

# Tara Institute

## News



March 2026

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## We can train our mind now to stay calm in the face of problems and suffering

- Geshe Lobsang Dorjee



*For the sake of training ourselves to handle great suffering or difficulty, we shouldn't wait for that difficult moment to come. We can prepare ourselves now with the small, lesser hardships we face in life, including receiving harm from others. Through training ourselves in this way, we can increase our ability to bear greater hardship or suffering.*

How we reduce suffering or pain on the mental level is by cultivating a more positive way of thinking. Normally, when we face suffering, we often think, 'Why do I have to suffer? I'm the only one going through this,' and make a fuss.

But if we understand that what we're experiencing is not unique to us – that all beings born in this world undergo the suffering of sickness, ageing, death, and so on – then we can recognise that everyone goes through suffering. If we think about others who are going through even greater suffering than we are, we can see that our own suffering is not so bad.

We can also reflect that, despite our unfortunate situation, we still have a roof over our head, access to food, clothing, health care, and support from friends, while many others do not.

Bringing these thoughts to mind can help us mentally reduce the suffering we undergo.

It's also helpful to think there must be a cause for the suffering we're experiencing. These unwanted experiences must arise from causes and conditions. The fact that we are experiencing them shows that the cause has already

been created. If we created the cause, then the result is inevitable. If it didn't happen now, it would happen later – either in this life or in a future life. If it happens now, during a time when we can still do something about it, seek help, or mitigate it, this is better than experiencing the result in a situation where we have no freedom or opportunity to overcome it – such as in a future life with more unfortunate circumstances.

So, if we believe in the law of karma, we can think that it's good that the result is ripening now. Taking it further, we can even wish that, by accepting this suffering, no other being will undergo similar pain. Here, we can incorporate the meditation of giving and taking (*tonglen*) if we're familiar with it.

...The real question is, when a real problem arises, will we be able to put this teaching into practice? We need to be honest with ourselves: at that moment, we may not remember anything we've learned, or it may not make sense to us. Therefore, to be able to practise when the situation arises, we must start now and habituate ourselves with this practice.

*(From a Wednesday evening commentary on Shantideva's Guide to the Bodhisattva's Way of Life, 26 November 2025)*

## March & April Events

- ANNUAL MEMBERS' TARA PUJA – Sunday 1 March, 10am
- Special Practice Day & Precepts – Tuesday 3 March, 6am to 7pm
- ONE-DAY COURSE: Dependent Origination and Karma – Sunday 29 March, 9am to 5pm
- Monday, Tuesday, Wednesday Evening Teachings – see page 2
- Dharma Club – Sunday 15 March, 10.15am
- Morning Meditations – Wednesday 4, 11, 18 & 25 March, 11am
- Healing Group (fortnightly) – Thursday 5 & 19 March, 11am
- Bi-monthly Guru pujas – Friday 13, Saturday 28 March, 6pm
- Monthly Tara puja – Thursday 26 March, 6pm
- EASTER COURSE: Foundation of All Good Qualities – Friday 3 to Sunday 5 April

## MONDAYS ~ 8pm

2, 9, 16, 23 & 30 March

### Introduction to Buddhist Meditation



with Jeremy Cohen

**His Holiness the Dalai Lama often says the afflictive emotions that disturb our mind and take away our peace arise due to our misunderstanding of the way things actually exist.**

For example, we may mistakenly project negative qualities onto someone who, in fact, doesn't have those negative qualities; they're merely something invented by our mind.

As His Holiness says, when we're aware of this, we can see that an afflictive emotion such as anger is quite fragile because it's based on a wrong concept. So, if we remove that mistaken concept, the afflictive emotion behind it will also cease.

These persistent afflictive emotions, which seem deeply rooted in our psyche, are in fact quite weak and can be extinguished by the correct understanding of how things exist.

*During these Monday nights, you will learn meditation techniques to help you understand your mind, in order to achieve a calmer and happier life.*

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

## TUESDAYS ~ 7.45pm

3, 10, 17, 24 & 31 March

### Study Group



Middle-Length Lam Rim  
with Ven. Geshe Doga

**'The meaning of the title jang-chub lamrim (Stages of the Path to Enlightenment) shows that the Lord Buddha reached the state of enlightenment (jang-chub) by following the stages of the path, making progress step-by-step, in a systematic and correct order.'**

'By eliminating all the defilements and accomplishing all the excellences, he became an awakened being or a buddha.'

'It's important that we really think about the meaning of the words *jang-chub lamrim*, as they provide a good introduction to what our Dharma practice – studying this lamrim and engaging in meditation – is all about.'

- Geshe Doga, February 2020

*In recent years, Geshe-la has interspersed this commentary on Lama Tsongkhapa's text with practical advice on how to bring more happiness and peace into our lives and practice. The sessions include prayers, tonglen meditation and an informal cuppa afterwards. It's an opportunity to study Buddhism in-depth in a supportive, friendly environment. Sessions begin promptly at 7.45pm. Please email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) if you have any queries.*

## WEDNESDAYS ~ 8pm

4, 11, 18 & 25 March

### Guide to the Bodhisattva's Way of Life with Ven. Geshe Lobsang



**Geshe Lobsang Dorjee will continue his teachings on Chapter 6: Patience, from Shantideva's text, Guide to the Bodhisattva's Way of Life.**

'We can talk about patience in terms of accepting harm caused by others - for example, when people have ill thoughts or harmful intentions toward us, patience allows us to endure it. There is also patience in accepting and enduring suffering that we experience personally...

'The patience of accepting harm means not having anger toward the person responsible for the harmful actions. This type of patience helps us overcome feelings of anger toward those who harm us. However, we should still take necessary actions to prevent their wrong deeds, but without anger toward them - completely managing our anger. This is what we will learn in this text: how to prevent feeling anger and hatred toward such persons.'

- Geshe Lobsang, October 2025

*Students are welcome to attend these Wednesday night teachings whenever they are able to do so.*

*If you have any questions about TI's weekly teaching and meditation program, please email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) or phone 03 9596 8900*

### Healing Group

THURSDAYS (fortnightly) ~ 11am: 5 & 19 March  
with Kathi Melnic, William Liew and Kerry Whitlock

Healing has a great deal to do with the mind. The TI Healing Group's focus is on creating a conducive space in which we can move beyond concepts to connect with and integrate insights at a deeper level. Please join us. (Donations of \$5-\$10 are appreciated to contribute to the running of the Centre and its programs.)

### Morning Meditations

WEDNESDAYS ~ 11am: 4, 11, 18 & 25 March  
with Allys Andrews

These half-hour sessions are suitable for those new to meditation and for those who have more experience. People may attend the whole program or drop in for single sessions. The atmosphere is open and relaxed. (Donations of \$5-\$10 are appreciated to contribute to the running of the Centre and its programs.)

### Auspicious Days in March

*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.*

Sunday 1 to		Merit-multiplying Days with	
Tuesday 3 March	Tibetan 13-15	Full Moon on the 3 <sup>rd</sup>	Precepts
Friday 13	Tibetan 25	Guru Puja	Tsog
Wednesday 18	Tibetan 30	New Moon	Precepts
Thursday 26	Tibetan 8	Tara Puja	Precepts
Saturday 28	Tibetan 10	Guru Puja	Tsog

## Annual Tara Puja & Lunch

Sunday 1 March, 10am to 1.30pm



Tara Institute warmly invites everyone to join us for this annual Tara Puja, where prayers are offered for the long-life, health, prosperity and happiness of the Centre's members, friends and families.

Tara is the female Buddha of enlightened activity. The Tara Puja includes making offerings, such as monetary offerings, flowers and food. We request Tara to help us overcome outer and inner obstacles to happiness, so that we are able to generate and develop vast wisdom and compassion in our minds.

All welcome to attend and join us for lunch in the dining room afterwards. Please register your attendance via the link below, or phone the TI office on 03 9596 8900.

**PLEASE REGISTER HERE** or find **MORE INFORMATION HERE**

## Day of Miracles

### Special Merit-multiplying Practice Day

Tuesday 3 March, 6am to 7pm

Join us for a full day of precepts, meditation, prayers, sutra recitation, prostrations, and Dharma teachings. As this is a merit-multiplying day – commemorating the time Shakyamuni Buddha performed miracles to inspire faith in his followers and sceptics – participants have an opportunity to accumulate merit and purify negativities more powerfully than on other days. We're encouraged to take the Eight Mahayana Precepts at 6am; however, taking precepts is not compulsory for attending.

Please join us on this meaningful day to create powerful causes for peace, wisdom, and compassion. Cost per person (includes lunch): \$50. All welcome.

**PLEASE REGISTER HERE** or find **MORE INFORMATION HERE**

## The Twelve Links of Dependent Origination and Karma

with Ven. Geshe Lobsang Dorjee

Sunday 15 March, 9am to 5pm

All beings want happiness and don't want suffering. To achieve lasting happiness, we need to understand how we take rebirth, again and again, in this continual cycle of suffering, known as samsara, the wheel of life.

Buddha taught that we perpetuate samsara through our actions of body, speech and mind, which leave imprints in our mindstream that ripen in the future. This is called karma, the law of cause and effect. And the way karma plays out life after life, rebirth after rebirth, is through a dynamic process known as the twelve links of dependent origination.

In this course, Venerable Geshe Lobsang will explain what samsara and karma mean and how karma ripens through the twelve links. When we understand how the twelve links work, we will understand how to liberate ourselves and others from the bondage of cyclic existence. Join us for this day of teachings, meditations, discussions, and a delicious lunch!

Cost: \$80 Members; \$100 non-members. Register via the link below or ring the office on 03 9596 8900 or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) (NOTE: fee is non-refundable, unless TI is notified of cancellation at least one week prior to the event.)

**Visit the TI website for links to event information & registration**



**NOTE: 2026 Easter Course**

## Foundation of All Good Qualities

Friday 3 to Sunday 5 April

with Ven. Geshe Lobsang Dorjee

This year, Geshe Lobsang will teach from the *Foundation of All Good Qualities*, a 14-verse prayer often recited by TI students. This famous prayer, composed by the great master Lama Tsongkhapa, is considered the most concise and inspirational outline available of the entire graduated path to enlightenment. The prayer is short enough to recite every day, yet profound enough to study for a lifetime.

**Visit the TI website for links to event information & registration**

## Week 1

### SUNDAY 1

10am: Annual Tara Puja for friends and families

### MONDAY 2

8pm - Intro to Buddhist Meditation

### TUESDAY 3

6am to 7pm - Day of Miracles, precepts and practices

7.45pm - Study Group with Ven. Geshe Doga

### WEDNESDAY 4

11am - Morning Meditation

8pm - Bodhisattva's Way of Life with Ven. Geshe Lobsang

### THURSDAY 5

11am - Healing Group

## Week 2

### MONDAY 9

8pm - Intro to Buddhist Meditation

### TUESDAY 10

7.45pm - Study Group with Ven. Geshe Doga

### WEDNESDAY 11

11am - Morning Meditation

8pm - Bodhisattva's Way of Life with Ven. Geshe Lobsang

### FRIDAY 13

6pm - Guru Puja

## Week 3

### SUNDAY 15

10.15am - Dharma Club

### MONDAY 16

8pm - Intro to Buddhist Meditation

### TUESDAY 17

7.45pm - Study Group with Ven. Geshe Doga

### WEDNESDAY 18

11am - Morning Meditation

8pm - Bodhisattva's Way of Life with Ven. Geshe Lobsang

### THURSDAY 19

11am - Healing Group

## Week 4

### MONDAY 23

8pm - Intro to Buddhist Meditation

### TUESDAY 24

6pm - Tara Puja

7.45pm - Study Group with Geshe Doga

### WEDNESDAY 25

11am - Morning Meditation

8pm - Bodhisattva's Way of Life with Geshe Lobsang

### THURSDAY 26

6pm - Tara Puja

### SATURDAY 28

6pm - Guru Puja

### SUNDAY 29

9am - 5pm: The Twelve Links and Karma (one-day course with Ven. Geshe Lobsang)

MARCH 2026

## You've seen it before? Now see it differently!

### 21 TarasThangka @ Melbourne Town Hall

Saturday 16 May, 10am to 5pm



The 21 Taras Thangka will be on display again in Melbourne! On Saturday 16 May, from 10am to 5pm, the 21 Taras will be back, giving blessings to all who see this giant representation of Green Tara and her myriad forms.

Tara is the female 'mother of buddhas' who embodies compassion, wisdom and skilful activity.

If you haven't experienced the power of the 21 Taras Thangka – a 9-metre wide painting the height of a four-storey building – this is a must-see event.

If you have seen this painting before, you need to rediscover it.

What did you miss last time? The Taras have not changed, but you have! Look at it again. Perhaps this time, gaze at Tara and her manifestations from the quiet of the balcony. Experience a different

understanding, a different blessing.

*We are seeking volunteers to help with this auspicious event – to welcome and usher visitors and guests (2-hourly shifts); and roll out/roll up or carry the thangka at the Town Hall and at Tara Institute (5.45am and/or 5pm). Interested in volunteering? Please contact Cynthia via the TI Office: 9596 8900 or [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au)*

### SAVE THESE DATES

- FRIDAY 3 to SUNDAY 5 April: **Easter Course - Foundation of All Good Qualities**
- SATURDAY 16 May: **21 Taras Thangka at the Melbourne Town Hall**

### Dharma Club

Sunday 15 March, 10.15am to 12.30pm

The Dharma Club program caters for different age levels, and different interests. Two groups – for ages 5 to 8, and ages 8 to 14 – run concurrently.

Our main aim is to empower children to develop skills like calming the mind and developing kindness, love and compassion.

At noon we all share a snack or lunch. Please feel free to bring a plate to share (no nuts please).

(Note: Donations of \$5-\$10 are appreciated to contribute to the running of the Centre and its programs.)



## 'However many members a centre has, that many people are making this incredible contribution to the world'

- Kyabje Zopa Rinpoche

Tara Institute needs more members to help us continue bringing the Buddha's teachings of loving kindness, compassion and wisdom to current and future generations.

TI is one of a global network of centres – the Foundation for the Preservation of the Mahayana Tradition (FPMT) – established by Lama Yeshe and Kyabje Zopa Rinpoche and their students since 1975.

Like other FPMT teaching centres, our teachers – led by Venerable Geshe Doga together with Venerable Geshe Lobsang Dorjee – offer an integrated education, a training for heart and mind that enables people to find inner peace and happiness for themselves, while also developing a sense of universal responsibility to help all living beings find ultimate happiness.

Kyabje Zopa Rinpoche often spoke about the importance of supporting Dharma centres:

'We can see more and more how much of an emergency it is to have such a center, because this is where we can learn the whole path to liberation, the unmistakable path to happiness, the unmistakable cause of happiness. Not only that, the unmistakable cause for the path to liberation; and not only that, the unmistakable cause for the path to great liberation, full enlightenment, how to be free from suffering; to understand the cause of suffering and how to get rid of that.

'This is never explained or taught in schools, colleges and universities. These things are missing in the



education facilities in the world. The most important teaching is missing, the most practical thing the education of a good heart, compassion...

'My main emphasis is that the center plays a most important role in world peace, so this is our offering of service. We are

offering service to the center and trying to develop the center, to have teachings and office facilities so that more sentient beings can have contact with Dharma.'

The cost of running a large urban teaching and residential centre and maintaining the upkeep of our buildings is considerable. Membership fees enable us to continue financing the facilities needed to be able to offer Dharma teachings, care for Venerable Geshe Doga and our other resident Sangha, support visits by other lamas and teachers, and provide teaching and support programs for everyone.

We have a range of membership options so that people from all backgrounds can access our membership and support the centre. Each membership level has an option of paying membership fees yearly or monthly. Please consider becoming a member this year.

To find out more, please phone the office on 03 9596 8900, or download an **APPLICATION FORM HERE**

### Acknowledgment of Country

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