



Celebrating an oasis of care and support for 26 years

Recently I was visiting Alison Ribush, a past director of Tara Institute. She had been going through boxes of old photos - as one does at a certain age - and found this photo. I had no idea that it existed.

The photo produced a deluge of very special memories for me. It documents a moment at the beginning of the Tara Institute Healing Meditation Program. Lama Zopa Rinpoche had just finished leading a five-day healing meditation course. It was August 1991. I think this was the first time that Rinpoche had instigated such a course specifically for people with life-threatening illnesses and their partners.

During the course Rinpoche found out that I worked with Ian Gawler at his centre in Yarra Junction. He said that he'd seen Ian on TV and would like to visit his centre. A visit was quickly arranged, and immediately after the course at Tara Institute finished he visited with Alison and Geshe Doga with a long stop on the way to bless Alison's chooks at her house in Warranwood.

Rinpoche had a long talk with Ian about his work with cancer patients. It was during that visit that Rinpoche asked me to keep leading the healing program at Tara Institute. This August we celebrate 26 years of this program that brings so many people to our centre at times of crisis and distress. We should all celebrate Rinpoche's initiative in creating this oasis of care and support in the midst of all our other ongoing Dharma activities.

Bob Sharples.

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



Interactive Workshop on The Four Noble Truths

Presented by Study Group

Sunday 20th August 10am to 4.30pm

One Day Course with Venerable Michael

Sunday 27th August from 9.30am to 4.00pm

White Tara Initiation for Long Life

Sunday 6th of August 10.00am

White Tara is associated with practices which can contribute to enhancing one's lifespan and overcome life-threatening hindrances. White Tara practice can also be done on behalf of someone who is ill.

Venerable Geshe Doga prepares for the empowerment by doing a White Tara retreat on our behalf, and dedicates the positive energy to our physical, spiritual and mental wellbeing. Geshe-la has said that he has seen sick and critically ill people regain their health after being given the White Tara mantra to recite. Even those without problems can avert future sickness and obstacles to a long and healthy life. By relying on White Tara and reciting her mantra, we can achieve a deep level of inner wellbeing so that we can truly be of help to ourselves and others.

Through the Spiritual Teacher's blessings, we are opened to the presence of White Tara as an active, healing dimension of Buddhahood.

There are no prerequisites or subsequent commitments involved in attending the initiation. Members, families and friends are most welcome to attend—Geshe Doga is offering lunch afterwards.

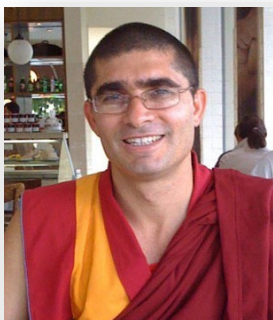
Please email Amelia at spc@tarainstitute.org.au if you have any further queries.



MONDAYS ~ 8pm

7, 14, 21 & 28 August

Introduction to Buddhist Meditation



With Venerable Michael Yeshe

Identifying the 'Misleading Mind'

Who do we blame when we experience problems? Is it entirely the fault of careless and mindless other people, and unfavourable external circumstances? Or could the causes be something within ourselves?

When we employ an honest internal investigation, we begin to discover a 'Misleading Mind' that is the main contributing factor for our problems. We may not be able to completely avoid what we perceive as difficult people and unfavourable external situations in life, but we can certainly manage our own 'misleading mind' more effectively.

Meditation is one technique that can help us identify this 'misleading mind' and in contrast strengthen our 'positive mind'. This can then help us accept and deal with problems more effectively as they arise. The sessions will incorporate a brief introduction to meditation, actual practice of meditation, and time for questions and answers.

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

1, 8, 15, 22 & 29 August

STUDY GROUP



Lamp for the Path to Enlightenment

by Lama Atisha

Geshe Doga is beginning a new text and so it is a perfect time for interested students to join Study Group at the very beginning of this new cycle.

A Lamp for the Path to Enlightenment presented for the first time all of the teachings of the Buddha in an organized step by step path, making it very easy for the individual practitioner to get an overview of the entire path and to understand what practice might be relevant to them.

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

2, 9, 16, 23 & 30 August

Heart Advice with Geshe Doga



I regularly claim that a happy mind is the best companion you can have. I say this because I have found it to be true myself. My happy mind enabled me to maintain my dignity and self-esteem through the earlier difficulties in my life, and was my best companion. It prevented me from succumbing to despair and proved to be the most trustworthy and valuable friend I could have.

I was able to maintain a happy state of mind because I had adopted the meditation practice, which made it possible for me to have and enhance my positive attitude during adverse circumstances.

Teaching July 2016

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.

An Interactive Workshop on the Four Noble Truths

Sunday 20 August from 10am to 4.30pm

Presented by Study Group, but anybody who has an interest in the topic, including beginners, is welcome to come along.

"The first teachings the Buddha gave after reaching enlightenment were at Varanasi, India. The teachings are known as 'The Four Noble Truths'. This teaching is the foundation of Buddhist thought and practice; the truth of suffering, the origin of suffering, the cessation of suffering and the path to the cessation of suffering. "
Inner Peace and Happiness – Geshe Doga

There will be plenty of time for discussion and Q&A

Lunch will be offered by the Study Group as well as morning and afternoon tea, so there will be plenty of time to relax and chat.

For more information please email Amelia at spc@tarainstitute.org.au for more information.

One Day Course with Venerable Michael Yeshe

Sunday 27 August from 9.30am to 4.00pm

The Four Seals of the Buddhist Doctrine

While practicing Buddhism is a personal choice, one need not become a Buddhist to benefit from some of the meditation techniques and essential beliefs. It is in this spirit that we welcome all to come and experience meditation and get a basic introduction to some of the fundamental truths in Buddhism.

The principles of the entire Buddhist doctrine are combined into what is known as *The Four Seals*: 1) all products are impermanent 2) all contaminated things are in the nature of suffering 3) everything that exists is in the nature of being empty and selfless 4) Liberation is peace.

The Buddha had reached a state of full awakening, which means that he was able to see the true nature of all existence, understanding everything exactly as it is. He then shared his insights in his teachings as a means to help common people overcome specific wrong views, which are contrary to reality. As ordinary human beings, we all hold certain misconceptions relating to ourselves and the World, which is said to be the main cause for all our personal problems and all the suffering in the World. While there is no easy solution, it is only when we begin to get a glimpse into reality and identify our misconceptions i.e. our own 'misleading mind', that we are able to gradually overcome the cause of our problems, and create the basis for our own happiness and the happiness of others.

Within a relaxed and informal atmosphere, the one day course will incorporate guided meditations, introduction to the Four Seals and discussions.

Facility fee—\$55 members \$75 non-members

The fee includes a delicious vegetarian lunch and afternoon tea.

For catering purposes we ask that people book and pay the office before the 18 August on 9596 8900 or email admin@tarainstitute.org.au

For course information contact Amelia at spc@tarainstitute.org.au

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

Wednesday 2	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Monday 7	Tibetan 15	Full Moon	Precepts
Thursday 17	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Monday 21	Tibetan 30	New Moon	Precepts
Tuesday 29	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Thursday 31	Tibetan 10	Tsog Day	Guru Puja at TI 6pm

Week 1

MONDAY 31 July

6pm—Tara Puja

8pm—Intro to Buddhist Meditation

TUESDAY 1

7.45pm—Study Group

WEDNESDAY 2

6pm—Guru Puja

8pm—Heart Advice with Geshe Doga

THURSDAY 3

8pm—Youth Group

SUNDAY 6

10am—White Tara Initiation

Week 2

MONDAY 7

8pm—Intro to Buddhist Meditation

TUESDAY 8

7.45pm—Study Group

WEDNESDAY 9

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

Week 3

MONDAY 14

8pm—Intro to Buddhist Meditation

TUESDAY 15

7.45pm—Study Group

WEDNESDAY 16

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

THURSDAY 17

6pm—Guru Puja

8pm—Youth Group

SUNDAY 20

10am—Interactive Workshop on The Four Noble Truths

10.30am—Dharma Club

Week 4

MONDAY 21

8pm—Intro to Buddhist Meditation

TUESDAY 22

7.45pm—Study Group

WEDNESDAY 23

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

SUNDAY 27

9.30am—4.00pm—One Day Course with Venerable Michael Yeshe

Week 5

MONDAY 28

8pm—Intro to Buddhist Meditation

TUESDAY 29

6pm—Tara Puja

7.45pm—Study Group

WEDNESDAY 30

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

THURSDAY 31

6pm—Guru Puja