



January 2002

VAJRAYANA NEWS

BRINGING TIBETAN BUDDHIST TEACHINGS, NEWS & VIEWS TO SYDNEY

Rinpoche is Leaving

As most of our members and friends will know, Logoan Rinpoche has advised us that, due to commitments at his monastery, Sera Je, in India, he is not able to remain as our teacher this year. Rinpoche, recognised by Trijang Rinpoche at a young age as the reincarnation of the great debater Lharam Geshe Jampa Chopel, has honoured us with his presence, teachings and advice for the last 13 months. Ven Dekyi and Helen Patrin have served as Rinpoche's attendants, and Helen was asked to write some of her reflections on his time here. It seems she speaks from the heart for all of us.

It is with great sadness and joy that I write this article for the newsletter, as Logoan Rinpoche will be leaving VI to return to Sera Je Monastery on February 1. It has been an amazing blessing that Rinpoche agreed to come to teach at VI, and even though he may be leaving, he has left many strong imprints within the mind streams of all the students and all other people and animals he has touched with his heart.

When I was asked to look after Rinpoche I was a little shocked that I had been considered for such an important role, I definitely didn't feel that I was worthy to be in such close contact with a Holy being.

Then I came to realise that this was an incredible opportunity, one that could only help me further along the path, especially if I could survive it.

The first few months seem so funny to me now, but at the time were really quite difficult for me. I was faced with all my fears and insecurities and felt completely vulnerable. My karma was ripening at such a great speed that there were times I thought I must be going completely mad. I heard somewhere that if you get too close to the Guru you will get burnt. Well I was definitely feeling the heat and smouldering, as my negative karmic seeds were ripening.

Sometimes I would take the tray of food to Rinpoche's room, leave it outside, and run like crazy down those stairs. Rinpoche would try to come out to talk to me, but I was usually a bit quicker than him. Why was I running? Was I really running from him, or was I running from myself?

Rinpoche was, and still is, the perfect mirror for me. He reflects back to me everything that runs around in my untamed mind. I wasn't running from him because I was scared of him. On the contrary, all of Rinpoche's actions - through his body, speech and mind - are completely flawless.

Over the last seven and a half months I have watched and observed very closely, and in my mind I am convinced that Rinpoche



is the perfect virtuous Mahayana friend, with all the extraordinary qualities of a Holy being. Rinpoche has perfect speech, perfect equanimity, perfect compassion and perfect wisdom.

Rinpoche has shown so much care and compassion when dealing with everyone he has encountered, through his skilful means, always doing actions that would please us, by knowing exactly what each person needed at that particular time.

Rinpoche has a great sense of humour and has shared so many wonderful stories, like the funny story about a cat that used to steal eggs from an older monk at the monastery. The cat would get into the monk's room and very carefully pick up an egg in its mouth, run out of the room and then carefully crack open the egg and drink the contents.

There is another story of a dog in Rinpoche's home town, Kalimpong, which would scratch at people's pockets to get money, and go to a shop to buy his favourite biscuits. Not being trained to do these acts, these animals must have been human in their last lives. Even in telling stories Rinpoche was teaching us the Dharma.

Rinpoche, all of your actions have been a teaching and I thank you for allowing me the opportunity to be able to look after you, or really for your looking after me.

These past months have probably been the most intense time of my life and at the same time the most enjoyable. VI has been very fortunate indeed to have such a qualified teacher for 12 months. I pray that we have the karma to meet again quickly and to have the incredibly profound teachings, with so much clarity, that were a pleasure to listen to.

I pray that Rinpoche has a very long life, free of all obstacles. May all of your aspirations be realised spontaneously and may you continue to keep guiding all sentient beings out of the clutches of cyclic existence.

The months have passed by very quickly and it is all but a dream, the teachings are resonating very deeply, and the truth of impermanence seems to be hitting me directly in my heart.

Goodbye, Rinpoche, with great respect.
Helen Patrin

★ THIS MONTH ★

Puja dedicated to Logoan Rinpoche's Long Life
& Lunch with Rinpoche
Monday 28, 10am

Drawing the Buddha:
Art Workshop
The Buddhist Library
Saturday 12, 10am - 4pm



Dharma
for Modern Life
with Renate Ogilvie
Thursdays January 31 &
February



After the Basics,
What Next?
with Ven Dekyi
Wednesdays 16, 23, 30



Chasing Buddha Tour

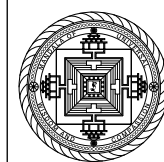
Ven Robina Courtin returns to Sydney in March.

PUBLIC TALK

March 1, 7.30pm
Holme Building, University of Sydney
Bookings: Ticketek, 02 9266 4800 from
January 7.

WEEKEND COURSE

Saturday 2 & Sunday 3 March,
10am - 4.30pm
The Buddhist Library,
90 Church St, Camperdown
Bookings: 02 9550 2066 from January 8.
Please book early, as places will fill quickly.



Vajrayana Institute is a branch of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a network of Buddhist Centres in Australia and around the world.

Compassion as the Pillar of World Peace

by H.H. the Fourteenth Dalai Lama

According to Buddhist psychology, most of our troubles are due to our passionate desire for and attachment to things that we misapprehend as enduring entities. The pursuit of the objects of our desire and attachment involves the use of aggression and competitiveness as supposedly efficacious instruments. These mental processes easily translate into actions, breeding belligerence as an obvious effect. Such processes have been going on in the human mind since time immemorial, but their execution has become more effective under modern conditions. What can we do to control and regulate these 'poisons' - delusion, greed, and aggression? For it is these poisons that are behind almost every trouble in the world.

As one brought up in the Mahayana Buddhist tradition, I feel that love and compassion are the moral fabric of world peace. Let me first define what I mean by compassion. When you have pity or compassion for a very poor person, you are showing sympathy because he or she is poor; your compassion is based on altruistic considerations. On the other hand, love towards your wife, your husband, your children, or a close friend is usually based on attachment. When your attachment changes, your kindness also changes; it may disappear. This is not true love. Real love is not based on attachment, but on altruism. In this case your compassion will remain as a humane response to suffering as long as beings continue to suffer.

This type of compassion is what we must strive to cultivate in ourselves, and we must develop it from a limited amount to the limitless. Undiscriminating, spontaneous, and unlimited compassion for all sentient beings is obviously not the usual love that one has for friends or family, which is alloyed with ignorance, desire, and attachment. The kind of love we should advocate is this wider love that you can have even for someone who has done harm to you: your enemy.

The rationale for compassion is that every one of us wants to avoid suffering and gain happiness. This, in turn, is based on the valid feeling of 'I', which determines the universal desire for happiness. Indeed, all beings are born with similar desires and should have an equal right to fulfil them. If I compare myself with others, who are countless, I feel that others are more important because I am just one person whereas others are many. Further, the Tibetan Buddhist tradition teaches us to view all sentient beings as our dear mothers and to show our gratitude by loving them all. For, according to Buddhist theory, we are

born and reborn countless numbers of times, and it is conceivable that each being has been our parent at one time or another. In this way all beings in the universe share a family relationship.

Whether one believes in religion or not, there is no one who does not appreciate love and compassion. Right from the moment of our birth, we are under the care and kindness of our parents; later in life, when facing the sufferings of disease and old age, we are again dependent on the kindness of others. If at the beginning and end of our lives we depend upon others' kindness, why then in the middle should we not act kindly towards others?

The development of a kind heart (a feeling of closeness for all human beings) does not involve the religiosity we normally associate with conventional religious practice. It is not only for people who believe in religion, but is for everyone regardless of race, religion, or political affiliation. It is for anyone who considers himself or herself, above all, a member of the human family and who sees things from this larger and longer perspective. This is a powerful feeling that we should develop and apply; instead, we often neglect it, particularly in our prime years when we experience a false sense of security.

When we take into account a longer perspective, the fact that all wish to gain happiness and avoid suffering, and keep in mind our relative unimportance in relation to countless others, we can conclude that it is worthwhile to share our possessions with others. When you train in this sort of outlook, a true sense of compassion - a true sense of love and respect for others - becomes possible. Individual happiness ceases to be a conscious self-seeking effort; it becomes an automatic and far superior by-product of the whole process of loving and serving others.

Another result of spiritual development, most useful in day-to-day life, is that it gives a calmness and presence of mind. Our lives are in constant flux, bringing many difficulties. When faced with a calm and clear mind, problems can be successfully resolved. When, instead, we lose control over our minds through hatred, selfishness, jealousy, and anger, we lose our sense of judgment. Our minds are blinded and at those wild moments anything can happen, including war. Thus, the practice of compassion and wisdom is useful to all, especially to those responsible for running national affairs, in whose hands lie the power and opportunity to create the structure of world peace.

www.fpmt.org/teachings/

Around VI

IMPERMANENCE

After much soul-searching, Darri Adamson has regretfully decided to resign as Assistant Director so that she can fulfil other obligations next year. "I wouldn't be able to do the role justice if I kept on with it. I really want to thank from the bottom of my heart all the people who have helped and supported me in the past year. I have always loved the atmosphere of the centre and I fully intend to remain involved in supporting this feeling of community."

Ivy Wang has resigned as coordinator of facilitators. Thank you so much Ivy, for your gentle presence and for contributing to the running of the centre in such a vital way.

KOPAN MONKS TO VISIT

We are honoured to be hosting a visit to Sydney by five of Geshe Lama Konchog's monks from Kopan, towards the end of January. They will be performing tantric dances at Darling Harbour and at one other venue while in Sydney (details to be advised). If anyone would like to be involved in showing hospitality, taking them out, and so on, please contact the office with your ideas.

DONATION TO LIBRARY

Darri Adamson recently spent three weeks in France, and visited Vajrayogini Institute and Nalanda Monastery. "Both are located in very beautiful locations in the French countryside. Vajrayogini is in an old chateau which belonged to the Toulouse Lautrec family. I was very warmly welcomed by the people there, including Denis Huet, who has been the Director for the last 20 years. While I was there I was offered the opportunity to choose any publications I wanted from the Editions Vajrayogini selection as a donation to our library. I was somewhat constrained by baggage considerations, but we now have copies of several basic texts in French in the library, including *Wisdom Energy*, and *Introduction to Tantra*. I would recommend a visit to VYI to anyone who is going to Europe."

WWW

Don't forget, the newsletter is available, usually a few days before posting, at our website, along with details of upcoming events. Go to www.vajrayana.com.au and follow the links.



january spiritual program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		V	I	C	L	O
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						D
6 VI CLOSED	7 Guided Meditation with Ven Dekyi, 7.30pm.	8 <i>Guru Puja</i> 7.30pm	9 Seven Point Mind Training with Ven Dekyi 10am Everything You Wanted to Know About Buddhism with Ven Dekyi 7.30pm	10 Mani Recitation 7.30pm	11	12 Drawing the Buddha: Buddhist Art Workshop with Dale 10am - 4pm
13 ● <i>New Moon Precepts</i>	14 Guided Meditation with Ven Dekyi, 7.30pm.	15	16 Seven Point Mind Training with Ven Dekyi 10am After the Basics - Dorje Khadro 7.30pm	17 Mani Recitation 7.30pm	18	19 Vajrayogini Self Initiation (must have done retreat) 10am. (<i>Contact Sandy Sharpe on 9439 3540 to confirm.</i>)
20	21 <i>Tara Puja</i> 6.30pm Guided Meditation with Ven Dekyi, 7.30pm.	22	23 Seven Point Mind Training with Ven Dekyi 10am After the Basics - Vajrasattva Practice 7.30pm <i>Guru Puja tsog 8.30pm</i>	24 Mani Recitation 7.30pm	25	26
27	28 ○ <i>Full Moon Precepts</i> Puja dedicated to Logoan Rinpoche's Long Life 10am Guided Meditation with Ven Dekyi, 7.30pm.	29	30 Seven Point Mind Training with Ven Dekyi 10am After the Basics - Mandala Offerings 7.30pm	31 Dharma for Modern Life with Renate Ogilvie, 7.30pm		

SPECIAL EVENTS

Puja for Logoan Rinpoche, and lunch *Monday 28, 10am*

Five days before our precious teacher leaves we will be dedicating a puja to his long life and eating lunch in the garden with him. This will be an opportunity to make offerings to Rinpoche and to thank him for all his teachings and his kindness. Please bring a plate to share for lunch. Offerings of food and flowers for the puja welcome.

Drawing the Buddha: Buddhist Art Workshop

with Dale, Saturday 12, 10am - 4pm

The drawing techniques of Buddhist iconography originate from ancient textual sources. The methods of generating these images of enlightened beings have been handed down by master craftsmen for many generations. As well as being introduced to some of the symbolism, the course participants will learn the basic grid patterns, creating their own image of the Buddha. This workshop offers the opportunity to learn the basics of Buddhist artwork from a gifted visiting artist and experienced teacher.

All are welcome. Drawing experience is not required. Please bring lead pencils, a rubber, ruler and drawing paper.

Dale, a long-term student of Lama Zopa, has studied tangka painting at Sera Je Monastery and run Buddhist art workshops at various FPMT centres.

Buddhist Library, 90 Church St, Camperdown
Cost: \$55 (\$50 Members, \$40 concession). Some

sponsored places available. Bookings essential. For further details please see enclosed flyer.

Everything You Wanted to Know About Buddhism But Were Afraid to Ask

with Ven Dekyi, Wednesday 9, 7.30pm

A question and answer session. Come along with your questions - no question too small or ridiculous! *Cost: by donation*

After the Basics - What Next?

with Ven Dekyi, Wednesdays, 7.30pm

Wednesday 16 - Dorje Khadro Purification.

In this powerful practice, negativities are symbolically thrown into a fire - a great "hands on" practical purification, which also includes recitation of mantras and visualisation.

Wednesday 23 - Vajrasattva Practice. We will go into an explanation of this purification practice and then follow a simple sadhana (written outline of the practice.) This will be followed by a Guru Puja/tsog offering at 8.30pm. Offerings of food and flowers welcome.

Wednesday 30 - Mandala Offering Practice (Part 2). Remember to bring your mandala set and some rice. All welcome.

Cost: \$12/session (Members \$10)

Dharma for Modern Life

with Renate Ogilvie, Thursday 31 & Thursdays in February.

Somehow, when we are in a special and elevated state of mind, the concerns of everyday life just fall away and applying Dharma to modern life seems easy. But it is when our worldly support structures collapse under us, or even when the car breaks down, or the computer crashes, that we most need Dharma. Renate, a psychotherapist

who teaches Dharma at Lama Zopa's request, will discuss how we can take our practice out of its "precious" box and learn to practice in daily, ordinary life. *Cost: by donation.*

WEEKNIGHTS & DAYS

Guided Meditation

with Ven Dekyi, Mondays 7.30pm

Meditation is not something mysterious, nor is it showing us a way to simply "space out". It is, rather, a very practical and simple way to train our minds to become familiar with the positive states that are beneficial for ourselves, and therefore for all those around us. Suitable for new and experienced students.

Cost: by donation.

Seven Point Mind Training

with Ven Dekyi, Wednesdays 9, 16, 23, 30, 10am

We will continue with the study of this training, which shows us how to transform our minds and lives for the benefit of ourselves and all sentient beings without exception.

Cost: by donation.

Mani Recitations for World Peace

Thursdays 10, 17, 24, 7.30pm

For the second year, Lama Zopa Rinpoche has requested that one hundred million manis be recited, and a retreat has been held at Chenrezig Institute, in Queensland, to make a start towards this goal. All mantras recited by people in other places can be counted and forwarded to become part of the final count. Please join us on these evenings in our own "mini" retreat, coming together away from the bustle of the city to do something of great benefit to all suffering beings.



Geshe Lama Konchog Relics

Our Australian FPMT centres, including VI, have had the incredible good fortune to be given relics of Geshe la. They are currently at Chenrezig Institute, and when we receive them we will be following Lama Zopa Rinpoche's instructions on how to display and use them.

Thank you to all who came to the practice for Geshe la and who made donations for the building of his stupa.

Long Life Puja for Lama Zopa Rinpoche

It is very likely that this will be re-scheduled to follow CPMT in 2002, at a date to be advised. Donations and offerings can be made to the puja, through International Office. Please contact the VI office for details.

Merit Box Project

Thanks to all those who have taken boxes so far. Lama Zopa Rinpoche had the following to say about the project: "This practice will benefit the students themselves, making them become wealthy in their future lives. The practice of offering is part of the seven-limb prayer, which, even without a bodhichitta motivation, creates extensive merits. With a bodhichitta motivation, making offerings to the Buddhas definitely and immediately creates the cause to attain enlightenment - no question." The practice that is indicated in the booklet can be performed as often as one likes, although we do encourage participants to perform the practice at least once a week. Please contact

the office if you would like a merit box and booklet.

MANDALA may be late

The December issue of Mandala is out and about, with some exceptions. The FPMT International Office had to be inspected, to make sure they were a bona fide organization, before they were allowed to airmail subscriber copies overseas. This is one more flow-on effect from September 11. The March 2002 issue is well into preparation and should be out by February 1. "So far, we have an interesting and thought-provoking mix of stories for the up-front feature about Buddhism and how it deals with armed conflict." A subscription to MANDALA would make a wonderful holiday season gift for a friend. You can subscribe for yourself and your friends online at www.mandalamagazine.org



Peter Roberts, College Director at Petersham TAFE, presents Rinpoche with a certificate of recognition of his studies in English.

Thank you, Helen

After spending eight months as attendant to Logoan Rinpoche, Helen Patrin is leaving to attend the Kalachakra Initiation being given by His Holiness the Dalai Lama in India this month. Helen originally kindly took on the job of attendant for six weeks, and then extended her time here at the request of the centre. She has worked tirelessly and devotedly for Rinpoche and the centre, and our heartfelt gratitude goes to her for having contributed so significantly to making Rinpoche's teachings and advice to students possible.



Helen is applying to enrol in the FPMT's Lotsawa Rinchen Zangpo Translator's Program in Dharamsala later this year, and we wish her all the best in her studies.

OFFICE HOURS
Tues - Fri 1.30 - 5.30pm
Newsletter deadline is the 7th of the month.

Vajrasattva Mountain Centre

P · R · O · G · R · A · M
For details call Norma Brahatiss on
4782 1931
155 LURLINE ST, KATOOMBA

Kadam Sharawa Centre

P · R · O · G · R · A · M
For details call Jill Grosche on
4324 8860
CENTRAL COAST

THIS NEWSLETTER IS DHARMA MATERIAL - PLEASE TREAT IT WITH RESPECT.

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