

EXPRESSIONS OF HEALING

AUGUST SAW THE 28TH ANNIVERSARY OF THE TARA INSTITUTE HEALING MEDITATION GROUP ...

a group that's been running continuously since Lama Zopa Rinpoche's inaugural course at T.I. in August 1991. To celebrate this anniversary, we asked participants to write a few sentences about their experiences in the group. Some were willing to provide their first name, others were not.



The Healing Group is for me a place of home-coming, a place of grounding, of love, joy and resilience. It's a place where we remember what matters. *Charlotte*

The Healing Group provides a calm and spiritual oasis for people facing immense anguish and distress as a consequence of major health issues. It helps participants make sense of their suffering. The group also helps us heal our relationships with ourselves and the world. It is a hidden gem and those of us who have found our way into it are so incredibly lucky to have it in our lives.

The beauty of this 'Healing' session at Tara is that we have learned to love ourselves. I have been a regular for quite a while but I still consider myself a learner. I am waiting with excitement and curiosity every Wednesday to find new meanings for the old words, which surround us with love. *Madeleine*

Bob's 'hot air' has been the mainstay of my healing each week. His 'snippets' of wisdom are the foundations of my new thought. The poems add layers and colour. *Anne*

Tara Healing Group works for me. **It's a calming, happy place to be.** I'm so glad I found it. *Grace*

The Healing Group offers a very precious place for those facing life threatening conditions, together with their carers to sit and open to the enormity and significance of what is happening. **The approach is creative and ecumenical and profoundly welcoming.** The chance to sit with others in similar circumstances is in itself profoundly healing. Thank you Bob. I am writing as a participant and a cancer survivor. *Ross*

Even if I had no health problems, at all, I would want to continue participating in the Healing Group. It is like a solid rock in the middle of my week, spent with an amazing group of people who really appreciate the preciousness of life. *Alex*

I have been coming to the Healing Group for the past 20 years, essentially half my life. Throughout this time, the group and its teachers have been the single most important force in helping to forge the direction and substance of my inner and outer life. It has been the anchor, thread, compass and refuge I come back to again and again to reflect deeply on the profound mystery of life. It is where I access healing and stillness amidst the fractured, busyness of life. To this day, when I am scared or lost, and long for connectedness and protection, I visualise being held in the kind and loving warm embrace of the group. **I can wholeheartedly say that the Healing Group has been one of the greatest and most treasured gifts I have been blessed with in my life.** *Sonya*

The group provides an important grounding influence in my life and contributes enormously to managing my chronic illness, with lightness, joy and gratitude. *Alexandra*

The Healing Group provides regular inspiration on the potential for my life. I'm always left more calm, peaceful and focused on what provides me with meaning. *Harry*

The safe and secure place the Healing Group provides, instils self belief and confidence that whatever anxiety or fear you may experience will pass. **With all that is fake in the world, this is real.** *Margaret*

Coming to the Tara Healing Group has become an oasis of peace and community in my week. I am so grateful for the opportunity to attend this marvellous group. *Carmel*

I felt so isolated for so long before I came to Tara. It helps me so much and I'm grateful to be able to share the experience with others having a similar experience. **We all need to belong and Tara gives me that feeling. Thank you.** In a crisis, life gives a gift ... the Healing Group at Tara.

I have received so very much from this group, kindness and companionship but mainly to observe – what I am thinking and doing. **Thank you Allys and Bob for your dedication to us all.**

I come to the healing meditation to benefit from the wisdom and inspiration that is shared in the group and that helps me in my day-to-day life with the challenges that life throws at us. **Being able to meditate is so important in 'living life'.**

The Healing Group taught me to Wake Up and to come home to my heart and be grateful for every minute. This has transformed me. *Anne*

Attending the Healing Group over a number of years has helped me navigate through quite a few major illnesses. The teaching has most importantly reminded me to seek the joy and beauty that is always present but often lost in the inevitable self absorption. **It has also helped to feel that I can also contribute to the world as well as receive.** *Lois*

Tara Institute news

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



August 2019

WHITE TARA EMPOWERMENT for health and long life

Sunday 11th of August 10.00am

White Tara is associated with practices that 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.

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



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.

MONDAYS ~ 8pm

5, 12, 19 & 26 August

Introduction to Buddhist Meditation



with
Jeremy Cohen

Buddhism – a Science of Happiness

Happiness and suffering have causes.

Because happiness and suffering are experienced by the mind, they are mental phenomena; therefore, the causes of happiness and suffering lie within the mind.

If we identify the causes of happiness and suffering, we can develop and increase the causes of happiness and decrease and eventually remove the causes of suffering. This is the process we call meditation.

Meditation is a scientific process of introspection and analysis of the mind and the ideas, thoughts, concepts and emotions that arise in the mind.

Once the positive thoughts are identified, the practice is to familiarise the mind with those thoughts and de-familiarise with the negative thoughts.

This month we will look at these ideas and practices in more detail and think about what we can do to remove negative thoughts and develop positive thoughts.

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

6, 13, 20 & 27 August

STUDY GROUP



The Great Treatise to the Stages of the Path to Enlightenment

by Lama Tsong Khapa

Geshe Doga will give a commentary on the general section on Bodhicitta and the Perfections from this text. New students are welcome to join study group at any time.

The Great Treatise on the Stages of the Path to Enlightenment (Tib. Lam rim chen mo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Tsong-kha-pa, completed it in 1402, and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. Because it condenses all the exoteric sūtra scriptures into a meditation manual that is easy to understand, scholars and practitioners rely on its authoritative presentation as a gateway that leads to a full understanding of the Buddha's teachings.

Study Group provides the opportunity and support to study Buddhist philosophy in depth.

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

7, 14 & 21 August

37 Practices of Bodhisattvas

with Geshe Lobsang Dorje



Gyelsay Togmay Sangpo wrote the *Thirty-Seven Practices of Bodhisattvas* in the 14th century.

His succinct and simple verses of advice summarise the quintessence of the Mahayana path to perfection.

This is an interactive class where Geshe Lobsang unpacks the meaning of each verse and then invites questions and discussion. There is also a short meditation session.

WORKSHOP ON CULTIVATING GENEROSITY, MORALITY/ ETHICS AND PATIENCE

These timeless qualities, which we all possess to varying degrees, can be perfected throughout our life.

**Sunday August 25th
from 10am–4.30pm**

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

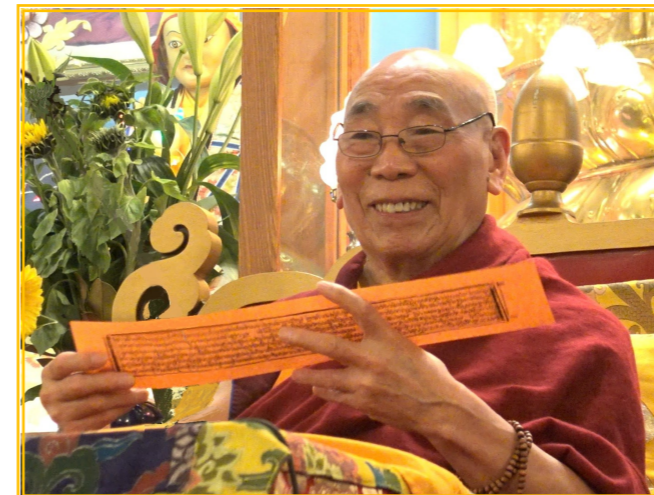
There will be plenty of time for discussion and Q&A.

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.

Heart Advice with Geshe Doga

WEDNESDAY ~ 8pm

28 August



'When we experience any form of dissatisfaction, even for a single day, we have to investigate its causes. To overcome that negative, uncomfortable experience we must first know its cause, and to know the cause we must turn the mind inwards, and investigate ourselves. As we investigate the cause of sudden anger and feeling empty in the mind, we realise that the true cause is within ourselves – in the form of a delusion. If we can then

remove that cause from our mind, then we shall feel eased, and enjoy a relaxed positive state of mind.' *Teaching March 1996*

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using everyday situations that we all experience. Geshe Doga uses humour, stories and precise instructions on how to meditate to help us work with our minds.

There is no fee for these evenings. If you have any questions, please contact Amelia on 04218 29693 or spc@tarainstitute.org.au.

The Guide to the Bodhisattva's Way of Life Recitation - with the Tara Institute community

Sunday 4th August at 9am to midday

The Dalai Lama said, 'If I have any understanding of compassion and the bodhisattva path, it all comes from studying this text'.

In this 8th century text, *The Bodhisattva's Way of Life*, Shantideva shows methods, contemplations and meditations for transforming our minds. It is suitable for all people from beginner's right through to experienced practitioners. In fact, it is a guide for the whole of our life.

Everybody is encouraged to come along and enjoy this activity. To do spiritual practice together creates the cause for harmony in our lives.

Please bring some tasty vegetarian lunch to share.

If you have the text, bring that too (Stephen Batchelor's version); if not, we can provide one for you on the day.

For more information, please call Amelia on 04218 29693 or email 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.

Thursday 8	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Saturday 10	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Thursday 15	Tibetan 15	Full Moon	Precepts
Sunday 25	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Friday 30	Tibetan 30	New Moon	Precepts

Week 1

SUNDAY 4

9am—Guide to the Bodhisattva's Way of Life recitation

MONDAY 5

8pm—Intro to Buddhist Meditation

TUESDAY 6

7.45pm—Study Group

WEDNESDAY 7

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 8

6pm—Tara Puja

8pm—Youth Group

SATURDAY 10

6pm—Guru Puja

SUNDAY 11

10am—White Tara Empowerment

Week 2

MONDAY 12

8pm—Intro to Buddhist Meditation

TUESDAY 13

7.45pm—Study Group

WEDNESDAY 14

8pm—37 Practices of Bodhisattvas

SUNDAY 18

10.30am—Dharma Club

Week 3

MONDAY 19

8pm—Intro to Buddhist Meditation

TUESDAY 20

7.45pm—Study Group

WEDNESDAY 21

12.30pm—Healing Group new block

8pm—37 Practices of Bodhisattvas

THURSDAY 22

8pm—Youth Group

SUNDAY 25

10am—Study Group Workshop

6pm—Guru Puja

Week 4

MONDAY 26

8pm—Intro to Buddhist Meditation

TUESDAY 27

7.45pm—Study Group

WEDNESDAY 28

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga