

# Happy Pilgrims in Bodh Gaya for His Holiness the Dalai Lama's Teachings



Photo: Lama Zopa Rinpoche, Ven. Michael, Rinpoche's attendant and Ven. Roger



Photo: Lama Zopa Rinpoche and Geshe Doga with Tara Institute students

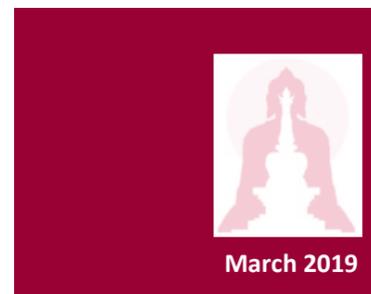


Photo: Geshe Doga with monks from House 15 and Tara Institute members

You are welcome to contact the Tara Institute newsletter editors Allys Andrews and Sandra Kinread at [allys.andrews@gmail.com](mailto:allys.andrews@gmail.com) for issues relating to the newsletter.

## Tara Institute news

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



March 2019

Wednesday nights in March

### 37 Practices of Bodhisattvas with Geshe Lobsang Dorje



#### Advice from Lama Zopa Rinpoche

“(If) People come to FPMT centres and they see that people there are more kind to others; not proud, not arrogant, not angry, not that old personality from beginningless rebirth, not that, (but showing) Dharma qualities; good hearted, kind, the same to uneducated people, educated people, young, old, everyone, like His Holiness has respect to everybody, educated people, poor, rich – like that. For FPMT that’s very important, then people are so happy to come back again and again to the centre.”



In the FPMT organization we have to pay attention to daily practice – that is so important. Your own daily practice – to be kind to sentient beings – that’s what lam rim teaches all the time. Respect sentient beings, be kind. Be sincerely polite, not politically polite, but polite from the heart, by thinking of the kindness of others. That brings happiness to others, just in daily life, brings happiness to so many people in the heart.”

**MONDAYS ~ 8pm**

4, 11, 18 & 25 March

## Introduction to Buddhist Meditation



with Clare Callinan

"I've come to the conclusion again and again that what really contributes to happiness in one's life depends on one's state of mind. If we have a positive state of mind, then that positive state of mind is what actually contributes to a genuine sense of well being. A genuine calm, peaceful and happy state of mind is what contributes to a happy life."

— Geshe Doga

On these Monday nights we will learn some of the philosophy and meditation techniques to help us develop a more positive and calm mind.



*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**

5, 12, 19 & 26 March

## STUDY GROUP



### The Great Treatise to the Stages of the Path to Enlightenment

by Lama Tsong Khapa

Geshe Doga continues giving 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.

Optional homework is given each teaching week and is self-assessed.

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**

6, 13, 20 & 27 March

## 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.**

**Geshe Lobsang will lead us through the essence of this text in March.**



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)

## A Brief Story of Geshe Lobsang Dorje

I was born in 1971 in a village called Kargong in the Eastern Tibet. My parents, Pema Rinchen and Tsepak Choetso have three daughters and four sons and I am the youngest child. I went to the local school at the age of thirteen, and four years later in year 1991, I left my home country for India to study Buddhism.

The arduous journey to India took me twenty-five days on foot, crossing over ranges of rugged snow-capped mountains and hills to Nepal, and then finally in 1992, I reached the Sera Monastery in South India. At the monastery I joined House 15 of the Tehor Khangtsen under the guidance of Geshe Doga and the late Geshe Norbu Dorje who were my in-house teachers.

Relying upon the late Abbot of the Sera-Je monastery, Geshe Lobsang Palden, and Geshe Shakya Sonam as my academic teachers, I commenced an intensive study of Buddhism in accordance with the Sera Monastery curriculum. During the course of studying Prajnaparamita (Perfection of Wisdom), as selected by the monastery, I had the very special privilege of being able to demonstrate my debate skills at the gathering of the entire monastic community, and was awarded the prestigious Rigchung certificate. I took the novice ordination vows from the late Khensur Ougyen Tseten Rinpoche and the full ordination vows from His Holiness The Dalai Lama.

When Geshe Norbu Dorje sadly passed away in 1998, Ven. Tsering Dorje took on the role of managing the welfare and financial responsibilities of all the House-15 monks. I was entrusted to pastoral care of the monks, as well as to support them with monastic discipline and education. At the same time, I continued my major studies of the Buddhist classics of Prajnaparamita (Perfection of Wisdom), Madhyamika (Middle Way School), Abhidharmakosha (Treasury of Knowledge), Vinaya (Monastic discipline), Pramanavartika (Buddhist epistemology or logic) and so forth. Then, having completed my study of these topics in 2008, I began to prepare for the Gelug Geshe Examination which continued for the next six years. In 2014 I successfully completed the Geshe Course (equivalent of Doctor of Divinity) and was awarded the Geshe Lharampa Degree, the highest geshe degree. After that I studied Buddhist tantra at the Lower Tantric College for a year. In total, I spent twenty four years (1992-2015) studying the major Buddhist corpus relating to sutra and tantra.

On the completion of my studies at the Lower Tantric College I returned to Sera Monastery and supported the House 15 monks with their education and monastic discipline at best as I could. In addition, on the recommendation of the Monastery, I was appointed as a teacher of Buddhism at the local Tibetan Government School.

In the meantime, our Most Venerable Geshe Doga, in consultation with Lama Zopa Rinpoche, advised me to come over to the Tara Institute. Without any doubts on my part I gladly accepted the invitation and arrived here in order to support kind Geshe Doga as he grows older, and also to make a small contribution to the flourishing of Buddha Dharma. I will endeavour to do my best to follow Geshe-la's advice and contribute to the welfare of Tara Institute.

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

Friday 1	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Wednesday 6	Tibetan 30	New Moon	Precepts
Thursday 14	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Saturday 16	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Thursday 21	Tibetan 15	Full Moon	Precepts



**Week 1**

FRIDAY 1 March

6pm—Guru Puja

**Week 2**

MONDAY 4

8pm—Intro to Buddhist Meditation

TUESDAY 5

7.45pm—Study Group

WEDNESDAY 6

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 7

8pm—Youth Group

**Week 3**

MONDAY 11

8pm—Intro to Buddhist Meditation

TUESDAY 12

7.45pm—Study Group

WEDNESDAY 13

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 14

6pm—Tara Puja

SATURDAY 16

6pm—Guru Puja

SUNDAY 17

10.30am—Dharma Club

**Week 4**

MONDAY 18

8pm—Intro to Buddhist Meditation

TUESDAY 19

7.45pm—Study Group

WEDNESDAY 20

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 21

8pm—Youth Group

**Week 5**

MONDAY 25

8pm—Intro to Buddhist Meditation

TUESDAY 26

7.45pm—Study Group

WEDNESDAY 27

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

March 2019