

Kalachakra 2012 - Bodhgaya India



Photos taken by Cynthia Karena



Kim Looi at Lama Zopa Rinpoche's Long Life Puja



Clare Campisi at the Kalachakra teaching

Never stand between a devoted Tibetan and the Kalachakra sand mandala. Two feisty elderly Tibetan women spearhead their way against a huge crowd exiting the mandala viewing area. They make short work of the security guards' attempts to stop them, one elbowing and wriggling her way out of a guard's grip on her vest.

The determination and devotion of these women is to be admired. They run towards the mandala as if their lives depend on it, and indeed, they believe their next life will be better if they eyeball the Kalachakra mandala.

Getting to the mandala was a journey in itself in this life, not least being carried by the push of the crowd. I thought my mosh pit days were over, but had to relive my past strategies to keep my footing and not get crushed.

K12 was chaotic; it was madness. Too many people – officially around 300,000, but it looked like a lot more. Thousands of people were sitting outside the teaching ground watching a huge screen of His Holiness on stage. Hundreds more were at the stupa.

This is the first year that TI students couldn't sit together within the teaching site, because there was just no room;

even all the walkways were filled. Some in our group listened to the teachings from the hotel, Root Institute, or the house the Sera Je House 15 monks rented just behind the teaching site. A few of us sat inside the teaching ground, among a rolling sea of people, finding a spot where we could.

My main concern, apart from the harsh physical conditions (says me who slept in a room not a tent, and had access to hot water), is the complicated Kalachakra visualisations. Before we left, Geshe Doga told me to just visualise I was in the mandala. Clearly that's all my simple mind could cope with. So, that's what I tried to do, and I was surprised that for one fleeting calm moment I really did feel like I was inside the mandala with His Holiness and all the other powerful Lamas that were there. His Holiness also said that there were other beings present, and it certainly was an extraordinary feeling here.

On the last day, seeing the strained faces of the Oracles in trance while dancing, or rather staggering with support from monks, in front of the stage was incredible. When they threw blessed seeds around, I picked up as many as I could, despite a security guard trying to move me on.

Back home with clean air and sleep is great, but as I look out my suburban office window, there is no buzz in the air, and there is no Dalai Lama.

by Cynthia Karena

The Relics will be in Melbourne soon!

They will be exhibited in the Great Hall at the National Gallery of Victoria on the 16, 17, 18 March 2012.

This is a rare opportunity to see a precious collection of sacred relics of the historical Buddha and many other Buddhist masters from many traditions. Until this tour, most of these relics have been enshrined inside statues and stupas, unavailable for viewing.

This is an exhibition to be experienced rather than viewed. Please come along, and please tell your friends and anyone else you think may be interested, and pin up some flyers in your cafe, yoga centre, library, etc. Think of the wonderful karma of connecting as many people as you can to the relics!

Opening Ceremony:

Friday 16th March 3.00pm - 5.00pm

Dates and times:

10.00am – 5.00pm

Saturday 17th & Sunday 18th March

See you there!

This newsletter is Dharma material; please treat it with respect. For information on the disposal of Dharma materials, see www.fpmt-lbc.org/res_pracdharmaphp

Tara Institute

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Tara Institute is affiliated with the FPMT — the Foundation for the Preservation of the Mahayana Tradition — a network of Buddhist Centres in Australia and worldwide. Following the Mahayana teachings of the Buddha — in the tradition of Lama Tsong Khapa — we work to relieve all beings from suffering in all its forms.



Tara Institute is fully audited, not-for-profit and mainly run by volunteers. We rely entirely on the support of members, friends, benefactors and bequests. Donations and fees are requested in order to keep the Centre running.

Tara Institute news

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



March 2012

Easter Course at Tara Institute

Friday April 6th to Monday April 9th

Nyung Nye

Friday March 2 at 8pm
to Monday 5 at 6am

Garage Sale

Saturday 31st March
8am to 3pm

Lama Zopa Rinpoche at the Kalachakra teachings in Bodhgaya India January 2012

Life on the Road with
Lama Zopa Rinpoche
— A Sea of Red

Read Ven. Roger Kunsang's latest post from his very insightful blog, [Life on the Road with Lama Zopa Rinpoche](http://LifeontheRoadwithLamaZopaRinpoche.blogspot.com).

"They are saying that 400,000 or more people are at the Kalachakra initiation, among them thousands of monks and nuns. It's a spectacular sea of red when you look out over the crowd.

When the teaching is over, the crowd surge is massive. The likes of a tsunami! We try to form a circle around Rinpoche so he is not knocked over or swept away! It is a real struggle and reminds me of a rough game of rugby.



Lama Zopa Rinpoche with Richard Gere and Ven. Sangpo in Bodhgaya, India, January 2012.
Photo by Ven. Roger Kunsang

You are welcome to contact the Tara Institute newsletter editors Allys Andrews and Sandra Kinread at allys.andrews@gmail.com

MONDAYS ~ 8pm

•5, 12, 19 & 26 March

Introduction to Buddhist Meditation



with Clare Callinan

Our life is constantly changing. Again and again, our energies are sublimated into one thing, then another, and we reach nowhere. In fact, most of the time we don't know what we want. Meditation releases us from the uncontrolled, polluted mind. Automatically, we become joyful and can see meaning in our life. Hence, we can direct the energy of our body, speech and mind in beneficial directions instead of wasting it.



The atmosphere on Monday nights is relaxed and open and people are welcome to attend all four teachings.

A facility fee is requested (members free) to help cover administration expenses. Just turn up at 7.50pm or phone Llysse in the Tara Institute office on 9596 8900 for more details.

Beautify the Gompa

Sponsors are needed to buy fresh flowers on a weekly basis for the altar and Geshe Doga's throne. We started a special fund for this in February 2012. If you feel you can help, no matter how small or large the offering, please call Llysse in the office 9596 8900

TUESDAYS ~ 7.45pm

•6, 13, 20 & 27 March

STUDY GROUP



Study Group offers students the opportunity to study more deeply in a structured and supportive environment. The course runs in six-week blocks comprising four weeks of teachings, one night of discussion group and a written exam on the subject matter of that series. Homework is given each teaching week and is assessed by experienced students from the group.

Geshe Doga's commentary on Nagarjuna's *Precious Garland* continues this year.

Nagarjuna is renowned for his penetrating analysis of reality. In *Precious Garland* he offers advice on how to conduct one's life and how to construct social policies that reflect Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all kinds of suffering, culminating in buddhahood.

The evenings run in six-week blocks and students are asked to attend all six sessions. You are most welcome to come and experience Study Group at any time but conditions apply if you wish to attend on a regular basis.

If you have any questions please contact Ven. Lhamo on 9596 7410 or spc@tarainstitute.org.au.

WEDNESDAYS ~

8pm

•7, 14, 21 & 28 March

An Evening with Geshe Doga



"It is important to gain a full understanding of the reason for practicing meditation, which is to protect one's mind. When we consider what we really wish for, we will, without any doubt, accept the fact that we all want to have a clear and bright state of mind, a mind that is at ease and at peace, free of frustrations and doubts and fears and so forth. If that is true then we need to adopt the proper means to achieve that".

*Excerpt from Heart Advice
Dec. 19th 2011*

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the every day 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 Venerable Lhamo on 9596 7410 or spc@tarainstitute.org.au.

NYUNG NYE

Friday 2 March at 8pm concluding Monday 5 March at 6am

**Fasting & Purification Retreat on
Chenrezig Buddha of Compassion**

The Nyung Nye meditation retreat, based on Chenrezig, the Buddha of compassion, is a concentrated practice consisting of eight meditation sessions, with praises, prostrations and mantra recitations over two days.

The eight Mahayana precepts are taken for the duration of the practice and on the second day, additional vows of not eating, drinking or talking are observed. The emphasis of this practice is on developing compassion.



NB. This retreat requires participants to do a large number of full-length prostrations and take no liquids or food on the second day; it is, therefore, quite physically demanding.

The retreat finishes early on Monday in time for a fabulous breakfast and plenty of time to get to work. The benefits of this retreat are inestimable. There is very limited accommodation ; please book early if you wish to stay at Tara Institute.

FPMT members: residential \$50 non-members \$65

FPMT members: non-residential \$35 non-members \$50

For bookings and more information, please contact Tara Institute Office on 9596 8900 or email admin@tarainstitute.org.au

Garage Sale - Snap up a Bargain!

TI's next garage sale will be held on Saturday 31st March from 8am to 3pm. We welcome your donations but ask that you only provide quality goods we can sell to help raise funds for the Centre.

We also need volunteers to help set up, serve customers and pack away at the end of the day. Please contact Novak Ristov on 0434 201 883 if you can volunteer. To arrange to drop off goods in Landcox Hall (goods must be placed in an orderly fashion), please contact Llysse in the office on 9596 8900.

Please do not bring Dharma books, artefacts or pictures etc as it is not appropriate for us to sell these.

(Please don't bring anything to the Centre after Friday 30th March.)

Dharma Club Dates

15th April; 20th May; 17th June - please note that all dates are subject to change

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

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

WEEK 1

THURSDAY 1

6pm - Tara Puja

FRIDAY 2

8pm - Nyung Nye

SATURDAY 3

5am - 5pm - Nyung Nye

6pm - Guru Puja

SUNDAY 4

5am - 5pm - Nyung Nye

WEEK 2

MONDAY 5

3am - 6am - Nyung Nye

8pm - Intro to Buddhist Meditation

TUESDAY 6

7.45PM - Study Group

WEDNESDAY 7

10.00am - Healing Group

8pm - An Evening with Geshe Doga

WEEK 3

MONDAY 12

8pm - Intro to Buddhist Meditation

TUESDAY 13

7.45PM - Study Group

WEDNESDAY 14

10.00am - Healing Group

8pm - An Evening with Geshe Doga

SATURDAY 17

6pm - Guru Puja

SUNDAY 18

10.30am - Dharma Club

WEEK 4

MONDAY 19

8pm - Intro to Buddhist Meditation

TUESDAY 20

7.45PM - Study Group

WEDNESDAY 21

10.00am - Healing Group

8pm - An Evening with Geshe Doga

WEEK 5

MONDAY 26

8pm - Intro to Buddhist Meditation

TUESDAY 27

7.45PM - Study Group

WEDNESDAY 28

10.00am - Healing Group

8pm - An Evening with Geshe Doga

FRIDAY 30

6pm - Tara Puja

SATURDAY 31

GARAGE SALE - 8AM TO 3PM