

Monday & Wednesday nights in January & February 4th 2019—at 8.00pm

Monday 7 & 14th of January—8:00pm

Introduction to Buddhist Meditation

— Starting the year with clarity and kindness

with Allys Andrews



Using the Four Noble Truths as a framework, we will look at our hopes and fears for the year ahead and think about some strategies for bringing wisdom and kindness to our decision making. The sessions will comprise guided meditations, a short talk and time for discussion.

Green Tara Meditation—Wednesday 9th and 16th of January —8:00pm

Tara meditation is a special technique for tapping into our amazing potential as human beings in order to overcome our own problems and also to be able to really help others. It provides a way to change the negative image we often have of ourselves so that we can at least imagine what it would be like to shine with wisdom and compassion. The evenings will comprise guidelines for the practice, guided meditation and time for questions.



Monday 21 & 28 January and 4th of February—8:00pm

Introduction to Buddhist Meditation

— Start with love and compassion

with Jeremy Cohen

The practices of love and compassion are the heart of the Buddha's teachings. They are regarded as the most powerful way of overcoming our own problems as well as being helpful to others. Love and compassion are the direct antidotes to selfishness which is the root of all of our problems. By practicing compassion we exchange the focus on our self with focus on others. As soon as we do this our attitude becomes more positive and our life improves. Love and compassion can be generated and increased by identifying and familiarizing our mind with their causes: equanimity, recognising other's kindness and understanding their problems. In these sessions we will examine some of the techniques for generating love and compassion and overcoming selfish attitudes.

Chenrezig Meditation—Wednesday January 23 & 30 January —8:00pm

In this session we will do the meditation practice of Chenrezig, the meditational deity who represents enlightened compassion. In this practice we use visualization and mantra recitation to generate and increase love and compassion in our minds.



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

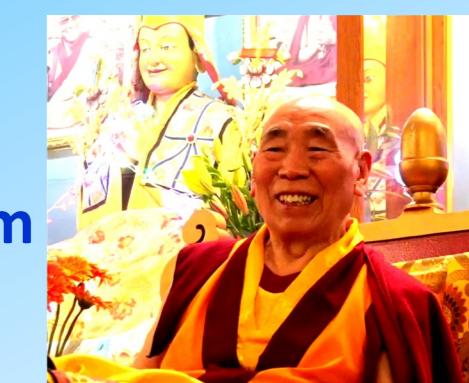
If undelivered, please return to-
3 Mavis Avenue, East Brighton 3187



December 2018—January 2019

Chenrezig & Green Tara Meditation Wednesday nights in January 2019 at 8pm

**Long Life Puja
for Venerable Geshe Doga
on Sunday 2nd December at 10am
Preparation for the Puja on Saturday
1st December from 1.00pm**



Each year in order to thank our beloved teacher, Venerable Geshe Doga for his unwavering commitment and kindness to the students, families and friends of Tara Institute, the 16 Arhat Puja is offered to him for his long and healthy life.
Everyone is very welcome to join us for the puja and for lunch afterwards.
This is such a fine way to finish the year.
For further details please contact Lysse in the TI office on 9596 8900.

Merry Christmas and Happy Holidays

We wish to thank every one who makes Tara Institute such a wonderful Centre for study, meditation and friendship. Without your support, encouragement, hard work, commitment, generosity and kindness, the Centre could not flourish as it does.

If you are looking for Christmas presents do visit the TI shop as there are great books, incense, jewelry, shawls and ritual objects for the discerning buyer and recipient!

We wish you all a peaceful and joyful holiday season and look forward to seeing you next year.

MONDAYS ~ 8pm

3, 10 & 17 December 2018

Resumes 7 January 2019

Introduction to Buddhist Philosophy & Meditation



with Margie Hanrahan

Meditations for a happy mind.

We all want to be happy but often end up unhappy because we chase the wrong sources of happiness. We put all our time and energy into trying to create happiness from external sources only to experience dissatisfaction and disappointment.

Internal happiness is not dependent on the unpredictable and uncontrollable external world. Rather, it comes from developing a stable and happy mind through meditation.

Initially meditation deepens our understanding of ourselves by showing us both the positive and negative aspects of ourselves. Then through meditation we learn to diminish the negative and increase the positive because the mind is naturally peaceful and negative states are transient.

Meditation also shows us how to cultivate love and acceptance of ourselves, despite our many faults. When we have developed love and compassion, through meditation we can extend it to others.

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 \$5 facility fee is suggested to help cover administration costs (current financial members free). Just turn up at 7.50pm or phone the Tara Institute office on 9596 8900 for more details.

TUESDAYS ~ 7.45pm

4, 11 & 18 December

—last for 2018

STUDY GROUP



The Great Treatise to the Stages of the Path to Enlightenment

by Lama Tsong Khapa

Geshe Doga is giving 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

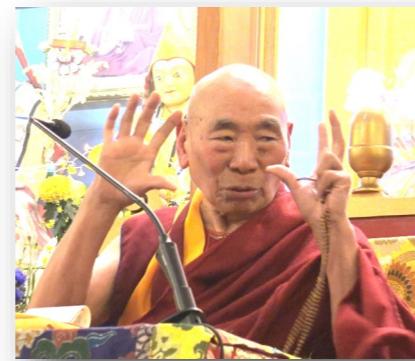
WEDNESDAY ~ 8pm

5, 12 & 19 December 2018

last teaching with Geshe Doga for 2018

Resumes 6 February 2019

Heart Advice with Geshe Doga



We have to integrate our Dharma practice into our daily life. Also, every day we have to meditate a little. By having a long-term view, by meditating just a little every day, then over a long time period something will definitely happen. We have to have a long-term aim and take the long view. So it becomes important to understand that our happiness and suffering depend upon ourselves. We are the creators of our own happiness and suffering; we generate the causes to experience happiness, or to experience suffering. It's up to us.

Inner Peace and Happiness Geshe Doga

Using the everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate. This guidance will help us work with our own minds. During these sessions Geshe Doga will also teach on the Graduated Path to Enlightenment text and give a commentary which is applicable to beginners through to experienced Buddhist practitioners. Everyone is welcome to attend one or all of these sessions this month.

There is no fee for these evenings. If you have any questions please contact Amelia by email spc@tarainstitute.org.au

This poem was written by the Dalai Lama at the request of the American writer Ron Whitehead, founder of a medical research institute studying the human genome. The Dalai Lama read it at New York University in April 1994 during the festival organised by Ron Whitehead dedicated to world peace.

MAY I REMAIN IN ORDER TO RELIEVE THE SUFFERINGS OF THE WORLD!

May I be the protector of the abandoned,
The guide for those who wander the path,
And for those who yearn for the other shore,
May I be the vessel, the ferry, the bridge;
May I be the island for those who need an island,
The lamp for those who need a lamp,
The bed for those who need a bed;
May I be the wish-fulfilling gem, the vase
With great treasure, a powerful mantra, the healing plant,
The wish granting tree, the cow of abundance.
As long as space remains,
As long as beings remain,
May I too remain
To relieve the sufferings of the world!

It was this last quatrain of the long prayer by the great Indian saint Shantideva, which exalts the Buddha's love for all sentient beings, that the Dalai Lama concluded his speech accepting the Nobel prize in 1989.

Almost twenty years later, he confided that at the time of his death he wants to leave this life remembering these lines, his mind bathed in compassion.

Excerpt from *My Spiritual Autobiography* – His Holiness The Dalai Lama

MERIT BOX OFFERINGS

The contents of these are offered at the Lama Tsong Khapa Puja on Sunday 2nd at 10am (this year includes Geshe Doga's Long Life Puja). **It would be so appreciated if you could convert your coins to notes if possible** (for ease of counting for the office) and place it on the table under the Chenrezig thangka in the gompa.

To see how your offering benefits others go to www.fpmt.org and follow the prompts.

Enhance Your Practice of Generosity: Join the Merit Box Practitioners!

Get your FREE Merit Box from Llysse in the office: a beautifully decorated practice kit tin featuring inspiring quotes and images of Shakyamuni Buddha, Lama Yeshe, Lama Zopa Rinpoche and Lama Tsong Khapa. Offerings can be made beginning on Lama Tsong Khapa Day each year and continuously until March 31 of the following year.

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

AUSPICIOUS DAYS IN DECEMBER 2018

Friday 7	Tibetan 30	New Moon	Precepts
Saturday 15	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Monday 17	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Saturday 22	Tibetan 15	Full Moon	Precepts
Monday 31	Tibetan 25	Tsog Day	Guru Puja at 6pm

AUSPICIOUS DAYS IN JANUARY 2019

Saturday 5	Tibetan 30	New Moon	Precepts
Monday 14	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Wednesday 16	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Monday 21	Tibetan 15	Full Moon	Precepts
Wednesday 30	Tibetan 25	Tsog Day	Guru Puja at TI 6pm

Week 1

SUNDAY 2

10am—Long Life Puja for Geshe Doga

MONDAY 3

8pm—Intro to Buddhist Meditation

TUESDAY 4

7.45pm—Study Group

WEDNESDAY 5

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

Week 2

MONDAY 10

8pm—Intro to Buddhist Meditation

TUESDAY 11

7.45pm—Study Group

WEDNESDAY 12

12.30pm—Healing Group—last for 2018—

resumes February 6, 2019

8pm—Heart Advice with Geshe Doga

SATURDAY 15

6pm—Tara Puja

Week 3

MONDAY 17

6pm—Guru Puja

8pm—Intro to Buddhist Meditation

TUESDAY 18

7.45pm—Study Group—last for 2018—

WEDNESDAY 19

8pm—Heart Advice with Geshe Doga—last for 2018—resume Feb. 6th, 2019

Week 4

MONDAY 24

Centre closed for Christmas break

Week 4

MONDAY 31

6pm—Guru Puja

Happy Holiday Season everyone!

PLEASE NOTE: Tara Institute's office will close on the 21st of December 2018 and will reopen 21st of January 2019 (the phone will be unattended during this period).

The Dining Room will close after Wednesday 19th Dec. and will reopen Jan. 29th 2019.

JANUARY 2019

Week 2

MONDAY 7

8pm—Intro to Buddhist Meditation

WEDNESDAY 9

8pm—Tara Meditation

Week 3

MONDAY 14

6pm—Tara Puja

8pm—Intro to Buddhist Meditation

WEDNESDAY 16

6pm—Guru Puja

8pm—Tara Meditation

Week 4

MONDAY 21

8pm—Intro to Buddhist Meditation

WEDNESDAY 23

8pm—Chenrezig Meditation

Week 5

MONDAY 28

8pm—Intro to Buddhist Meditation

WEDNESDAY 30

6pm Guru Puja

8pm—Chenrezig Meditation