

A great Dharma resource is available at the Lama Yeshe Wisdom Archive.

Visit and subscribe to the [LYWA YouTube channel](#) to view dozens of freely available videos from their archive.



"It's most amazing what this mind can do. We can't see this mind. There's nothing to touch. It has no color, no shape; it's formless, colorless, shapeless, but what it can do—the happiness, the benefit it can offer to numberless sentient beings—is like the limitless sky."

The latest on Big Love

Long-time student of Tara Institute, Adele Hulse, has been on an epic journey for the last 26 years writing her biography of Lama Yeshe, the founder of the FPMT.

(from the Lama Yeshe Wisdom Archive—LYWA) - [Big Love: The Life and Teachings of Lama Yeshe](#), is in production and on target to be published by the end of the year. As you know, this major project has been in the works for twenty-six years and it is amazing to see it nearly completed. At this point we are estimating two 750-page hardcover volumes in a slipcase with more than 1,550 photos, full color throughout.

Naturally, a book of this size and complexity is extremely expensive to produce and we would welcome your help. A donation of USD\$250 ensures you'll be sent a set when the book becomes available. A donation of USD\$1,500 or more will get you the book and a thank you gift of a small Kadam stupa containing some of Lama Yeshe's ashes from his cremation (while they last...there are not that many left). However, donations of any amount are welcome and [we encourage you to be a part of this incredible undertaking](#). Thank you so much.

As always, we are so grateful to all of you who support our work and in doing so are partners in bringing these precious teachings to everyone everywhere.

Much love, Nick Ribush, Director, Lama Yeshe Wisdom Archive— <https://www.lamayeshe.com/>

New ebook from the Lama Yeshe Wisdom Archive— *The Path to Ultimate Happiness*

Lamrim Teachings from Kopan 2009 by Lama Zopa Rinpoche

This book presents teachings given by Lama Zopa Rinpoche during the 42nd Kopan lamrim course in 2009. In these teachings Rinpoche discusses our potential to bring benefit and happiness, including full enlightenment, to all sentient beings. Rinpoche explains the stages of the path to enlightenment, teaches extensively on emptiness and the good heart, and gives commentaries on *sur* practice, the Offering Cloud Mantra and other prayers and practices.

The Path to Ultimate Happiness conveys the spontaneous and intimate quality of Rinpoche's teaching style and includes many anecdotes from his own experiences. Rinpoche encourages us to study and practice Dharma in order to purify the mind, collect extensive merit and achieve realizations. In this way, our life becomes most beneficial and useful to others.

Visit www.lamayeshe.com/shop/ to order *The Path to Ultimate Happiness* from your favorite vendor. You can also [read excerpts from this book online](#) and in this month's e-letter **LYWA Members** can download the ebook for free from the [Members Area](#).

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



November 2018

Nyung Nye

Friday 2nd November 8pm
to 6am Monday 5th November

Family Picnic Day

Sunday 25th of November—teaching at 10.30am
Lunch in the park at 12.30pm

Long Life Puja for Venerable Geshe Doga

Sunday December 2nd at 10.00am

Each year, in order to thank our beloved teacher Venerable Geshe Doga for his unwavering commitment and kindness to the students and friends of Tara Institute, the 16 Arhat Puja is offered to him for his long and healthy life. Followed by a delicious lunch.



Everybody welcome!

Puja Preparation

Saturday December 1st from 1.00pm

Please come and join us in preparing the extensive offerings of flowers, incense, light, food and water. This is a wonderful opportunity to create something truly beautiful to offer to the holy guru. It is a lovely and joyous occasion and a chance to catch up with old friends and create new ones.

Offerings

The following donations can be made to support the puja. Please contact the office on ph: 9586 8900

500 tea-lights (4 hour burning-time only please)
White and yellow flowers for the water bowls - bring along on the day
8 packets of popping corn for the food bowls
Saffron and Incense
Monetary offerings for the following;
Flowers for the main altar and throne
Tsog
Geshe Doga and attending Sangha

MONDAYS ~ 8pm

5, 12, 19 & 26 November

Introduction to Buddhist Meditation



with Dr Alan Molloy

The 12 Links: “The Wheel of Life”

Dr Alan Molloy has been studying Buddhism for over 40 years.

In these Monday nights there will be an opportunity to relax and meditate. In addition there will be some discussion on the 12 Links of Interdependent Origination, which is also known as “The Wheel of Life”.

The 12 Links show us how we are trapped in this state of endless dissatisfaction and endless rebirth. It is as if we are propelled to repeat the same mistakes again and again and again. However, there is a way to end this cycle but to do so we need to understand the 12 Links. In this way we have an opportunity to be free totally from all misfortune and hardship. Then, having achieved that for ourselves, we can then show others the same path so that they can also attain this state of freedom and peace.

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

6, 13, 20 & 27 November

STUDY GROUP



The Great Treatise to the Stages of the Path to Enlightenment

by Lama Tsong Khapa

Geshe Doga gives 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 by email spc@tarainstitute.org.au

WEDNESDAYS ~ 8pm

7, 14, 21 & 28 November

Heart Advice with Geshe Doga

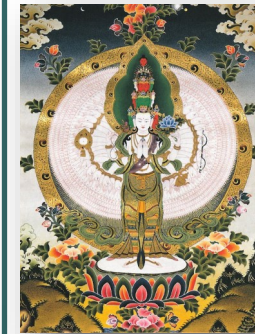


Because we have grasped at this self from beginningless time, self-grasping arises spontaneously, and it is this self of ‘I’ that leads to attachment to the self. This, in turn, results in a desire for happiness, so the ‘I’ then searches for the causes and conditions for that happiness, believing that they lie in external objects. This leads to the generation of attachment to various objects in the belief that they will bring happiness.

The Twelve Links of Dependent Arising – Geshe Doga

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions 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 9596 7410 or spc@tarainstitute.org.au.



NYUNG NYE

8pm Friday November 2nd
to 6am Monday November 5th

Fasting & Purification Practice on Chenrezig, Buddha of Compassion

The Nyung Nye meditation practice, based on Chenrezig, the Buddha of Compassion, is a concentrated practice consisting of eight meditation sessions, with praises, prostrations and mantra recitations over two days. The emphasis of this practice is on developing compassion.

The eight Mahayana precepts are taken for the duration of the practice and on the second day, additional vows of not drinking any fluids, eating or talking are observed.

The retreat finishes early on Monday in time for a fabulous breakfast and plenty of time to get to work. The benefits of this practice are inestimable.

For more information please go to <http://www.tarainstitute.org.au/nyung-nye-1>

There is very limited accommodation at Tara Institute at the moment. Please call 9596 8900 asap to avoid being disappointed if you wish to stay overnight.

FPMT members: residential \$55, non-members \$70
FPMT members: non-residential \$40, non-members \$55

If you would like to discuss any aspects of the retreat itself, please call Amelia on 9596 7410 or email spc@tarainstitute.org.au

FAMILY PICNIC DAY

Sunday 25th of November

10.30am – Teaching by Geshe Doga
12.00pm – Picnic in the park

The Dharma Club will run concurrent to the Family Day teaching and then everyone will join together in the Park.

Geshe Doga gives timely advice on negotiating the demanding holiday season with grace, humour, patience, joy and a good heart. He reminds us of the importance of harmony in our families, friendships and workplaces.

The teaching will be followed by a picnic in Landcox Park. Traditionally we share food from our many different cultures, enjoy relaxed conversation and play games. Bring picnic rugs, sunscreen, food, drinks, cricket bats and balls etc.

Auspicious days in November 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 2	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Wednesday 7	Tibetan 30	New Moon	Precepts
Thursday 15	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Saturday 17	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Friday 23	Tibetan 15	Full Moon	Precepts

Week 1

MONDAY 29 October

8pm—Intro to Buddhist Meditation

TUESDAY 30 October

7.45pm—Study Group

WEDNESDAY 31 October

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

THURSDAY 3

8pm—Youth Group

FRIDAY 2 November

6pm—Guru Puja

8pm—Nyung Nye commences—

concludes 6am Monday 5th

Week 2

MONDAY 5 November

8pm—Intro to Buddhist Meditation

TUESDAY 6

7.45pm—Study Group

WEDNESDAY 7

8pm—Heart Advice with Geshe Doga

Week 3

MONDAY 12

8pm—Intro to Buddhist Meditation

TUESDAY 13

7.45pm—Study Group

WEDNESDAY 14

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

THURSDAY 15

6pm—Tara Puja

8pm—Youth Group

SATURDAY 17

6pm—Guru Puja

Week 4

MONDAY 19

8pm—Intro to Buddhist Meditation

TUESDAY 20

7.45pm—Study Group

WEDNESDAY 21

8pm—Heart Advice with Geshe Doga

SUNDAY 25

10.30am—Family Picnic Day—
Dharma Club to run concurrently

Week 5

MONDAY 26

8pm—Intro to Buddhist Meditation

TUESDAY 27

7.45pm—Study Group

WEDNESDAY 28

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga