

**A simple and powerful practice to help every living being on our planet**

**This practice was encouraged by Lama Zopa Rinpoche in response to the recent tragedy in Las Vegas**



Medicine Buddha Prayers for Those Suffering, Injured, and Killed

Our hearts and prayers go out to the victims of the tragedy that occurred on the evening of Sunday, October 1, 2017, in Las Vegas.

Lama Zopa Rinpoche always advises to make strong prayers to Medicine Buddha for anyone who is dying, sick, injured, or who has already died from violence such as that which occurred in Las Vegas or elsewhere.

Please make prayers for the sick and injured to recover. For those who lost their lives in the tragedy, please make prayers for their families and survivors to be blessed by and receive healing from Medicine Buddha. Also, please make prayers for those who have died to be born in a pure land and become enlightened, or to receive a perfect human body, meet with the precious Dharma, receive teachings and to achieve enlightenment as quickly as possible.

Medicine Buddha practice can be done for anyone who is sick, dying, or even who has already died. Reciting the mantra of Medicine Buddha is one of the best practices we can do at this time.

The mantra of Medicine Buddha is:

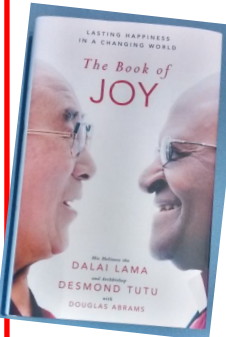
TADYATA OM BHEKHANDZYE BHEKHANDZYE MAHA BHEKHANDZYE (BHEKHANDZYE) RAJA SAMUDGATE SVAHA

You can download a PDF of the Medicine Buddha sadhana which includes Medicine Buddha practice and mantra from FPMT Education Services:

[https://fpmt.org/wp-content/uploads/education/prayers/medicine\\_buddha\\_sadhana\\_c5.pdf](https://fpmt.org/wp-content/uploads/education/prayers/medicine_buddha_sadhana_c5.pdf)

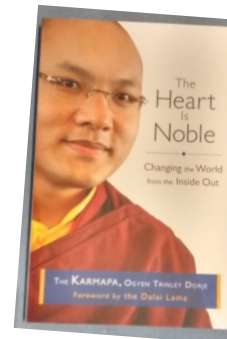
## Christmas Joy from the Bookshop

There is nothing as good as getting a new book in your Christmas stocking and there are some rippers in the Tara Institute bookshop:



1. "The Book of Joy," by the Dalai Lama and Desmond Tutu comprises delightful conversations and exercises for opening the heart and engaging with practical methods for finding and increasing joy in everyday life.

2. The Karmapa challenges our relationship to consuming in his book, "The Heart is Noble – Changing the World from the Inside Out," which has inspired this reader's new year's resolve to avoid non-essential and impulsive consuming for 100 days!!!!



3. "The Courage To Feel, Buddhist Practices for Opening to Others," by Rob Preece who was a student of Lama Yeshe's back in 1973 and is a long-time Buddhist practitioner and psychotherapist. His ability to bridge the East and West is masterful as he brings the traditional practices alive, using examples of healing emotional wounds from the past which block us from fully opening our hearts to others. It is one of those books that you read half a page and it really makes you think. Marvellous.

There will also be children's books, candles, shawls, book bags, incense, beautiful jewellery and other goodies for you. There will be lots of new items and there is always the gift voucher!



The Director and Executive Committee of Tara Institute and all of us who benefit from the Tara Institute Bookshop would like to thank Sue Fotheringham for her 10 years-plus service as Manager of the bookshop. Sue has done a great job keeping the bookshop well-stocked and interesting and her commitment has been outstanding. Sue will continue to be involved within the Tara Mandala and we wish her well.

We would like to take this opportunity to introduce our new Bookshop Manager Liz Horner who will bring her own skills and energy to this important role. Congratulations and thank you Liz.

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



**Sunday 26 November**

**Family Picnic Day—Geshe Doga's Teaching – 10.30am  
followed by Picnic in the Park – 12.00pm**

## Long Life Puja for Venerable Geshe Doga

**Sunday 12th of November at 10.00am**

Each year, in order to thank our beloved teacher Venerable Geshe Doga for his unwavering commitment and kindness to the students and friends of Tara Institute, the 16 Arhat Puja is offered to him for his long and healthy life. Followed by a delicious lunch.

**Everybody welcome!**

### Puja Preparation

Saturday 11<sup>th</sup> Nov from 1.00pm

**Please come and join us in preparing the extensive offerings of flowers, incense, light, food and water. This is a wonderful opportunity to create something truly beautiful to offer to the holy guru. It is a lovely and joyous occasion and a chance to catch up with old friends and create new ones.**

#### Offerings

The following donations can be made to support the puja . Please contact the office on ph: 9586 8900

#### Offerings

Fruit for the begging bowl

White and yellow flowers for the water bowls - bring along on the day

8 packets of popping corn for the food bowls

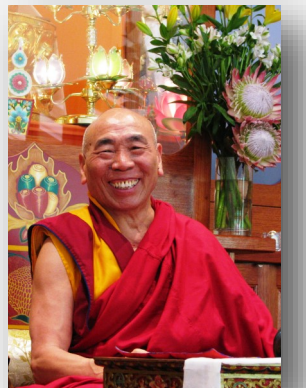
Saffron and Incense

**Monetary offerings**

Flowers for the main altar and throne

Tsog

Geshe Doga and attending Sangha





**MONDAYS ~ 8pm**

6, 13, 20 & 27 November

## Introduction to Buddhist Meditation



with Dr Alan Molloy

**Cognition, Behaviour and Therapy: The Buddhist usage of Mindfulness theory**

Modern psychological and behavioral therapies employ many techniques that are common to Buddhist meditation practice. To change behaviour, which is the actions we do, we need to work on our cognition, which are our attitudes. Hence the field of Cognitive Behavioural Therapies relies on us understanding our attitudes, beliefs and emotions so that we can change our behaviour from destructive to beneficial. The tool to achieve this is mindfulness. But what is mindfulness? How do we use it to transform our mind, our attitudes and hence our behaviour?

In these classes we shall explore the meaning and usage of mindfulness and how we can use it to investigate our mind and transform it from negative to positive or from positive to even more positive. The possibilities are endless. There will be time to do stillness meditation then brief investigative analysis on the nature of our emotions and how to transform them.

Dr Alan Molloy is a medical practitioner. He has studied Buddhism for over 40 years.

*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 come at 7.50pm or phone 9596 8900 for more details.*

**TUESDAYS ~ 7.45pm**

7, 14, 21 & 28 November

## STUDY GROUP



### Lamp for the Path to Enlightenment

by Lama Atisha

Geshe Doga continues his commentary of this very accessible text, bringing it to life in the 21st century. It is a perfect time for new or interested students to join study group.

A Lamp for the Path to Enlightenment presented for the first time all of the teachings of the Buddha in an organized step by step path, making it very easy for the individual practitioner to get an overview of the entire path and to understand what practice might be relevant to them.

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

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

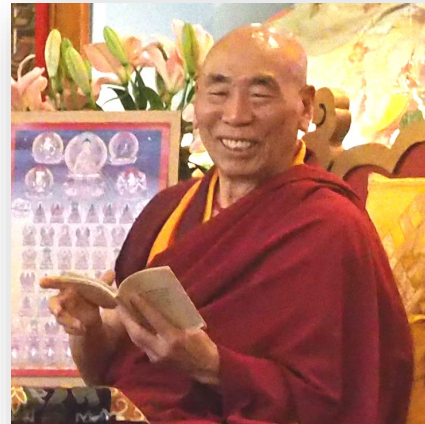
Help is always available for new people.

*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**

1, 8, 15, 22 & 29 November

## Heart Advice with Geshe Doga



**If you practise meditation daily, over time the mind will become calm. It will learn to rest in a state of equipoise. This will have a balancing effect on the physical elements that make up your body. A disturbed mind disturbs the particles that make up the elements in the body, bringing them into imbalance and disarray and causing physical discomfort. Meditating not only calms the mind, but it also balances the physical elements.**

*Dharma For Daily Life – Happy Monks Publication*

Using the everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate. This guidance will help us work with our own minds. During these sessions Geshe Doga will also teach on the Graduated Path to Enlightenment text and give a commentary which is applicable to beginners through to experienced Buddhist practitioners. Everyone is welcome to attend one or all of these sessions this month.

*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).*

# Family Picnic Day

**Sunday 26 November**



**10.30am – Teaching by Geshe Doga**  
**12.00pm – Picnic in the park**

The Dharma Club will run concurrent to the Family Day teaching and then everyone will join together in the Park.

**Geshe Doga gives timely advice on negotiating the demanding holiday season with grace, humour, patience, joy and a good heart.**

**He reminds us of the importance of harmony in our families, friendships and workplaces.**



**The teaching will be followed by a picnic in Landcox Park. Traditionally we share food from our many different cultures, enjoy relaxed conversation and play games. Bring picnic rugs, sunscreen, food, drinks, cricket bats and balls etc.**



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

Saturday 4	Tibetan 15	Full Moon	Precepts
Monday 13	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Saturday 18	Tibetan 30	New Moon	Precepts
Sunday 26	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Tuesday 28	Tibetan 10	Tsog Day	Guru Puja at TI 6pm

### Week 1

MONDAY 30 October  
8pm—Intro to Buddhist Meditation  
TUESDAY 31 October  
7.45pm—Study Group  
WEDNESDAY 1 November  
8pm—Heart Advice with Geshe Doga

### Week 2

MONDAY 6  
8pm—Intro to Buddhist Meditation  
TUESDAY 7  
7.45pm—Study Group  
WEDNESDAY 8  
12.30pm—Healing Group  
8pm—Heart Advice with Geshe Doga  
SUNDAY 12  
10am—Long Life Puja for Geshe Doga

### Week 3

MONDAY 13  
6pm—Guru Puja  
8pm—Intro to Buddhist Meditation  
TUESDAY 14  
7.45pm—Study Group  
WEDNESDAY 15  
12.30pm—Healing Group  
8pm—Heart Advice with Geshe Doga

### Week 4

MONDAY 20  
8pm—Intro to Buddhist Meditation  
TUESDAY 21  
7.45pm—Study Group  
WEDNESDAY 22  
12.30pm—Healing Group  
8pm—Heart Advice with Geshe Doga  
SUNDAY 26  
10.30am—Family Picnic Day—teaching with Geshe Doga followed by a picnic in the Landcox Park  
10.30am—Dharma Club  
6pm—Tara Puja

### Week 5

MONDAY 27  
8pm—Intro to Buddhist Meditation  
TUESDAY 28  
6pm—Guru Puja  
7.45pm—Study Group  
WEDNESDAY 29  
12.30pm—Healing Group  
8pm—Heart Advice with Geshe Doga

November 2017