

News

June 2023



Sponsored
SAKA DAWA
Guru Puja
Sunday June 4 ~ 10am
(lunch will be offered by Tara Institute)

Saka Dawa is a special month in the Buddhist calendar. During this month we celebrate the anniversary of Shakyamuni Buddha's birth, enlightenment and paranirvana. Spiritual practice is encouraged during this time because of the power of these auspicious events. It is a particularly good time to be mindful of our actions, avoiding those that harm others and cultivating those that help others. It is, therefore, most beneficial to practise generosity.

This year, Tara Institute will make offerings to the Sacred Heart Mission; these are distributed to people who most need them. The Sacred Heart Mission feeds over 500 homeless people a night at their kitchens in St Kilda. A basket and donation box can be found outside the Gompa, for nonperishable foods and pet food that can be donated and for people who would like to donate money.

This year times are very tough for many people. Please be generous and thoughtful about what you give. On Sunday June 4th at 10am, Tara Institute will offer a Guru puja (devotional offering ceremony). Prayers will be recited in Tibetan and English and all offerings to those in need will be blessed. Prayers will be made for the health and wellbeing of TI's members, families, friends and the world community. Everybody is welcome; please join us.

Offerings of flowers and food are most welcome.

For more information please call the office at Tara Institute on 9596 8900.



MONDAYS ~ 8pm

5, 12, 19 & 26 June

Introduction to Buddhist Meditation



with Damien Busby

We all have a good side and a less attractive side to our personalities. Our basic wish is to have happiness so you would think that we should have been able to achieve that by now. Unfortunately some behaviours appear attractive to us, yet when we engage in them, the result for us is misery. Other behaviours appear as unattractive yet their outcome for us is peace and a joyful mind.

There is no question that we have been putting in effort in our life to be happy and satisfied yet sometimes it is hard to feel there has been much benefit. There is a need to understand what goes on in our mind. To understand the process that leads to our faulty actions and the unwanted consequences.

The Buddha advised our best outcome is for our mind to cultivate loving kindness and compassion for other living beings.

Through discussion and meditation we will investigate this advice and the opportunity for us to take a different approach to our life.

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 inquires about these teachings please contact spc@tarainstitute.org.au or call 9596 8900.

TUESDAYS ~ 7:45pm

6, 13, 20 & 27 June

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 is 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 June

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 able to do so. 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	Tibetan 15	Full Moon	Precepts
Tuesday 13	Tibetan 25	Tsog Day	Guru Puja
Sunday 18	Tibetan 30	New Moon	Precepts
Monday 26	Tibetan 8	Tara Day	Tara Puja
Wednesday 28	Tibetan 10	Tsog Day	Guru Puja



ONE DAY COURSE

The Heart Sutra

Sunday June 25 ~ 9am - 5pm

Lunch included

Members - \$50 / Non-members - \$70

The Heart Sutra is the summation of the wisdom of Buddha. It explains perfectly the Buddhist teaching on ultimate reality which is emptiness, the view free of two extremes. The Heart Sutra is the most widely known and recited sutra of the Mahayana Buddhist tradition which still flourishes in India, Tibet, Japan, Korea, China, Vietnam and now in the Western countries. It is the most condensed version and the heart or the essence of all the Prajnaparamita Sutras, which consist of the large, middling and short versions respectively - One Hundred Thousand Lines Prajnaparamita Sutra, Twenty Thousand Lines Prajnaparamita Sutra and Eight Thousand Lines Prajnaparamita Sutra. When you read the Heart Sutra, its meaning may sound simple as it goes, 'no form, no sound ...' But when you contemplate it, confusion arises because there is form we can see, there is sound we can hear and so on. More confusions will arise as you contemplate on 'form is emptiness, emptiness is form' and so on. The sutra perfectly puts into motion that the two truths are like the two sides of the same coin. Without understanding the emptiness you won't understand the reality of form, and without understanding the form you won't understand the emptiness as well. This is a great opportunity to hear the explanation of this sutra with a fully qualified teacher – Geshe Lobsang Dorje. Please call or email the office for more information or to register.

Community Practices for

Kyabje Lama Zopa Rinpoche's Swift Return

On 13 April 2023 at 9.30am Nepal time, our precious lama stopped breathing and entered meditation, after experiencing altitude sickness during a visit to the Tsum Valley, near the Tibetan border. On 14 April at 10pm Nepal time, blood came from Rinpoche's left nostril, signalling that he had ended his meditation.



Gyatso and other distinguished lamas, the dedication chapter from Shantideva's Guide to a Bodhisattva's Way of Life and the King of Prayers. The generosity of our community in sponsoring pujas and making offerings of flowers, food, light and money is a cause for celebration.

The advice we have received is to continue trying to fulfil Rinpoche's holy wishes, especially to practise impermanence and bodhicitta in the context of the Lam Rim. Fulfilling the gurus' holy wishes is a very important part of inviting Rinpoche to return. We know that Rinpoche would consider it essential that we carry on the work to which he dedicated his life.

At the first practice session, 6 previous and current TI Centre Directors were present, as were many old and devoted students of Lama and Rinpoche. At a number of the pujas we have been honoured to welcome Geshes and sangha from the Drolkar Centre, the Tibetan Buddhist Society, Atisha Centre, Thubten Shedrup Ling Monastery, Machig Labdron Nunnery, Quang Minh Buddhist Centre, and Medicine Buddha Tantrayana Meditation Centre. Many members of Melbourne's Tibetan Community have also attended the pujas to pay their respects. These prayers and practices have brought our community together in a beautifully harmonious and inspiring way.

Geshe Doga has given us unfailing guidance during this time of transition, and regular extensive prayers and pujas have been offered at Tara Institute following Rinpoche's passing into parinirvana. The practices have included Guru Pujas, Tara Pujas, Medicine Buddha pujas and recitations of Chanting the Names of Noble Manjushri, Prayers for the Swift Return of Lama Zopa Rinpoche by His Holiness the 14th Dalai Lama, Tenzin

May Rinpoche be reborn as quickly as possible in a place where he can be very quickly recognised and be of most benefit to sentient beings.

Week 1

THURSDAY 1

11am - Healing Group

7pm - Prayers for Lama Zopa Rinpoche's swift return

SUNDAY 4

10am - Saka Dawa Guru Puja

Week 2

MONDAY 5

8pm - Intro to Buddhist Meditation

TUESDAY 6

7.45pm - Study Group

WEDNESDAY 7

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

Week 3

SUNDAY 11

9am - Guide to the Bodhisattva's Way of Life recitation

MONDAY 12

6.30pm - Tibetan Language class

8pm - Intro to Buddhist Meditation

TUESDAY 13

6pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 14

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

THURSDAY 15

11am - Healing Group

Week 4

SUNDAY 18

9am - Golden Light Sutra recitation

10.30am - Dharma Club

MONDAY 19

6.30pm - Tibetan Language class

8pm - Intro to Buddhist Meditation

TUESDAY 20

7.45pm - Study Group

WEDNESDAY 21

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

Week 5

SUNDAY 25

9am - 1 Day Course - The Heart Sutra

MONDAY 26

6pm - Tara Puja

6.30pm - Tibetan Language class

8pm - Intro to Buddhist Meditation

TUESDAY 27

7.45pm - Study Group

WEDNESDAY 28

11am - Wednesday Meditation Session

6pm - Guru Puja

8pm - Bodhisattva's Way of Life

THURSDAY 29

11am - Healing Group

JUNE 2023

Guide to the Bodhisattva's Way of Life

Recitation

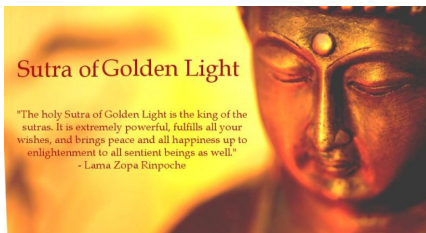
Sunday June 11 ~ 9am - 12pm

Creating the causes for world peace by reciting – The Guide to the Bodhisattva's Way of Life – with Geshe Doga, Geshe Lobsang, Geshe Jangchob and the Tara Institute community.

Reciting this text together is incredibly beneficial during the Tibetan month of Saka Dawa. In this text, Shantideva shares with us, in the most intimate detail, how to transform the suffering mind of ignorance and delusion into the magnificent mind of enlightenment. These heart teachings are as relevant today as when they were first composed in the 8th century. To do spiritual practice together creates the cause for harmony in our lives. Everybody is encouraged to come along and enjoy this virtuous activity.

If you wish to stay for lunch please bring some vegetarian lunch to share. If you have the text, bring that too (Stephen Batchelor's version); if not, we can provide one for you on the day.

For more information please email spc@tarainstitute.org.au



Sutra of Golden Light

"The holy Sutra of Golden Light is the king of the sutras. It is extremely powerful, fulfills all your wishes, and brings peace and all happiness up to enlightenment to all sentient beings as well."
- Lama Zopa Rinpoche

GROUP RECITATION OF

THE GOLDEN LIGHT SUTRA

FOR VENERABLE GESHE DOGA'S LONG LIFE

Sunday 18 June 2023

9am - 2pm

SPECIAL PRACTICE DAY

Lama Zopa Rinpoche has recommended we do this practice to remove any obstacles to the Venerable Geshe Doga's long life. The target is 3,000 recitations - we have recited over 980

EVERYONE IS WELCOME

Please bring vegetarian food to share for lunch.

"Anybody who wants peace in themselves and in the world should read the Golden Light Sutra. This is a very important practice to stop violence and wars in the world. The Golden Light Sutra is one of the most beneficial ways to bring this about. This is something that everyone can do, no matter how busy you are, even if you can read one page a day, or a few lines, and in this way be continually reading the Golden Light Sutra." – Lama Zopa Rinpoche

If you have a copy of the text, please bring it along. Limited numbers will be available on the day, or you can download it from the FPMT website [here](https://www.fpmt.org/)

The recitations are dedicated to Geshe Doga's long life and are especially effective if done by Venerable Geshe Doga's own students, Rinpoche explained. So this is a wonderful opportunity to share this powerful practice together.

This event is going ahead with Ven Geshe Doga's full blessings.