A year to remember: 2600th anniversary of Buddha's enlightenment

To commemorate the 2600th year of the Buddha's enlightenment, the organisers of the 2010 United Nations Day of Vesak in Melbourne hope that 2600 Victorian Buddhists from different traditions will join together in meditation on Saturday 22 May.

Vesak is the day on which some Buddhist traditions commemorate the birth, passing and enlightenment of the Buddha (similar to Saka Dawa, which can fall on a different date in the Tibetan calendar).

In 1999, the UN General Assembly formally declared an annual international Day of Vesak to acknowledge the global significance of recognition of Buddhism and the Buddha's message of universal peace.

This year, the organisers of the Melbourne UN Day of Vesak will hold an event at the Melbourne Town Hall on 22 May, 2–4.15pm.

Last year's UN Day of Vesak event at the Melbourne Town Hall included a gathering of sangha from all Buddhist traditions and performances by youth groups; Helen Ponder, TI member, joins in.

The organisers have been issuing tickets numbered from 1 to 2600, so that each participant will represent one year in the life of this Buddha according to the number on their tickets. All tickets are free of charge.

The program for the commemoration includes one hour of meditation and chanting in three Buddhist traditions, and a musical theatre performance of the birth and early life of the Buddha.

For more information, go to www.unvesak.org

Welcome to new members Michelle, Zoe and Ziyang Loh; Wenge Wang; Richard and Shweta Healey; Anna Halafoff, Mark Provost; and Friend, Hang Thai

This newsletter is Dharma material; please treat it with respect.

For information on the disposal of Dharma materials, please contact the Office on 9596 8900. Thank you.

Book Review: Everything Arises, Everything Falls Away - by Ajahn Chah

Having recently been impressed with Ajahn Chah's book, "Food for the Heart", and wanting to read more of this author, I picked up this book.

It is a helpful book with many anecdotes from this Thai Buddhist master. It is so reassuring to read that he would say to the unlearned, "Never mind thinking about the aggregates, about form, feeling, perception, thought and consciousness. So many things! Just say, body and mind. That's enough."

In the chapter on Understanding Phenomena, Ajahn Chah points out that the causes for not being peaceful are within us. He tells the story of a snake and a tortoise living in a forest. The forest was on fire, and they were trying to flee. The snake had no legs so the tortoise figured it wouldn't be able to escape the fire and wanted to help the snake. But as the fire kept spreading, the snake fled easily, while the tortoise couldn't make it, even with its four legs, and died there. This story tickled my fancy as I often think I know what is best for others.

The book is divided into six parts - Right View, Impermanence, Unsatisfactoriness, Non-Self, Meditation and Completing the Path.

All these parts speak to the reader simply and clearly. Non-Self will take me more than forever to understand, yet there is something in here that opens that door a little wider.

by Di Cotterill

A thank you to all of those people who made the Members' Puja a great success!
from Ani Rigsal

Tara Institute

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Tara Institute is affiliated with the FPMT — the Foundation for the Preservation of the Mahayana Tradition — a network of Buddhist Centres in Australia and worldwide. Following the Mahayana teachings of the Buddha — in the tradition of Lama Tsong Khapa — we work to relieve all beings from suffering in all its forms.

Tara Institute is fully audited, not-for-profit and mainly run by volunteers. We rely entirely on the support of members, friends, benefactors and bequests. Donations and fees are requested in order to keep the Centre running.

Tara Institute news

April 2010
May 2010

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

Venerable Khensur Urgen Seton's reincarnation

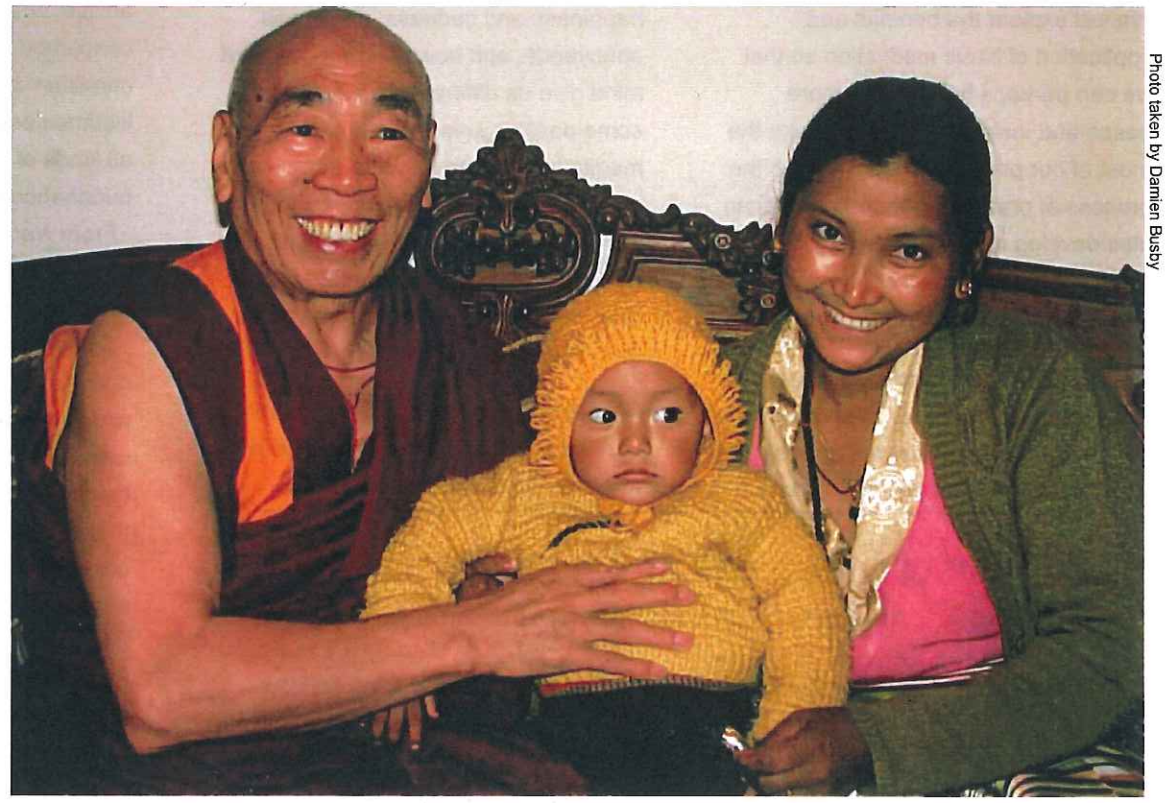

Photo taken by Damien Busby

Watching people, including Geshe Doga, prostrate to an eleven month old baby was a confronting experience for me. I must admit I ended up doing it because everyone else did.

We were in Bodhgaya for Holiness's teachings in January this year, but as always in India and around the lamas, other interesting things are happening around the place. We were all assembled, cameras at the ready, in Geshe Doga's sitting room at the Lotus Nikko hotel to meet this special baby who is the reincarnation of Venerable Khensur Urgen Seton, one of Geshe Doga's teachers.

He arrived wearing a cute little woollen hat with a pretty fringe around the edge of his face. Too pretty and cute for a lama, I thought. And this image will never escape him as most of us photographed the moment.

His mother was an absolute delight, with not only the characteristic openness and friendliness of the Tibetan people, but with no airs and graces and seemingly no ego.

We often visited Venerable Khensur Urgen Seton at Sera Jhe monastery in south India, so it was an interesting experience to meet the reincarnation. Was he like the previous lama? To me he had the same powerful aura but he clearly is a different person.

It was fascinating to see the baby do baby things like burp up food and crying to be fed, and then shortly after have the patience to tilt his little head and bump each of us, forehead to forehead. He also has the most amazing eyes that look at you intently. Not in an intimidating way, but like he is bigger than he really appears.

So, in the end I am glad I prostrated to him.

by Cynthia Karena

MONDAYS ~ 8pm
• 5,12, 19 & 26 April

INTRODUCTION TO BUDDHIST MEDITATION & PHILOSOPHY

with Judy Mayne

The Introduction to Buddhism Monday nights in April will focus on integrating basic Buddhist ideas and concepts with meditation techniques. We will explore the benefits and application of basic meditation so that we can perhaps have a little more peace and insight into how to make the most of our precious lives. Through the process of practising meditation we can also develop more positive relationships with others.

A facility fee is requested (members free) to help cover administration expenses. Just turn up at 7.50pm or phone Llysse in the Tara Institute office during business hours on 9596 8900 for more details.

MONDAYS ~ 8pm
• 3,10, 17, 24 & 31 May

INTRODUCTION TO BUDDHIST MEDITATION & PHILOSOPHY

with Damien Busby

This month Damien Busby will talk about the benefit of stepping back a little from ourselves and observing how our mind works - how we experience happiness and sadness, anger and annoyance, and how different states of mind give us different experiences; some positive some negative. Through meditation we can become more aware of our life experience being formed by our mind itself and that by working with our mind we can shift our attitudes to ones that benefit us rather than those that disturb us.

The atmosphere on Monday nights is relaxed and open and people are welcome to attend all four teachings.

Easter Retreat at Tara Institute

Friday 2 April at 9am until Monday 5 April, after lunch

Shantideva - Chapter 2 - Coming to terms with our unskillful actions

Venerable Geshe Doga will give a commentary on the second chapter of Shantideva's Guide to the Bodhisattva's Way of Life.

The Tara Institute Easter course has become a fine tradition of retreat away from the hustle and bustle of our daily lives.

It is essential to give ourselves some time and space to listen, contemplate and meditate without interruption – to rest our minds as well as our bodies. This retreat can help us to find some clarity, kindness and focus in the way we live our lives.

The course comprises guided meditation sessions, teachings from Ven. Geshe Doga, discussions, and time to enjoy walks in Landcox Park. The retreat will be held at Tara Institute.

Costs: Members $250.00 Non-Members $300.00

The course includes: refreshments and vegetarian lunch.

Bookings essential and will only be accepted with a deposit of $30.

For bookings and further details: TI Office: 9596 8900

TUESDAYS~ 7.45pm
• 6, 13, 20 & 27 April
• 4, 11, 18 & 25 May

Nagarjuna is renowned for his penetrating analysis of reality. In *Precious Garland* he offers intimate counsel on how to conduct one's life and how to construct social policies that reflect Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all kinds of suffering, culminating in buddhahood.

From *Nagarjuna's Precious Garland* – analysed, translated and edited by Jeffrey Hopkins.

Study Group offers students the opportunity to study great Buddhist texts in great depth with detailed commentary by Geshe Doga. The teachings run in six-week blocks that comprise four weeks of commentary, discussion group and a written exam. The structured approach provides wonderful support for those who wish to study at a more profound level.

You are welcome to come and 'sample' study group and a commitment to attend all six-week sessions is required if you wish to study on a regular basis. Students are advised to be seated by 7.45pm.

If you would like to attend Study Group and need more information please contact Ani Rigsal on 9596 7410.

MAITREYA PROJECT RELICS COMING TO MELBOURNE 4, 5 & 6 JUNE 2010

Photos taken by Andy Melnic

Not to be missed, this is a date to mark in the diary. In fact, keep the whole three days clear!

Lama Zopa has gathered a rare and precious collection of sacred relics of the Buddha and many other Buddhist masters. The collection is touring the world and is planned to be in Melbourne on 4, 5 & 6 June this year at the Koorie Heritage Trust in the city, on the corner of King and Little Lonsdale streets. (Relics are the sacred remains of masters who have attained extraordinary spiritual realisations.)

The collection includes relics from Ana Shariputra, Lama Atisha, Lama Tsongkhapa, Milarepa, Lama Yeshe and Ribur Rinpoche.

These relics will eventually be enshrined in the Heart Shrine of the 152m (500 ft) Maitreya Buddha statue in Kushinagar in northern India. Maitreya will be the next Buddha to bring teachings of loving kindness to the world.

If you have ever wondered about 'the power of the object', then this will help you to understand the concept. Viewing the relics is truly an extraordinary experience. People who have seen the relics often report experiences of inspiration and healing. There is a definite shift inside the heart and mind.

Please look at the following websites for more information on the relics and the Maitreya project.

www.maitreyaproject.org/en/relic
www.maitreyaproject.org/en
www.facebook.com/pages/Maitreya-Project-Heart-Shrine-Relic-Tour/192641827914?ref=ts

If you would like the opportunity to volunteer during the exhibition, there is a volunteer sign-up sheet in the corridor at TI, or contact Cynthia on cynthia@netspace.net.au.

Warrnambool Buddhist Group invites you to a teaching weekend with Geshe Doga

The Eight Verses of Mind Training

Saturday 29th May 5:00pm – 6:30pm and Sunday 30th May 10:00am – 12noon

Venue: Melissa's Dance Studio, Koroit, Warrnambool.
Cost – by donation. Bring vegetarian finger-food to share on Sunday.
Just come along, or for more information contact Lauren - 55 628516
or Elaine - 55 611823 or email meleong@westvic.com.au

Afternoon Tea with the SPC

On Sunday the 18th of April at 2.30pm, Tara Institute warmly welcomes the members and friends of Tara Institute to afternoon tea with our new Spiritual Program Coordinator, Ani Rigsal. We encourage everyone to come and meet and welcome Rigsal and enjoy getting together with old and new friends over a cup of tea.

Nyung Nye

Friday 21st 8pm to Monday 24th May following breakfast

The Nyung Nye meditation retreat, based on Chenrezig, the Buddha of compassion, is a concentrated practice consisting of eight meditation sessions, with praises, many full-length prostrations and mantra recitations over two days. The 8 Mahayana precepts are taken for the duration of the practice and on the second day, additional vows of not eating, drinking any kind of liquid or talking are observed from Saturday evening until Monday morning. The emphasis of this practice is on developing compassion. The retreat finishes early on Monday 24th.

Residential:	FPMT Members $50	Non Members $65
Non-residential:	FPMT Members $35	Non Members $50

Fee includes a vegetarian lunch. ***Bookings are essential****. Very limited accomodation is available. Please call the office on 9596 8900 by* ***no later*** *than Friday14th May.*

The Power of Doing Group Prayers & Practices

by Venerable Michael Yeshe

In the Tibetan Buddhist tradition, every spiritual and secular success is said to be dependent on having a great stock of merit. If one lacks sufficient amount of merit, that will affect one's Dharma progress, but also means facing difficulties in the secular life, such as experiencing poor health, financial difficulties, relationship problems and so forth.

One of the most effective ways to accumulate merit oneself, while supporting others as well, is by doing group prayers and practices. The great masters of the past and present have mentioned that doing group prayers and practices is one of the most effective means to accumulate merit; indeed much more effective than doing prayers just by oneself. Therefore, throughout centuries, the Tibetan Buddhist monastic as well as the lay community have devoted a great deal of their time and energy doing group prayers with the focus of bringing happiness for all beings, while removing obstacles for achieving realizations along the path to Enlightenment.

It is very fortunate that Tara Institute provides the means to do group practices at least 4 times a month. Therefore it would be highly beneficial if you were to take the opportunity to come to join any of these practices, and dedicate the merit to achieving all temporary and ultimate goals.

In April and May the group practices are as follows:

Tara Puja: 22 April & 21 May at 6pm
Guru Puja: 8 & 23 April at 6pm
Guru Puja: 8 & 23 May at 6pm
Saka Dawa: 27 May at 8pm

Photo taken by Darnien Busby; Sera Je Monastery in Southern India

WEDNESDAY ~ 8pm

7, 14, 21 & 28 April
5, 12, 19 & 26 May

AN EVENING WITH GESHE DOGA

Wednesday nights provide an ideal entry point to the study of great Buddhist texts as a basis for integrating the Buddha's teachings into y life. Geshe Doga explains the finer points of meditation practice, and using the *Lam Rim* (the Graduated Path to Enlightenment) elucidates methods for training the mind to achieve a more balanced and happier life.

Everyone is welcome to attend.
For more information please call Ani Rigsal on 9596 7410.

4 Arm Chenrezig Empowerment Sun 9th May at 2.00pm

The Buddha of Compassion is known as Chenrezig (Tibetan) or Avalokiteshvara (Sanskrit), meaning "*he who looks with gentle compassionate eyes.*" Chenrezig embodies the universal compassion of all the buddhas of the three times and ten directions, and has many aspects.

The purpose of the empowerment is to establish a close relationship with Chenrezig and to benefit from his power of compassion. In this era of violence and mental instability, the blessing of Chenrezig is incredibly valuable as it helps us to become more peaceful and compassionate, and so more able to operate skilfully in this changing world. The empowerment will also initiate one into the mantra of Chenrezig: OM MANI PADME HUM, which contains the essence of all 84,000 volumes of Buddha's teaching.

For more information please call Ani Rigsal on 9596 8900.

Please note: the committment for participating in this empowerment is to attend the two meditation sessions below or to do 20,000 repetitions of the mantra if you cannot attend these two sessions.

Meditation Session 1: Saturday 15th May at 8pm
Meditation Session 2: Sunday 16th May at 8pm

Saka Dawa Puja
& Brighton Benevolent Society

Thursday May 27 at 8pm

Saka Dawa is a special month in the Buddhist calendar. During this month, we celebrate the anniversary of Shakyamuni Buddha's birth, enlightenment and parinirvana. Spiritual practice is encouraged during this time because of the power of these auspicious events. It is a particularly good time to be mindful of our actions: avoiding those that harm others and cultivating those that help others. It is, therefore, most beneficial to practise generosity.

Every year Tara Institute makes offerings to Brighton Benevolent Society; these are distributed to people who most need them. A donation box can be found outside the main gompa. Money is the most useful offering you can make but non-perishable foods are also needed. There will be a basket for non-perishable food donations outside the gompa. Times are very tough for many people. Please be generous and thoughtful about what you give.

On Thursday May 27th at 8pm Tara Institute will offer a Guru puja (devotional offering ceremony). Prayers will be recited in Tibetan and English and all offerings to those in need will be blessed. Prayers will be made for the health and wellbeing of TI's Members, families, friends and the world community.

Everybody is welcome, please join us. Offerings of flowers, lights and food are most welcome.

For more information please call Ani Rigsal on 9596 7410.

On the morning of His Holiness the Dalai Lama's public talk in Melbourne the Executive Committee of Tara Institute were told that there would be an opportunity to meet with His Holiness very briefly in his busy schedule. Hearts began to flutter at the prospect of coming so close to His Holiness and because we would be seeing Him in the company of our own precious teacher, Geshe Doga.

His Holiness's arrival seemed to be accompanied by a palpable flood of warmth and joy; most of us were grinning from ear to ear and some of us were just a little overwhelmed! A photo was taken and His Holiness was presented with an offering and a [illegible]r outlining the activities and focus of Tara Institute and inviting Him to visit our centre at some future date. His Holiness then moved on and we were all left a little more openhearted than we were before.

Inspiration and Motivation for the Year Ahead

continued by Geshe Doga ...

It was mentioned earlier that one should develop a good and positive motivation prior to engaging in any practice, especially in the practice of meditation. A relevant point to mention is the wish for others to be happy and to be free from suffering. The motivation 'may all beings enjoy the bliss of happiness and may all beings be free from suffering' are the most essential positive states of mind. In Buddhism wishing others to be happy is called *love*, and wishing others to be free from suffering is referred to as *compassion*. The essence of the Dharma in Buddhism is of love and compassion and the motive of any spiritual practice undertaken in Buddhism is to develop love and compassion. As we all carry a sense of love and compassion within us, it is crucial that we protect and nurture it, as it would be a great loss if we were to lose that love and compassion.

Love and compassion highlight the value of others and how precious they are to us. We may pose the question 'why are others important in our lives and so precious to us?' In order to achieve our goals in life we require clarity, a sense of purpose and self-esteem, however the reality is that we also depend and rely upon the kindness and help of others. We must therefore maintain a positive connection with others. This is when love and compassion become essential tools, not only for the sake of others but ultimately for our own sake as well. The only way to maintain a genuine connection with others is by giving them the means to make them happy and aim to minimise their suffering, and in so doing we will develop a deeper sense of love and compassion within ourselves. Such a person would definitely be considered as a worthy person, right? *[Geshe-la laughs].*

When His Holiness the Dalai Lama teaches on matters such as friendship he might pose the question 'in order for you to be happy, would you need a good friend or not?' If the answer is 'yes' a subsequent question could be 'how does one seek a good friend and companion?' The answer to that is by exhibiting a genuine sense of kindness, concern, love and compassion for others. The more one extends genuine love and compassion towards others, the more naturally true friends and companions will be attracted to that. Friendship doesn't come about unless we ourselves exhibit a genuine sense of kindness and concern for others. Thus when we reciprocate love and compassion towards others, a valid and true friendship will be formed.

If a friendship is based on personal gain or the acquisition of wealth, when the money runs out the friendship is over. If we were to ask whether you could get a friend or companion through wealth or money, His Holiness the Dalai Lama says 'yes, you may get a temporary friend based on your wealth or status or money'. But w[illegible]n one's wealth begins to diminish [illegible] whatever reason then that so-called friend will start to say goodbye. As His Holiness says 'they are ready to say bye-bye and head off'. As His Holiness says, 'That sort of friend is a friend that we really don't need. That sort of friend is not a true companion and does not qualify to be a good and true friend.'

The real definition of a true and good friend is someone who will help us particularly during times of distress and hardship, whether it be by kind words, moral support or on a practical level. Their ability to provide help at a time of difficulty shows that they possess the qualities of genuine love and compassion. One can therefore

continued on page 5

continued from page 4

relate to such qualities and could rightly reason that to develop love and compassion oneself is very essential and worthwhile. If we expect love and compassion from others, we must be prepared to practice love and compassion ourselves. So along this line of reasoning we can safely assume that if one loses the sense of love and compassion from within, then one will also lose a true friend or companion.

I jokingly tell my young friends that 'when you seek a partner or a friendship in life such as a girlfriend or boyfriend, try not to base your choice merely on their looks. Of course you would like to have a friend who is rath[illegible]ood-looking, right? But if you base your choices solely on their appearance and overlook any good and meaningful qualities, then that might cause you disappointment later in life'. In fact I am quite sure that it will bring about disappointment! *[laughter]* Therefore, I advise them to go beyond appearance and seek more genuine qualities in the other person and if they possess such qualities, encourage a friendship. From a practical standpoint, physical appearance will diminish and fade, whereas the internal qualities will remain. As His Holiness the Dalai Lama rec[illegible]' mentioned in his public talk, 'how do we define beauty?' There are those who have outer beauty with little inner beauty and those who have inner beauty but who lack outer beauty. If a choice is to be made, it is far more worthwhile to choose a person based on their inner beauty.

Aspects of what I have discussed may not be so evident, especially to those who are already in a disturbed and agitated state of mind. However reflecting upon these factors in a calm and quiet state will lead to understanding and acknowledgment, especially of one's own personal responsibility to develop a sense of love and compassion. The main point is that love and compassion are the essence of all Buddhist teachings and are the essence of ourselves. In whatever practice we do, we need to be mindful of developing and strengthening our own sense of love and compassion, which are the states of mind that bring about a true sense of concern for wanting to help and benefit others.

> "May I contribute to the well-being and happiness of others today' ... 'May I refrain from anything which hurts others or makes others feel uncomfortable".

Those are the two most precious states of mind that we need to embrace. One who embraces and practises love and compassion will naturally emanate a calm and soothing demeanour. The positive effects of love and compassion are very powerful even to the extent of being felt or sensed by one's family, friends, colleagues and even pets and animals. Hence love and compassion will not only benefit the practitioner but also others in their vicinity. So we can definitely appreciate the need to invest our time and energy into developing such positive and precious states of mind and this is something in essence I am trying to encourage.

As we can appreciate the positivity of love and compassion, we must also acknowledge the opposing negative states of mind: anger, hatred, and jealousy. Such negative states must therefore be reduced in order to further develop and strengthen our sense of love and compassion, and to do so involves adopting techniques to counter those negative states within one's mind. To that affect, His Holiness the Dalai Lama recently stated that if younger people (between the ages of 18 and 25) work towards developing love and compassion and a sense of altruism, it is most likely that this century will be one of peace. That is definitely possible.

So in conclusion I refer to the advice His Holiness gave recently. In order for your life to be meaningful it would be worthwhile to commence each day with a good attitude and a positive motivation, with the mere thought or wish: 'may I contribute to the well-being and happiness of others today' or 'may I refrain from anything which hurts others or makes others feel uncomfortable'. Over the course of the day we should periodically remind ourselves of that good intention, and again before going to sleep reflect upon the effects. So by adopting such a daily routine, it is most likely that each day will be meaningful. Each day I try to start with good intentions and attitudes, and it is something that I encourage you to also try.

As the representative of Tara Institute I thank you all again, and I wish you a merry Christmas and a happy new year. I suppose "merry Christmas" for a Christian would mean to reflect on God's mercy and love. Indeed for those with a sense of connection with God, reflecting upon God's kindness and love can bring a sense of joy to one's heart. Again I thank everyone who has regularly attended the classes and otherwise to everyone here this evening, and to all members I extend my great appreciation and thanks. Furthermore I take this opportunity to particularly thank Venerable Carolyn, our Spiritual Program Co-ordinator who will soon be leaving Tara Institute. We have worked well together over the past twelve years and during that time she has been very dedicated in her service. She has really contributed so much to the welfare of the Institute, not to mention the running of various programs. I take this opportunity to really thank her and wish her good health and a continuously peaceful and happy mind in whatever she engages. I will constantly pray she meets those ends and all will be well. *(Applause)*

There is a two-fold benefit to be gained from coming to Tara Institute. Not only do we gain from receiving techniques and engaging in meditation, but afterwards with a cup of tea we can relax and engage socially with like-minded people and partake in discussions about experiences and understandings. This is something really worthwhile and meaningful. This leads to my appreciation and acknowledgement of the Institute itself, which of course is supported by members and sponsors. This centre provides the means and facilities to do meditation, as well as a very conducive social environment, all which is possible because we have this centre.

Finally, I would like to wish everyone joy and well-being, which is the Tibetan greeting, *Tashi dalek*.

Tara Institute Diary

April 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Easter Retreat 9am to 5pm	3 Easter Retreat 9am to 5pm	4 Easter Retreat 9am to 5pm
5 Easter Retreat 9am until after lunch Introduction to Buddhist Philosophy & Meditation 8pm	6 Study Group at 7.45pm	7 An Evening with Geshe Doga at 8pm	8 **Tibetan 25 Tsog Day** Guru Puja at 6pm	9	10	11 Dharma Club - 10.30am
12 Introduction to Buddhist Philosophy & Meditation 8pm	13 Study Group at 7.45pm	14 **Tibetan 30** **New Moon : Precepts** An Evening with Geshe Doga at 8pm	15	16	17	18 Afternoon Tea with Ani Rigsal at 2.30pm
19 Introduction to Buddhist Philosophy & Meditation 8pm	20 Study Group at 7.45pm	21 An Evening with Geshe Doga at 8pm	22 **Tibetan 8 Tara Day** Tara Puja at 6pm	23 **Tibetan 10 Tsog Day** Guru Puja at 6pm	24	25
26 Introduction to Buddhist Philosophy & Meditation 8pm	27 Study Group at 7.45pm	28 **Tibetan 15** **Full Moon : Precepts** An Evening with Geshe Doga at 8pm	29	30		

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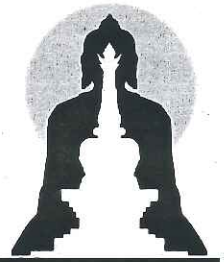
Auspicious days are calculated according to the lunar calendar. On t[illegible] days the benefits of actions are greatly multiplied, so they [illegible] specially good for spiritual practice.

Tara Institute Diary

May 2010



Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 Introduction to Buddhist Philosophy & Meditation 8pm			4	5	1	2
3 Introduction to Buddhist Philosophy & Meditation 8pm	4 Study Group at 7.45pm	5 An Evening with Geshe Doga at 8pm	6	7	8 **Tibetan 25 Tsog Day** Guru Puja at 6pm	9 Four Arm Chenrezig Empowerment at 2.00pm
10 Introduction to Buddhist Philosophy & Meditation 8pm	11 Study Group at 7.45pm	12 An Evening with Geshe Doga at 8pm	13 **Tibetan 30** **New Moon : Precepts**	14	15 Four Arm Chenrezig Meditation at 8pm	16 Dharma Club 10.30am Four Arm Chenrezig Meditation at 8pm
17 Introduction to Buddhist Philosophy & Meditation 8pm	18 Study Group at 7.45pm	19 An Evening with Geshe Doga at 8pm	20	21 **Tibetan 8 Tara Day** Tara Puja at 6pm Nyung Nye commences at 8pm	22 Nyung Nye	23 **Tibetan 10 Tsog Day** Guru Puja at 6pm Nyung Nye
24 Nyung Nye finishes 6am Introduction to Buddhist Philosophy & Meditation 8pm	25 Study Group at 7.45pm	26 An Evening with Geshe Doga at 8pm	27 **Tibetan 15** **Full Moon : Precepts** Saka Dawa Puja at 8pm	28	29	30

Tara Institute, 3 Mavis Avenue, East Brighton, 3187 Phone: 03 9596 89 Fax: 03 9596 4856 admin@tarainstitute.org.au www.ta stitute.org.au

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