



Photo: Cynthia Karena



Photo: Office of His Holiness the Dalai Lama

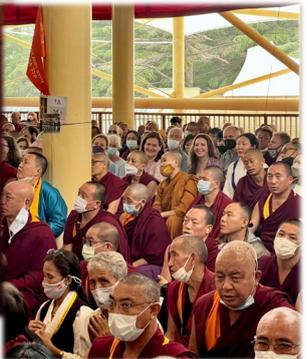


Photo: Cynthia Karena

Pilgrims depart and return

by Katrina Moxey

After two years of being locked pretty much within a ten-kilometre radius, it was a momentous event to step onto an Air India flight for a 10,000-kilometre journey to see His Holiness. Being accompanied by Geshe Doga and 21 fellow TI students made it even more incredible.

I'd been to Dharamsala many times before, as had most of us, but there was something extra special about this trip. The monsoon timing and commitment requirement had washed away most of the usual foreign contingent; we were among a rare few in a sea of monks, nuns and tulkus to attend the Heruka empowerment on July 8–9 at the Tsuglagkhang in McLeod Ganj. Around 9,000 was the official attendance count. Our Aussie contingent was a tiny fraction of this, and we fitted neatly within a few square metres at the top of the temple.

One of our group members, Simone summed up the energy

well in her social media post: 'High in the Himalayas in the monsoon rains, there are those dedicating their lives to holding up the light in this world for you all.' We prayed for happiness for all and vowed to follow His Holiness's example of loving-kindness.

There were many highlights of the trip for me, but one that stands out was when His Holiness said, 'If you consider yourself a student of mine, then you *must* practise compassion. All your suffering is caused by selfishness! For your own happiness and everyone else's, practise compassion.' Hearing this from the living embodiment of compassion in a sea of sangha with misty mountain views and the smell of juniper burning made me feel like I'd received a personal instruction to last a lifetime. Those 10,000 kilometres were well worth the effort. What a blessing to be among that fortunate crowd!

MONDAYS ~ 8pm

1, 8, 15, 22 & 29 August

Introduction to Buddhist Meditation



with Clare Callinan

"Sometimes we encounter very negative people, or others yell at us, or people we've helped are ungrateful. If we become angry and upset at them, we lose our ability to be of any help. But with the mind training methods, we can change our attitude toward them so that we not only remain calm, but are better able to be of help to others. The "Eight Verses of Mind Training," or attitude training, a text by the Kadampa Geshe Langri Tangpa, explains how to train our minds with method and wisdom so that we can change our attitude when we're in danger of becoming upset." - The Dalai Lama

Over these five weeks we will have a look at these eight verses and learn some meditation techniques to help deal with difficult situations and create a happier, more peaceful state of mind.

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

2, 9, 16, 23 & 30 August

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 are 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

3, 10, 17, 24 & 31 August

Guide to the Bodhisattva's Way of Life



with Geshe Lobsang Dorje

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.

Monday 1	Tibetan 4	Lord Buddha's 1st teaching	Precepts
Friday 5	Tibetan 8	Tara Day	Tara Puja
Sunday 7	Tibetan 10	Tsog Day	Guru Puja
Friday 12	Tibetan 15	Full Moon	Precepts
Sunday 21	Tibetan 25	Tsog Day	Guru Puja
Saturday 27	Tibetan 30	New Moon	Precepts



White Tara Empowerment with Geshe Doga

Sunday August 7th 10am

White Tara is associated with practices which can contribute to enhancing one's life span 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 well-being. 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 well-being so that we can truly be of help to ourselves and others.

The atmosphere during these initiations is inspirational. Through the Spiritual Teacher's blessings, we are opened to the presence of White Tara and the healing dimension of Buddhism.

Advice on the Special Tara for Overcoming Epidemic Disease

Number 20 of the 21 Taras is known as the Dispeller of Epidemics.
Her verse in the Praises to the 21 Taras reads:

*Homage to you, Tara, whose two Eyes the Sun and the Moon,
radiate an excellent illuminating light,
by uttering Hara twice and Tuttara
you dispel all violent epidemic disease.*

*She is mustard in colour, her two eyes are bright like the sun and moon.
She accomplishes the purposes for oneself and others.
She holds a vase in her right hand, inside is a syllable Hung.
There is a Hung at her heart surrounded by the mantra,
Om Tare Tuttare Ture Biz Arya Soha (x100 or more)*

Recite the mantra and imagine Silver coloured light radiating from the syllable Hung in the vase and the syllable Hung and mantra rosary at her heart to dispel the sickness of all living beings.

We can do this meditation to help overcome epidemic diseases.

STUDY GROUP SEMINAR

Sunday August 21st, 9am - 4pm

The annual Study Group interactive seminar is back!

Experienced students will present the essence of the text in an interactive environment so that participants can understand and put into practice the pith instructions. Your job will be to question them rigorously - don't be shy, beginners are welcome!

Or you can just sit and listen.

Topic tbc. Look out for an email soon!

Contact admin@tarainstitute.org.au to be added to our email list

Week 1

MONDAY 1

8pm - Intro to Buddhist Meditation

TUESDAY 2

7.45pm - Study Group

WEDNESDAY 3

8pm - Bodhisattva's Way of Life

SUNDAY 7

10am White Tara Empowerment

Week 2

MONDAY 8

8pm - Intro to Buddhist Meditation

TUESDAY 9

7.45pm - Study Group

WEDNESDAY 10

8pm - Bodhisattva's Way of Life

SUNDAY 14

10.30am Dharma Club

Week 3

MONDAY 15

8pm - Intro to Buddhist Meditation

TUESDAY 16

7.45pm - Study Group

WEDNESDAY 17

8pm - Bodhisattva's Way of Life

SUNDAY 21

Study Group Seminar

Week 4

MONDAY 22

8pm - Intro to Buddhist Meditation

TUESDAY 23

7.45pm - Study Group

WEDNESDAY 24

8pm - Bodhisattva's Way of Life

Week 5

MONDAY 29

8pm - Intro to Buddhist Meditation

TUESDAY 30

7.45pm - Study Group

WEDNESDAY 31

8pm - Bodhisattva's Way of Life

Nyung Nye

Personal reflections on the experience

from John Wright

Today, I have just come out of a Nyung Nye retreat beautifully led by Dr Alan Molloy and Llysse Velez. This was my tenth Nyung Nye, however the ninth was about 35 years prior to that at Atisha Centre. My original Nyung Nye was at Lawudo, led by Lama Zopa back in 1979 when I was a newbie. There was the allure of trekking in the Himalayas, seeing Everest and then being at Lawudo with Rinpoche. It was roughly a two week trek just to get there.

It was a very strong experience and part of a two week retreat led every year by Rinpoche during Sakadawa in those days. In between several Nyung Nyes there were very extensive teachings on the 8 verses of thought transformation, all night prostrations to Tara and plenty of Chenresig practice. I think the first verse on the faults of pride may have taken close to two days to complete. That retreat ended with a Great Chenresig initiation, followed by the trek back.

During those teachings Rinpoche talked about the benefits of Nyung Nye and one thing that stuck for me was that if you could do 8 Nyung Nyes in this life that would close the doors to rebirth from the lower realms and if you did 108 there was a guaranteed Pureland rebirth. From then I was motivated to get at least 8 done.

We started on Friday night with an introductory session to make sure everyone was made to feel welcome and part of a group as well as the basics such as the timetable and expectations.

Day one was three sessions, with a big lunch. (Thankyou Tsering it was very delicious) and perhaps not super diffi-

cult, but also not super easy. Not being "prostration fit" my arms had a lot of pain quite early, but as Sarah, who has a few years on me never stopped, I kept going, although very slowly.

Day two, started again at 5 am. This day no food, no water, no talking and four sessions which were finished by about 7 pm. This is where we really discovered the intensity and power of Nyung Nye. For different people the intensity of purification manifested in different ways. For some it was very strong emotions arising, for others it was a lot of physical pain. Either way the magic of Nyung Nye was working. It is an incredibly powerful purification retreat, and hence can be very difficult. It is also a very physical practice due to the many hours of prostrations that are done.

Because there was no talking, we really needed to rely on our inner resources and refuge to work with whatever difficulties arose. Part of the potency of the practice.

As it is a Chenresig practice, we were also embraced by the energy of Chenresig which is universal compassion and that was also part of the felt experience of the retreat.

By Monday morning, with a 3.30 am start we were done by about 5 am. This was the home run. The end was in sight, there was joy in the air and we had broken our fast with drinks and chai, near the end of the session after the last set of prostrations.

From there was an extensive breakfast, packing up and heading back to our usual lives, but with a Nyung Nye "hangover". Re-entering life with a different lighter energy, which is the real blessing.

I hope I have the capacity to do some more Nyung Nyes this life. For those of us living a suburban life with little opportunity for extensive retreats, this is the next best thing that we can do, to get some real retreat experience on a semi regular basis and to make some inner progress with experiential dharma practice.



Obituary

Noel Young

My friend Noel by Pat Geary

I first met Noel 23 years ago when we worked together folding the monthly newsletter in preparation for posting. As I was a new student of Buddhism and Noel had been a member of T.I. for a few years I was very interested to hear her views.

We talked about the Dharma and how much it helped our relationships with others and living our lives in a meaningful way. I found Noel very easy to talk to and we established a lasting friendship.

Her sense of humour and love for her family and truly living her life with the Dharma has been an inspiration to me. During our last conversation a week before she died, Noel told me that she thought her death was close and that she was prepared and at peace having had a long and good life.

I received a call from Noel's son Peter, telling me that she had had a peaceful death.

Tibetan Lessons

Geshe Lobsang is very interested in teaching Tibetan to children of Tibetan parents and other non-Tibetan members of the TI community. This would involve a commitment for a set period of time (5 or 10 week blocks yet to be decided) for one hour a week plus self study (homework). At this stage we are gauging the level of interest. If you are interested, please send your details to -

admin@tarainstitute.org.au