

about the importance of such values and sharing them with everyone he meets.

Secondly, as a Buddhist monk, His Holiness is committed to encouraging harmony among the world's religious traditions. Despite philosophical differences between them, all major world religions have the same potential to create good human beings. It is therefore important for all religious traditions to respect one another and recognize the value of their respective traditions. The idea that there is one truth and one religion is relevant to the individual practitioner. However, with regard to the wider community, he says, there is a need to recognise that human beings observe several religions and several aspects of the truth.

Thirdly, His Holiness is a Tibetan and as the 'Dalai Lama' is the focus of the Tibetan people's hope and trust. Therefore, he is committed to preserving Tibetan language and culture, the heritage Tibetans received from the masters of India's Nalanda University, while also speaking

up for the protection of Tibet's natural environment.

In addition, His Holiness has lately spoken of his commitment to reviving awareness of the value of ancient Indian knowledge among young Indians today. His Holiness is convinced that the rich ancient Indian understanding of the workings of the mind and emotions, as well as the techniques of mental training, such as meditation, developed by Indian traditions, are of great relevance today. Since India has a long history of logic and reasoning, he is confident that its ancient knowledge, viewed from a secular, academic perspective, can be combined with modern education. He considers that India is, in fact, specially placed to achieve this combination of ancient and modern modes of knowing in a fruitful way so that a more integrated and ethically grounded way of being in the world can be promoted within contemporary society.

Excerpt from the official website of the Dalai Lama

Why I'm a member of Tara Institute

Tara Institute is a local centre for learning and the practice of Tibetan Buddhism. Being a financial member of Tara contributes to the upkeep and hopefully its longevity.

Fostering the practice of generosity is one of the steps on the path to learning and realizing the Dharma. Donations, preparedness to help and membership fees are an aspect of that step.

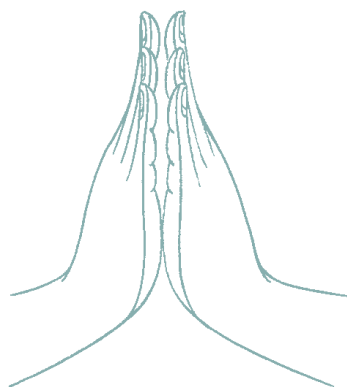
Being a financial member, for me, adds to the depth and authenticity of my practice. It is not just an interest in a

philosophy. Anyone can walk into Tara and partake of some of its offerings and facilities but these do not stand alone.

We have access to Geshe Doga's wisdom and teachings. We have heating and cooling in the gompas. There is a library and a bookshop. Tea and coffee are available in the dining room.

A very worthwhile place, so please consider becoming a financial member and create skies of merit at the same time.

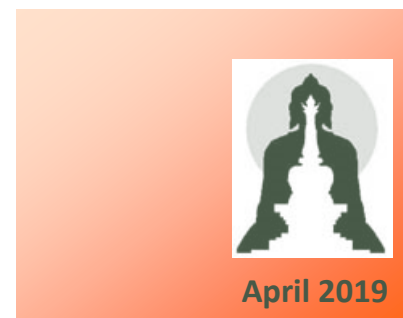
Di Cotterill



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.

Tara Institute news

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



April 2019

ANNUAL EASTER RETREAT

Friday April 19th until Sunday April 21st—9am to 5pm each day
with Geshe Lobsang Dorje on the Seven-Fold Cause and Effect Method

Principal Commitments of His Holiness the Dalai Lama

Firstly, as a human being, His Holiness is concerned with encouraging people to be happy—helping them understand that if their minds are upset mere physical comfort will not bring them peace, but if their minds are at peace even physical pain will not disturb their calm.

He advocates the cultivation of warm-heartedness and human values such as compassion, forgiveness, tolerance, contentment and self-discipline. He says that as human beings we are all the same. We all want happiness and do not want suffering. Even people who have no religious



belief can benefit if they incorporate these human values into their lives. His Holiness refers to such human values as secular ethics or universal values. He is committed to talking

Continued on back page

MONDAYS ~ 8pm

1, 8, 15, 22 & 29 April

Introduction to Buddhist Meditation



with Mark Fernandes

“A peaceful mind is a happy mind.”

Venerable Geshe Doga

Although we all wish for happiness, it is easy to become overwhelmed and discouraged by the challenges that life brings.

From the Buddhist perspective, we have the capacity to be permanently happy and the solution lies not so much in external things but in developing our mind. This happiness is said to be indestructible.

On Monday nights Mark will cover meditation techniques and Buddhist teachings on developing a peaceful mind, which is the basis of happiness for both ourselves as well as those around us.

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

2, 9, 16, 23 & 30 April

STUDY GROUP



The Great Treatise to the Stages of the Path to Enlightenment

by Lama Tsong Khapa

Geshe Doga continues to 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, Tsong-kha-pa, 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.

Optional homework is given each teaching week and is self-assessed.

Help is always available for new people.

There is no fee for these evenings. If you have any questions please contact Amelia on 0421 829 693 or email spc@tarainstitute.org.au

WEDNESDAYS in April ~ 8pm

Heart Advice



3 & 10 April
with Damien Busby

Using the everyday situations that we all experience, humour, stories and precise instructions will be given 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 0421 829 693 or email spc@tarainstitute.org.au



17 April
with Geshe Lobsang Dorje



24 April
with Geshe Doga

Annual Easter Retreat

Friday April 19th until Sunday April 21st

9am to 5pm each day

Geshe Lobsang Dorje will be giving a commentary on the **Seven-fold Cause and Effect Method for training your mind in bodhicitta**



Early Bird facility fee if paid before 3pm on the 2nd April

\$200 members \$250 non-members

The price includes a delicious vegetarian lunch each day and morning and afternoon tea

after 2nd of April the facility fee is

\$220 members \$270 non-members

For catering purposes we ask that people book and pay the office before the 12th of April on 9596 8900 or email admin@tarainstitute.org.au

There is currently no accommodation available at Tara Institute

For course information call Amelia on 0421 829 693 or email spc@tarainstitute.org.au

This year's Easter Course will be held at Tara Institute for 3 days.

Geshe Lobsang will be teaching on the Seven-fold Cause and Effect Method for training your mind in bodhicitta. These are: developing equanimity; recognizing everyone as having been our mother; remembering the kindness of motherly love; wishing to repay that kindness; bodhicitta aim – great love - great compassion.

Everyone is welcome to attend - there are no prerequisites or commitments

The course comprises teachings, guided meditations and discussion. Enjoy three days of teachings, guided meditations and time for personal reflection in the peaceful oasis that is Tara Institute.

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

Friday 5	Tibetan 30	New Moon	Precepts
Saturday 13	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Sunday 14	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Friday 19	Tibetan 15	Full Moon	Precepts
Monday 29	Tibetan 25	Tsog Day	Guru Puja at TI 6pm

Week 1

MONDAY 1

8pm—Intro to Buddhist Meditation

TUESDAY 2

7.45pm—Study Group

WEDNESDAY 3

12.30pm—Healing Group

8pm—Heart Advice - Damien Busby

THURSDAY 4

8pm—Youth Group

Week 2

MONDAY 8

8pm—Intro to Buddhist Meditation

TUESDAY 9

7.45pm—Study Group

WEDNESDAY 10

12.30pm—Healing Group

8pm—Heart Advice - Damien Busby

SATURDAY 13

6pm—Tara Puja

SUNDAY 14

6pm—Guru Puja

Week 3

MONDAY 15

8pm—Intro to Buddhist Meditation

TUESDAY 16

7.45pm—Study Group

WEDNESDAY 17

12.30pm—Healing Group

8pm—Heart Advice with Geshe Lobsang Dorje

THURSDAY 18

8pm—Youth Group

FRIDAY 19

9am—5pm —Easter Course

SATURDAY 20

9am—5pm —Easter Course

SUNDAY 21

9am—5pm —Easter Course

Week 4

MONDAY 22

8pm—Intro to Buddhist Meditation

TUESDAY 23

7.45pm—Study Group

WEDNESDAY 24

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

SUNDAY 28

10.30am—Dharma Club

Week 5

MONDAY 29

6pm—Guru Puja

8pm—Intro to Buddhist Meditation

TUESDAY 30

7.45pm—Study Group

WEDNESDAY 1 May

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga