

Farewell to Llysse Velez—Centre Manager at Tara Institute for 13 years and Jenny Molloy who has been job-sharing with Llysse since 2017.

After 13 years working as the Centre Manager at Tara Institute, Llysse is stepping down at the end of May. She is moving to south coast NSW to help take care of her mother who is nearly 90.



Geshe Doga is very happy that Llysse is going to be looking after her mother during this stage of her life.

Llysse will be missed so much by so many people and we thank her from our heart. Centre Manager is a demanding role that Llysse has managed with competence, grace and patience. Thank you Llysse and we wish you all the very best for the future.

Jenny has been working part-time in the Tara Institute office since early 2017. Jenny's last day in the job-share role will be May the 6th.



We thank her for her hard work and warm welcoming smile over the last 2 and a half years.

Jenny also runs the Children's Dharma Club and co-ordinates Geshe Doga's cooks and will continue to be a valued presence in the Centre.

Welcome to Katrina Moxey who will become full-time Centre Manager in June 2019.

Introducing Katrina Moxey

Katrina has been a student of Tara Institute since coming to her first Monday night teaching in 2000. "I was brought by a friend after I'd returned from a particularly tough overseas assignment in the Central Pacific, teaching English on a coral atoll in Tuvalu. I still remember, Damien was the teacher and I remember the profound peace I felt being in a room full of people who were all quiet." It wasn't until some years later that she became a more serious student – moving in as a resident in 2005 and taking refuge with Geshe Doga in 2006. She was a resident until 2008 when she moved to Dharamsala. She spent several years in Dharamsala living and working at the Library of Tibetan Works & Archives. She worked on several texts as the in-house editor and also taught English on the translation program. During that time, she also had the privilege of attending daily teachings by (the late) Geshe Sonam Rinchen (a best friend and classmate of Geshe Doga from Lhasa, Buxa and Varanasi). Since returning to Melbourne in 2014, she has been teaching international students at Monash. "Taking on this role at TI is a new direction and a new chapter for me. Instead of teaching 100 students English, I will be immersed in the myriad of activities that go into keeping our precious centre running smoothly. I'm looking forward to working alongside the exec and the army of volunteers who keep Tara flourishing and also serving the members, residents, students, visitors and of course our precious resident Geshe in whatever way I can."



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



One Day Course with Venerable Geshe Doga

Venerable Geshe Doga will be teaching on Tonglen - The Giving and Taking practice

Sunday May 26th - 9am – 5pm

Developing the qualities of love and compassion are priceless assets which are available to everybody; not only do they benefit us in this life but also future lives.

Love and Compassion

The root of Dharma practice consists of the thoughts: "I will benefit others as much as I can" and "I will abstain from harming others". Together they form the basis of our Dharma practice. While it may be easy to generate these thoughts when we are alone, if the mind is untrained and we meet adverse conditions, it will be difficult to hold them and translate them into practice. So we need to train the mind repeatedly in these two thoughts through meditation by sitting down in a relaxed manner, without grasping, and developing and fostering these thoughts so that they become stronger and stronger.

This is the root of all our Dharma practice. It is also the root of purifying all our actions of body, speech and mind.

There is a great difference between a person who values the happiness of others and a selfish person who values only their happiness. The more self-cherishing a person has, the more difficult their life becomes. Even small things that frustrate their self-cherishing set them off and make them unhappy.

Usually a selfish person is unpleasant which causes others to distance themselves from them. But if we have a more open mind that cherishes the happiness of others, we will be more balanced and happy, and we will be automatically liked by others.

We need to ask: what is the best method for looking



after ourselves? Is it having a state of mind where we are constantly unhappy, or is it having a state of mind where we are happy?

The Root of All Happiness

Love is the thought wishing another to have happiness and compassion is the thought wishing another to be free from suffering. Love is generated by reflecting on another's lack of happiness. This is because when we become aware of how the other person lacks happiness, we automatically wish that person to have happiness.

Compassion is generated by reflecting on the other person's suffering because understanding this naturally brings about the wish for them to be free from suffering. Having love and compassion in our mind will stop harmful intent, and consequently stop us from harming ourselves and others. Instead, it will generate happiness for ourselves and for those around us.

That is why it is said that love and compassion are the root of all happiness.

Everyone – our girlfriend or boyfriend, our parents, and so forth, need happiness, and this happiness comes about through love and compassion. If we have love and compassion in our mind, we will be happy, affectionate and loving towards others. We will automatically like those around us and they in turn will like us back.

Extract from *Dharma For Daily Life* - Venerable Geshe Doga

MONDAYS ~ 8pm

6, 13, 20 & 27 May

Introduction to Buddhist Meditation



with Judy Mayne

In these sessions there will be an introductory talk on various basic Buddhist concepts and some related meditation techniques.

We will look at how we can apply and integrate these ideas and meditation into our daily experiences.



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

7, 14, 21 & 28 May

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

WEDNESDAYS ~ 8pm

1, 8, 15 & 22 May

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 continue to lead us through the essence of this text in May.

Heart Advice with Geshe Doga

WEDNESDAY ~ 8pm

29th May



Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate to help us to work with our own minds.

There is no fee for these evenings. If you have any questions please contact Amelia on 9596 7410 or spc@tarainstitute.org.au.

One day course with Venerable Geshe Doga

Sunday May 26

9am – 5pm



Venerable Geshe Doga will be teaching on Tonglen - The Giving and Taking practice

Tonglen is based on developing generosity, love and compassion. It is by familiarising our mind with these virtues that we will be able to really benefit others whenever the need arises. Step-by-step instructions will be given.

The course is suitable for everybody and there are no commitments or prerequisites.

The course comprises teachings, guided meditations and discussion.

Early Bird to 4pm—17th May: \$60 members - \$80 non-members

After 4pm—17th May: \$70 members - \$90 non-members

The price includes a delicious vegetarian lunch and afternoon tea.

For catering purposes we ask that people book and pay the office before the 23 May on 9596 8900 or email admin@tarainstitute.org.au

For course information call Amelia on 0421 829 693 or spc@tarainstitute.org.au

Tara Institute's Annual General Meeting— 4 May 2019—Landcox Hall at 1pm

The AGM is an opportunity for current financial members of Tara Institute to play a part in electing the members you wish to be in charge of running the centre for another year. Tara Institute continues to be a proud member of the worldwide FPMT family, providing a consistent spiritual programme in Melbourne under the guidance of our much-loved Venerable Geshe Doga. The current Executive Committee is committed to supporting the spiritual programme and to ensuring that TI can continue to support the members, the residents and the broader community for many years to come. All information about the upcoming AGM has been made available on the Tara Institute website. Please attend the AGM in person or if you are unable to, appoint another current financial member or the chairperson as your proxy so that you do not miss out on a chance to have your say!

Auspicious days in May 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 30	New Moon	Precepts
Sunday 12	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Tuesday 14	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Saturday 18	Tibetan 15	Full Moon	Precepts
Wednesday 29	Tibetan 25	Tsog Day	Guru Puja at TI 6pm

Week 1

MONDAY 29 April

8pm—Intro to Buddhist Meditation

TUESDAY 30 April

7.45pm—Study Group

WEDNESDAY 1

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 2

8pm—Youth Group

Week 2

MONDAY 6

8pm—Intro to Buddhist Meditation

TUESDAY 7

7.45pm—Study Group

WEDNESDAY 8

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

SUNDAY 12

6pm—Tara Puja

Week 3

MONDAY 13

8pm—Intro to Buddhist Meditation

TUESDAY 14

6pm—Guru Puja

7.45pm—Study Group

WEDNESDAY 15

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 16

8pm—Youth Group

SUNDAY 19

10.30 am—Dharma Club

Week 4

MONDAY 20

8pm—Intro to Buddhist Meditation

TUESDAY 21

7.45pm—Study Group

WEDNESDAY 22

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

SUNDAY 26

9am-5pm— One Day Course with Geshe Doga—Tonglen

Week 5

MONDAY 27

8pm—Intro to Buddhist Meditation

TUESDAY 28

7.45pm—Study Group

WEDNESDAY 29

12.30pm—Healing Group

6pm—Guru Puja

8pm—Heart Advice with Geshe Doga