

# Tara Institute

## News

July 2026



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or find the link on our website



## Guru Puja to celebrate His Holiness's 91st Birthday

*Sunday 5 July, 10am*

Please join us in celebrating the 91st birthday of His Holiness, the Dalai Lama. Lama Zopa Rinpoche once said: 'It is so important to have His Holiness in this world today. No president or leader of a country, or Buddhist leader, in the world today can compare with His Holiness's incomparable wisdom, compassion and special effect on the world.'

*If you plan to attend, please register your attendance here. (Click on the DONATE link if you would like to donate to puja costs; you can also make monetary, flower or incense offerings to sangha at the puja, or bring food offerings to be blessed and shared as tsog.) Any questions?*

*Please contact the TI Office on 9896 8900, or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) with queries or if you wish to help with setting up beforehand, or cleaning up after the puja.*

## Afternoon Tea to celebrate Ven. Geshe Doga's 91st Birthday

*Sunday 12 July, 2pm*

You are warmly invited to a special afternoon tea in honour of Geshe Doga's 91st birthday. As a community, we gather to celebrate his long life, his immeasurable kindness, and the wisdom he continues to share with us.

*Please RSVP your attendance here to assist with seating and catering, or phone 03 9596 8900. We look forward to welcoming you at this wonderful event!*



## July 2026 Events

- Regular Weekly & Fortnightly Teaching Program – see page 2
- Guru Puja for His Holiness's Birthday – Sunday 5 July, 10am
- Afternoon Tea for Venerable Geshe Doga's Birthday – Sunday 12 July, 2pm
- Special Practice Day: First Turning of the Wheel of Dharma – Saturday 18 July, 6am to 5pm
- One-day Course: The Heart Sutra – Sunday 26 July, 9am to 5pm
- Fortnightly Guru Puja – Thursday 9 and Friday 24 July, 6pm
- Monthly Tara Puja – Wednesday 22 July, 6pm
- **NEW:** Discussion Group – Sunday 12 July, 10am to 12 noon, Kuan Yin Gompa
- Dharma Club – Sunday 19 July, 10.15am
- Tibetan Art Workshops – Thursday 2, 9, 16 & 23; 12 noon to 3.30pm

To register for all TI events, please use our new [humanitix events online booking system](https://events.humanitix.com/host/tara-institute-of-tibetan-buddhism) (https://events.humanitix.com/host/tara-institute-of-tibetan-buddhism) - just click on the event link or phone the Tara Institute Office on 9596 8900 for assistance.

**MONDAYS ~ 8pm**  
6, 13, 20 & 27 July  
**Introduction to  
Buddhist Meditation**



with **Ashvini Shekhar**

*Happiness and suffering come from your own mind, not from outside. Your own mind is the cause of happiness; your own mind is the cause of suffering. To obtain happiness and pacify suffering, you have to work within your own mind.*

- Lama Zopa Rinpoche

We all want to be happy. We spend our whole lives chasing it. So why does it elude us? This month, Ash will draw on Tibetan Buddhist wisdom and the teachings of His Holiness, the Dalai Lama, to help us explore the difference between fleeting pleasure and lasting contentment, understand how our own minds actually work, and learn to recognise the mental states that harm us and the ones that bring us peace – with some simple meditation along the way.

*These informal sessions include guided meditations, a talk and discussion. A facility fee of \$5 or \$10 (for those who can contribute more) assists with the running of the Centre. All welcome, no need to book.*

**TUESDAYS ~ 7.45pm**  
7, 14, 21 & 28 July  
**Study Group**



**Essential Dharma Practice**  
with  
**Venerable Geshe Doga**

'Although love and compassion may involve a certain emotional discomfort, what they actually do is open the heart and motivate us to act for the benefit of others. If we have the ability to help, we naturally engage in actions that relieve suffering and provide happiness. Even when we do not have the ability to directly help, the very presence of these qualities in the mind is still deeply meaningful. It is also important to understand that cultivating love and compassion is not only for the benefit of others. It is also a powerful cause of our own peace and happiness. The benefits are visible even in this present life, and they are also said to extend into our future lives.'

- Venerable Geshe Doga, 5 May 2026

*Sessions begin promptly at 7.45pm. Please email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) with any queries about attending Study Group or about the Spiritual Program in general.*

**WEDNESDAYS ~ 8pm**  
1, 8, 15, 22 & 29 July  
**Guide to the  
Bodhisattva's Way of Life**



with **Venerable  
Geshe Lobsang Dorjee**

Geshe Lobsang continues teaching from the classic Buddhist text, *Guide to the Bodhisattva's Way of Life* by Shantideva.

'Chapter 6 of the text we are studying ... is primarily concerned with how to overcome anger, jealousy, and so forth, because these mental afflictions are the source of the suffering we experience.

'We can counteract or remedy anger using different antidotes. It's important to know about the different antidotes because, if we had to rely on just one, we'd find it difficult to counteract anger. This is because the anger within us is intense, habitual and very strong. So, knowing how to overcome anger through applying different means or remedies is beneficial.'

- Ven. Geshe Lobsang, 5 February 2026

*If you have any queries about the program, please phone 03 9596 8900 or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)*

**Morning Meditations**

**WEDNESDAYS ~ 11am: 1, 8, 15, 22 & 29 July**  
with **Alys Andrews & Jeremy Cohen**

These half-hour sessions are suitable for those new to meditation and for those who have more experience. People may attend the whole 12-week program or drop in for single sessions. The atmosphere is open and relaxed.

Please come a little before 11am to settle and find a comfortable seat. (*Donations of \$5-\$10 are appreciated to contribute to the running of the Centre and its programs.*)

**Healing Group**

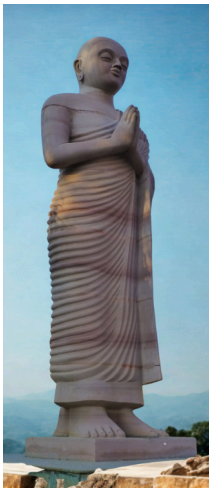
**THURSDAYS (fortnightly) ~ 11am: 9 & 23 July**  
with **Kathi Melnic, William Liew & Kerry Whitlock**

Life's challenges can exert a toll on our physical and mental well-being, often contributing, over time, to chronic or other serious illness. Healing begins with the mind. It's not a quick fix but an evolving process of awareness, compassion and integration. Our program, which draws on a range of healing traditions and the practice of meditation, is accessible to all. (*Donations of \$5-\$10 are appreciated to contribute to the running of the Centre and its programs.*)

**Auspicious Days in July**

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

Monday 6	Tibetan 21	His Holiness's Birthday	
Thursday 9	Tibetan 24	Guru Puja	Tsog
Tuesday 14	Tibetan 30	New Moon	Precepts
Saturday 18	Tibetan 4	Chokhur Duchon	Precepts
Wednesday 22	Tibetan 8	Tara Puja	Precepts
Friday 24	Tibetan 10	Guru Puja	Tsog
Wednesday 29	Tibetan 15	Full Moon	Precepts



**One-Day Course:  
Teaching on the Heart Sutra**  
*with Geshe Lobsang Dorjee*  
*Sunday 26 July, 9am to 5pm*

*‘Form is emptiness, emptiness is form. Emptiness does not differ from form and form does not differ from emptiness...’*

These famous lines are from the Heart of the Perfection of Wisdom Sutra (the Heart Sutra), perhaps the most widely known sutra of the Mahayana tradition and often recited daily by practitioners all over the world, particularly before receiving Dharma teachings.

Part of the Prajnaparamita Sutras, the Heart Sutra is a condensed presentation of the wisdom of emptiness as revealed by Avalokiteshvara (or Chenrezig, in Tibetan) on Vulture’s Peak in Rajgir, India, to Shariputra – one of the Buddha’s main disciples – through the power of the Buddha.

Geshe Lobsang’s commentary will enable us to gain a deeper insight into the meaning of this essential text.

**Cost (includes lunch): \$80 Members; non-Members \$95; student/pensioner concession \$40. To register or find out more, [please click here](#), or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) if you have any queries.**

**Special Practice Day for  
Chokhur Duchen**  
*Saturday 18 July, 6am to 5pm*

Join us for a full day of precepts, meditation, prayers and prostrations. As this is a merit-multiplying day – marking Buddha’s First Turning of the Wheel of Dharma after his enlightenment – we have an opportunity to accumulate merit and purify negativities more powerfully than on other days. Participants are encouraged to come and take the Eight Mahayana Precepts at 6am; however, precepts are not compulsory for attending any session. Please join us on this meaningful day to create powerful causes for global peace, and our own inner compassion and wisdom.



**Cost: \$20 with lunch; \$10 for those not having lunch (covers facilities fee, tea/coffee & biscuits). All welcome! [Please register here](#) (if you wish to make a donation on this auspicious day can do so while registering online).**

**Sunday Discussion Group**  
*Aryadeva’s Four Hundred Stanzas*  
*Sunday 12 July, 10am to 12 noon*

Tara Institute is holding a Sunday morning discussion group in the Kuan Yin gumpa, with the aim of fostering an environment where we can learn and expand our knowledge and experience of the Buddhadharma through this weekly forum. The discussion topic will be Aryadeva’s *Four Hundred Stanzas*, based on teachings by Venerable Geshe Doga from 2006 to 2008. These discussion sessions are a great opportunity to get together to listen, discuss, debate and clarify topics that we may encounter in the process of studying and meditating.

**You can [access the archived teaching transcripts on the Four Hundred here](#). For more information, please email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)**

**Tibetan Art Drawing Workshop**  
*with Venerable Lobsang Konchok*  
*Thursday 2, 9, 16 & 23 July; 12 noon to 3.30pm*

In these July, workshops participants will be guided through traditional techniques for drawing lotus flowers and other floral motifs used in Tibetan thangka painting. Ven. Lobsang Konchok, a qualified Tibetan artist and thangka painter, will guide you step-by-step through the methods and classical sacred proportions of this ancient art form. By the end of the 4 weeks, you will take home your own flower ink print on a beautiful Tibetan scroll.

**Cost: \$220 including all materials. [To find out more or to book, click here](#)**

**Week 1**

**WEDNESDAY 1**

11am - Morning Meditation  
8pm - Bodhisattva’s Way of Life

**Week 2**

**SUNDAY 5**

10am - His Holiness’ Birthday

**MONDAY 6**

8pm - Intro to Buddhist Meditation

**TUESDAY 7**

7.45pm - Study Group

**WEDNESDAY 8**

11am - Morning Meditation

8pm - Bodhisattva’s Way of Life

**THURSDAY 9**

11am - Healing Group

6pm - Guru Puja

**FRIDAY 10**

7pm - Golden Light Sutra

**Week 3**

**SUNDAY 12**

10am - Discussion Group

2pm - Geshe Doga’s Birthday

**MONDAY 13**

8pm - Intro to Buddhist Meditation

**TUESDAY 14**

7.45pm - Study Group

**WEDNESDAY 15**

11am - Morning Meditation

8pm - Bodhisattva’s Way of Life

**THURSDAY 16**

11am - Healing Group

**FRIDAY 17**

7pm - Golden Light Sutra

**SATURDAY 18**

6am to 5pm - **Special Practice (Merit-multiplying) Day**

**Week 4**

**SUNDAY 19**

10.30am - Dharma Club

**MONDAY 20**

8pm - Intro to Buddhist Meditation

**TUESDAY 21**

5pm - **Online Event: 21 Taras Invocation**

7.45pm - Study Group

**WEDNESDAY 22**

11am - Morning Meditation

8pm - Bodhisattva’s Way of Life

6pm - Tara Puja

**THURSDAY 23**

11am - Healing Group

7pm - Golden Light Sutra

**FRIDAY 24**

6pm - Guru Puja

**Week 5**

**SUNDAY 26**

9am to 5pm - Heart Sutra:

**One-day Course**

**MONDAY 27**

8pm - Intro to Buddhist Meditation

**TUESDAY 28**

7.45pm - Study Group

**WEDNESDAY 29**

11am - Morning Meditation

8pm - Bodhisattva’s Way of Life

**FRIDAY 31**

7pm - Golden Light Sutra

# The Importance of Practising Dharma

(An excerpt from the talk given by **Venerable Geshe Doga** on the occasion of his 90<sup>th</sup> birthday event last year.)

'The most important thing in life is the study and practice of Dharma. At the end of our lives, we leave everything else behind – our possessions, our achievements, and our status. The only thing that continues is the continuum of the mind.

For this reason, every effort we make in practising virtue, studying Dharma, and transforming the mind leaves a positive imprint that remains with us. If we cultivate virtue and avoid non-virtuous actions, we create the causes for future happiness and favourable rebirth. Therefore, it is important to maintain a consistent meditation practice.

The real source of chaos and difficulty in our lives is not external circumstances but our own disturbing emotions – anger, jealousy, attachment, and other destructive mental states. Through meditation, we learn to recognise these states and gradually reduce their power.

Too often, when things go wrong, we blame external people or circumstances. However, the principal causes of our suffering lie within our own minds. Unless we address those causes directly, we cannot find a lasting solution.

Continue your meditation practice. Be patient. Cultivate love and compassion. Build harmonious relationships.

And remember that every being, just like ourselves, wishes to find happiness and avoid suffering.

Thank you, everyone.'

## Dharma Club

**Sunday 19 July, 10.30am to 12 noon**



The aim of Dharma Club is to empower children to develop skills to help them calm their mind, as well as qualities such as kindness, love and compassion. In June, the younger children played with simple and fun activities on patience – showing them how quickly anger can arise and how to soften it by pausing mindfully, allowing patience to create space to respond calmly rather than impulsively. You can find out more about Dharma Club [here](#), or phone the TI Office on 03 9596 8900.

## Golden Light Sutra Recitations

**Friday evenings, 7pm**

Join us on Friday evenings to recite this powerful sutra for world peace and the long life of our gurus and teachers. To find out more, email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) You can also join the group commitment to ongoing daily sutra recitation at home: email the coordinator at [glis@tarainstitute.org.au](mailto:glis@tarainstitute.org.au)

## Thank-you Pam

A special thanks to the outgoing manager of the TI Bookshop, Pam Hansen, for transforming the Bookshop (now the TI Shop) over the past decade into what has become a delightful space to browse for Dharma books, incense, malas, scarves and shawls, jewellery, singing bowls, cards, and other items.

Centre Director, Kerry Whitlock said: 'Pam has been one of the quiet achievers at our Centre. Her service and support over many years have been deeply valued, and her thoughtful, kind, objective approach and perspective are qualities I have always greatly respected.'

'Pam has organised and coordinated a wonderful group of volunteers who have faithfully opened and managed the Bookshop during the week, during breaks in teachings, after teachings, and on weekends.'

'Pam herself has worked in the bookshop every Wednesday for some years. Her dedication, reliability, and steady presence have contributed enormously to the life and spirit of our Centre.'

'She leaves with our sincere gratitude and very best wishes for the future.'

One of the shop volunteers added: 'Pam has completely reimagined the space – rearranging furniture, purchasing new display stands, and expanding the products on offer to create a welcoming environment for the community to browse and shop.'

'Always approachable, she has gone out of her way to be appreciative and kind towards volunteers and customers alike, treating everyone with courtesy and respect. We will miss you, Pam.'



## Welcoming pots of colour



You may have noticed the two large colourful pots of flowers adorning the front steps of Tara Institute. This cheerful array of plants is sustained through all weather by Brian, a Centre volunteer who regularly attends the weekly Wednesday morning meditations and also enjoys keeping an eye on the flowers and watering them regularly. Thank you Brian for your time and care in helping to brighten up the Centre's entrance.

## Acknowledgement of Country

Tara Institute acknowledges the sovereign *Bunurong/Boonwurrung* people of the Kulin Nation as the Traditional Owners of the land on which our Centre stands.