



The Place is Full of Quiet Achievers

I originally started volunteering at Tara Institute when Llysse asked if I would be interested in vacuuming the gumpa. I was a bit hesitant at first as I live about an hour's drive away, but Carol suggested it would be a good idea, so I gave it a go. Over the years, I have been involved in vacuuming the gumpa, vacuuming Geshe-la's stairs, vacuuming the book shop, cleaning the sangha bathroom, setting up tea and snacks for the sangha on Tuesday nights and placing printed transcripts in their plastic envelopes.

I find the karma yoga very relaxing and it has definitely been beneficial for my mind. I feel very grateful to be able to offer this small amount of service to TI and hope to be able to continue volunteering for a long time to come.

Alex Davis

Helping the Dharma to Flourish *Adair Bunnett*

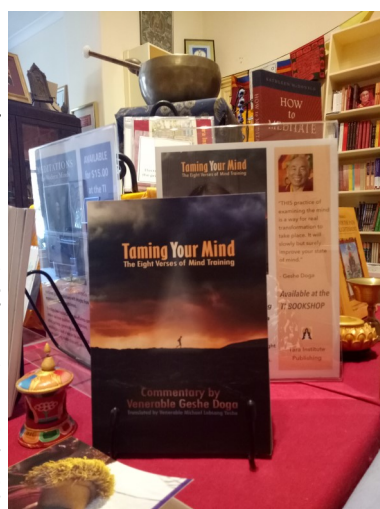
The weekly transcript program is now 25 years old! We might have aged but it hasn't. There were just three of us in the beginning and this year there are twenty-one members of the team. Another 42 have also been involved over the years. Such is the dedication of the team that we have consistently produced over 7,000 words each week with very few hiccups.

We ask for a donation of \$1 for each paper transcript, and electronic copies are available on an annual subscription basis (contact Katrina at the TI Office if you wish to subscribe). This money is kept in a quarantined account devoted solely to publishing the Dharma. It pays for paper, plastic page protectors, toner cartridges and replacing printers (which have an increasingly short life these days). We've also paid for Dharma materials used in the Centre and for Study Group. The money is also paying for museum-quality archival materials (special paper, envelopes, etc.) to print and store copies of all the teachings for future generations.

Our biggest financial venture at the moment is book publication. We need to keep enough publishing money in reserve to cover printing costs. (Most other publishing services such as editing, typesetting, design, photography, artwork, etc. have been provided pro bono, thanks to the generosity of those involved.)

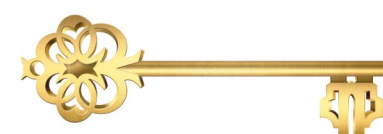
Our goal, over time, is to accumulate sufficient capital to be able to distribute some publications for free, and perhaps as a gift for members. We are not there yet, but that's the plan!

Thank you to all those who have supported us in the past, and remember that your donation is helping TI create an incredible, invaluable repository of Geshe Doga's teachings, for current and future generations – definitely a cause for rejoicing!



Tara Institute news

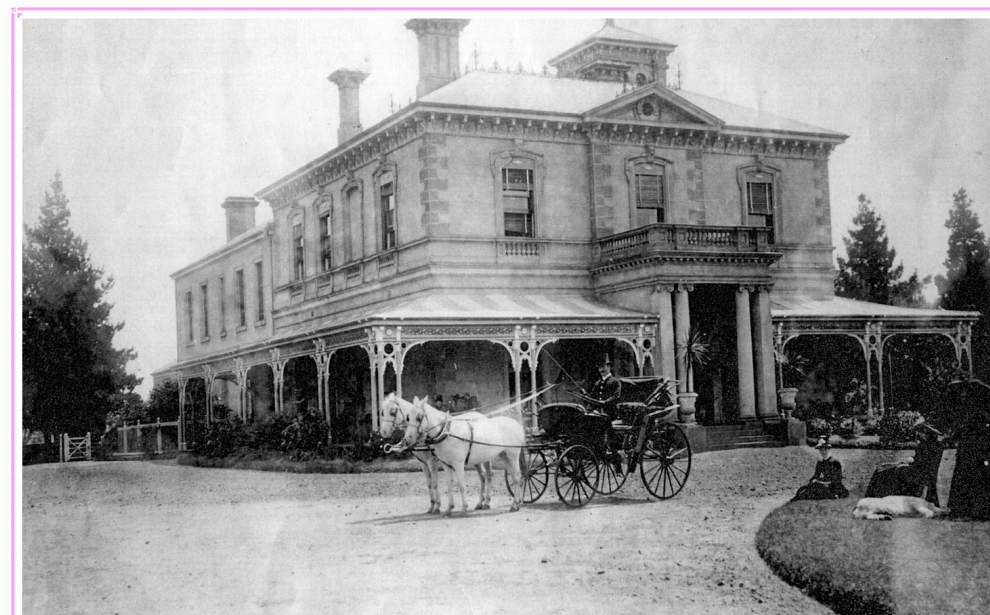
If undelivered, please return to -
3 Mavis Avenue, East Brighton 3187



OPEN DAY

Sunday 20th October 10am-4pm

Open Day provides a wonderful opportunity for people to see what Tara Institute is like and what we do here. It is a nice, relaxed day where everyone enjoys themselves and the activities on offer.



- * Buddhist talks and meditation sessions
- * Tours of the historic mansion
- * Information stalls
- * Devonshire tea in the dining room
- * Delicious vegetarian lunch
- * Coffee/tea and chai
- * Children's Dharma Club performances and face painting
- * Bookshop open all day
- * Tibetan traders' stalls
- * Raffles (drawn at 3:30pm in the dining room, prizes include massage vouchers, jewellery and homewares)

Open Day also provides an opportunity for the TI community to get together and have fun while helping out throughout the day. If you would like to volunteer, please put your name against a task on the Open Day volunteer lists on the noticeboard.

We look forward to seeing you here. Bring your family and friends!

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

MONDAYS ~ 8pm

7, 14, 21 & 28 October

Introduction to Buddhist Meditation



with Dr. Ross Moore

THE MIND. WHAT ARE WE TO DO WITH IT?

In "Open Casket of Jewels" Atisha says: "The mind does not abide anywhere and is without color and without shape. The mind does not arise from the beginning nor does it cease at the end. The mind is empty of inherent existence and has the nature of clear light. One should recall this again and again. On the other hand, one should stabilize through accustoming that mind of awakening to love and compassion."

Over four nights, Ross will invite us to explore the intersecting questions: what is mind? What is my mind? And just what am I to do with it? How might understanding mind unlock our innate capacity for profound yet practical change? How does assuming responsibility for our mental state determine our ethical relation to others who, just like us, wish for happiness? Arching over all of this will be an emphasis on meditation and its various purposes and benefits.

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 is requested (\$5—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 ~ 7.45pm

1, 8, 15, 22 & 29 October

STUDY GROUP



The Great Treatise to the Stages of the Path to Enlightenment

by Lama Tsong Khapa

Geshe Doga will give a commentary on the general section on Bodhicitta and the Perfections from this text. New students are welcome to join study group at any time.

The Great Treatise on the Stages of the Path to Enlightenment (Tib. Lam rim chen mo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Lama Tsong Khapa, completed it in 1402, and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. Because it condenses all the exoteric sūtra scriptures into a meditation manual that is easy to understand, scholars and practitioners rely on its authoritative presentation as a gateway that leads to a full understanding of the Buddha's teachings.

Study Group provides the opportunity and support to study Buddhist philosophy in depth.

Help is always available for new people.

There is no fee for these evenings. If you have any questions please contact Amelia by email spc@tarainstitute.org.au

WEDNESDAYS ~ 8pm

2, 9, 16 & 23 October

37 Practices of Bodhisattvas

with Geshe Lobsang Dorje



Gyelsay Togmay Sangpo wrote the *Thirty-Seven Practices of Bodhisattvas* in the 14th century.

His succinct and simple verses of advice summarise the quintessence of the Mahayana path to perfection.

This is an interactive class where Geshe Lobsang unpacks the meaning of each verse and then invites questions and discussion. There is also a short meditation session.

Save the date—9th November

Puja Preparations

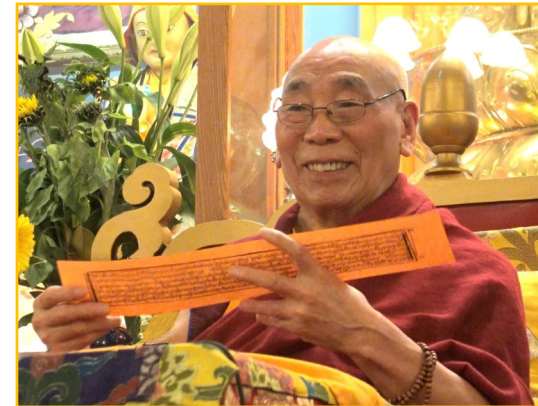
From 1pm on the Saturday before the puja we spend time preparing the offerings. This is a very joyous occasion where we set up the tables with flowers, incense, light, food and water offerings. Many offerings are made as part of the Long Life puja practice including: *extensive flower offerings in the gumpa, altars and throne; food offerings for the main altar and on the 450 sets of water bowls; tsog; offerings for Sangha, including Geshe Doga.*



Heart Advice with Geshe Doga

WEDNESDAY ~ 8pm

30 October



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 04218 29693 or spc@tarainstitute.org.au.

The causal basis for enlightenment is the development of love and compassion. That is why the teachings say we need to develop love and compassion from the very beginning. While training on the path to enlightenment, we need to constantly engage in the deeds of the six perfections guided by this motivation of compassion, and foster activities that serve and benefit others. These then become the intermediate-level causes to proceed to enlightenment. On reaching enlightenment, which is the end result, our purpose is still to benefit others.

Excerpt from Easter Course 2012

Save the date—10th November

LONG-LIFE PUJA FOR VENERABLE GESHE DOGA

Sunday 10th November 10am

Each year, in order to thank our beloved teacher Geshe Doga for his unwavering commitment and kindness to the students and friends of Tara Institute, the 16 Arhat Puja is offered to him for his long and healthy life.

Lunch will be offered following the puja.
Everyone is welcome!

Donations

Donations can be made to sponsor the puja by contacting the office (admin@tarainstitute.org.au / 9596 8900).



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

Sunday 6	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Tuesday 8	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Sunday 13	Tibetan 15	Full Moon	Precepts
Wednesday 23	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Monday 28	Tibetan 30	New Moon	Precepts

Week 1

MONDAY 30 September
8pm—Intro to Buddhist Meditation
TUESDAY 1 October
7.45pm—Study Group
WEDNESDAY 2
12.30pm—Healing Group
8pm—37 Practices of Bodhisattvas
THURSDAY 3
8pm—Youth Group
SUNDAY 6
6pm—Tara Puja

Week 2

MONDAY 7
8pm—Intro to Buddhist Meditation
TUESDAY 8
6pm—Guru Puja
7.45pm—Study Group
WEDNESDAY 9
12.30pm—Healing Group
8pm—37 Practices of Bodhisattvas
SUNDAY 13
9am to 4pm—One-day workshop

Week 3

MONDAY 14
8pm—Intro to Buddhist Meditation
TUESDAY 15
7.45pm—Study Group
WEDNESDAY 16
12.30pm—Healing Group
8pm—37 Practices of Bodhisattvas
THURSDAY 17
8pm—Youth Group
SUNDAY 20
10.30am—Dharma Club
10am-4pm—Open Day

Week 4

MONDAY 21
8pm—Intro to Buddhist Meditation
TUESDAY 22
7.45pm—Study Group
WEDNESDAY 23
12.30pm—Healing Group
6pm—Guru Puja
8pm—37 Practices of Bodhisattvas

Week 5

MONDAY 28
8pm—Intro to Buddhist Meditation
TUESDAY 29
7.45pm—Study Group
WEDNESDAY 30
12.30pm—Healing Group
8pm—Heart Advice with Geshe Doga