to belong, and didn't want to dabble on the outskirts. He wanted to 'engage positively' with what was going on, and Membership seemed a good way of extending his knowledge of Buddhism and TI's community.

Adair Bunnett

TI CRYPTIC CROSSWORD NO. 13



ACROSS

1. & 4. Reorganise offers on bras to make yellow garments. (7,5)
6. One who believes in nothing hints 52 should be reassembled. (8)
7. Fat french with English penny is what we do with ourselves. (5)
11. Assuming horizontal position is being deceptive. (5)
12. Reverse eleventh letter to see Tibetan animal. (3)
13. Having upper limbs, dream is dissected. (5)
14. French fish loses direction showing anger, attachment or desire. (6)
16. Sick as one 50-50. (3)
17. Continent as I am, without a thousand. (4)
21. Hybrid eagles, hold conception. (4)
22. Attempt touch-down. (3)
23. Confused alpaca substitutes a hundred for a kilo to make skull cup. (6)
25. Beginnings of tension undermines late king's uncle - a reincarnation. (5)
27. Exact loss of a hundred tonnes returning as a weapon. (3)
29. Left in a cub is a heavy stick. (1,4)
30. Dared to show fear. (5)
31. A negative vote returned after greeting National Assembly for the Lesser Vehicle. (8)
32. Hope a cell holds quiet harmony. (5)
33. Ankh tag mirepresented in painting. (7)

DOWN

1. Unmarried, sharp-tipped concentration! (6-7)
2. About fifty, one American soldier on Buddhism, Islam, Christianity, etc. (8)
3. A sty preceded by an indefinite number is unkind. (5)
5. Grizzly embraces nag when mendicant. (6)
8. One mid-morning intention. (3)
9. Father and mother, with 500 between them, are initially followed by saints and magical beings, holy and very auspicious, invoking the Lotus-Born Guru. (13)
10. Head bone of which 23 Across is made. (5)
15. One regarding anger. (3)
18. Body of water in south-east article. (3)
19. Solar hatch hides saint. (5)
20. Initially hungry adults killed animals encircled by mala of a wrathful deity. (8)
24. Had Bud lost his way seeking the enlightened one? (6)
26. Fifty that is a fib. (3)
28. Ibex is too shortened to be. (5)

TI CRYPTIC CROSSWORD NO. 12