

Tara Institute

News

September 2026



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or find the link on our website



White Tara Group Practice

*For Geshe Doga's
health and long life*
From 1 to 30 September

We are delighted to invite students to take part in a special offering in preparation for Geshe Doga's Long-Life Puja.

From 1 September, Tara Institute will offer students the opportunity to engage in a White Tara Sadhana practice throughout the month of September, leading up to Geshe-la's Long-Life Puja in October. As part of the practice, students are invited to accumulate White Tara mantras. The total number of mantras recited will be tallied and presented to Geshe-la as an offering for his continuing long and healthy life.

You can find the recommended **TI White Tara Sadhana** [here](#). Please email your total mantra count by Friday 2 October to spc@tarainstitute.org.au



Prayers for World Peace

Medicine Buddha Puja
Sunday 6 September
10am to 12 noon

Please join us for this special event of reciting prayers and Medicine Buddha Puja for world peace. His Holiness, the Dalai Lama has said:

'It saddens me to see so many people suffering as a result of conflict, in Ukraine, in Gaza, and other parts of the world. By now we might have hoped that human beings would have learned from our history of violence. In all such conflicts, it is the innocent who bear the heaviest burden – living in fear, facing the loss of so much, even our lives, and constantly enduring the challenge of uncertainty.'

'One simple truth remains: every human being, each and every one of us, wishes not to suffer and only wants to be happy. If we recognize our shared humanity, recalling that the welfare of one depends on the welfare of all, I truly believe we can find a peaceful resolution to even the most intractable conflicts.'

After the session, you are invited to catch up with friends, old and new, over a delicious sponsored pizza lunch. To assist with catering and seating, [please register here](#).

September events at a glance

- Regular Weekly & Fortnightly Teaching Program – see page 2
- One-day Course: The Practice of Generosity – Sunday 27 September, 9am to 5pm
- Study Group Annual Seminar – Saturday 5 September, 9am to 5pm
- Study Group Sunday Discussion – Sunday 20 September, 10am
- Golden Light Sutra Recitation – Friday 4, 11, 18 & 25 September, 7pm
- Dharma Club – Sunday 13 September, 10.30am
- Fortnightly Guru Puja – Sunday 6 and Monday 21 September, 6pm
- Online 21 Taras Invocation – Friday 18 September, 5pm
- Monthly Tara Puja – Saturday 19 September, 6pm
- Sound Healing – Saturday 19 Sep. 10am; Tai Chi – Saturday 19&26 September, 9am
- **SAVE THE DATE: Geshe Doga's Long-Life Puja, Sunday 18 October, 10am**

Planning to attend an event at the Centre? Where registration or booking is indicated, please use our **humanitix events online booking system** (<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
7, 14, 21 & 28 September
**Introduction to
Buddhist Meditation**



with Anjali Khushu

This month, our Monday night teachings draw inspiration from Atisha's *Jewel Rosary of an Awakening Warrior*, a classic *lojong* (mind training) text.

Together we will explore how introducing thought transformation into daily life can shift the way we meet each moment.

Our focus will be on the suffering that arises from desire, and the freedom found in cultivating contentment.

Join us as we look at practical ways to loosen the grip of craving and settle more fully into what is.

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.

(NOTE: Treasury of Jewels, Geshe Doga's commentary on Atisha's seminal text, is available in the TI Shop.)

TUESDAYS ~ 7.45pm
1, 8, 15, 22 & 29 September
Study Group



**Lama Tsongkhapa's Middle-
Length Stages of the Path**
with Venerable Geshe Doga

'When we talk about meditating on love and compassion, we are not talking about a meditation in which love and compassion are simply objects on which we focus our mind. Rather, we are talking about *transforming our mind itself into that state of love and compassion*. By transforming our mind through loving-kindness and compassion, we can also understand what the text says about the causes of achieving buddhahood.

'There are two types of bodhicitta: conventional bodhicitta and ultimate bodhicitta, or the wisdom of emptiness. As the text says, whenever we generate the causes of buddhahood, such as great compassion and bodhicitta – especially ultimate bodhicitta, or the wisdom of emptiness – we are progressing towards the state of buddhahood.'

- Ven. Geshe Doga, 11 August 2026

Sessions begin promptly at 7.45pm. Please email spc@tarainstitute.org.au with any queries about attending Study Group.

WEDNESDAYS ~ 8pm
2, 9, 16, 23 & 30 September
**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:

'The chapter we are studying is focused on anger and how we can remedy it. To counteract anger, we have to investigate the causes and conditions that enable anger to arise. Sometimes, anger will arise when others cause harm to our reputation, our wealth or other possessions, such as our food and clothing. There are many causes and conditions that can give rise to anger.

'However, if we examine what gives rise to the strongest anger, it is any damage or harm done to our good name and reputation which, in turn, may cause harm to our wealth.'

- Ven. Geshe Lobsang, 29 July 2026

Please phone 03 9596 8900 or email spc@tarainstitute.org.au if you have any queries about the weekly program.

Morning Meditations

WEDNESDAYS ~ 11am: 2, 9, 16, 23 & 30 September
with Allys 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: 3 & 17 September
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 September

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 6	Tibetan 25	Guru Puja	Tsog
Friday 11	Tibetan 30	New Moon	Precepts
Saturday 19	Tibetan 8	Tara Puja	Precepts
Monday 21	Tibetan 10	Guru Puja	Tsog
Saturday 26	Tibetan 15	Full Moon	Precepts

One-day Course The Practice of Generosity with Geshe Lobsang Dorjee Sunday 27 September, 9am to 5pm

'Giving is a sign of having less desire and reduced attachment, which facilitates the practice of moral discipline. Conversely, attachment to and obsession with possessions leads to the various distractions that impede the practice of moral discipline...An intention to give – which is the nature of giving – is produced by overcoming any form of attachment or craving for the objects to be given. The objects of the practice of giving should encompass all your possessions, and you should also develop the intention to fully benefit all beings, from the depths of your heart.'



(Excerpts from Geshe Doga's teaching on the six perfections, November 2018)

Venerable Geshe Lobsang Dorjee will be giving a commentary on this topic, to expand on what we normally see as generosity; how we can relate this to our own practice of giving; and, more practically, how to cultivate and develop the thought of giving to be able to fully and completely benefit all beings, including ourselves.

To register for this course, please look out for the link on the [TI humanitix page](#). The cost includes lunch, tea/coffee and a facilities fee. For further information, please phone the Office on 03 9596 8900 or email spc@tarainstitute.org.au

Annual Study Group Seminar The Twelve Links of Dependent Origination

Saturday 5 September, 9am to 5pm

The theme for this year's seminar is the Twelve Links of Dependent Origination and the Wheel of Life. Studying and meditating on the Twelve Links – understanding how we circle in samsara – is essential for us to develop renunciation and the yearning for liberation. Through discussion and questions, the seminar offers an opportunity for presenters and audience to challenge and clarify their own and others' understanding of the subject. Participation in the annual seminar is a Study Group commitment.

Those interested in this topic but not participating are welcome to come along, listen and take part in the Q&A sessions.

NOTE: Please bring your own lunch or join others at Café Bliss. You can find out more and register your attendance at [humanitix](#), or email spc@tarainstitute.org.au



Study Group Sunday Discussion

Aryadeva's Four Hundred Stanzas

Sunday 20 September 10am to 12 noon

Study Group members hold a regular discussion group with the aim of fostering an environment where we can expand our knowledge and experience of the Buddhistharm. The topic is Aryadeva's *Four Hundred Stanzas*, based on the 2006–2008 teachings by Venerable Geshe Doga. These sessions are a great opportunity to listen, discuss, debate and clarify topics that we may encounter in the process of studying and meditating.

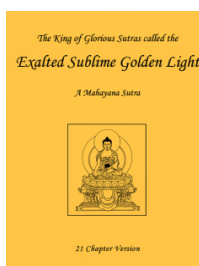
You can access the [archived teaching transcripts on the Four](#)

[Hundred from the TI website](#). Email sundaydiscussiongroup@tarainstitute.org.au to find out more.

Golden Light Sutra Recitation, Fridays 7pm

'The holy Golden Light Sutra is the king of the sutras,' said Lama Zopa Rinpoche. 'It is extremely powerful and fulfills all one's wishes, as well as bringing peace and happiness for all sentient beings, up to enlightenment. It is also extremely powerful for world peace, for your own protection and for the protection of the country and the world. It has great healing power.'

TI hosts a group reading on Friday evenings at 7pm – all are welcome to attend. If you are interested in reciting the sutra at home, you can [download it from the FPMT store](#).



Week 1

TUESDAY 1

7.45pm - Study Group

WEDNESDAY 2

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 3

11am - Healing Group

FRIDAY 4

7pm - Golden Light Sutra

SATURDAY 5

10am - Study Group Seminar

Week 2

SUNDAY 6

6pm - Guru Puja

MONDAY 7

8pm - Intro to Buddhist Meditation

TUESDAY 8

7.45pm - Study Group

WEDNESDAY 9

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

FRIDAY 11

7pm - Golden Light Sutra

Week 3

SUNDAY 13

10.30am - Dharma Club

MONDAY 14

8pm - Intro to Buddhist Meditation

TUESDAY 15

7.45pm - Study Group

WEDNESDAY 16

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 17

11am - Healing Group

FRIDAY 18

5pm - Online Event: 21 Taras Invocation

SATURDAY 19

9am - Tai Chi Workshop

10am - Sound Healing

6pm - Tara Puja

Week 4

SUNDAY 20

10am - Study Group Discussion

MONDAY 21

6pm - Guru Puja

8pm - Intro to Buddhist Meditation

TUESDAY 22

7.45pm - Study Group

WEDNESDAY 23

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

FRIDAY 25

7pm - Golden Light Sutra

SATURDAY 26

9am - Tai Chi Workshop

Week 5

SUNDAY 27

9am to 5pm - One-day Course:
The Practice of Generosity

MONDAY 28

8pm - Intro to Buddhist Meditation

TUESDAY 29

7.45pm - Study Group

WEDNESDAY 30

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

SEPTEMBER 2026

The transformative effect of loving-kindness

By correctly understanding the mind and by educating and training it, we have the potential to not only become happier and more peaceful, but also to become a source of inspiration and benefit for others.

For example, if we train our mind to cultivate greater loving-kindness and compassion, it is possible that, over time, our mental attitude towards others will become increasingly kind, caring, loving, helpful and beneficial. When our mind becomes peaceful, loving and compassionate, this naturally and spontaneously influences our outer behaviour. The way we speak to others, the way we communicate, our physical conduct, and the actions we perform will all reflect the loving-kindness and compassion we have cultivated within our mind.

So training our mind in loving-kindness and compassion benefits both ourselves and others. We experience greater peace, happiness and joy, and at the same time bring that same peace and joy to those around us, whether they are family members, close friends or anyone we meet. It's important to recognise that when we transform our mind into one that is genuinely loving and compassionate towards others, all our actions – verbal or physical – also become kind and beneficial. Our words and deeds naturally bring happiness, delight, and inspiration to others, and people learn and benefit from our example.

This is opposite to what happens when our mind is overwhelmed by anger, pride or other negative emotions. When these afflictions dominate our mind, they are expressed through our speech, our actions and our behaviour, and they inevitably have a negative effect on the people around us.

Sometimes you can recognise a person's loving nature simply from their facial expression, the way they speak, or the way they conduct themselves. Their kindness and warmth are naturally expressed in their behaviour.

- Venerable Geshe Doga, Study Group, 4 August 2026

Noticing the present moment

In stabilising meditation, [such as the breathing meditation], our main focus is on the meditation object we have chosen. When we consider our normal state of mind, it usually wanders to the past, remembering something that happened, or to the future, with hopes and dreams of what we wish to achieve or see. If you examine closely, it's rare for the mind to rest in the present moment. We can understand this simply by observing our own thoughts – a much greater percentage of our mind is preoccupied with the past or the future, and very little time is spent in the present.

For example, at a party or social occasion, if you notice the kind of conversations that take place, most are about the past – what we did, what fun we had – or about the future. Rarely does our mind rest in the present, which means we miss the opportunity to enjoy the moment we are actually in.

It's beneficial, then, to engage in those practices that direct the mind to the present, such as directing our mind to our own body, to the changes occurring within it. At first, we may wonder what the point of this is. But through this practice, we gain a better understanding of our body – our physical health and well-being – as well as the changes associated with it. We might ask, 'Is this really proper meditation?' Yet we will find that, through this practice, we can improve our concentration and our mind's ability to stay still. And because the mind is still, we can prevent anything from disturbing it...

... By focusing on and observing our breathing, we come to understand how it naturally unfolds. The texts note that the sun and moon can also influence our breathing. For instance, during a solar or lunar eclipse, if we pay attention, we may notice its effect.

- Venerable Geshe Lobsang, Wednesday night teaching, 5 August 2026

Sound Healing Workshop

Saturday 19 September, 10am



The morning will begin with a traditional Tibetan prayer blessing led by Geshe Lobsang, followed by his recitation of the Heart Sutra.

Then enjoy a one-hour sound healing session, blending the shimmering resonance of Tibetan bowls, the grounding drone of the didgeridoo, and the textures of traditional cultural instruments. Together, these sounds weave a soothing landscape that helps quiet the mind, ease tension, and open the heart.

A peaceful space to unwind, reconnect, and simply rest. Join us after the session for a chat and chai. All participants must register, as limited spaces available. Please book via [humanitix](#) or phone 03 9596 8900.

Tai Chi: 4-Week Program

**Saturdays 19 & 26 September and 3 & 10 October
9am to 10am**

Discover the eight essential movements that form the foundation of Tai Chi practice in this gentle, structured four-week journey.



Across the month, you'll develop balance, coordination, relaxation and mindful awareness, learning how these qualities arise naturally through consistent practice. Whether you're completely new or continuing your Tai Chi journey, this program offers a pathway to deepen your understanding of the art while cultivating calm strength in body and mind.

Join us for a supportive, beginner-friendly progression that helps you feel grounded, centred, and connected through movement. Please book via [humanitix](#) or phone 03 9596 8900.

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.