

April 2023



## EASTER COURSE

### Mind and Awareness



**with Geshe Lobsang**

Friday April 7 - Sunday April 9 ~ 8:30am - 5pm

Buddhism points to the mind as the primary source of pain and pleasure, failures and successes, and offers an in-depth knowledge of mind and emotions that wax and wane. The course will focus on what mind is and grouping the types of mind into various divisions- conceptual and non conceptual, mistaken and unmistaken, primary and secondary etc; and finding out the characteristics and function of each one of those types of mind.

Understanding the mind is indispensable to understand karma and kleshas and make sense of the entire Buddhist Path to Enlightenment.

**Early bird : Member \$225, non member \$250 -- After 5/4/2023 : Member \$250, non member \$275**

**Vegetarian Lunch, morning and afternoon tea are included**

Click [HERE](#) to register

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## MONDAYS ~ 8pm

3, 10, 17 & 24 April

### Introduction to Buddhist Meditation



with Judy Mayne

Monday nights in April will include discussion of some general Buddhist ideas and how they might be useful in our everyday lives.

We will do some basic meditation on these topics.

Sessions will run for one hour and include guided meditations, a talk, and time for questions.

While our teachers kindly volunteer their time for these teachings and do not take any payment, there is a suggested facility fee of \$5. This fee goes towards the general running of our centre.

Everyone is welcome and there is no need to book. For any inquires about these teachings please contact [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) or call 9596 8900.



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## TUESDAYS ~ 7:45pm

4, 11, 18 & 25 April

### Study Group



#### Middle Length Lamrim

by Lama Tsong Khapa

#### with Venerable Geshe Doga

Geshe Doga will continue his commentary on Lama Tsong Khapa's Middle Length Lam Rim.

This commentary was previously given on Wednesday evenings over many years until 2018. How fortunate are we that Geshe-la will now continue the commentary. The sections on calm abiding and special insight in this text are especially praised for their clarity and detail. To hear the teachings of Lama Tsong Khapa are said to be extremely rare, but to receive these from such a qualified and realised teacher as Geshe Doga is beyond compare.

This text is suitable and accessible for beginners through to experienced students and is a not to be missed opportunity to study in depth in a supportive and friendly environment.

New students are welcome to join study group anytime. Geshe Doga begins teaching promptly at 7.45pm.

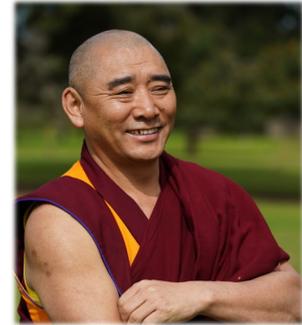


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## WEDNESDAYS ~ 8pm

5, 12, 19 & 26 April

### Guide to the Bodhisattva's Way of Life



#### with Geshe Lobsang Dorje

Venerable Geshe Lobsang will teach on Shantideva's text The Guide to the Bodhisattva's Way of Life.

"Shantideva's work is required reading for an understanding of Tibetan Buddhism, and the clarity and crispness of this new translation make it an accessible way into the world."--Publishers Weekly

"If I have any understanding of compassion and the practice of the bodhisattva path, it is entirely on the basis of this text that I possess it."--H. H. the Dalai Lama

These teachings will occur every Wednesday and students are welcome to attend when they are able to do so. There is no need to register prior to the teaching, simply come along.

You are most welcome to stay afterwards for a cup of tea and a chat with Geshe Lobsang in the dining room.

For any inquiries about these teachings please contact [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) or call 9596 8900.

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

Thursday 6

Saturday 15

Thursday 20

Friday 28

Sunday 30

Tibetan 15

Tibetan 25

Tibetan 30

Tibetan 8

Tibetan 10

Full Moon

Tsog Day

New Moon

Tara Day

Tsog Day

Precepts

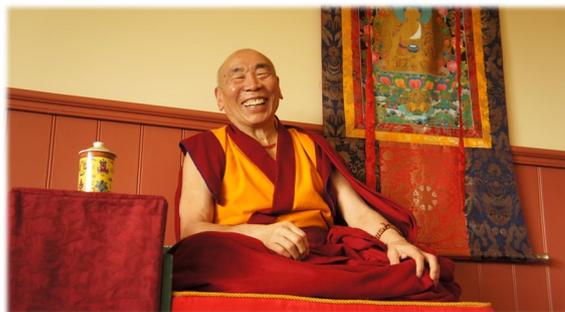
Guru Puja

Precepts

Tara Puja

Guru Puja

# Love & Compassion



## Teaching from Geshe Doga - 15 December 1999

In a broader sense, spiritual practice is not just about developing love and compassion..

It is also the practice of working on our own mind, of mental and spiritual development. We have to understand we can only make progress in our practice based on what already exists within us. For instance, the development of love and compassion is not just referring to the love and compassion we feel for those beings who are already close to us. If we look more closely, we can see that the intensity of our love and compassion differs from person to person. The concept of developing love and compassion really means perfecting the love and compassion that you show to other beings, whether they are related to you or not.

However, in order to know what true love and compassion are, we need a basis for evaluation. True love and compassion are feelings based on the needs of others. True love is the feeling that arises when you see another being deprived of joy and happiness, and you experience sympathy for that person. Out of sympathy, you show care, the thought of giving happiness to that person. True love is expressed without any connection to the selfish mind. It has no expectation of rewards - it is purely based on wanting to satisfy others' needs.

Compassion is a feeling of sympathy for other beings that are undergoing suffering or problems, and also has no connection with the selfish mind. Rather the aim is to help those people out of their problematic situations. All of us have room within us to love others. If we examine the difference between the love and compassion we show to those who are close to us and those who are not, we can see that the love we show to those who are not related is, in a sense, more pure. If the desire to give to unrelated people arises, we are obviously not thinking of any reward, but simply thinking of the other person and of just giving.

By sustaining a feeling of true love in one's mind all the time, one does not get affected by any changes that happen in life. Thus, the benefits of love are infinite.

### Week 1

MONDAY 3

6.30pm - Tibetan language class  
8pm - Intro to Buddhist Meditation

TUESDAY 4

7.45pm - Study Group

WEDNESDAY 5

11am - Wednesday Meditation Session  
8pm - Bodhisattva's Way of Life

THURSDAY 6

11am - Healing Group

FRIDAY 7 - SUNDAY 9

8:30am - 5pm

Easter Course "Mind and Awareness"

### Week 2

MONDAY 10

6.30pm - Tibetan language class  
8pm - Intro to Buddhist Meditation

TUESDAY 11

7.45pm - Study Group

WEDNESDAY 12

11am - Wednesday Meditation Session  
8pm - Bodhisattva's Way of Life

SATURDAY 15

6pm - Guru Puja

### Week 3

MONDAY 17

6.30pm - Tibetan language class  
8pm - Intro to Buddhist Meditation

TUESDAY 18

7.45pm - Study Group

WEDNESDAY 19

11am - Wednesday Meditation Session  
8pm - Bodhisattva's Way of Life

THURSDAY 20

11am - Healing Group

### Week 4

SUNDAY 23

10.30am - Dharma Club

MONDAY 24

6.30pm - Tibetan language class  
8pm - Intro to Buddhist Meditation

TUESDAY 25

7.45pm - Study Group

WEDNESDAY 26

11am - Wednesday Meditation Session  
8pm - Bodhisattva's Way of Life

FRIDAY 28

6pm - Tara Puja

SUNDAY 30

6pm - Guru Puja

APRIL 2023

A **BIG**  
**THANK**  
**YOU**  
to Alan



Alan Molloy has been a member of Tara Institute for almost 40 years. His contribution to the spreading of the Dharma in general, and to our Centre in particular, is immeasurable. As a committed student of Lama Zopa Rinpoche and Geshe Doga, a resident of TI at both Crimea Street and Mavis Avenue for many years, a Monday night teacher, leader of

the recently re-established Healing Group, Chair of the organizing committees for numerous tours to Australia by His Holiness the Dalai Lama and tireless contributor to the welfare of TI, his devotion to the vision of Lama Yeshe and Rinpoche to bring Dharma to Melbourne has remained steadfast.

Since May 2020, when the current structure of TI was established with an Executive Committee, Alan has been elected and served as the President. As our first President, notwithstanding COVID Alan has achieved a great deal. He has overseen the implementation of our new structure with enthusiasm for the task and tolerance for our missteps, while maintaining a single-pointed focus on what will be of most benefit to the centre.

In April Alan leaves Australia to attend the Lotsawa Rinchen Zangpo Translator Program in Dharamsala, India, for 2 years. While he has been studying Tibetan for many years, now that face-to-face tuition has resumed, he has decided to grasp this opportunity while he is still young and fit enough to do so. He will be relinquishing his roles at TI, and our AGM in May will provide the opportunity to elect a new president. That person will benefit from the solid foundation Alan has established with the Executive Committee.

We will miss Alan's cheerful presence, his care and devotion to the Dharma and his unquestionable commitment to our teachers. We wish him the very best for a meaningful and successful journey and look forward to reports of his progress.

# NYUNG NYE

commentary & practice

Coming up in May 2023..



What is Nyung Nye practice?

*It is a meditation practice, based on*

*Chenrezig, the Buddha of Compassion.*

*The emphasis of this practice is on*

*developing compassion.*

This practise involves two days of fasting, with praises, prostrations and mantra recitation spread over several meditation sessions during that duration. The eight Mahayana precepts are taken for the duration of the practice and on the second day (Sunday), additional vows of not drinking any fluids, eating or talking are observed. 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.

More will be revealed in the next Newsletter and coming TI weekly!