

not just abstract ideas that we profess, but personal commitments that we mindfully put into practice.

Each of us has the responsibility to make this a habit. But those in positions of responsibility have a special opportunity to expand inclusion and build societies that truly need everyone.

Leaders need to recognize that a compassionate society must create a wealth of opportunities for meaningful work, so that everyone who is capable of contributing can do so. A compassionate society must provide children with education and training that enriches their lives, both with greater ethical understanding and with practical skills that can lead to economic security and inner peace. A compassionate society must protect the vulnerable while ensuring that these policies do not trap people in misery and dependence.

Building such a society is no easy task. No ideology or political party holds all the answers. Misguided thinking from all sides contributes

to social exclusion, so overcoming it will take innovative solutions from all sides. Indeed, what unites the two of us in friendship and collaboration is not shared politics or the same religion. It is something simpler: a shared belief in compassion, in human dignity, in the intrinsic usefulness of every person to contribute positively for a better and more meaningful world. The problems we face cut across conventional categories; so must our dialogue, and our friendships.

Many are confused and frightened to see anger and frustration sweeping like wildfire across societies that enjoy historic safety and prosperity. But their refusal to be content with physical and material security actually reveals something beautiful: a universal human hunger to be needed. Let us work together to build a society that feeds this hunger.

The 14th Dalai Lama, Tenzin Gyatso, is the spiritual leader of Tibet and a Nobel laureate for peace. Arthur C. Brooks is president of the American Enterprise Institute and a contributing opinion writer.

## Archive of Geshe-la's teachings takes shape

As part of the TI Publishing Group activities in 2016, a team of dedicated volunteers has transcribed around half of Geshe Doga's Easter Course teachings from the past 25 years – adding to the large, existing, ongoing archive of weekly teaching transcripts.

The group is planning to start printing all checked transcripts onto special archival paper and store them in boxes, so that the centre will have a permanent record of the teachings, independent of changes in digital and online storage formats.

As well as progressing with the archive, the Publishing Group has been working on a number of book projects, beginning in May with the re-publication of Geshe Doga's *Inner Peace and Happiness*, then publication of a new e-book *Developing Bodhicitta Through the Seven-fold Cause-and-Effect Method*.

Current projects underway include a compilation of excerpts from Geshe-la's Wednesday teachings, a compilation of teachings from the Monday night 'Introduction to Buddhist Meditation' program, Buddhist Tenets, the Twelve Links of Dependent Arising, and planning for a children's book program.

The TI Publishing Group would like to thank everyone who's supported the initiative over the past year, and we especially thank Geshe Doga for the extraordinarily profound and diverse body of teachings he has offered us.



## Remembering Susie Coates

Within the tributes that Susie received there has been a common thread; her beauty, her kindness, gentleness and generosity both with her time and money. She was moved to help others and spent a great deal of time doing practical good deeds. Susie was a valuable member of the newsletter team for more than

20 years. She was always quick to respond to others' needs such as driving people around or helping them with chores that they found difficult.

Susie was a great help to many of the recently arrived Tibetan refugees, helping them to negotiate the essentials such as social services, housing and public transport. She had a great affinity with children and helped many people in Tara's community look after their little ones.

Susie had a difficult childhood, many of her early years spent living in orphanages. She used these difficulties later in life as a vehicle for her compassion. As a young single mother Susie managed to educate herself and bring up her son, Robin, who went on to achieve great things. It is for this kindness and courage that Susie will be remembered.

Susie, taught by her Italian nona, was a great cook and provided food for many weekend courses and lunch for Geshe Doga on a weekly basis for around 30 years. After teachings one evening, following the death of Susie's father, Geshe Doga called her a friend and commented on her loyalty, modesty and delicious cooking.

Over the last three months Susie's health declined and she needed help with the activities of daily life. She was in and out of hospital and needed her friends to support her, although she never asked for help.

On the day Susie died, one of these friends gave her advice that Geshe Doga had offered the evening before: to rely totally on Tara and Tara's mantra which had been Susie's main practice. She was shown framed pictures of Tara and Geshe Doga and at that moment became completely lucid and her face lit up with a beautiful smile.

Not long before Susie died Venerable Gelek sat by her side and did prayers and meditated with her. Her breathing became gentle and Susie became calm. About forty-five minutes later she died peacefully.

There has been a dedicated team throughout the last months, helping to support Susie as best they could. You know who you are and we thank you from the bottom of our hearts.

## Tara Institute news



February 2017

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

## Members' Tara Puja

Sunday February 26th at 10am

## Behind Our Anxiety, the Fear of Being Unneeded

The Dalai Lama and Arthur C. Brooks, The New York Times, November 4, 2016.

<http://www.nytimes.com/2016/11/04/opinion/dalai-lama-behind-our-anxiety-the-fear-of-being-unneeded.html?smid=tw-share&r=0>

In many ways, there has never been a better time to be alive. Violence plagues some corners of the world, and too many still live under the grip of tyrannical regimes. And although all the world's major faiths teach love, compassion and tolerance, unthinkable violence is being perpetrated in the name of religion.

And yet, fewer among us are poor, fewer are hungry, fewer children are dying, and more men and women can read than ever before. In many countries, recognition of women's and minority rights is now the norm. There is still much work to do, of course, but there is hope and there is progress.

How strange, then, to see such anger and great discontent in some of the world's richest nations. In the United States, Britain and across the European Continent, people are convulsed with political frustration and anxiety about the future. Refugees and migrants clamor for the chance to live in these safe, prosperous countries, but those who already live in those promised lands report great uneasiness about their own futures that seems to border on hopelessness.

Why?

A small hint comes from interesting research about how people thrive. In one shocking experiment, researchers found that senior citizens who didn't feel useful to others were nearly three times as likely to die prematurely as those who did feel useful. This speaks to a broader human truth: We all need to be needed.

Being "needed" does not entail selfish pride or unhealthy

attachment to the worldly esteem of others. Rather, it consists of a natural human hunger to serve our fellow men and women. As the 13th-century Buddhist sages taught, "If one lights a fire for others, it will also brighten one's own way."

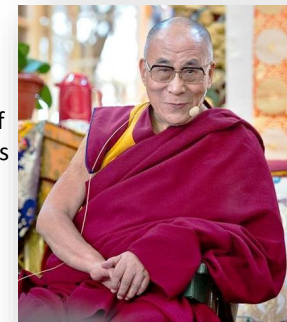
Virtually all the world's major religions teach that diligent work in the service of others is our highest nature and thus lies at the center of a happy life. Scientific surveys and studies confirm shared tenets of our faiths. Americans who prioritize doing good for others are almost twice as likely to say they are very happy about their lives. In

Germany, people who seek to serve society are five times likelier to say they are very happy than those who do not view service as important. Selflessness and joy are intertwined. The more we are one with the rest of humanity, the better we feel.

This helps explain why pain and indignation are sweeping through prosperous countries. The problem is not a lack of material riches. It is the growing number of people who feel they are no longer useful, no longer needed, no longer one with their societies.

In America today, compared with 50 years ago, three times as many working-age men are completely outside the work force. This pattern is occurring throughout the developed world — and the consequences are not merely economic. Feeling superfluous is a blow to the human spirit. It leads to social isolation and emotional pain, and creates the conditions for negative emotions to take root.

What can we do to help? The first answer is not systematic. It is personal. Everyone has something valuable to share. We should start each day by consciously asking ourselves, "What can I do today to appreciate the gifts that others offer me?" We need to make sure that global brotherhood and oneness with others are

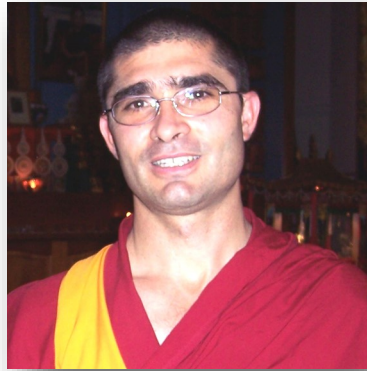


You are welcome to contact the Tara Institute newsletter editors Allys Andrews and Sandra Kinread at [allys.andrews@gmail.com](mailto:allys.andrews@gmail.com) for issues relating to the newsletter.



**MONDAYS ~ 8pm**  
6, 13, 20 & 27 February

## Introduction to Buddhist Meditation



with Venerable Michael Yeshe

### Maintaining Compassion

As we embark on a new year with a new set of challenges, we can take a few moments from our busy lives to reflect on the plight of other fellow living beings, who are suffering to a much greater extent. This reflection can help us to put our own situation and challenges into perspective. As a means to cultivate compassion, the great master Langri Tangpa had composed a very concise and potent text known as *The Eight Verses of Training the Mind*. We will explore these eight verses, based on a commentary by the Dalai Lama. The evening begins with a silent meditation, followed by a brief presentation and discussion, ending with a few minutes of meditation.

*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 of \$5 is suggested (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 ~ 8pm**  
14, 21 & 28 February

## STUDY GROUP



Geshe Doga continues teachings on the text called 'The Entrance for the Children of the Conquerors', a commentary on the 'Introduction to the Actions of Bodhisattvas' by Gyaltsab Rinpoche, translated by Venerable Fedor Stracke. It contains the root text of Shantideva's Bodhicaryavatara (A Guide to the Bodhisattva's Way of Life).

Study Group provides the opportunity to study the Buddhist philosophy in depth. Study of this text may continue for some years.

The ongoing course runs in ten week cycles throughout the year that comprise eight weeks of lectures, a week of structured discussion and a written test.

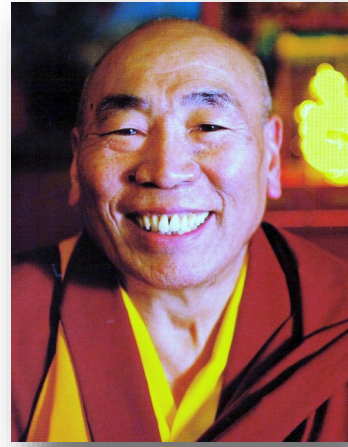
Homework is given each teaching week and is self-assessed.

Help is always available for new people.

There is no fee for these evenings. If you have any questions please contact Amelia on 9596 7410 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).

**WEDNESDAYS ~ 8pm**  
8, 15 & 22 February

## An Evening with Geshe Doga



**The most precious possession one can ever have is a genuine sense of love and compassion. Any person endowed with a true sense of love and compassion is liked by everyone, and they will be welcomed wherever they go. When you can see that in others, then it must also be true for yourself. If you wish to be liked by others, then genuinely love them and be compassionate and help them when you can. If you are unable to render help, you can at least make a commitment not to harm others, which is also appreciated. The person who does not intentionally harm others is generally appreciated and trusted.**

*Teaching on February 12, 2013*

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 9596 7410 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).



## Members' Tara Puja

**Sunday 26th February at 10am**

Geshe Doga warmly invites you to join him for the special Members' Tara Puja where prayers will be offered for the long life, health and prosperity of Tara Institute's Members, their families & friends.

Tara is the female Buddha of enlightened activity. The Tara Puja includes offerings and requests to help us overcome the many inner and outer obstacles in our lives and to achieve successful Dharma wisdom in our minds. You are welcome to bring offerings of flowers, food and incense.

**Everyone is very welcome to join us and lunch will be offered after the puja.**

Please contact Amelia on 9596 7410 or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) for more information.

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

Saturday 4	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Monday 6	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Friday 10	Tibetan 15	Full Moon	Precepts
Tuesday 21	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Sunday 26	Tibetan 30	Solar Eclipse	Precepts

### Week 1

MONDAY 30 January 2017  
8pm—Intro to Buddhist Meditation  
WEDNESDAY 1 February  
8pm—Meditation  
SATURDAY 4  
6pm—Tara Puja

### Week 2

MONDAY 6  
6pm—Guru Puja  
8pm—Intro to Buddhist Meditation  
WEDNESDAY 8  
12.30pm—Healing Group  
8pm—An Evening with Geshe Doga

### Week 3

MONDAY 13  
8pm—Intro to Buddhist Meditation  
TUESDAY 14  
7.45pm—Study Group  
WEDNESDAY 15  
12.30pm—Healing Group  
8pm—An Evening with Geshe Doga  
THURSDAY 16  
8pm—Youth Discussion Group

### Week 4

MONDAY 20  
8pm—Intro to Buddhist Meditation  
TUESDAY 21  
6pm—Guru Puja  
7.45pm—Study Group  
WEDNESDAY 22  
12.30pm—Healing Group  
8pm—An Evening with Geshe Doga  
SUNDAY 26  
10.00am—Members' Tara Puja

### Week 5

MONDAY 27  
8pm—Intro to Buddhist Meditation (Tibetan New Year)  
TUESDAY 28  
7.45pm—Study Group  
WEDNESDAY 1 March  
12.30pm—Healing Group  
8pm—An Evening with Geshe Doga  
THURSDAY 2 March  
8pm—Youth Discussion Group

February 2017