



White Tara Empowerment

On Sunday August 7th Geshe Doga bestowed a White Tara long life empowerment. Over 120 people attended, it was a lovely opportunity to meet up with many dharma friends.

Geshe'la gave a teaching on the preciousness of dharma before bestowing the long life blessing. A long life blessing would not be complete without the long life pills and nectar. The ritual offerings (tormas) were made by Geshe Jangchob's and Geshe Lobsang and they looked beautiful. It was a lovely time had by all.

Tara Institute is named after the female Buddha, Tara, who represents the enlightened and liberating activities of all the Buddhas.

FPMT Founders, Lama Yeshe and Lama Zopa, explain the special significance of Mother Tara -

from Lama Zopa -

The best way to become close to Tara is to develop the mind of bodhichitta. The more we practice bodhichitta and cherish others over ourselves, the closer we will be to Tara, and the easier it will be for her to offer us help.

The Praises to the Twenty-One Taras begins, "I prostrate to the noble transcendent liberator." This means that Tara is completely liberated from the whole of samsara and the cause of samsara, as she has completed the both the method and wisdom sides of the practice. By overcoming the two obscurations, gross and subtle, she is also free of lower nirvana. Thus she is fully enlightened.

She is called Tara the Liberator, the mother who liberates, because she liberates us, leading us to enlightenment.

from Lama Yeshe -

For those who want to receive the blessing of White Tara and also those who have life obstacles, one of the methods is taking a White Tara long-life initiation.....By practicing White Tara, you are also able to increase wisdom. Gyalwa Gendun Drubpa, the first incarnation of His Holiness the Dalai Lama, who founded Tashi Lhunpo monastery, now the Panchen Lama's monastery, achieved wisdom through White Tara.

MONDAYS ~ 8pm

5, 12, 19 & 26 September

Introduction to Buddhist Meditation



with Alan Molloy

Rebirth and Death

*Understanding the Buddhist
approach to impermanence and
reincarnation*

In Buddhism we are not afraid to talk about death, impermanence and reincarnation. In fact, by discussing these things we become happier, more resilient and adaptable to the changes that occur in everyday life. Impermanence is liberating. By understanding how inevitably things change, we become free of clinging to the current situation. Therefore, we suffer less when circumstances change unexpectedly. Instead of feeling grief and sadness this situation can be an opportunity for making life more meaningful.

Sessions will run for one hour and include guided meditations, a talk, and time for questions.

While our teachers kindly volunteer their time for these teachings and do not take any payment, there is a suggested facility fee of \$5. This fee goes towards the general running of our centre.

Everyone is welcome and there is no need to book. For any inquiries about these teachings please contact spc@tarainstitute.org.au or call 9596 8900.

TUESDAYS ~ 7:45pm

6, 13, 20 & 27 September

Study Group



Middle Length Lamrim

by Lama Tsong Khapa

with Venerable Geshe Doga

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-la 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.



WEDNESDAYS ~ 8pm

7, 14, 21 & 28 September

Guide to the Bodhisattva's Way of Life



with Geshe Lobsang Dorje

Venerable Geshe Lobsang will teach on Shantideva's text The Guide to the Bodhisattva's Way of Life.

"Shantideva's work is required reading for an understanding of Tibetan Buddhism, and the clarity and crispness of this new translation make it an accessible way into the world."--Publishers Weekly

"If I have any understanding of compassion and the practice of the bodhisattva path, it is entirely on the basis of this text that I possess it."--H. H. the Dalai Lama

These teachings will occur every Wednesday and students are welcome to attend when they are available. There is no need to register prior to the teaching, simply come along.

You are most welcome to stay afterwards for a cup of tea and a chat with Geshe Lobsang in the dining room.

For any inquiries about these teachings please contact spc@tarainstitute.org.au or call 9596 8900.

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

Sunday 4

Monday 5

Saturday 10

Tuesday 20

Sunday 25

Tibetan 8

Tibetan 10

Tibetan 15

Tibetan 25

Tibetan 30

Tara Day

Tsog Day

Full Moon

Tsog Day

New Moon

Tara Puja

Guru Puja

Precepts

Guru Puja

Precepts

Introduction to Buddhist Refuge Practice

One Day Course with Geshe Lobsang Dorje

Sunday 25 September 9am to 5pm

There are three objects of refuge which will be presented on the basis of both authentic scriptural sources and reasonings. You will find out how the refuge practice brings benefits in this life. Logically establishing the existence of life after life, you will find how the refuge practice will secure good future rebirth, liberation, and enlightenment in the long run.

There are no pre-requisites to attend this course, it is suitable for everybody.

The course comprises teachings from Geshe Lobsang, meditations and group discussion.

A vegetarian lunch and morning and afternoon teas are included.

Please book early by contacting the office (admin@tarainstitute.org.au / 9596 8900)

Early Bird discount if booking by 17 September \$45 members / \$55 General Public.

After 17 September \$55 members / \$65 General Public.

Pujas at Tara Institute

A puja is a ritualistic celebration of offerings and prayers, an essential part of which is making a spiritual connection with one's inner essence. The word puja means "to please" and has the connotation to please through offerings and practice.

A puja practice can be performed alone or, as at the Centre, in a group. (Please check calendar for dates.)

The practice involves recitations, prayers and meditation and always results in the generation of good energy. With good motivation, pujas will bring about positive transformations in the mind and can definitely help to overcome problems and hardships.

Everyone is very welcome to come to any of the pujas and there is no need to notify anyone of your intention to attend.

Tara Pujas —

Devotion to the Mother of the Buddhas

Tara Pujas can be daily events, but certainly should be enthusiastically celebrated on the 8th day of the lunar month — and the full moon of the month as well. Merit is increased on these days. Why merit? The main obstacle to our realizations in Buddhist practice is a lack of merit, and our obscurations created by negative karma. Both of these can be overcome by generating positive merit and engaging in purifying practices. And nothing is more purifying than Tara's puja. By offering Her the entire mandala of the universe on Her sacred day, you certainly create considering and overwhelming positive merit.

Guru Pujas

Speaking on the importance of Guru Puja, also known as Lama Chöpa, Lama Zopa Rinpoche recounted the words of the great enlightened being Pabongka Dechen Nyingpo: "If you are able to do the practice of Guru Puja in your daily life, it contains all the important points of sutra and tantra. It is a complete practice, and it shows the palm [which means the heart] of the instruction of the ear-lineage of Ganden [the Lama Tsongkhapa tradition]." Rinpoche added, "Pabongka Dechen Nyingpo usually emphasizes that even if one can't do much else in daily life, Guru Puja is the essential practice. ... This practice of Guru Puja is very profound, with many extra benefits, and is very quick to bring enlightenment. The lamrim prayer in Guru Puja contains all the profound, vital points of the complete path of sutra and tantra".

Rooms for rent at Tara Institute

Have you ever considered living at a Dharma Centre? It's great way to immerse yourself in the teachings and lifestyle in a semi-monastic environment. Applicants are expected to have been attending teachings and have a strong commitment to studying Dharma. We currently have a number of rooms available. If you are interested, contact Paul in the office - admin@tarainstitute.org.au

Week 1

SUNDAY 4

6pm - Tara Puja

MONDAY 5

6pm - Guru Puja

8pm - Intro to Buddhist Meditation

TUESDAY 6

7.45pm - Study Group

WEDNESDAY 7

8pm - Bodhisattva's Way of Life

SATURDAY 10

2pm - Afternoon Tea

Week 2

SUNDAY 11

10.30am - Dharma Club

MONDAY 12

8pm - Intro to Buddhist Meditation

TUESDAY 13

7.45pm - Study Group

WEDNESDAY 14

8pm - Bodhisattva's Way of Life

Week 3

MONDAY 19

8pm - Intro to Buddhist Meditation

TUESDAY 20

6pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 21

8pm - Bodhisattva's Way of Life

Week 4

SUNDAY 25

9am - One Day Course "Introduction to Buddhist Refuge Practice"

MONDAY 26

8pm - Intro to Buddhist Meditation

TUESDAY 27

7.45pm - Study Group

WEDNESDAY 28

8pm - Bodhisattva's Way of Life

AFTERNOON TEA

2pm, Saturday September 10

Please join Geshe Doga and Tara Institute to thank Damien, Amelia, Margie and Mark for their dedication in executive roles over the past years.

Please bring a plate to share.

Our Library



If you're looking for a quiet place to read and reflect or if you're in a hurry to get to class and you are quickly looking for a text, then please come to the library at Tara Institute. We have a wide range of books written by our teachers His Holiness the Dalai Lama, Lama Yeshe, Lama Zopa Rinpoche and our own lama Geshe Doga as well as other Tibetan masters. Our collection is predominately based on Tibetan and Mahayana Buddhism, Tibetan culture and history, we have a small collection of Tibetan language text books and story books.

Our library is open every weekday during office hours and before class on days when there are classes. If you're a member you can borrow books or if you're not a member you can sit and quietly read one of our Dharma books.

If you are looking for an introduction to meditation or a Lam Rim text, you can always find me in the library on a Wednesday afternoons and I can help you choose something suitable.

I am looking to diversify our collection to include books from the suggested educational material from Osel Hita's One Tree Initiative. His Holiness has written a series of texts on Climate change, how to find peace during a time of change and how to live a sustainable ethical life. I will keep you all informed as we move towards this including these texts into our beautiful collection.

Kate Danford-Storey (Librarian)

Dharma Club

Dharma Club creates a space where children can discover their own inner world. We spend so much time engaging with the external world we may not even be aware that there is a source of happiness and Joy within us. Dharma club for children is held once a month at Tara institute. Dharma Club in September will be held on the 11th starting at 10.30. All are welcome.

"if every 8 year old in the world is taught meditation we will eliminate violence from the world in one generation"

- HHDL

Welcome to new Director

Kerry Whitlock

I would like to offer a heartfelt Thank You to everyone that has welcomed me to the role of Centre Director. I would also like to thank Damien for providing me with a handover of the role as advised by Lama Zopa Rinpoche and to everyone that made some time to meet with me and provide feedback. I have been inspired by our community engagement, desire to move forward and it has been exciting to hear everyone's ideas and initiatives.

We are taking a Team Approach and developing processes for each of the teams. For those of you not aware these are the teams Geshe Care, Spiritual Program Coordinator (SPC), Building, Publishing, Bookshop, Library, Sustainability and Garden. We have initiated a review of our expenditure and through this we are developing budgets and cost centres for each of the teams. We are forming a Fundraising team, as there are many projects that require funding. Covid and the two-year lockdown here in Melbourne has affected our centre's income and our beautiful building needs some TLC!

You will notice there will be some new initiatives that enable us to build the Centre's Digital Media presence. To facilitate this, there is a Social Media team who will enhance our community profile on Facebook and Instagram. In addition to this, we will form a multi-media team to coordinate all the fantastic work that is done at Tara Institute.

If anyone is interested or wants to join a team please let us know. We'd love to have you work with us.

I would also like to thank Amelia for her dedicated work as the Spiritual Program Coordinator and whilst we advertise the position we have formed a SPC team as Geshe Doga said, *'as long as we work together everything will be ok.'* We will create a poster to display and put on our website and social media to let everyone know who is who in the SPC team. Finally, I would like to finish with a quote from our precious Lama Zopa Rinpoche.

"Think of the benefit to others brought by Dharma centers. Since starting the centers, how many people have come? How many people have had the seed of omniscience planted in their minds? How many people have been saved from the lower realms by coming to the centers, by understanding Dharma, by understanding refuge?.. Just to think about this should make you feel so happy, should bring you incredible joy. To think that by working at Dharma centers we have been able to help others find a refuge object that is reliable, that does not betray or misguide. Forget about actually practicing lam-rim or training the mind in bodhichitta or tantra; just to meet a reliable refuge object, that alone is unbelievable"

- Quote from FPMT website, 1983

The 21 Taras Thangka

Easy 21 Taras Practice on Tara Day via zoom

Sunday September 4th at 5pm - Click [here](#) to join the webinar

Listen to Kyabje Lama Zopa Rinpoche invoking FEMALE BUDDHA POWER - what the world needs now! - set to beautiful music by Faye Wong. And gaze at a gentle slideshow of images from Peter Iseli's giant 21 Taras Thangka, a gift in 2017 from Rinpoche to Tara Institute. Learn about the context, creation and exhibitions so far, the powers of each of the 21 Taras, and the verses to recite to draw on those powers. Feel the BIG LOVE of Lama Yeshe and Lama Zopa shine on you for 48 minutes.

<https://21tarasthangka.org/>