

# Tara Institute

## News

June 2026



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## WHITE TARAs Home Retreat

Wednesday 10 June to Wednesday 24 June 2026

(Concluding with a Fire Puja at TI on 24 June)

White Tara is associated with practices that can contribute to enhancing one's lifespan and overcoming life-threatening hindrances. Ven. Geshe Doga has said he has seen sick and critically ill people regain their health after being given the White Tara mantra to recite. White Tara practice can also be done on behalf of someone who is ill.

Tara Institute is inviting interested participants to engage in a White Tara home retreat from 10 to 24 June 2026, followed by a fire puja on 24 June.

Approaching this retreat with a deep sense of respect and devotion is an opportunity to accumulate merit and create conducive conditions for the long life and good health of His Holiness the Dalai Lama and Venerable Geshe Doga, and to continue last year's celebration of their 90th birthday year.

Participants' collected mantra White Tara mantra recitations will also contribute to the TI community's commitment to complete 10 million



White Tara mantra recitations for the long and healthy life of our most Venerable Geshe Doga. At the same time, for our own benefit, we can dedicate the positive energy to our physical, spiritual and mental well-being.

By relying on White Tara and reciting her mantra, we can achieve a deep level of inner well-being so that we can truly benefit ourselves and others.

This two-week home retreat is an opportunity to deepen your connection with White Tara practice,

cultivating healing, longevity, and compassion through dedicated mantra recitation and meditation.

**Please note:** Only those who have received the White Tara Jenang/Empowerment are eligible to participate. Participants will undertake the retreat practice at home, while maintaining retreat commitments and discipline.

To register or find out more, please [click here](#) or see [page 3](#) for more information about retreat guidelines.

## June 2026 Events

- \* Regular weekly teaching program dates – see page 2
- \* *Guide to the Bodhisattva's Way of Life* Group Recitation – Sunday 7 June, 9am to 12 noon
- \* White Tara Home Retreat – Wednesday 10 to 24 June
- \* One-Day Course: Compassion & Emptiness – Sunday 28 June
- \* Monthly Guru Pujas – Wednesday 10 & 24 June, 6pm
- \* Monthly Tara Puja – Monday 22 June, 6pm
- \* Dharma Club – Sunday 14 June, 10.15am
- \* TI Fundraising Dinner, Trivia Night & Silent Auction – Saturday 27 June, 6pm

To register for all TI events, please use our new [humanitix events online booking system](https://events.humanitix.com/host/tara-institute-of-tibetan-buddhism) (https://events.humanitix.com/host/tara-institute-of-tibetan-buddhism) - just click on the event link or phone the Tara Institute Office on 9596 8900 for assistance.

**MONDAYS ~ 8pm**  
1, 8, 15, 22 & 29 June  
**Introduction to  
Buddhist Meditation**



with Cynthia Karena

*'In Buddhism, the emphasis of the teaching is placed on the mind, transforming your mind and understanding your mind. Action is the most important thing; however, we cannot correct the action without correcting the mind.'* - Ven. Geshe Doga

Buddhism talks a lot about transforming the mind. What does that mean? Why do we want to do that? And of course – how do we do it? Thought transformation alters our mental outlook and helps us transform ourselves into better people. It focuses on transforming difficult situations, negative emotions, and even daily activities into the path toward happiness and enlightenment.

*These informal sessions include guided meditations, a talk and discussion. A facility fee of \$5 or \$10 (for those able to contribute more) goes towards the running of the Centre. All welcome – no need to book.*

**TUESDAYS ~ 7.45pm**  
2, 9, 16, 23 & 30 June  
**Study Group**



**The Practice of Dharma**  
*by Lama Tsong Khapa*  
**with Venerable Geshe Doga**

*'True meditation involves being constantly mindful of our thoughts and actions. Meditation is about knowing one's own mind, and through knowing the mind, knowing oneself...'*

*'Through meditation, we are able to recognise that certain mental states – whether they arise in our own minds or in the minds of others – have the same effect: they create confusion, destroy our inner peace, and make us feel unsettled and disturbed.'*

*'On the other hand, when more virtuous or positive states of mind arise within ourselves or others, they bring about a sense of peace and happiness.'*

*(Ven. Geshe Doga, 24 February 2026)*

*Sessions begin promptly at 7.45pm. Please email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) with any queries about attending Study Group or about the Spiritual Program in general.*

**WEDNESDAYS ~ 8pm**  
3, 10, 17 & 24 June  
**Guide to the  
Bodhisattva's Way of Life**



with Venerable  
**Geshe Lobsang Dorjee**

*Geshe Lobsang Dorjee continues teaching from Chapter 6: Patience in Shantideva's text, Guide to the Bodhisattva's Way of Life.*

*'Chapter 6 of the text we are studying...is primarily concerned with how to overcome anger, jealousy, and so forth, because these mental afflictions are the source of the suffering we experience.'*

*'We can counteract or remedy anger using different antidotes. It's important to know about the different antidotes because, if we had to rely on just one, we'd find it difficult to counteract anger. This is because the anger within us is intense, habitual and very strong. So, knowing how to overcome anger through applying different means or remedies is beneficial.'*

*(Ven. Geshe Lobsang, 5 February, 2026)*

**Morning Meditations**

**WEDNESDAYS ~ 11am: 3, 10, 17 & 24 June**  
with Allys Andrews

These half-hour sessions are suitable for those new to meditation and for those who have more experience. People may attend the whole 12-week program or drop in for single sessions. The atmosphere is open and relaxed. Please come a little before 11am to settle and find a comfortable seat. *(Donations of \$5-\$10 are appreciated to contribute to the running of the Centre and its programs.)*

**Healing Group**

**THURSDAYS (fortnightly) ~ 11am: 11 & 25 June**  
with Kathi Melnic, William Liew and Kerry Whitlock

Life's challenges can exert a toll on our physical and mental well-being, often contributing, over time, to chronic or other serious illness. Healing begins with the mind. It's not a quick fix but an evolving process of awareness, compassion and integration. Our program, which draws on a range of healing traditions and the practice of meditation, is accessible to all. *(Donations of \$5-\$10 are appreciated to contribute to the running of the Centre and its programs.)*

**Auspicious Days in June**

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

Wednesday 10	Tibetan 25	Guru Puja	Tsog
Monday 15	Tibetan 30	New Moon	Precepts
Monday 22	Tibetan 8	Tara Puja	Precepts
Wednesday 24	Tibetan 10	Guru Puja	Tsog
Monday 29	Tibetan 15	Full Moon	Precepts/Sojong

# Guide to the Bodhisattva's Way of Life

## Group Reading

Sunday 7 June, 9am to noon (lunch after)



Create the cause for developing immeasurable love, compassion, and wisdom by reciting Shantideva's *Guide to the Bodhisattva's Way of Life* with Geshe Doga, Geshe Lobsang Dorjee, Geshe Jangchod and our spiritual community.

Shantideva shares in great detail how to transform every conceivable suffering mind-state into the blissful mind of enlightenment. These heart teachings are as relevant today as when they were composed in the 8<sup>th</sup> century.

Everybody is encouraged to come along and enjoy this virtuous activity and accumulate enormous merit in the merit-multiplying auspicious month of Saka Dawa. If you have Stephen Batchelor's version of the text, please bring it with you; otherwise, we have some copies to lend on the day.

Join us for lunch (\$25 – a \$5 facility fee is included) after the reading, or feel free to bring your own. To register or find out more, please [click here](#) or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

## White Tara Home Retreat (from page 1)

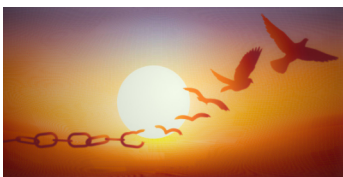
**Dietary Guidelines:** To support clarity and purity during the retreat, please observe a 'white foods' diet and avoid 'black' foods before and between each day's practice sessions. These dietary restrictions can be loosened after the day's practice sessions are completed, then resumed the following morning.

**Daily commitment:** Before the retreat begins, please decide how many practice sessions – for example, two or three – you will complete each day and fix a time for those sessions. Then commit to maintaining the same session times each day throughout the entire retreat.

**Sadhana and mantras:** Please use TI's White Tara sadhana with instructions given by Ven. Geshe Doga. Participants must recite a total of 111,000 mantras or more if possible (see the [online retreat guidelines](#) for more detail). Once the retreat is complete, please report the **White Tara** mantra total to [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

Please [click here](#) to register and read essential details about preparation, participation, and the Fire Puja on 24 June. Or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) Note that those not undertaking the retreat are welcome to participate in the Centre's [ongoing White Tara sadhana practice and mantra recitation](#) program.)

## One-Day Course: Compassion and the Wisdom of Emptiness with Geshe Lobsang Dorjee Sunday 28 June, 9am to 5pm



Compassion coupled with the wisdom of emptiness can broaden and deepen our concern for others, making our interactions with others more beneficial and effective. When we realise that this rigid sense of 'I' is empty of a permanent, separate identity, the hard boundaries of selfish concern dissolve and our sphere of compassion expands.

As Lama Zopa Rinpoche has said: '...by actualizing the wisdom realizing emptiness, you can help others; you can free all other sentient beings from all sufferings and all problems. This opportunity to free all others from suffering and lead them to ultimate happiness comes from whatever understanding you have of emptiness in your day-to-day life.'

Venerable Geshe Lobsang's commentary on this topic presents an invaluable opportunity to learn how the wisdom of emptiness can help us better manage our emotions in everyday life.

Cost (includes lunch): \$80 Members; non-Members \$95; concession card holders \$40. To register or find out more, please [click here](#), or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) with any queries.

### Week 1

#### MONDAY 1

8pm - Intro to Buddhist Meditation

#### TUESDAY 2

7.45pm - Study Group

#### WEDNESDAY 3

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

#### FRIDAY 5

7pm - Golden Light Sutra

#### SUNDAY 7

9am to noon - **Bodhisattvas' Way of Life Group Recitation & Lunch**

### Week 2

#### MONDAY 8

8pm - Intro to Buddhist Meditation

#### TUESDAY 9

7.45pm - Study Group

#### WEDNESDAY 10

**White Tara Home Retreat Begins**

11am - Morning Meditation

6pm - Guru Puja

8pm - Bodhisattva's Way of Life

#### THURSDAY 11

11am - Healing Group

#### FRIDAY 12

7pm - Golden Light Sutra

#### SUNDAY 14

10am - Study Group Discussions

Resume

10.15am - Dharma Club

### Week 3

#### MONDAY 15

8pm - Intro to Buddhist Meditation

#### TUESDAY 16

7.45pm - Study Group

#### WEDNESDAY 17

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

#### FRIDAY 19

7pm - Golden Light Sutra

#### SUNDAY 21

5pm - [Online 21 Taras Invocation](#)

### Week 4

#### MONDAY 22

6pm - Tara Puja

8pm - Intro to Buddhist Meditation

#### TUESDAY 23

7.45pm - Study Group

#### WEDNESDAY 24

**White Tara Retreat concludes with Fire Puja**

11am - Morning Meditation

6pm - Guru Puja

8pm - Bodhisattva's Way of Life

#### THURSDAY 25

11am - Healing Group

#### FRIDAY 26

7pm - Golden Light Sutra

#### SATURDAY 27

6pm - **Fundraising Dinner, Trivia Night and Silent Auction**

#### SUNDAY 28

9am to 5pm - **One Day Course: Compassion & Emptiness**

### Week 5

#### MONDAY 29

8pm - Intro to Buddhist Meditation

#### TUESDAY 30

7.45pm - Study Group

JUNE 2026

# ❁ A Midwinter Celebration at TI ❁

## Trivia Night, Fundraising Dinner & Silent Auction

Sat 27 June, Landcox Hall, 6pm, \$40 per person – all welcome!

This will be a great night out! Have fun dusting off your brain for an exciting trivia night, all while supporting Tara Institute. Test your knowledge, and enjoy a lively evening filled with laughs, friendly competition and prizes. There'll also be a delicious vegetarian dinner to enjoy, and our exclusive silent auction, featuring a range of fantastic items and other offerings that you won't want to miss. Join us for a fun-filled fun-raiser that will make a difference!

Please purchase your tickets in advance to ensure you don't miss out (and for catering purposes). You can book via [humanitix](https://www.humanitix.com) or the [TI website](https://www.tarainstitute.org.au) (scroll down the home page). NOTE: If you or someone you know has any products or services (gift vouchers) suitable for the silent auction, please contact Cynthia through the TI Office – email [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au) or phone 03 9596 8900.



## The creativity and quiet joy of Tibetan art workshops



Over April and May, Tara Institute has been filled with colour and calm as our community joined Venerable Lobsang Konchok for two special art offerings.

Our first Tibetan Art Workshop was held in late April and introduced participants to the foundations of sacred Tibetan painting – gentle linework, traditional proportions and the meditative focus behind each stroke. The room buzzed with creativity and quiet joy.

A more intensive 4-week Tibetan Art Program during May was an evening series that deepened the journey of colour, symbolism and contemplative practice. Each week, we were met with stories that were in themselves beautiful teachings and built confidence and connection, developing our own piece of Tibetan artwork in a supportive, peaceful environment.

These programs have nurtured both artistic skill and community spirit, and we look forward to offering more opportunities to explore Tibetan art together.

Please email [fundraising@tarainstitute.org.au](mailto:fundraising@tarainstitute.org.au) if you are interested in joining future Tibetan art workshops.



### Golden Light Sutra Recitations Friday evenings, 7pm

Join us on Fridays evenings to recite this powerful sutra for world peace and the long life of our gurus and teachers. To find out more, email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au). You can also join the group commitment to ongoing daily sutra recitation at home: email the coordinator at [gls@tarainstitute.org.au](mailto:gls@tarainstitute.org.au)

### Dharma Club

Sunday 14 June, 10.15am to 12 noon

Join us for a joyful morning exploring the power of **patience** – how calm hearts can transform anger into kindness. The younger group will explore 'Patience: The Magic That Melts Anger', with stories, mindfulness, and a **surprise craft activity**. The older group will be guided through a thoughtful reflection on patience as an antidote to anger – staying steady and compassionate when strong emotions rise. **More about Dharma Club at [Tara Institute's website](https://www.tarainstitute.org.au)**

### TI's 2026 Annual General Meeting

At the 2026 AGM held in May, the Executive Committee presented the Centre's Annual and Financial Reports, which recorded a \$95,000 (approx.) surplus across TI and its School Building Fund for 2025.

Members discussed ongoing works and plans for TI's building and facilities and voted against a resolution to increase membership fees, encouraging the Executive Committee to investigate an alternative model with lower fees and a broader membership base.

The following members were elected (uncontested) to the Executive Committee – President: Sahil Shekhar; Vice President: John Wright; Treasurer: William Liew; Secretary: Edward Ounapuu; Ordinary Member (Culture & Ethics): Diana Johns; Ordinary Member (Building & Facilities): Jeremy Cohen. Kerry Whitlock (Centre Director) and Kim Looi (Spiritual Program Coordinator) also continue to serve on the Executive Committee.

### Acknowledgement of Country

Tara Institute acknowledges the sovereign *Bunurong/Boonwurrung* people of the Kulin Nation as the Traditional Owners of the land on which our Centre stands.

## Donations enable building renovations to forge ahead

Tara Institute's buildings are slowly being rejuvenated thanks to our School Building Fund, established in 2025 in response to the clear need for significant investment in our ageing building and facilities.

The Fund has Deductible Gift Recipient status, which means donations above \$2 are tax-deductible, and funds are set aside exclusively for use on TI's school and ancillary buildings.

Critical building works to date made possible by donations to the Fund include:

- 'Concrete cancer' repairs to the courtyard (\$26,000)
- Kitchenette for resident geshes/sangha(\$6,000)
- Courtyard pergola for use by teachers and students (\$3,000)
- Urgent repairs to some residential rooms (\$6,000)

Another project under way currently is a new bathroom in the sangha area (budget \$35,000).

Several more parts of the building require maintenance and repairs to bring them up to modern standards, including:

- The historic tower windows (estimated cost \$14,000)
- Stucco repair to the old mansion building (estimated cost \$6,000)
- Rewiring of the family wing (estimated cost \$50,000)

The TI community has also expressed a strong wish for a proactive masterplan, setting out a longer-term roadmap for improvement of the site. Developing this will require us to engage expert advice from architects, surveyors, engineers, town planners and other consultants over time.

As the cost of building continues to rise, improving our facilities will require broad support from across the TI community.

We are fortunate beneficiaries of the extraordinary efforts of previous generations of students and volunteers who, inspired by our teachers and the benefits of the Dharma, secured our beautiful building at 3 Mavis Avenue.

We must live up to this legacy and redouble our efforts, taking on the responsibility to maintain and improve the Centre as a place for the cultivation and practice of compassion, wisdom and peace for many generations to come.

I encourage all members of our community – and especially those who could benefit from its tax-deductible nature – to consider donating to the School Building Fund. These donations are a critical investment in our Centre's future.

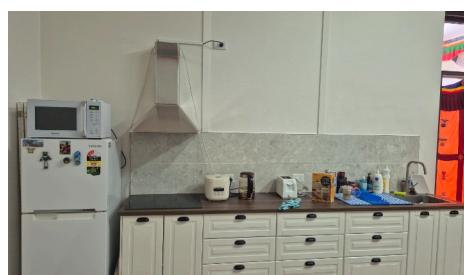
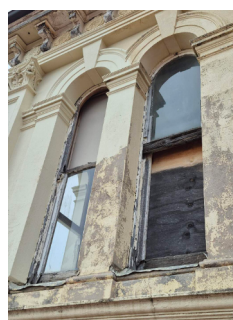
Please note, tax deductibility applies only to donations made specifically to the School Building Fund and not to general donations to TI. See <https://www.tarainstitute.org.au/donation1> to find out how to donate or use the QR code over the page.

Heartfelt thanks to all who have donated to the Fund so far: within the space of one year, your generosity has already helped make a difference.

– Sahil Shekhar, President, TI Executive Committee



Above and left: the walls and concrete pillars facing the courtyard were pitted with 'concrete cancer', since cleaned and rendered thanks to donations from the School Building Fund. Below: the new pergola in the courtyard enables teachers and students to enjoy sitting outdoors.



Above left: facade and windows of the historic tower, which is in need of urgent repairs. Above right: the old sangha bathroom currently undergoing renovation. Above: the new small kitchen in the sangha area.



## Build the spaces where wisdom grows

We are currently fundraising for the following upgrades that are essential to maintaining high standards of safety, comfort, and longevity across our buildings.

### Sangha Bathroom Renovations

**\$35K**

**\$20K**  
raised

### Tower Window Repairs

**\$14K**

**\$5K**  
raised



**Scan to donate**

Donations above \$2 are tax deductible

**Phase 2**  
**Goal**

**\$49,000**

**How can**  
**you help**

Please consider making a tax-deductible donation to our School Building fund.

