

Saka Dawa Puja & Brighton Benevolent Society

Sunday June 3 at 10.00am

Saka Dawa is a special month in the Buddhist calendar.

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 gomba. 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 gomba. Times are very tough for many people. Please be generous and thoughtful about what you give.



On Sunday 3rd June at 10.00am, 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.

Everyone is welcome!



Kyabje Zopa Rinpoche



Kyabje Zopa Rinpoche with Osel



Tara in Bodhgaya 2012



Kyabje Zopa Rinpoche with Richard Gere

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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

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



June and July 2012

Medicine Buddha Puja Saturday 2 June at 7pm	Saka Dawa Puja & Brighton Benevolent Society Sunday June 3 at 10.00am	One Day Meditation Workshop with Dr Ross Moore Sunday 24 June 9am-4pm	Special Guru Puja for His Holiness the Dalai Lama Friday 6 July at 8pm	One Day Course with Venerable Geshe Doga Sunday 29 July 9am-5pm
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The Dalai Lama, whose long-standing engagement with multiple dimensions of science and with people far beyond his own religious traditions has made him an incomparable global voice for universal ethics, nonviolence, and harmony among world religions, has won the 2012 Templeton Prize.

For decades, Tenzin Gyatso, 76, the 14th Dalai Lama has vigorously focused on the

connections between the investigative traditions of science and Buddhism as a way to better understand and advance what both disciplines might offer the world.

Specifically, he encourages serious scientific investigative reviews of the power of compassion and its broad potential to address the world's fundamental problems - a theme at the core of his teachings and a cornerstone of his immense popularity.

Within that search, the "big questions" he raises - such as "Can compassion be trained or taught?" - reflect the deep interest of the founder of the Templeton Prize, the late Sir John Templeton, in seeking to bring scientific methods to the study of spiritual claims and thus foster the spiritual progress that the Prize has recognized for the past 40 years.

The Prize will be presented to the Dalai Lama at a ceremony at St. Paul's Cathedral in London on the afternoon of Monday, May 14. A news conference with the 2012 Prize Laureate will precede the ceremony. Both events will be webcast live at www.templetonprize.org Valued at £1.1 million the prize is the world's largest annual monetary award given to an individual and honors a living person who has made exceptional contributions to affirming life's spiritual dimension.

The announcement praised the Dalai Lama for his life's work in building bridges of trust in accord with the yearnings of countless millions of people around the globe who have been drawn by His Holiness's appeal to compassion and understanding for all.

"With an increasing reliance on technological advances to solve the world's problems, humanity also seeks the reassurance that only a spiritual quest can answer," said Dr. John M. Templeton, Jr., president and chairman of the John Templeton Foundation and son of the late Prize founder. "The Dalai Lama offers a universal voice of compassion underpinned by a love and respect for spiritually relevant scientific research that centers on every single human being."

He also noted that the Dalai Lama's remarkable record of intellectual, moral and spiritual innovations is clearly recognized by the nine Prize judges, who represent a wide range of disciplines, cultures and religious traditions. The Prize judges evaluate - independently of each other - typically 15 to 20 nominated candidates each year and then individually submit separate ballots - from which a tally then determines the selection of each year's Laureate.

The Dalai Lama responded to the prize in the humble style that has become his signature. "When I heard today your decision to give me this quite famous award, I really felt this is another sign of recognition about my little service to humanity, mainly nonviolence and unity around different religious traditions," he said in a video available at www.templetonprize.org.

MONDAYS ~ 8pm

•4, 11, 18 & 25 June

Introduction to Buddhist Meditation



with Dr Ross Moore

Ross continues his introduction to Buddhist meditation and philosophy with special emphasis on practical techniques for relaxing and transforming our minds. At the same time the causes of frustration, anger, resentment, restlessness, anxiety and indeed, the whole great mass of confusing thoughts and seemingly chaotic personal affairs (which proliferate, despite our splendid efforts at organization of course) will be investigated. But don't worry – the causes of clarity, skilful action, inner contentment, and harmonious and warm relationships with family, friends and beyond will also be explored, together with specific methods for enhancing our positive potential. Underlying all this is the importance of developing our potential in conjunction with a meaningful daily meditation practice. There will be ample opportunity for questions.

Ross is an exhibiting artist and writer, has been a lecturer on art & design for many years and is an experienced teacher of Buddhist philosophy and meditation.

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

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 on 9596 8900 for more details.

TUESDAYS ~ 7.45pm

•5, 12, 19 & 26 June

STUDY GROUP



Study Group offers students the opportunity to study more deeply in a structured and supportive environment. The course runs in six-week blocks comprising four weeks of teachings, one night of discussion group and a written exam on the subject matter of that series. Homework is given each teaching week and is assessed by experienced students from the group.

Geshe Doga's commentary on Nagarjuna's *Precious Garland* continues this year.

Nagarjuna is renowned for his penetrating analysis of reality. In *Precious Garland* he offers advice 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.

The evenings run in six-week blocks and students are asked to attend all six sessions. You are most welcome to come and experience Study Group at any time but conditions apply if you wish to attend on a regular basis.

If you have any questions please contact Ven. Lhamo on 9596 7410 or spc@tarainstitute.org.au.

WEDNESDAYS ~ 8pm

•6, 13, 20 & 27 June

An Evening with Geshe Doga



The "spirit" in spirituality means having a strong motivation that truly takes delight in the practice of Dharma. It also has to do with a wholehearted wish to overcome or diminish the negative mind. Our practice not only begins with that wish but the success of our practice is dependant upon maintaining it. Otherwise, laziness will undermine our practice and prevent spiritual growth.

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the every day 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 Venerable Lhamo on 9596 7410 or spc@tarainstitute.org.au.



Medicine Buddha Puja

Saturday 2 June at 7pm

Geshe Doga has kindly suggested Tara Institute perform the Medicine Buddha puja, a beautiful and powerful practice for those of us who are ill or who have a family member or friend who is suffering from a physical or mental illness.

The practice is also beneficial for those loved ones already deceased & for all those suffering from natural or man-made disasters at this present time.

The puja lasts for about one hour; donations of flowers, small tea candles or a monetary offering for the puja are most welcome.

Please contact Ven.Lhamo on 9596 7410 or spc@tarainstitute.org.au or the office on 9596 8900.

Everyone is warmly invited to attend the Medicine Buddha puja and also to give names of anyone who is sick or deceased for inclusion in the dedication.

One Day Meditation Workshop with Dr Ross Moore

Harnessing our Potential

Sunday 24 June from 9am to 4pm

Following the advice of the Ven. Geshe Doga, this one day course will have an open format with a focus on meditation. Those who attend will be invited to raise key issues and important interests. There will also be group discussions in order to share ideas and explore Buddhist and other approaches to working with situations. Meditations will be designed around what emerges. Ross will also conduct guided meditations utilizing classical Buddhist methods. All are invited to attend this creative workshop which promises to be both serious and fun at the same time. In our busy lives here is a rare opportunity to reflect and then dynamically remobilize. As His Holiness the Dalai Lama writes: "For all this to come about we need to make an effort. We cannot expect our mind to change by simply sitting back and waiting for it to happen."

Ross is a long-term student of Tibetan Buddhism and has been associated with Tara Institute since 1983. He is an experienced and entertaining teacher who is also currently helping to edit the oral discourses of Kyabje Zopa Rinpoche for publication.



Course fees:

\$60 non-Members or \$40 Members
Includes vegetarian lunch & morning & afternoon tea.

Bookings are essential for catering purposes.

Please pay the office by Monday 18 June; (call 03 9596 8900)

Auspicious days in June 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 4	Tibetan 15	Full Moon	Precepts
Thursday 14	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Tuesday 19	Tibetan 30	New Moon	Precepts
Wednesday 27	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Friday 29	Tibetan 10	Tsog Day	Guru Puja at TI 6pm

WEEK 1

SATURDAY 2
7pm - Medicine Buddha Puja
SUNDAY 3
10am - Saka Dawa
MONDAY 4
8pm - Intro to Buddhist Meditation
TUESDAY 5
7.45pm - Study Group
WEDNESDAY 6
10.00am - Healing Group
8pm - An Evening with Geshe Doga

WEEK 2

MONDAY 11
8pm - Intro to Buddhist Meditation
TUESDAY 12
7.45pm - Study Group
WEDNESDAY 13
10.00am - Healing Group
8pm - An Evening with Geshe Doga
THURSDAY 14
6.00pm - Guru Puja
SUNDAY 17
10am - Dharma Club

WEEK 3

MONDAY 18
8pm - Intro to Buddhist Meditation
TUESDAY 19
7.45pm - Study Group
WEDNESDAY 20
10.00am - Healing Group
8pm - An Evening with Geshe Doga
SUNDAY 24
9am - 4pm - Dr Ross Moore One Day Meditation Workshop

WEEK 4

MONDAY 25
8pm - Intro to Buddhist Meditation
TUESDAY 26
7.45pm - Study Group
WEDNESDAY 27
10.00am - Healing Group
6.00pm - Tara Puja
8pm - An Evening with Geshe Doga
FRIDAY 29
6.00pm - Guru Puja

Next Dharma Club 22 July please note that all dates are subject to change

June 2012