

Tara Institute

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

News

May 2022



His Holiness the Dalai Lama's advice to young people during his meeting with friends from around the world at his residence in Dharamsala, HP, India on April 11, 2022.

During an audience with young people, His Holiness the Dalai Lama emphasized the importance of focusing on what connects us all, our basic human nature, to create a more peaceful, more equal future.

My generation facing a lot of problems. Like your generation, [the] future, hopefully [will be] more peaceful, more equal. So you each one also has the responsibility to create genuine peace on the concept of [the] oneness of seven billion human beings.

Now, today, global warming [is] one serious matter. So such as a serious situation, [there is] now no use to fight each other. Now [the] time [has] come, we have to think "world, world," not "my nation, my continent," but rather the whole of humanity. When you see people facing some difficult situation . . . when someone you see is lonely . . . passing through some difficulties, then they see one human being. No question [of] what nation, what religion, what race, but simply one human being there and feel very happy. Oh, oh, whoa, whoa, like that [laughs]. When we do not have a serious problem, then we [place] too much emphasis [on] what religion, what race, what country, and within the same community rich and poor.

MONDAYS ~ 8pm

2, 9, 16, 23 & 30 May

**Introduction to
Buddhist Meditation**



with Mark Fernandes

As humans are generally very social, the pandemic has led to a shift in our behaviours. How can we emerge from this and what Buddhist techniques for understanding and dealing with the situation can we utilise so that we and those around us can be happy and satisfied? Mark will cover how we can emerge from what has been a period of suffering and adjustment for many. Sessions will run for one hour and include guided meditations, a talk, and time for questions.

While our teachers kindly volunteer their time for these teachings and do not take any payment, there is a suggested facility fee of \$5. This fee goes towards the general running of our centre.

Everyone is welcome and there is no need to book. For any inquiries about these teachings please contact Amelia at spc@tarainstitute.org.au or call 9596 8900.

TUESDAYS ~ 7:45pm

3, 10, 17, 24 & 31 May

Study Group



with Geshe Lobsang Dorje

Maitreya composed The Ornament for Clear Realizations to clarify and make explicit the teachings composed in The Perfection of Wisdom Sutras. It is composed entirely of verses and is divided into eight chapters. Each chapter presents one clear realization.

Geshe Lobsang asks everyone wishing to join Study Group to familiarise themselves with the previous teachings as they will be a continuation of last year's live-streamed sessions. All teachings (which began on June 11th) are made available on our YouTube channel after the event, so you can view them whenever it suits you. You can also request copies of the transcripts by emailing Amelia at the address below.

Geshe Lobsang has advised that in order to gain a good understanding of the topic it would be very beneficial to make a personal commitment to attend or view the teachings as much as possible and to put effort into studying the text.

Newcomers wishing to join this group please register by emailing Amelia at spc@tarainstitute.org.au. You are welcome to register and attend these teachings online or in person, or a mixture of both.

WEDNESDAYS ~ 8pm

4, 11, 18, & 25 May

**The Swift Path
by Panchen Losang Yeshe**



with Geshe Lobsang Dorje

The Swift Path by Panchen Losang Yeshe is a Lam Rim text and is a step-by-step guide on the path to Enlightenment. It is a concise and very practical presentation of the various points from renunciation and the altruistic aspiration (bodhicitta) up to the development of concentration and insight. The text is a practical meditation guide and it explains in detail what to do in a meditation practice on the points of the path and what to do in between sessions. It also addresses the pitfalls that can occur and gives advice on the different experiences meditators may have.

These teachings will occur every Wednesday and students are welcome to attend when they are available. There is no need to register prior to the teaching, simply come along.

For any inquiries about these teachings please contact Amelia at spc@tarainstitute.org.au or call 9596 8900.

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.

Monday 9	Tibetan 8	Tara Day	Tara Puja
Wednesday 11	Tibetan 10	Tsog Day	Guru Puja
Monday 16	Tibetan 15	Full Moon/Lunar Eclipse	Precepts
Wednesday 25	Tibetan 25	Tsog Day	Guru Puja
Monday 30	Tibetan 30	New Moon	Precepts

One Day Course with Geshe Lobsang

Four Close Placements of Mindfulness

Sunday, May 29th, 9am - 5pm

In this One Day Course Geshe Lobsang will teach on the four close placements of mindfulness. Mindfulness is a mental factor that holds onto an object of focus and prevents forgetfulness or loss of it. This course is suitable for beginners through to more advanced Buddhist students.

In order to carefully investigate the many paths of impermanent phenomena, there are:

1. The close placement of mindfulness on the body
2. The close placement of mindfulness on feelings
3. The close placement of mindfulness on the mind
4. The close placement of mindfulness on phenomena

This course is an in person course comprised of four sessions with tea breaks and lunch provided. If you have any problems covering the cost of this course please contact spc@tarainstitute.org.au.

Facility fee: \$50 for members - \$65 general public including vegetarian lunch and morning and afternoon tea. Please book before the 27th of May to help us with catering. Phone the office on 9596 8900 or email admin@tarainstitute.org.au

FOUNDATION SERVICE SEMINAR

The Foundation Service Seminar retreat running from 18 May to 22 May 2022 at Tara Institute provides an unparalleled opportunity to learn how we can offer service at TI and within the FPMT. Everyone currently offering service at TI or wanting to do so is encouraged to participate. If you are thinking about offering service by serving on one of our committees or by volunteering in any capacity, the FSS will provide you with guidance to ensure the experience is meaningful and beneficial.

Registration closes soon: if you are interested contact the Centre Manager, Paul Cross, at admin@tarainstitute.org.au



Week 1

MONDAY 2
8pm - Intro to Buddhist Meditation

TUESDAY 3
7.45pm - Study Group

WEDNESDAY 4
8pm - The Swift Path

Week 2

MONDAY 9
8pm - Intro to Buddhist Meditation

6pm - Tara Puja

TUESDAY 10
7.45pm - Study Group

WEDNESDAY 11
8pm - The Swift Path
6pm - Guru Puja

SUNDAY 15
Dharma Club returns

Week 3

MONDAY 16
8pm - Intro to Buddhist Meditation

TUESDAY 17
7.45pm - Study Group

WEDNESDAY 18
8pm - The Swift Path
Foundation Service Seminar DAY 1

THURSDAY 19
Foundation Service Seminar DAY 2

FRIDAY 20
Foundation Service Seminar DAY 3

SATURDAY 21
Foundation Service Seminar DAY 4

SUNDAY 22
Foundation Service Seminar DAY 5

Week 4

MONDAY 23
8pm - Intro to Buddhist Meditation

TUESDAY 24
7.45pm - Study Group

WEDNESDAY 25
6pm - Guru Puja
8pm - The Swift Path

SUNDAY 29
One day course with Geshe Lobsang

Week 5

MONDAY 30
8pm - Intro to Buddhist Meditation

Dharma club is back!

Sunday 15th of May 10:30am

Dharma Club is held one Sunday a month from 10.30-12pm finishing with sharing a light lunch together.

The dates for Dharma club will be advertised in the newsletter, the T.I. website and Facebook page. If you would like to know more there is a parent and friends information newsletter we can send you if you register your email address with Paul in the T.I. office.

One of our long term volunteers Helen Ponder is concluding her time with the Dharma club. We are sincerely grateful to Helen and her family for the past 15 years of service.



Helen Ponder, who has been an invaluable teacher at Dharma Club for many years is retiring. Helen's father Ken has been ill, so it is time for Helen and her father to spend some precious time together.

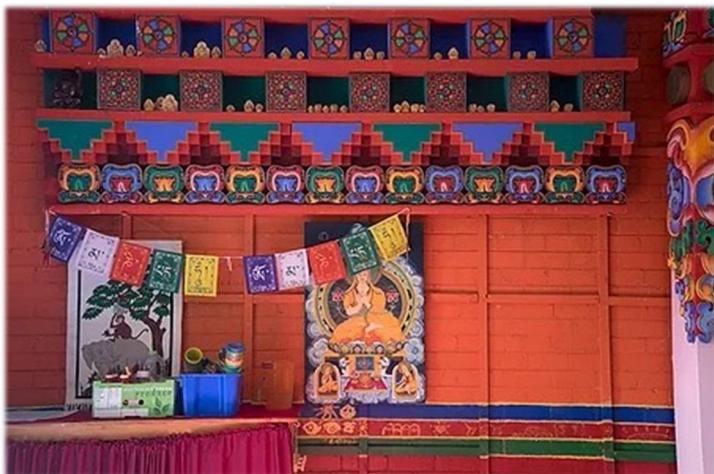
With fun and good cheer, Helen has been inspirational to so many children, families and friends. With a warm and inclusive manner, Helen has helped every child feel valued and understood. Her commitment to the welfare of young children shines through as she lights up the Dharma Club.

As an accomplished artist Helen has brought the Dharma teachings to life with colour, imagination and play. Every Dharma Club the children would emerge with some new and wonderful craft extravaganza! Every month Helen would thoughtfully create a new and fun way to bring the value of a warm heart and kindness thought to action in life.

It is impossible to encapsulate in these few words what Helen has given to Tara Institute and the community. Thank you for all your sacrifices, time and love. We will miss you, and the kids will miss you more.

Brony and Jenny continue to volunteer with the Dharma club and we are so grateful.

Brony Allan has been working alongside Helen for the past 6 years. Brony is the perfect match to continue teaching the younger group (approx 5-7years old). With a loving, intelligent and friendly manner Brony brings many skills to the Dharma club position. Brony has a background in Buddhist studies, is a yoga teacher and works as a registered Nurse. Thank-you Brony for your wish to inspire children to live a life imbued with love and compassion.



Jenny Molloy is the Coordinator of Dharma club and teaches the older group (8 to 14 years old). With enthusiasm and creativity Jenny is able to bring the Dharma teachings alive using stories, plays and meditation.

