

Dr Christopher Hazzard, long-time student of Tara Institute, uses the Six Perfections in every day life. Here he shares a driving meditation with us.

Generosity: Give way to someone, make their passage easier.

Patience: Don't hurry, when the traffic is jammed instead of being irritable be calm and recognize the opportunity you are being given to practice.

Discipline or moral conduct: The rules and conventions are there for your safety and the safety of others.

Effort: In this instance the most obvious effort is in keeping the car progression forward smoothly, right pressure on the accelerator, hands on the wheel etc.

Mindfulness: An essential ingredient in driving, to be aware all the time of why you are there, mindful of road conditions and other road users. Mindful too of the great power that you are controlling and that an error of judgement could lead to a life-changing accident in less than a second; here one can reflect on impermanence.

Wisdom: Ties the whole exercise together. Without wisdom none of the Perfections can be perfectly applied. Depending on circumstances some of the paramitas are more applicable than others. For instance, on a long outback road with no other cars the opportunity to practice generosity are less, mindfulness and effort will be more.

And then for fun, you can see what other virtues you can apply beneficially.

Try: **Joy:** Rejoice in the success of others being able to safely get to their destination.

Fearlessness: By your good driving you are removing fear from other road users. Some of their fears you may not be able to remove, but by driving considerately you can lessen many of them. I am thinking here of a person I know whose two children were killed in a truck accident. She now has a feeling of fear whenever she is sharing the highway with a truck.

Loving kindness and compassion: The other driver may not be as good or as confident as you are. Here is the best kind of lift, for they may not even realise it has been given.

MAITREYA RELICS COMING TO NGV!

Fantastic news - the amazing Maitreya Relics will be exhibited at The Great Hall in National Gallery of Victoria on March 16, 17, 18.

We can rejoice not only that we can take part again, but also that thousands more people will be able to make a connection with the relics.

There will be a call for volunteers early next year, however we are looking for sponsors and donations to make the event a raging success! There are opportunities to donate (all sizes of donations gratefully received) i) for a fabulous flower display, ii) to enable blessing water to be distributed, iii) for lamps to light the Relics, and iii) venue security costs. Thank you so much in advance. Any donations to TI office, and any queries please contact Cynthia on cynthia@netspace.net.au or 9534 8684. For more information about the Relics, and what they are, please see the TI noticeboard.

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

Dharma Club Saving Lives

In October the Dharma Club performed their annual saving lives activity by releasing worms that were purchased at the local anglers shop, destined to be threaded live onto a fish hook. They now live happily in the front garden at Tara Institute.



Christmas goodies NOW in Bookshop!

This newsletter is Dharma material; please treat it with respect.

For information on the disposal of Dharma materials, please contact the Office on 9596 8900. Thank you.

Tara Institute

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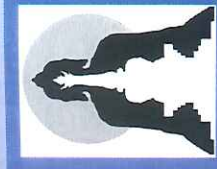
Email: admin@tarainstitute.org.au

Tara Institute is affiliated with the FPMT — the Foundation for the Preservation of the Mahayana Tradition — a network of Buddhist Centres in Australia and worldwide. Following the Mahayana teachings of the Buddha — in the tradition of Lama Tsong Khapa — we work to relieve all beings from suffering in all its forms.



Tara Institute is fully audited, not-for-profit and mainly run by volunteers. We rely entirely on the support of members, friends, benefactors and bequests. Donations and fees are requested in order to keep the Centre running.

Tara Institute
news



December 201 1-January 2012

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

Geshe Doga's Heart Advice

Monday 19th December at 8pm

Lama Tsong Khapa Day Puja

Tuesday 20th December at 8pm



Taking Refuge Sunday December 4 at 2pm

Taking Refuge is regarded as the foundation stone of development on the path to Enlightenment. In the refuge ceremony, one makes a formal commitment to the Three Jewels and the Buddhist path. Taking refuge means relying wholeheartedly on the Three Jewels — the Buddha, Dharma and Sangha — to inspire and guide one toward a constructive and beneficial direction in life.

If you wish to become a Buddhist it is advised that you take refuge with a fully qualified teacher. For those who have taken refuge before, the ceremony provides an opportunity to renew and refresh your commitment.

If you have any questions about taking refuge please contact Ani Rigsal on 9596 7410.

MONDAYS ~ 8pm
• 5 & 12 December

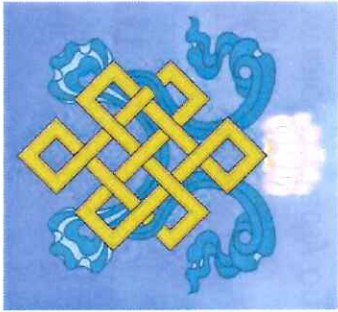
Introduction to Buddhist Meditation



with Margie Hanrahan

This month Margie Hanrahan will focus on meditation. She will introduce the different types of meditation and the various purposes of meditation. She will describe some Buddhist meditation techniques that can be used by anyone. By applying breathing and analytical meditation techniques we can become 'our own therapist' and decrease our disturbing conceptions and increase our wisdom and compassion.

Geshe Doga has said that by meditating for five minutes every day, over time we can increase our inner happiness and joy.



The atmosphere on Monday nights is relaxed and open and people are welcome to attend all four teachings.

A facility fee is requested (members free) to help cover administration expenses. Just turn up at 7.50pm or phone Llysse in the Tara Institute office on 9596 8900 for more details.

TUESDAYS ~ 7.45pm
• 6 & 13 December

STUDY GROUP



December 13 will be the last Study Group session for 2011. 2012 recommencement date to be advised.

Study Group offers students the opportunity to study more deeply in a structured and supportive environment. The course runs in six-week blocks comprising four weeks of teachings, one night of discussion group and a written exam that examines the subject matter of that series. Homework is given each teaching week and is assessed by experienced students from the group.

The text for this year's Study Group is: Nagarjuna's *Precious Garland*

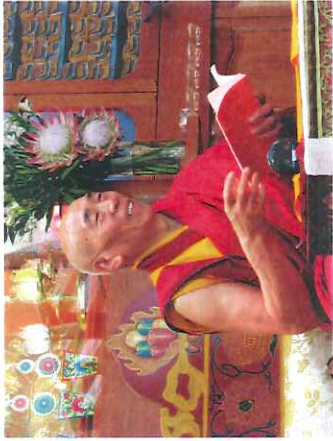
Nagarjuna is renowned for his penetrating analysis of reality. In *Precious Garland* he offers advice on how to conduct one's life and how to construct social policies that reflect Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all kinds of suffering, culminating in buddhahood.

Students are welcome to sample study group at any time but a commitment is required to attend on a regular basis.

The evenings run in six-week blocks and students are asked to attend all six sessions. You are most welcome to come and experience Study Group at any time but conditions apply if you wish to attend on a regular basis.

WEDNESDAYS ~ 8pm
• 7, 14 December

An Evening with Geshe Doga



As the holiday season approaches life can become hectic with social events, school holidays, Christmas shopping and family commitments. Take a break on Wednesday nights to calm the mind down and set the correct motivation to take care of ourselves and others over summer. As Geshe Doga so often tells us:

Maintaining a positive attitude relates to a combination of having a kind and considerate attitude

and also a courageous and expansive view. These positive attitudes are something that we need to acquaint ourselves with. We already have the basis for these within us. With all the positive qualities, it is a matter of recognising and further cultivating and strengthening these positive attitudes within us.

As we pay more and more attention to developing the positive qualities of kindness and consideration for others and so forth then, by default, the mind naturally becomes stronger and stronger and more immune to external problems.

Recommencement of teaching on Wednesday nights to be advised.

WEEK 1 - DECEMBER 2011

FRIDAY 2
6pm - Tara Puja
SUNDAY 4
2pm - Refuge Ceremony
6pm - Guru Puja

WEEK 2

MONDAY 5
8pm - Introduction to Buddhist Meditation
TUESDAY 6
7.45PM - Study Group
WEDNESDAY 7
10am - Healing Group
8pm - An Evening with Geshe Doga

WEEK 3

MONDAY 12
8pm - Introduction to Buddhist Meditation
TUESDAY 13
7.45PM - Study Group - last of the year
WEDNESDAY 14
10am - Healing Group - last of the year
8pm - An Evening with Geshe Doga

WEEK 4

MONDAY 19
8pm - Geshe Doga's Heart Teaching
TUESDAY 20
8pm - Lama Tsong Khapa Puja

PLEASE NOTE: Tara Institute's office will close 23rd December and will reopen January 30th 2012. The kitchen will close after December 20th, reopening Monday, February 6th 2012.

WEEK 1 - JANUARY 2012

SUNDAY 1
6pm - Tara Puja
MONDAY 2
8pm - Introduction to Buddhist Meditation
TUESDAY 3
6pm - Guru Puja
WEDNESDAY 4
8pm - Green Tara Meditation/Practice

WEEK 2

MONDAY 9
8pm - Introduction to Buddhist Meditation
WEDNESDAY 11
8pm - Green Tara Meditation/Practice

WEEK 3

MONDAY 16
8pm - Introduction to Buddhist Meditation
WEDNESDAY 18
6pm - Guru Puja
8pm - Green Tara Meditation/Practice

WEEK 4

MONDAY 23
8pm - Introduction to Buddhist Meditation
WEDNESDAY 25
8pm - Green Tara Meditation/Practice
MONDAY 30
11 office reopens
TUESDAY 31
6pm - Tara Puja
WEDNESDAY 1 FEBRUARY
8pm - Green Tara Meditation/Practice

VENERABLE GESHE DOGA'S HEART ADVICE

Monday 19 December at 8pm



In this special teaching, Geshe Doga distils the meaning of all the teachings given this year into the 'heart essence', the most essential, succinct advice to help us live life in a way that brings happiness to ourselves and those around us.

Geshe-la offers very real solutions to the problems that we all experience and inspires us to live with courage, patience, compassion and wisdom.

Everyone is welcome

Lama Tsong Khapa Day Puja

Tuesday 20 December at 8pm

For centuries, Tibetan and Mongolian Buddhists have commemorated the passing of the famous Tibetan yogi and scholar Tsong Khapa whose life and work gave us the Gelupka lineage which continues to this day. Everybody who comes to Tara Institute benefits directly from this, including receiving the teachings from His Holiness the Dalai Lama, Kyabje Lama Zopa Rinpoche and Geshe Doga. It is all due to the kindness of Lama Tsong Khapa. This is why we are encouraged to come together to offer thanks and light offerings.

You are all invited to share in this beautiful ceremony of chanting and meditation.

If you wish to make offerings of candles, food and flowers, you are most welcome. For more information contact Ani Rigdal on 9596 7410.

MERIT BOX OFFERINGS

The money from the merit boxes is offered at this puja. It would be so appreciated if you could count the money and write down the total on a slip of paper and include it with your offering and place it on the table under the Chenrezig thangka in the gampa. To see how your offering benefits others go to www.fpmt.org and follow the prompts.

AUSPICIOUS DAYS IN DECEMBER 2011

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

Friday 2	Tibetan 8	Tara Puja at 6pm
Sunday 4	Tibetan 10	Guru Puja at 6pm
Saturday 10	Tibetan 15	Precepts
Tuesday 20	Tibetan 25	Tsog Day Lama Tsong Khapa at 8pm
Saturday 24	Tibetan 30	New Moon Precepts

AUSPICIOUS DAYS IN JANUARY 2012

Sunday 1	Tibetan 8	Tara Puja at 6pm
Tuesday 3	Tibetan 10	Guru Puja at 6pm
Monday 9	Tibetan 15	Precepts
Wednesday 18	Tibetan 25	Guru Puja at 6pm
Monday 23	Tibetan 30	Precepts
Tuesday 31	Tibetan 8	Tara Puja at 6pm

**Monday nights in January
2, 9, 16, 23 & 30th 2012 at 8pm**

Preparing our minds for the year ahead

with Judy Mayne, 2 & 9 & 16th January



The January introduction to Buddhism sessions will combine a brief talk and complementary meditation techniques on positive ways to develop more contentment, awareness and some peace of mind. There will be a focus on strategies to develop a positive start to the new year and ways to effectively deal with recurring difficulties. Meditation techniques with this aim in mind will complement the talk/discussion.

with Allys Andrews - 23rd & 30th January



Over these two Monday nights we will look at our existing resolutions for the year ahead, checking to see if they are doable and really beneficial. Settling the mind in meditation allows decision making to be clearer, and more inclusive of others. The aim is to develop a stronger, more positive mind to enable our intentions to be realised.



Chenrezig Practice

Wednesday nights at 8pm
January 4 & 11th, 2012

We all have the potential to be limitlessly compassionate and a powerful method for awakening this potential is by meditating on Chenrezig, the embodiment of universal compassion.

These evenings will comprise prayers, explanation of the practice, guided meditation, mantra recitation and time for questions.

Every body is warmly invited to come and experience this beautiful and transformative practice.

Green Tara Practice

Wednesday nights at 8pm
January 18 & 25, 1 February 2012



We will recite together the Praises to the 21 Taras and engage in Green Tara meditation.

Tara meditation is a special technique for identifying with our unlimited potential to fully develop our body and mind in order to be able to really help others. It provides a way to transform the limited perception we have of our bodies and minds so that in the beginning we can at least imagine ourselves shining with wisdom and compassion.

The evenings will comprise instruction on Tara practice, visualisation, mantra recitation and meditation. Students are welcome to ask questions.