

## Quiet Achiever Neville Moore

Having plunged into some major life decisions like retirement and moving to a different area of Melbourne, I very much missed the inspiration of the regular teachings I attended at the Melbourne School of Philosophy. Their main teachings consisted of Western, as well as Eastern philosophies, with an emphasis on Advaita Vedanta, which included regular meditation.

Having found TI, and after some contemplation, I joined—and thoroughly enjoyed—Mondays teachings, which eventually drew me into study group in order to gain a deeper understanding of the Buddhist teachings.

“Volunteering” was a natural progression to assist Mark Allaway with the terrace, and the 21 Tara Thangka project. Mark’s hardworking and conscientious attitude in order to overcome a multitude of obstacles made me acutely aware of the diligence and patience needed to practise Dharma.

**Volunteering allows me to put into practice my understanding of Dharma on a very practical level and in a small way make a contribution to TI.**



*Continued from front page*

### Be selfless

We are naturally driven by self-interest; it’s necessary to survive. But we need wise self-interest that is generous and cooperative, taking others’ interests into account. Cooperation comes from friendship, friendship comes from trust, and trust comes from kind-heartedness. Once you have a genuine sense of concern for others, there’s no room for cheating, bullying, or exploitation; instead, you can be honest, truthful, and transparent in your conduct.

### Be compassionate

The ultimate source of a happy life is warm-heartedness. Even animals display some sense of compassion. When it comes to human beings, compassion can be combined with intelligence. Through the application of reason, compassion can be extended to all 7 billion human beings. Destructive emotions are related to ignorance, while compassion is a constructive emotion related to intelligence. Consequently, it can be taught and learned.

The source of a happy life is within us. Troublemakers in many parts of the world are

often quite well-educated, so it is not just education that we need. What we need is to pay attention to inner values.

The distinction between violence and nonviolence lies less in the nature of a particular action and more in the motivation behind the action. Actions motivated by anger and greed tend to be violent, whereas those motivated by compassion and concern for others are generally peaceful. We won’t bring about peace in the world merely by praying for it; we have to take steps to tackle the violence and corruption that disrupt peace. We can’t expect change if we don’t take action.

Peace also means being undisturbed, free from danger. It relates to our mental attitude and whether we have a calm mind. What is crucial to realise is that, ultimately, peace of mind is within us; it requires that we develop a warm heart and use our intelligence. People often don’t realise that warm-heartedness, compassion, and love are actually factors for our survival.

*For the full conversation, go to The Dalai Lama on Why Leaders Should Be Mindful, Selfless and Compassionate.*

## Tara Institute news

If undelivered, please return to -  
3 Mavis Avenue, East Brighton 3187



## “Now is the time to practise Dharma”

### Message from TI Director (Acting) Damien Busby

In line with the Government instructions regarding the COVID-19 virus, all events at Tara Institute have been cancelled. For reasons of auspiciousness, the program is still shown in the newsletter. We expect that the government will continue to issue further guidelines. We will respond to these when we are able and will communicate the resumption of the program.

For those of you who use the Internet, there are many teachings available from the Tara Institute program on the YouTube channel (search YouTube for Tara Institute or Google under videos).

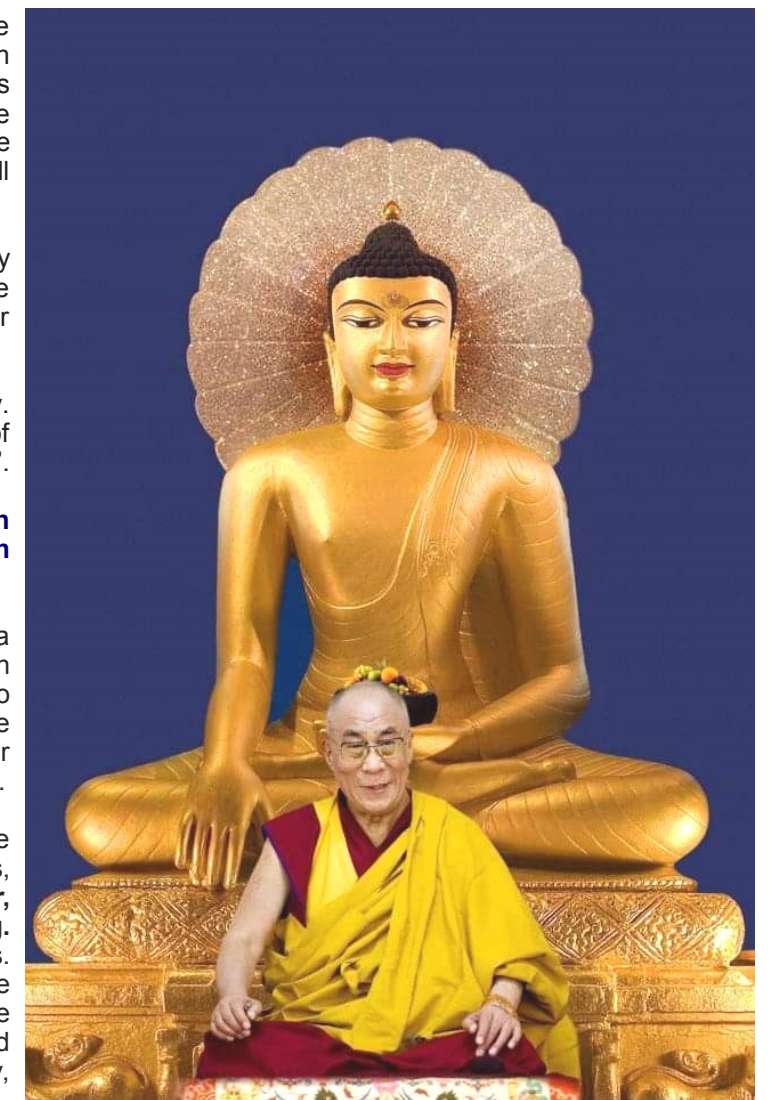
In the meantime, we wish you all to remain well and happy. As Lama Zopa said to a nervous student in the middle of the Nepal earthquake “Now is the time to practice Dharma”.

### What can leaders do? An excerpt from a conversation between the Dalai Lama and Rasmus Hougaard in Dharamsala in 2019

#### Be mindful

Cultivate peace of mind. As human beings, we have a remarkable intelligence that allows us to analyse and plan for the future. We have language that enables us to communicate what we have understood to others. Since destructive emotions like anger and attachment cloud our ability to use our intelligence clearly, we need to tackle them.

Fear and anxiety easily give way to anger and violence. The opposite of fear is trust, which, related to warm-heartedness, boosts our self-confidence. **Compassion also reduces fear, reflecting as it does a concern for others’ well-being.** This, not money and power, is what really attracts friends. When we’re under the sway of anger or attachment, we’re limited in our ability to take a full and realistic view of the situation. When the mind is compassionate, it is calm and we’re able to use our sense of reason practically, realistically, and with determination. ... cont. back page



**You are welcome to contact the Tara Institute newsletter editors Allys Andrews and Sandra Kinread at [allys.andrews@gmail.com](mailto:allys.andrews@gmail.com) for issues relating to the newsletter.**



**MONDAYS ~ 8pm**

6, 13, 20 & 27 April

## Introduction to Buddhist Meditation



with **Damien Busby**

We may have learnt many meditations and great philosophical views but when our minds become overwhelmed with distractions or difficulties it can be as if we have no tools or no skills to deal with situations.

To investigate and to see that it is the familiarity with mind training that can enable us to deal with the challenges of life. Without cultivating stability and equanimity in our mind when difficult circumstances present, we can feel lost and powerless with nothing to rely on.

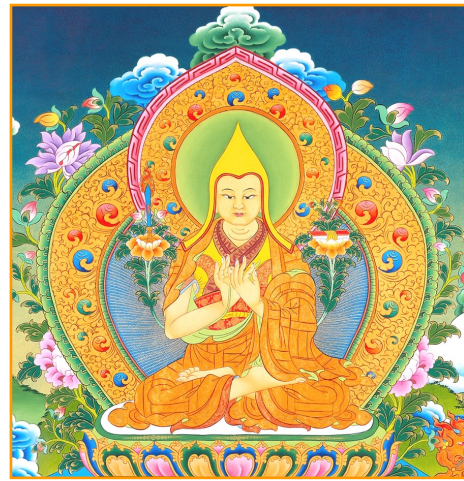
Starting from breathing meditation, we can develop some mental power to deal with whatever we encounter.

*The atmosphere on Monday nights is relaxed and open and people are welcome to join us for one or all of these sessions this month. No need to register; just come along. A facility fee is requested (\$5—current financial members free) to help cover administration costs. Just turn up at 7.50pm or phone the Tara Institute office on 9596 8900 for more details.*

**TUESDAYS ~ 7.45pm**

7, 14, 21 & 28 April

## STUDY GROUP



**Middle Length Lam Rim**  
by Lama Tsong Khapa

Geshe Doga will continue his commentary on Lama Tsong Khapa's middle length Lam Rim. This commentary was previously given on Wednesday evenings over many years until 2018. How fortunate are we that Geshe Doga will now continue the commentary. The sections on calm abiding and special insight in this text are especially praised for their clarity and detail. To hear the teachings of Lama Tsong Khapa are said to be extremely rare, but to receive these from such a qualified and realised teacher as Geshe Doga is beyond compare.

This text is suitable and accessible for beginners through to experienced students and is a not to be missed opportunity to study in depth in a supportive and friendly environment.

New students are welcome to join study group anytime. Geshe Doga begins teaching promptly at 7.45pm.

*There is no fee for these evenings. If you have any questions, please contact Amelia at [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)*

**WEDNESDAYS ~ 8pm**

1, 8, 15 & 22 April

## 37 Practices of Bodhisattvas

with Geshe Lobsang Dorje



Gyelsay Togmay Sangpo wrote the *Thirty-Seven Practices of Bodhisattvas* in the 14th century. His succinct and simple verses of advice summarise the quintessence of the Mahayana path to perfection.

This is an interactive class where Geshe Lobsang unpacks the meaning of each verse and then invites questions and discussion. There is also a short meditation session.

The course comprises teachings, guided meditations and discussions. Enjoy three days of teachings, guided meditations and time for personal reflection in the peaceful oasis that is Tara Institute.

## Heart Advice with Geshe Doga

**WEDNESDAY ~ 8pm**

29 April

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate to help us to work with our own minds.

*There is no fee for these evenings. If you have any questions, please contact Amelia on 0421 829 693 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).*



### Nurturing and protecting relationships

As we develop a kinder, gentler mind and a more compassionate and considerate attitude towards others, these qualities will naturally be appreciated. People we haven't had a close relationship with or who have been a bit distant will now become closer. Those who we consider close, such as our immediate relations and the people we live with, will become closer still. It is very important to generate a considerate and compassionate attitude towards our relatives. On a practical note, our mother, father, brothers and sisters and other relatives are entities that will not alter or change in this life. Regardless of the situation in the family, they will remain our relatives. **It is worthwhile paying attention to the fact that we already have the karmic connection to be closely related to these beings and that it is important to maintain that connection.** These types of relationships differ from our other relationships. We consider the relationship between a husband and wife to be a close one. However, relationships are often subject to change. Our wife or husband can later become our ex-husband or ex-wife, someone we may never associate with again. **In a worldly context, I regard harmonious relationships within the family as the highest form of happiness in our human world.**

*Excerpt from Taming Your Mind – The Eight Verses of Mind Training. Commentary by Venerable Geshe Doga*

### ANNUAL EASTER COURSE Friday 10 April to Sunday 12 April (9am–5pm each day)

**The Three Principal Aspects of the Path – Renunciation, Bodhicitta and the correct view of Emptiness – sometimes referred to as the antidotes to the three poisons of ignorance, attachment and hatred**

**Teacher – Geshe Lobsang Dorje**

When we refer to the three poisons, we can see why they are referred to in this way because they are the very source of all our miseries and problems and just like poisons because they affect us so negatively. The three crucial positive states of mind to be developed: renunciation, bodhicitta and the correct view of emptiness are thus referred to as 'the three principal aspects of the path'.

The reason why they are referred to as 'the three principal aspects of the path' is because it is based on developing renunciation that we can create the causes for actually obtaining liberation. Then bodhicitta, the mind of enlightenment is the actual cause for achieving enlightenment or the state of omniscience. That which completely destroys the root of what keeps us in cyclic existence is said to be the correct view of realising emptiness. Thus, these three serve as the most essential aspects or points for practising the path.

Everybody is welcome to attend this course – there are no prerequisites or commitments.

Auspicious days in April are calculated according to the lunar eclipse. On these days, the benefits of actions are greatly multiplied, so are especially good for spiritual practice.

Wednesday 1	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Friday 3	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Wednesday 8	Tibetan 15	Full Moon	Precepts
Friday 17	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Wednesday 22	Tibetan 30	New Moon	Precepts

### Week 1

WEDNESDAY 1

6pm—Tara puja

8pm—37 Practices of Bodhisattvas

FRIDAY 3

6pm—Guru puja

### Week 2

MONDAY 6

8pm—Intro to Buddhist Meditation

TUESDAY 7

7.45pm—Study Group

WEDNESDAY 8

8pm—37 Practices of Bodhisattvas

FRIDAY 10—SUNDAY 12

9am—Easter course

### Week 3

MONDAY 13

8pm—Intro to Buddhist Meditation

TUESDAY 14

7.45pm—Study Group

WEDNESDAY 15

8pm—37 Practices of Bodhisattvas

FRIDAY 17

6pm—Guru puja

SUNDAY 19

10.30am—Dharma Club

### Week 4

MONDAY 20

8pm—Intro to Buddhist Meditation

TUESDAY 21

7.45pm—Study Group

WEDNESDAY 22

8pm—37 Practices of Bodhisattvas

### Week 5

MONDAY 27

8pm—Intro to Buddhist Meditation

TUESDAY 28

7.45pm—Study Group

WEDNESDAY 29

8pm—Heart Advice with Geshe Doga