



Guide to the Bodhisattva's Way of Life *Recitation*

Sunday 12th June 9am - 12pm



Creating the causes for world peace by reciting – The Guide to the Bodhisattva's Way of Life – with Geshe Doga and the Tara Institute community. Reciting this text together is incredibly beneficial during the Tibetan month of Saka Dawa.

In this text, Shantideva shares with us, in the most intimate detail, how to transform the suffering mind of ignorance and delusion into the magnificent mind of enlightenment. These heart teachings are as relevant today as when they were composed in the 8th century. To do spiritual practice together creates the cause for harmony in our lives.

Everybody is encouraged to come along and enjoy this virtuous activity. If you wish to stay for lunch please bring some 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
0421 829 693 or email spc@tarainstitute.org.au*

MONDAYS ~ 8pm

6, 13, 20 & 27 June

Introduction to Buddhist Meditation



with Margie Hanrahan

These days everyone has heard about the benefits of meditation, even doctors and workplaces are promoting its benefits. Meditation is simple, anyone can do it. Some of the benefits of meditation include overcoming negative mental states and experiencing deeper and peaceful states of mind. Developing wisdom which leads to greater contentment and self-reliance. Whatever meditation you engage in the aim is to improve mental wellbeing and happiness and bring you to a deeper understanding of self. Despite meditation being simple to practice, it can be confusing to know what instructions to follow and feel confident that you are doing it right. This month we will learn about different styles of Buddhist meditations, the benefit each one brings and how to engage in the practice. Over time, meditation practice can become a true source of joy and refuge.

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

TUESDAYS ~ 7:45pm

7, 21 & 28 June

Study Group



Tuesday Night Teaching

Abhisamayalamkara

with Venerable Geshe Lobsang

7th June

This will be the final Tuesday Night teaching with Geshe Lobsang, before this text will take a short break. Students are encouraged to attend Geshe Doga's upcoming Lam Rim teachings from Tuesday, June 21st.

Tuesday Night Study Group

Lam Rim Chenmo

with Venerable Geshe Doga

June 21st, 28th

Venerable Geshe Doga has kindly accepted the many special requests to teach. Geshe Doga will teach on The Great Treatise on the Stages of the Path to Enlightenment (Tibetan Lamrim chenmo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Lama Je Tsongkhapa, 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 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.

WEDNESDAYS ~ 8pm

1, 8, 15, 22 & 29 June

The Swift Path by Panchen Losang Yeshe



with Geshe Lobsang Dorje

The Swift Path by Panchen Losang Yeshe is a Lam Rim text and is a step-by-step guide on the path to Enlightenment. It is a concise and very practical presentation of the various points from renunciation and the altruistic aspiration (bodhicitta) up to the development of concentration and insight. The text is a practical meditation guide and it explains in detail what to do in a meditation practice on the points of the path and what to do in between sessions. It also addresses the pitfalls that can occur and gives advice on the different experiences meditators may have.

This teaching is suitable for everyone from beginners to advanced students.

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.

For any inquiries about these teachings please contact Amelia at 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 7	Tibetan 8	Tara Day	Tara Puja
Thursday 9	Tibetan 10	Tsog Day	Guru Puja
Tuesday 14	Tibetan 15	Saka Dawa/Full Moon	Saka Dawa Puja/Precepts
Thursday 23	Tibetan 25	Tsog Day	Guru Puja
Wednesday 29	Tibetan 30	New Moon	Precepts

Saka Dawa Puja

Tuesday 14th June 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 paranirvana. 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 practice generosity.

On Tuesday, June 14th at 8pm Tara Institute will offer a Guru puja (devotional offering ceremony). Prayers will be recited in Tibetan and English and all offerings 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, light, and food for the puja are most welcome. For more information please call Amelia on 0421 829 693 or email.



Lama Zopa Rinpoche performing a puja at Kopan Monastery, Nepal, April 2020.
Photo by Ven. Lobsang Sherab.

Week 1

WEDNESDAY 1

8pm - The Swift Path

Week 2

MONDAY 6

8pm - Intro to Buddhist Meditation

TUESDAY 7

6pm - Tara Puja

7.45pm - Study Group

WEDNESDAY 8

8pm - The Swift Path

THURSDAY 9

6pm Guru Puja

SUNDAY 12

9am BWOL Recitation

Week 3

MONDAY 13

8pm - Intro to Buddhist Meditation

TUESDAY 14

8pm - Saka Dawa Puja

WEDNESDAY 15

8pm - The Swift Path

Week 4

MONDAY 20

8pm - Intro to Buddhist Meditation

TUESDAY 21

7.45pm - Study Group

WEDNESDAY 22

8PM - The Swift Path

THURSDAY 23

6pm - Guru Puja

Week 5

MONDAY 27

8pm - Intro to Buddhist Meditation

TUESDAY 28

7.45pm - Study Group

WEDNESDAY 29

8pm - The Swift Path

May 2022

Advice for Practise on Saka Dawa

from Lama Zopa Rinpoche

Lama Zopa Rinpoche explains that merit is multiplied 300,000,000 times on Saka Dawa, the 15th day of the month of Saka Dawa, which is the day of Buddha's birth, enlightenment, and passing into the "sorrowless state" (parinirvana). **Because Saka Dawa combines these three special days, the possibility to create merit is unbelievable. Due to this, it is very important for one to use this opportunity to do "everything the best!"**

The concept of permanence has been cheating us since beginningless rebirths. We have this concept that we are going to live long, but this concept of permanence cannot be trusted and is the reason why we are still suffering. Rinpoche suggests that instead of spending a lot of money on a funeral, which brings us "not one single benefit," we could give that money to others through charity and create the cause to experience happiness from life to life.

Rinpoche's Advice for Practice on Saka Dawa:

1. Meditate on the lamrim.
2. Rejoice in the merits created by yourself, other sentient beings, and all the buddhas.
3. Generate bodhichitta and especially do *tonglen* practice (exchanging self with others).

Rinpoche explains that doing *tonglen* practice is "the best." Each time you take on all of the suffering, problems, and delusions from other the sentient beings (which are numberless), you collect skies of merit.

Rinpoche then discusses how to properly do *tonglen* practice:

With compassion, take all the suffering and the causes of suffering, and give that to the self-cherishing thought, thereby destroying it. Absorb this into your heart in the form of dark smoke. You give this to your real enemy: the self-cherishing thought, which has made you suffer since beginningless rebirths in samsara, Rinpoche explains. Take all the suffering and the causes of suffering and use them like a bomb or a missile to destroy the self-cherishing thought.

With compassion, take suffering and the causes of suffering, and give that to your I-grasping ignorance, thereby destroying it. The self-cherishing thought that cherishes the "I" that you believe exists as real from its own side—that is destroyed.

Meditate on emptiness for a little while. Meditate on loving kindness and then do the giving practice by giving your body, enjoyments, and merits to numberless sentient beings. Through this, sentient beings get what they want, and they also get what they need.

1. Read *Heart Sutra*, *Diamond Cutter Sutra*, *Sanghata Sutra*, and *Sutra of Golden Light*.
2. Do Chenrezig Practice and recite OM MANI PADME HUM mantra.
3. Do Vajrasattva practice.
4. Do self-initiation or tsog.

<https://fpmt.org/lama-zopa-rinpoche-news-and-advice/advice-from-lama-zopa-rinpoche/advice-for-saka-dawa-duchen/>

For any help with your practices please email Amelia at spc@tarainstitute.org.au or call 0421 829 693.

