

FINDING PEACE IN EVERYDAY LIFE



Lama Zopa Rinpoche and Lama Yeshe in Geneva, Switzerland, 1983. Photo by Ueli Minder, courtesy of Lama Yeshe Wisdom Archive.

“The happiness we desire, the suffering we do not want, the happiness we try to get, the suffering we try to eliminate all come from the mind—not from somebody else’s mind but from our own,” Lama Zopa Rinpoche instructs in a multimedia teaching “Finding Peace in Everyday Life,” published by Lama Yeshe Wisdom Archive in October.

Rinpoche continues, “For example, how does the everyday, unwanted suffering that we try to prevent come from our own mind? It arises because our mind is not under our control; we’re under the control of our mind, which in turn is under the control of our disturbing thoughts. This is the mistake we make. We allow our mind to be controlled by the inner enemy; we offer the victory to the disturbing thoughts, we always give liberation to the disturbing thoughts—ignorance, dissatisfaction, anger, and selfishness. Instead of defeating and trying to get freedom from them, we give them complete freedom and take defeat upon ourselves. That’s the whole problem. That’s it. That’s our everyday life.”

The [Archive’s multimedia teachings](#) include text, video, archive photos, and links to additional resources. “Finding Peace in Everyday Life” is a teaching given by Lama Zopa Rinpoche in Geneva, Switzerland, in 1983 and was originally published in the Archive’s free book *Life, Death and After Death*. Find the entire multimedia teaching at:

<http://multimedia.lamayeshe.com/finding-peace-in-everyday-life>

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

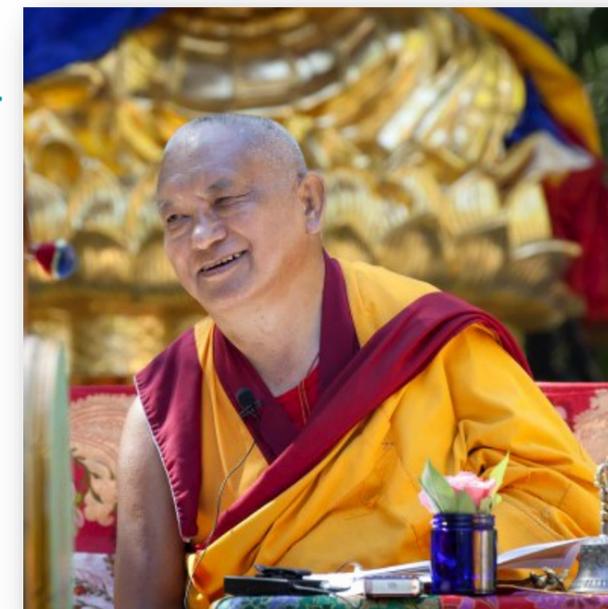


Annual Tara Puja

Sunday February 25th at 10am

Happy New Year, welcome to this year’s teaching programme. 2018 is shaping up to be an exciting year with Lama Zopa Rinpoche gracing our shores.

Kyabje Lama Zopa Rinpoche’s six-week retreat in Bendigo 30th March – May 12th 2018 ending with a Long Life Puja. Lama Zopa will be teaching on Shantideva’s *A Guide to the Bodhisattva Way of Life*, with the optional tantric empowerments of Chakrasamvara and Rinjung Gyatsa.

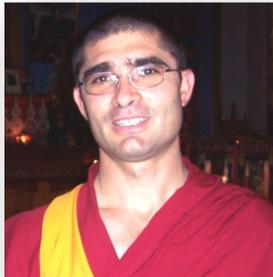


For further information see website <http://lamazoparetreat2018.org.au/>

MONDAYS ~ 8pm

5, 12, 19 & 26 February

Introduction to Buddhist Meditation



with Venerable Michael Yeshe

Calming Inner Turmoil

As ordinary human beings, we all experience inner turmoil time and again – that comes in various forms such as shattered expectations, low self-esteem, doubts, fears, worries, anxieties, mild to severe depression and so forth.

Although external circumstances can contribute to experiencing a troubled mind, the Buddha has taught that ultimately all inner turmoil is caused by non-other than misconceptions that are held deep within one's own mind. It is because we fail to recognize this factor, that we have a tendency to blame others and external circumstances for our troubles. However blaming others doesn't calm our inner turmoil, on the contrary it contributes to even more angst.

So, the key to overcoming our inner and outer troubles is none other than by identifying the source of our own inner conflicts and misconceptions. Meditation is said to be one such technique, which when applied properly and consistently, can help to identify this factor and restore clarity and calmness within our own mind.

The Great Indian master Shantideva had said:

*Where would I possibly find enough leather,
With which to cover the surface of the earth?
But by wearing leather just on the soles of my shoes,
It is equivalent to covering the earth with it.*

*Likewise it is not possible for me,
To restrain the external course of things;
But should I restrain this mind of mine,
What would be the need to restrain all else?*

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 of \$5 is suggested (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 ~ 8pm

13, 20, & 27 February

STUDY GROUP



Lamp for the Path to Enlightenment

by Lama Atisha

Geshe Doga continues his commentary on this very accessible text, bringing it to life in the twenty first century. New students are welcome at any time and it is always a good time!

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.

WEDNESDAYS ~ 8pm

7, 14, 21 & 28 February

HEART ADVICE WITH GESHE DOGA



As we increase our knowledge of the teachings we become clearer about the cause and the effect of our own thoughts and actions. It is then that some sense of discrimination would arise and it would be clear which actions we need to abandon. During this process we have actually understood why they are negative and a cause of suffering, likewise, there are other thoughts and actions, which act as the source of happiness. These actions are essential and need to be adopted.

Foundation Of All Good Qualities 1998

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.



Annual Tara Puja

Sunday 25th February at 10am

Geshe Doga warmly invites everyone to join him for the special Tara Puja where prayers will be offered for the long life, health, prosperity and happiness of Tara's friends and families.

For all of Tara Institute's friends and families, that means everyone!

Tara is the female Buddha of enlightened activity. The Tara puja includes making offerings and requests to help us overcome outer and inner obstacles in our lives, and to achieve wisdom and compassion in our minds.

You are welcome to bring offerings of flowers, food and incense.

Everyone is most welcome to join us for lunch afterwards.

Please contact Amelia on 9596 7410 or email spc@tarainstitute.org.au for more information.

Auspicious days in February 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 23	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Sunday 25	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Saturday 10	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Thursday 15	Tibetan 30	Solar Eclipse	Precepts

Week 1

MONDAY 5
8pm—Intro to Buddhist Meditation
WEDNESDAY 7
12.30pm—Healing Group
8pm—Heart Advice with Geshe Doga
THURSDAY 8
8.00pm—Youth Group
SATURDAY 10
6pm—Guru Puja
SUNDAY 11
10.30am—Dharma Club

Week 2

MONDAY 12
8pm—Intro to Buddhist Meditation
TUESDAY 13
7.45pm—Study Group
WEDNESDAY 14
12.30pm—Healing Group
8pm—Heart Advice with Geshe Doga

Week 3

MONDAY 19
8pm—Intro to Buddhist Meditation
TUESDAY 20
7.45pm—Study Group
WEDNESDAY 21
12.30pm—Healing Group
8pm—Heart Advice with Geshe Doga
THURSDAY 22
8.00pm—Youth Group
FRIDAY 23
6pm—Tara Puja
SUNDAY 25
10am—Annual Tara Puja
6pm—Guru Puja

Week 4

MONDAY 26
8pm—Intro to Buddhist Meditation
TUESDAY 27
7.45pm—Study Group
WEDNESDAY 28
12.30pm—Healing Group

February 2018