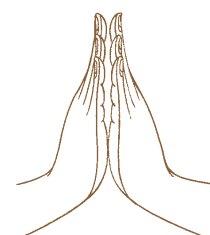


## THANK YOU

Heartfelt thanks to the generous sponsors who supported the **Tuition Fund** for Geshe Lobsang Dorje to continue his English studies.



With **21 kind sponsors**, we raised **\$4,695.50** within **21 days**. Your generosity and enthusiasm are much appreciated.

The cultivation of generosity transforms greed, clinging, and self-centeredness, and is the foundation of Buddhist spiritual development. Generosity is the ground of compassion; it is a prerequisite to the realisation of liberation. In cultivating our inner wealth of generosity, which is a wealth that can never be depleted, a gift that can forever be given, a seamless circle that feeds itself. As the Buddha tells us, **“The greatest gift is the act of giving itself.”**

## PITHY POINTS TO PONDER

### His Holiness the Dalai Lama

One great question underlies our experience, whether we think about it or not: what is the purpose of life? ... From the moment of birth every human being wants happiness and does not want suffering. Neither social conditioning nor education nor ideology affects this. From the very core of our being, we simply desire contentment... Therefore, it is important to discover what will bring about the greatest degree of happiness.

Hard times build determination and inner strength. Through them we can also come to appreciate the uselessness of anger. Instead of getting angry, nurture a deep caring and respect for troublemakers because by creating such trying circumstances they provide us with invaluable opportunities to practice tolerance and patience.

Given the scale of life in the cosmos, one human life is no more than a tiny blip. Each one of us is a just visitor to this planet, a guest, who will only stay for a limited time. What greater folly could there be than to spend this short time alone, unhappy or in conflict with our companions? Far better, surely, to use our short time here in living a meaningful life, enriched by our sense of connection with others and being of service to them.

Compassion is not about others, it is about yourself. When you feel compassionate with others you have a softer and more loving heart. Even if someone is behaving negatively, you can still feel compassion for them. It might take a lot of effort on your part, but it is possible.

I don't know whether the universe, with its countless galaxies, stars and planets, has a deeper meaning or not, but at the very least, it is clear that we humans who live on this earth face the task of making a happy life for ourselves. Therefore, it is important to discover what will bring about the greatest degree of happiness.

Those who have little interest in spirituality shouldn't think that human inner values don't apply to you. The inner peace of an alert and calm mind are the source of real happiness and good health. Our human intelligence tells us which of our emotions are positive and helpful and which are damaging and to be restrained or avoided.

Cultivating a close, warm-hearted feeling for others automatically puts the mind at ease. It helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the principal source of success in life. Since we are not solely material creatures, it is a mistake to place all our hopes for happiness on external development alone. The key is to develop inner peace.

### CENTRE DIRECTOR

We farewell Judy Mayne who has been Director since 2008 and thank her profoundly for her years of service.

We welcome Dave Andrews as acting Director until a new Centre Director is appointed.



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.

## Tara Institute news

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



## SPECIAL PUJA TO CELEBRATE HIS HOLINESS THE DALAI LAMA'S BIRTHDAY

**SATURDAY JULY 6TH  
AT 10AM**

A special puja to celebrate the 84th birthday of His Holiness the Dalai Lama.

Lunch will be cooked and offered by the students of Tara Institute.

Everybody is most welcome to attend.



His Holiness celebrating his 83rd birthday in Ladakh, July 6, 2018. Photo by Tenzin Choejor

### I am a devoted servant of compassion.

The practice of compassion gives me the greatest satisfaction. Whatever the circumstances, whatever the tragedy I am faced with, I practice compassion. That reinforces my inner strength and brings me happiness by giving me the feeling that my life is useful. Up until now, I have tried to practice compassion as well as I can, and I will continue to do so until my last day, until my last breath. For in the deepest part of my being, I feel I am a devoted servant of compassion.

*The Dalai Lama has often said that when he left Tibet he left all his wealth behind him, but he carried in his heart the priceless treasure of infinite compassion.*

Excerpt from Dalai Lama - My Spiritual Biography – Sofia Stril-Rever



**MONDAYS ~ 8pm**

1, 8, 15, 22 & 29 July

## Introduction to Buddhist Meditation



with

**Damien Busby**

**July Monday Nights**

We all want to be happy, to have a peaceful life and to feel satisfied. We may even accept that it is our own responsibility to bring this about. But our sense of responsibility is often more like a wish than any real determination to do something about fulfilling our own happiness.

Once we have progressed beyond thinking that others need to give us happiness, we may have various ideas about what qualities we need to develop to have happiness. However, it still seems to elude us to really become motivated to do the hard work and bring these changes about. Our own harmful habituations appear so difficult to shift.

Over the month we can look at these issues of how to really motivate ourselves to bring about happiness, peace and contentment.

Through discussion and meditation, we can examine how we can start to make really beneficial changes in our approach to life and cultivate the sense of personal responsibility needed to do this.

*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**

2, 9, 16, 23 & 30 July

## 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](mailto:spc@tarainstitute.org.au)*

**WEDNESDAYS ~ 8pm**

3, 10, 17 & 24 July

## 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.

### ONE-DAY COURSE with DAMIEN BUSBY

Sunday 28th July

There will be 3-4 sessions starting from 10am. Lunch at 12.30pm.

#### How to 'Make the Shift'

This one-day course will look at how we can 'Make a shift from unhappiness to happiness'.

We may have a wish to be happy and see that happiness as something that would make our life more meaningful and rewarding. However, by this point in our life, we have learnt that just saying 'I am happy' or fervently wishing for happiness does not in itself enable us to be happy.

One way to look at the causes of happiness and peace within ourselves is to see these as a collection of shifts that we have to make in our thinking and in our experiences. The shift we want to make is from unhappiness and dissatisfaction to a state or an experience of happiness and peace.

To achieve this actually requires a variety of shifts that need to occur in our thinking and in our actions. We can start with making a shift from being distracted and agitated to a more focused and calm state. Meditation and our practice can help us develop some calm and peaceful state not just in the actual session but as a continuing experience. The shift away from anger and aversion is also something we can achieve and this is accomplished by developing the antidotes to anger such as patience and love.

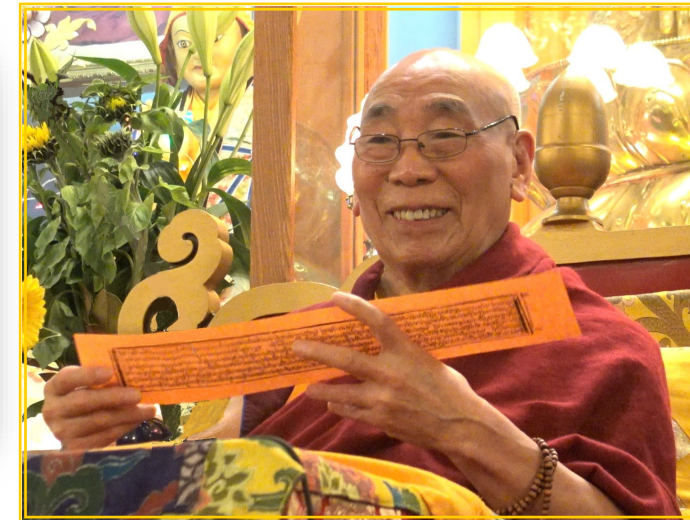
When we look to the future, we can see that there are many changes to make ahead of us. These lay out in front of us like a pathway. Even though we acknowledge these as worthwhile, it is difficult for us to adopt them consistently.

*In this one-day course, we will look at and examine how we can obtain the motivation and knowledge to be able to embrace making some beneficial shifts in our thinking and actions. The course will consist of presentations, meditations and shared discussions. Course fee: \$35 members / \$40 non-members. Please book and arrange payment by contacting Katrina [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au)*

## Heart Advice with Geshe Doga

**WEDNESDAY ~ 8pm**

31 July



get sick for example – some of those friends will disappear. But the inner friend of wisdom will never desert us.

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 9596 7410 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).*



The wisdom we generate through listening is our best friend, our best support. It is a friend that will never desert us. With it we are able to discern between beneficial, suitable actions and non-beneficial, unsuitable ones, and judge which course of action is the proper one. Outer friends, as we know from experience, will be our friends for as long as the going is good. But once we experience difficulties – if we



Auspicious days in July are calculated according to the lunar eclipse. On these days the benefits of actions are greatly multiplied, so are especially good for spiritual practice.

Tuesday 2	Tibetan 30	New Moon	Precepts
Wednesday 10	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Thursday 11	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Tuesday 16	Tibetan 15	Full Moon	Precepts
Saturday 27	Tibetan 25	Tsog Day	Guru Puja at TI 6pm

### Week 1

MONDAY 1

8pm—Intro to Buddhist Meditation

TUESDAY 2

7.45pm—Study Group

WEDNESDAY 3

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 4

8pm—Youth Group

### Week 2

MONDAY 8

8pm—Intro to Buddhist Meditation

TUESDAY 9

7.45pm—Study Group

WEDNESDAY 10

12.30pm—Healing Group

6pm—Tara Puja

8pm—37 Practices of Bodhisattvas

THURSDAY 11

6pm—Guru Puja

### Week 3

MONDAY 15

8pm—Intro to Buddhist Meditation

TUESDAY 16

7.45pm—Study Group

WEDNESDAY 17

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 18

8pm—Youth Group

SUNDAY 21

10.30am—Dharma Club

### Week 4

MONDAY 22

8pm—Intro to Buddhist Meditation

TUESDAY 23

7.45pm—Study Group

WEDNESDAY 24

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

SATURDAY 27

6pm—Guru Puja

### Week 4

MONDAY 29

8pm—Intro to Buddhist Meditation

TUESDAY 30

7.45pm—Study Group

WEDNESDAY 31

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga