

## News

February 2022



An image of Green Tara from The 21 Taras Thangka located at Tara Institute

## Annual Tara Puja

**Sunday February 27th at 10 am**

*(Covid restrictions permitting - please check our website prior to event)*

Geshe Doga warmly invites everyone to join him for the special Tara Puja where prayers will be offered for the long life, health, prosperity and happiness of Tara's friends and families.

Tara is the female Buddha of enlightened activity. The Tara puja includes making offerings and requests to help us overcome outer and inner obstacles in our lives, and to achieve wisdom and compassion in our minds. You are welcome to bring offerings of flowers, food and incense. Everyone is most welcome to join us for lunch afterwards.

Please contact Amelia at [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) for more information.

## Important notice to our community

Our regular in person teaching program is suspended due to the current Omicron outbreak. We have decided this is the best way to keep our attendees, volunteers and teachers safe. As soon as our in person program resumes we will let all members and friends know via email. If you wish to join the email list please email Paul at [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au)



*Number 20 of the 21 Taras is known as the Dispeller of Epidemics*

Her verse in the Praises to the 21 Taras reads:

**Homage to you, Tara, whose two eyes - the Sun and the Moon**

**Radiate an excellent illuminating light;**

**By uttering Hara twice and Tuttara,**

**You dispel all violent epidemic disease.**

She is mustard in colour, her two eyes are bright like the sun and moon.

She accomplishes the purposes for oneself and others.

She holds a vase in her right hand, inside is a syllable Hung.

There is a Hung at her heart surrounded by the mantra,

**Om Tare Tuttare Ture Biz Arya Soha** (x100 or more)

Recite the mantra and imagine Silver coloured light radiating from the syllable Hung in the vase and the syllable Hung and mantra rosary at her heart to dispel the sickness of all living beings.

We can do this meditation to help overcome Epidemic diseases.

**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.**

### February 2022

Tuesday 8	Tibetan 8	Tara Day	Tara Puja
Friday 11	Tibetan 10	Tsog Day	Guru Puja
Wednesday 16	Tibetan 15	Full Moon	Precepts
Saturday 26	Tibetan 25	Tsog Day	Guru Puja

# A Canadian Connection



We recently received this letter and Geshe Doga suggested we share it with you in the newsletter.

*Dear Friends,*

*I live in western Canada and have been a Dharma practitioner for some years. Yesterday I had a vivid dream in which conversations referred to Ven. Geshe Doga, who I believe is the Resident Teacher at Tara Institute. These conversations implied ( twice ) that there was a danger to Ven. Geshe Doga from a heating device. I know this must sound odd but I pay attention to 'Dharma dreams' and write them down immediately. In addition I have had no connection to Ven. Geshe Doga, though I was aware of his name.*

*Anyway, best wishes to Ven. Geshe Doga and everyone at Tara Institute.*

*With deep appreciation for all your activities.*

Venerable Geshe Doga replied saying he will pray for this man and that the man can also pray for him.

This is a special reminder of the importance of our connection to the lamas even while they are a long way away.



## Thank You



TO ALLYS ANDREWS AND SANDRA KINREAD

Allys and Sandra have dedicated their time to volunteering with the Tara Institute newsletter - Allys has edited the newsletter at different times over the last 35 years and Sandra for the last 12 years. Tara Institute would like to acknowledge their wonderful work on the newsletter during this time.

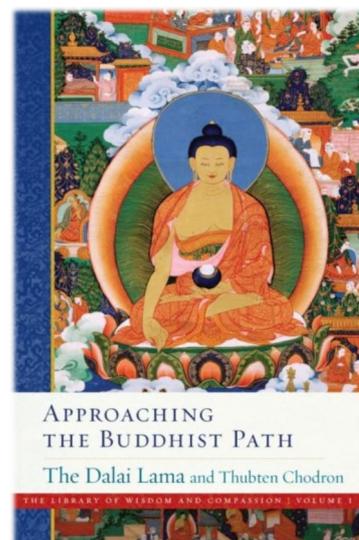
## Living a Balanced Life

### Advice from his Holiness the Dalai Lama

The special multivolume series *The Library of Wisdom and Compassion* collects decades worth of the Dalai Lama's teachings on every step of the path to enlightenment. It has been compiled and co-authored by one of his chief Western disciples, the American nun **Thubten Chodron**. In it, His Holiness shares the Buddha's teachings on the complete path to full awakening that he himself has practiced his entire life. The following is an excerpt from the 1st volume, *Approaching the Buddhist Path* published by Wisdom Publications.

“People often ask how to balance formal Dharma Practice with actively engaging in projects to benefit others. If you are a householder, “fifty-fifty” is a good balance. But remember that how this balance manifests in your life will change according to circumstances, so be flexible. Stabilize your compassion through formal practice and express it through active service to others. Work at transforming your motivation, thus making your daily activities part of the Dharma path.

If you feel stressed by your service work for others or become angry at or disappointed in the people whom you are trying to help. Step back, rest, and take more time for personal practice. During your meditation practice, focus on developing a compassionate motivation, fortitude, and joyous effort. Learn to accept the limits of the change you can enact in a world under the influence of afflictions and polluted karma.”



# Remembering Our Founder, Lama Thubten Yeshe

Tibetan New Year, Losar, falls on March 3rd 2022 this year. For FPMT students, this day has additional significance as it commemorates the anniversary of the parinirvana of Lama Yeshe, who co-founded FPMT with Lama Zopa Rinpoche.

Lama Yeshe's heart stopped beating just before dawn on Losar, March 3, 1984. He was forty-nine years old.

In 1959, Lama Yeshe fled the Chinese Communists in Tibet, going into exile in India. He survived tremendous hardship living as a refugee monk in Buxa Duar, where Lama Zopa Rinpoche became his student.

In 1967, the two lamas began teaching Western students, leading to the establishment and flourishing of Kopan Monastery in Nepal and 160 Dharma centres, projects, and services in 37 countries.

Tara Institute is one of the Centres founded by Lama Yeshe and we encourage students to remember him at this time by watching videos of his teachings, listening to teachings, talking about him with friends, and reading books by and about him.



Highly recommended is the wonderful "Big Love: The Life and Teachings of Lama Yeshe," the brilliant biography written by Adele Hulse and published by Lama Yeshe Wisdom Archive. The Lama Yeshe Wisdom Archive is a fantastic resource.

Tara Institute would simply not exist except for the kindness and vision of Lama Yeshe.

## Sustainability

is an

*important*

**Dharma practice**

sharing

**LOVE and RESPECT**

**for our environment**

(says a member)



His Holiness agrees: "Our planet is our house, and we must keep it in order and take care of it if we are genuinely concerned about happiness for ourselves, our children, our friends, and other sentient beings who share this great house with us." (from HHDL website)

In early December, nine people attended the inaugural TI Sustainability Group meeting, discussing environmental issues from a Buddhist perspective, e.g. looking at interdependence, and contemplation leading to social action.

As one person said - Buddhism has the answer!

We're excited to be connecting with other Buddhist groups. We've already touched base with Drolkar in Geelong, and some of us have connected with Lama Osel's 'Global Tree Initiative' (more on this soon!).

We're looking forward to implementing environmental actions into Dharma practice.

Contact: [sustainability@tarainstitute.org.au](mailto:sustainability@tarainstitute.org.au)