

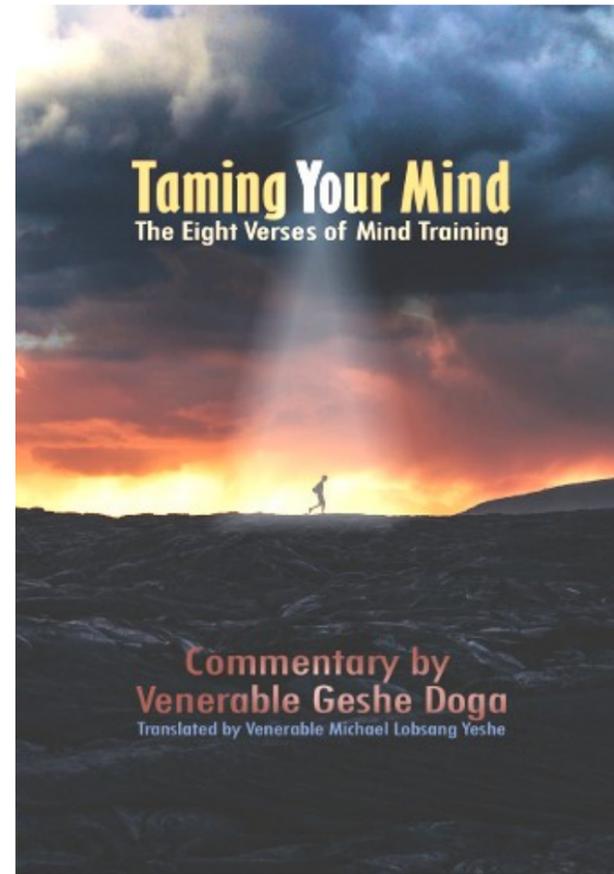
## New book from TI Publishing – *Taming Your Mind: The Eight Verses of Mind Training*

The *Eight Verses of Thought*

*Transformation*, a text by Geshe Langri Tangpa (1054–1123), is a succinct summary of the mind training teachings of Mahayana Buddhism.

In *Taming Your Mind* Geshe Doga brings each one of the eight verses alive using examples that we can all relate to. Humour, pathos and wisdom abound in this brief text. Geshe-la ends with a step by step guided meditation on the eight verses, encouraging us to practice it regularly. By showing us how to transform all the challenging situations that we experience in life, *Taming Your Mind* will benefit us at those crucial times when we are in greatest need.

This beautiful book is now available at the TI Bookshop (RRP: \$18).



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

## Tara Institute news



**Golden Light Sutra Recitation**  
**2 June 9am to 2pm**  
**for Geshe Doga's Long Life**

**Nyung Nye**  
**8pm Friday 7 June to**  
**6am 10 June**

## Saka Dawa Puja

**Sunday 16 June at 10am**

**Saka Dawa is a special month in the Buddhist calendar. During this month we celebrate the anniversary of Shakyamuni Buddha's birth, enlightenment and paranirvana. Spiritual practice is encouraged during this time because of the power of these auspicious events. It is a particularly good time to be mindful of our actions: avoiding those that harm others and cultivating those that help others. It is, therefore, most beneficial to practice generosity.**



**On Sunday 16 June at 10am Tara Institute will offer a Guru Puja (devotional offering ceremony). Prayers will be recited in Tibetan and English and all offerings will be blessed. Prayers will be made for the health and wellbeing of TI's members, families, friends and the world community. Geshe Doga is kindly offering lunch afterwards.**

**Everybody is welcome. Please join us.**

Offerings of flowers, light and food for the puja are most welcome. For more information please contact Amelia on 0421 829 693 or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

## We Welcome Our New Members' Representative



The members and friends of Tara Institute warmly welcome our new representative, Clare Callinan who has been a student of Geshe Doga, Lama Zopa Rinpoche and His Holiness the Dalai Lama since the mid-nineties.

Clare is a popular Monday night teacher, secondary school teacher, talented artist and mad keen Collingwood supporter. Keep an eye out for her at teachings on Tuesday and Wednesday nights, introduce yourselves and have a chat.

**The Tara Institute Executive is comprised of these people following the Annual General Meeting on Saturday 4th May 2019.**

Judy Mayne – Director  
Dave Andrews – Assistant Director  
Amelia McCulloch – Spiritual Program Coordinator  
Justin Sethu – Secretary

Mark Fernandes – Treasurer  
Gabe Wallace – Geshe Care  
Clare Callinan – Members' Representative  
Tara Garward – Residents' Representative

**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.**

**MONDAYS ~ 8pm**

3, 10, 17 & 24 June

## Introduction to Buddhist Meditation



with Dr Ross Moore

Ross will present meditational techniques we can use to navigate the often tumultuous events of everyday life.

Essential background to the techniques will be given together with ways of enhancing our practice as we proceed.

There will also be opportunity for questions and answers.



*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**

4, 11, 18 & 25 June

## 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 esoteric 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 on 0421 829 693 or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

**WEDNESDAYS ~ 8pm**

5, 12 & 19 June

## 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 June.



**The retreat finishes early on Monday in time for a fabulous breakfast and plenty of time to get to work. This practice is a powerful way to collect extensive merit and to purify the negative karmas collected during beginningless rebirths.**

For more information please go to <http://www.tarainstitute.org.au/nyung-nye-1>

**There is very limited accommodation at Tara Institute at the moment. Please call 9596 8900 asap to avoid being disappointed if you wish to stay overnight.**

**FPMT members: residential \$55, non-members \$70  
FPMT members: non-residential \$40, non-members \$55**

If you would like to discuss any aspects of the retreat itself, please call Amelia on 0421 829 693 or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

For bookings, please contact T1 office on 9596 8900 or email [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au)

**WEDNESDAY ~ 8pm**

26 June

## Heart Advice with Geshe Doga



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 0421 829 693 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

## Group Recitation of the Golden Light Sutra for Venerable Geshe Doga's Long Life

2 June

### SPECIAL PRACTICE DAY

Bring lunch to share

Session Times

9-12 First Session

12-1 Shared Lunch

1-2 Second Session

*Kyabje Zopa Rinpoche has recommended we do this practice to remove any obstacles to the Venerable Geshe Doga's long life. The target is 3,000 recitations.*

### EVERYONE IS WELCOME

*It is especially effective if done by Venerable Geshe Doga's own students, Rinpoche explained. So this is a wonderful opportunity to share this powerful practice together. This event is going ahead with Ven Geshe Doga's full blessings.*

## NYUNG NYE

8pm Friday June 7 to 6am Monday June 10

**Fasting & Purification Practice on Chenrezig, Buddha of Compassion**

**The Nyung Nye meditation practice, based on Chenrezig, the Buddha of Compassion, is a concentrated practice consisting of eight meditation sessions, with praises, prostrations and mantra recitations over two days. The emphasis of this practice is on developing compassion.**

**The eight Mahayana precepts are taken for the duration of the practice and on the second day, additional vows of not drinking any fluids, eating or talking are observed.**

**There is very limited accommodation at Tara Institute at the moment. Please call 9596 8900 asap to avoid being disappointed if you wish to stay overnight.**

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

Monday 10	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Wednesday 12	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Monday 17	Tibetan 15	Full Moon	Precepts
Thursday 27	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Tuesday 2 July	Tibetan 30	New Moon	Precepts

Week 1

SUNDAY 2

9am—2pm—Golden Light Sutra Recitation for the Long Life of Geshe Doga

MONDAY 3

8pm—Intro to Buddhist Meditation

TUESDAY 4

7.45pm—Study Group

WEDNESDAY 5

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 6

8pm—Youth Group

FRIDAY 7 to MONDAY 10

8pm—Nyung Nye

Week 2

MONDAY 10

6pm—Tara Puja

8pm—Intro to Buddhist Meditation

TUESDAY 11

7.45pm—Study Group

WEDNESDAY 12

12.30pm—Healing Group

6pm—Guru Puja

8pm—37 Practices of Bodhisattvas

SUNDAY 16

10am—Saka Dawa Puja

10.30am—Dharma Club

Week 3

MONDAY 17

8pm—Intro to Buddhist Meditation

TUESDAY 18

7.45pm—Study Group

WEDNESDAY 19

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 20

8pm—Youth Group

Week 4

MONDAY 24

8pm—Intro to Buddhist Meditation

TUESDAY 25

7.45pm—Study Group

WEDNESDAY 26

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

THURSDAY 27

6pm—Guru Puja

June 2019