



Long Life Puja

for Venerable Geshe Doga

PLEASE NOTE CHANGE OF DATE!!

Sunday 20th of November at 10am



Each year, in order to thank our beloved teacher Geshe Doga for his unwavering commitment and kindness to the students and friends of Tara Institute since 1984, the 16 Arhat Puja is offered to him for his long and healthy life.

Followed by a delicious lunch.

Everyone is welcome!

Please click [here](#) to register your attendance

Puja Preparation Saturday 19th Nov from 1.00pm

Please come and join us in preparing the extensive offerings of flowers, incense, light, food and water. This is a wonderful opportunity to create something truly beautiful to be offered to our holy guru.

It is a lovely and joyous occasion and a chance to catch up with old friends and create new ones.

If you are attending the set-up day, please bring some white or yellow flowers for the offering bowls.

Offerings

We welcome donations to cover the costs of the puja - Please contact the office on 9596 8900

Donations cover following items:

**Food Offerings - Tsog Offerings - Offering to Geshe Doga and attending Sangha
Flowers - Saffron & Incense**

MONDAYS ~ 8pm

7, 14, 21 & 28 November

Introduction to Buddhist Meditation



with Kathi Edward

The nature of mind is possibly the most fascinating and profound phenomenon of all time. The mind in all its facets is a huge subject but even generating a glimmer of understanding it can bring amazing benefits and joy to our life. And thereafter. At death the body perishes, we lose everything...except the mind. What happens to us then?

This month we will look at what stands in the way of our happiness both in this life and the next; our fears and our demons, and how to unlock our inner wisdom and loving nature.

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 spc@tarainstitute.org.au or call 9596 8900.

TUESDAYS ~ 7:45pm

1, 8, & 15 November

Study Group



Middle Length Lamrim

by Lama Tsong Khapa

with Venerable Geshe Doga

Geshe Doga will continue his commentary on Lama Tsong Khapa's Middle Length Lam Rim.

This commentary was previously given on Wednesday evenings over many years until 2018. How fortunate are we that Geshe-la will now continue the commentary. The sections on calm abiding and special insight in this text are especially praised for their clarity and detail. To hear the teachings of Lama Tsong Khapa is said to be extremely rare, but to receive these from such a qualified and realised teacher as Geshe Doga is beyond compare.

This text is suitable and accessible for beginners through to experienced students and is a not to be missed opportunity to study in depth in a supportive and friendly environment.

New students are welcome to join study group anytime. Geshe Doga begins teaching promptly at 7.45pm.



WEDNESDAYS ~ 8pm

2, 9, 16, 23 & 30 November

Guide to the Bodhisattva's Way of Life



with Geshe Lobsang Dorje

Please check the website
to confirm dates

Venerable Geshe Lobsang will teach on Shantideva's text The Guide to the Bodhisattva's Way of Life.

"Shantideva's work is required reading for an understanding of Tibetan Buddhism, and the clarity and crispness of this new translation make it an accessible way into the world."--Publishers Weekly

"If I have any understanding of compassion and the practice of the bodhisattva path, it is entirely on the basis of this text that I possess it."--H. H. the Dalai Lama

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.

You are most welcome to stay afterwards for a cup of tea and a chat with Geshe Lobsang in the dining room.

For any inquiries about these teachings please contact 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.

Tuesday 1

Thursday 3

Tuesday 8

Friday 18

Wednesday 23

Tibetan 8

Tibetan 10

Tibetan 15

Tibetan 25

Tibetan 30

Tara Day

Tsog Day

Full Moon

Tsog Day

New Moon

Tara Puja

Guru Puja

Precepts

Guru Puja

Precepts

Cittamani Retreat

Experience

at Atisha Centre

by *Llysse Velez*

On returning to Melbourne after being in India to see His Holiness the Dalai Lama I tested positive for Covid. I was supposed to be flying to Lennox Heads with my sister to do a housesit but now I had to stay in isolation; the trip for me was cancelled. But having Covid meant that now I was still in Melbourne and able to attend the Cittamani Tara initiation so kindly given by Geshe Doga. How foolish would it be to not then participate in the three-week Cittamani Tara retreat at Atisha Centre just a week or so later? I was not at all sure I could manage the daily schedule; getting up at 5am, four two-hour sessions each day, bed around 9.30pm. I had been sleeping up to 14 or 15 hours a day, with no appetite and very weak due to Covid, so it seemed impossible. But I saw Geshe Doga the day before I was to leave and murmured something about being worried about my energy levels for the retreat. He just smiled and said, "Very good to do". So that was that. Thank you Geshe-la.

It was a wonderful experience being in a group of twenty-two very sincere and



lovely people, all striving to 'abide in the retreat' and my energy returned to almost normal after a day or two. There was a lot of harmony amongst us, and the energy of Tara was very gentle, warm and exquisitely beautiful. Venerable Tsapel led the retreat with an astonishing amount of energy and some quiet humour, and we were supported and nurtured by the staff at Atisha Centre and two great cooks. For me personally, having moved to NSW where I'm quite isolated, it was great to be able to talk about the Dharma in the breaks, make some new connections and to deepen just a little further my understanding of the teachings. These opportunities are very rare, and as I get older, I realise more and more how precious they are and how important it is to take advantage of them. My hope is that people realise how incredibly fortunate they are to be so close to extraordinary teachers such as Geshe Doga and to be able to attend teachings at Dharma centres such as Tara Institute and Atisha Centre so easily.

Introduction to Buddhist refuge with Geshe Lobsang

On Sunday, September 25 Geshe Lobsang taught a one day course on Buddhist refuge. Our first one day course in three years. It was so wonderful to be able to spend a whole day focusing on the practice of refuge together with Dharma friends and to receive these precious teachings. The day started with some meditation and group exploration of the topic. After morning tea Geshe Lobsang gave a teaching and posed a question for our afternoon discussion. Venerable Tsering prepared a delicious vegetarian lunch and there was plenty of time to walk in the park and feel refreshed and ready for the afternoon discussion and teaching sessions. From all accounts everyone enjoyed the day and found it very beneficial. Thank-you so much Geshe Lobsang.

Week 1

TUESDAY 1

6pm - Tara Puja

7.45pm - Study Group

WEDNESDAY 2

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

THURSDAY 3

6pm - Guru Puja

Week 2

SUNDAY 6

9am - Golden Light Sutra Group Recitation

MONDAY 7

8pm - Intro to Buddhist Meditation

TUESDAY 8

7.45pm - Study Group

WEDNESDAY 9

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

THURSDAY 10

11am - Healing Group

Week 3

MONDAY 14

8pm - Intro to Buddhist Meditation

TUESDAY 15

7.45pm - Study Group

WEDNESDAY 16

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

FRIDAY 18

6pm - Guru Puja

Week 4

SUNDAY 20

10am - Long Life Puja for Geshe Doga

MONDAY 21

8pm - Intro to Buddhist Meditation

WEDNESDAY 23

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life (TBC)

THURSDAY 24

11am - Healing Group

Week 5

SUNDAY 27

10:30am - Dharma Club

MONDAY 28

8pm - Intro to Buddhist Meditation

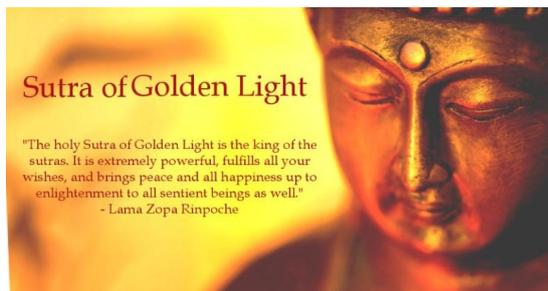
WEDNESDAY 30

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life (TBC)

NOVEMBER 2022

GROUP RECITATION OF THE GOLDEN LIGHT SUTRA



FOR VENERABLE GESHE DOGA'S LONG LIFE

6 November 2022

SPECIAL PRACTICE DAY

Bring lunch to share

Please include a card listing ingredients

This supports people with special dietary requirements

Session Times

9-12 First Session

12-1 Shared Lunch

1-2 Second Session

Lama Zopa Rinpoche has recommended we do this practice to remove any obstacles to the Venerable Geshe Doga's long life. The target is 3,000 recitations - we have nearly recited 600.

EVERYONE IS WELCOME

Please register by filling out the form [here](#)

If you have a copy of the text, please bring it along. There will be limited numbers available on the day, or you can download it from the FPMT website [here](#)

It is especially effective if done by Venerable Geshe Doga's own students, Rinpoche explained. So this is a wonderful opportunity to share this powerful practice together.

This event is going ahead with Ven Geshe Doga's full blessings.



My Tibetan Language Class

by Geshe Lobsang

At some people's request for Tibetan language lessons, I started teaching Tibetan Language on 5 September 2022 in the hall at Tara Institute. Fourteen people came to learn Tibetan with me. It was very interesting. In my class now, the oldest is 80 years old and the youngest is sixteen.

In my first lesson I said, "Good evening everyone. I look forward to teaching you Tibetan language and I also hope you become really familiar with what we learn." Then I told them, "I got some books from the TI library and my friend, Samdup. They are very good for learning Tibetan. If you want, I can give them to you."

Then I gave out the books and some students brought their own. First, I taught the 30 consonants in Tibetan. I told them to please repeat after me. Some people couldn't make the sounds of some of the consonants - like I couldn't make some English sounds when I started learning English. Then I read them again and again. Now after four lessons, my students are getting better and better.

My classes are for five weeks. Then we have one week break and I will continue with these students for another five weeks. Next year, I will teach a new beginners' class if enough people want that. It would be good to have two classes for different levels.

I really enjoy teaching Dharma and Tibetan. I want to share what I know with Tara Institute students and friends. It's good for the centre.



Live Streaming setup now in place!

Thanks to two of our members, we have now set up the TV in the Kwan Yin Gomba. Many thanks to Sandra and Alan for their generosity!

Stay tuned for details of our first live stream viewing event!