

The Place is Full of Quiet Achievers



I have been printing out and selling the transcripts for more than ten years now. It really doesn't feel like work, and I get to say hello to people as they walk by and into the gumpa. Adair sends me files of the transcripts by email and I print them off.

The distributing of the transcripts involves placing them on display at the table, handling the money and marking the corresponding date on the tabs and filing everything away at the end. The only drawback is that it cuts into the time I would otherwise have chatting with friends at the dining room table! The hardest part is packing everything up and getting into the gumpa before the teachings start. I also like to help with the tea. It allows me to serve others in a practical, simple way and I find it quite energizing.

P.S. We are always looking for new team-members to help with the distribution on Wednesdays. If you are interested, please contact Adair Bunnett on 9682 1551.

Andrew Jack



Why not drop into the Tara Institute bookshop to pick up a Christmas gift or two for your family and friends. As well as many extraordinary Dharma books, we have an extensive selection of Tibetan and Japanese incense, a variety of colourful meditation cushions, adjustable kneeling stools and singing bowls. We have recently expanded our range of items to include locally made products such as beeswax candles and olive oil soap. We also have some lovely bags, children's quilts, bracelets and paintings hand-crafted by members and friends. Please do come and have a look for yourself.

BOOKSHOP NEWS

- * Starting 1 February 2020, the bookshop will be open the first Saturday of every month 11am to 3pm.
- * The bookshop now has its own email address. You can contact us for queries and orders on bookshop@tarainstitute.org.au.
- * The bookshop now accepts cash and EFT payments for Tara Institute courses.

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
Ph. 9596 8900



Lama Tsong Khapa Day Puja

Saturday 21 December 8pm

This year will mark the
600th
anniversary
of Lama Tsongkhapa's
parinivana.

He was considered an emanation of Manjushri, the Buddha of Wisdom, and singlehandedly inspired an entire religious renaissance. He founded the Gelupka lineage, which continues to this day. Tara Institute and the Foundation for the Preservation of the Mahayana Tradition (FPMT) exist as part of that lineage.

Many thousands of people across the world will be celebrating this anniversary and it is very auspicious to be part of this. You are all invited to share in this beautiful ceremony of chanting and meditation.

If you wish to make offerings of candles, food and flowers, you are most welcome to do so. If you have any questions, please contact the office 9596 8900.



MONDAYS ~ 8pm

2, 9 & 16 December

Resumes 6 January 2020

Introduction to Buddhist Meditation

with Dr. Alan Molloy



Emptiness by understanding dependent arising

Emptiness is a central theme of the Buddhist teachings. Without understanding emptiness we can never attain true peace and happiness. Alan Molloy will present emptiness from the viewpoint of dependent arising, which is the easiest way to understand emptiness. It makes sense and is simple to apply in our own daily practice."

There will be meditation, relaxation and time for questions and discussion.

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.

TUESDAY ~ 7.45pm

3 December ~ last for 2019

Resumes 11 February 2020

STUDY GROUP



The Great Treatise on 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, Lama Tsong Khapa, 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

WEDNESDAY ~ 8pm

4 December ~ last for 2019

Resumes 5 February 2020

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.

THANK YOU

The recent Open Day was a great success, as was the glorious Long-life Puja for Geshe Doga. The committee expresses heartfelt thanks to all the people who helped make these events such a success. TI depends on its volunteers and is so grateful for their hard work.

The committee has had a busy time planning for a meeting of members to vote on rule changes intended to bring TI's governance into line with FPMTA's preferred model. If you haven't received notice of the meeting, please contact Katrina in the office. We look forward to seeing you at the meeting on **14 December 2019**.

TI Executive Committee

FAMILY DAY TEACHING & PICNIC Sunday 1 December 10.30am

Nurturing good relationships

Geshe Doga has been a source of excellent help and comfort to so many families over the years.

There are many stories of the most difficult problems being overcome by following Geshe-la's advice, particularly in relation to difficulties with children. Geshe Doga has always emphasised the importance of nurturing love within our families, no matter how big or small, and on this day, to acknowledge his care and rejoice in his kindness, we celebrate our families together with Geshe Doga.

Geshe-la will teach for about an hour and a half on how to nurture respect, patience, love and compassion. Afterwards, you are invited to join the picnic in Landcox Park across the road. Dharma Club will be joining us after Geshe Doga's teaching. Please bring some lunch to share, a blanket to sit on, hats and sunscreen. For more information, phone Katrina 9596 8900.



Medicine Buddha Puja Wednesday 11 December 8pm

Geshe Doga has suggested that Tara Institute perform the Medicine Buddha Puja. The Seven Medicine Buddhas manifested in order to pacify the obstacles to the achievement of temporary happiness, liberation and the ultimate happiness of full enlightenment. They are powerful in healing diseases – both physical and mental – as well as for purification. The Medicine Buddha practice can be used to help purify those who have already died and liberate them from suffering. It is also very powerful for those suffering from natural and man-made disasters. **Everybody is warmly invited to attend this puja and also to give the names of anyone who is sick or deceased for inclusion in the dedication.**

The puja lasts about one hour; donations of flowers or monetary offering for the puja are most welcome. If you have any questions, please contact Amelia, spc@tarainstitute.org.au.



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

DECEMBER

Wednesday 4	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Friday 6	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Thursday 12	Tibetan 15	Full Moon	Precepts
Saturday 21	Tibetan 25	Tsog Day	LTK Puja at TI 8pm
Thursday 26	Tibetan 30	New Moon	Precepts

JANUARY

Friday 3	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Sunday 5	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Friday 10	Tibetan 15	Full Moon	Precepts
Sunday 19	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Friday 24	Tibetan 30	New Moon	Precepts

DECEMBER 2019

Week 1

SUNDAY 1
10:30 am—Family Day
MONDAY 2
8pm—Intro to Buddhist Meditation
TUESDAY 3
7.45pm—Study Group
WEDNESDAY 4
6pm—Tara Puja
8pm—37 Practices of Bodhisattvas
FRIDAY 6
6pm—Guru Puja

Week 2

MONDAY 9
8pm—Intro to Buddhist Meditation
WEDNESDAY 11
8pm—Medicine Buddha Puja

Week 3

MONDAY 16
8pm—Intro to Buddhist Meditation
SATURDAY 21
8pm—Lama Tsong Khapa Day Puja

JANUARY 2020

Week 1

FRIDAY 3
6pm—Tara Puja
SUNDAY 5
6pm—Guru Puja
MONDAY 6
8pm—Intro to Buddhist Meditation
WEDNESDAY 8
8pm—Tara Meditation

Week 2

MONDAY 13
8pm—Intro to Buddhist Meditation
WEDNESDAY 15
8pm—Tara Meditation
SUNDAY 19
6pm—Guru Puja

Week 3

MONDAY 20
8pm—Intro to Buddhist Meditation
WEDNESDAY 22
8pm—Chenrezig Meditation

Week 4

MONDAY 27
8pm—Intro to Buddhist Meditation
WEDNESDAY 29
8pm—Chenrezig Meditation

January 2020

MONDAYS ~ 8pm 6, 13, 20 & 27 January 2020

Introduction to Buddhist Meditation

with Clare Callinan and Jeremy Cohen (Clare will do the first two Mondays of the month; Jeremy will do the second two)



Clare

Learning meditation – the path to peace

“We come to learn meditation to find a moment of peace and relaxation. Learning the philosophy behind meditation is something to that relates to our mind, our inner selves. It is an effective means to solve our problems in life, particularly those problems caused by our mind or relating to our mental well-being. Overcoming these mentally related problems also helps to overcome physical and externally related problems.” Geshe Doga

Jeremy

Love and Compassion – the path to peace

The practices of love and compassion are the heart of the Buddha's teachings. They are regarded as the most powerful way of overcoming our own problems as well as being helpful to others. Love and compassion are the direct antidotes to selfishness which is the root of all of our problems. By practising compassion we exchange the focus on our self with focus on others. As soon as we do this our attitude becomes more positive and our life improves. Love and compassion can be generated and increased by identifying and familiarising our mind with their causes: equanimity, recognising other's kindness and understanding others' problems. In these sessions we will examine some of the techniques for generating love and compassion and overcoming selfish attitudes.



WEDNESDAYS ~ 8pm 8, 15, 22 & 29 January 2020

Green Tara and Chenrezig Meditation

with Clare Callinan and Jeremy Cohen (Clare will lead the Tara Practice on the first two Wednesdays of the month; Jeremy will lead the Chenrezig practice on the last two Wednesdays)



Green Tara Meditation—Wednesday: 8th & 15th January at 8:00pm

Tara meditation is a special technique for tapping into our amazing potential as human beings in order to overcome our own problems and also to be able to really help others. It provides a way to change the negative image we often have of ourselves so that we can at least imagine what it would be like to shine with wisdom and compassion. The evenings will comprise guidelines for the practice, guided meditation and time for questions.



Chenrezig Meditation—Wednesday: 22nd & 29th January at 8:00pm

In this session we will do the meditation practice of Chenrezig, the meditational deity who represents enlightened compassion. In this practice we use visualisation and mantra recitation to generate and increase love and compassion in our minds.

The atmosphere on both nights is relaxed and open and people are welcome to attend any or all of the Monday and Wednesday night talks. The usual \$5 Monday night facility fee is suggested (members free) to help cover administration costs. There is no fee on Wednesday nights. Just turn up at 7.50pm; no need to book.