

# Saka Dawa Puja & Brighton Benevolent Society

Sunday June 3 at 10.00am

Saka Dawa is a special month in the Buddhist calendar.

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 practise generosity.

Every year Tara Institute makes offerings to Brighton Benevolent Society; these are distributed to people who most need them. A donation box can be found outside the main gumpa. Money is the most useful offering you can make but non-perishable foods are also needed. There will be a basket for non-perishable food donations outside the gumpa. Times are very tough for many people. Please be generous and thoughtful about what you give.



On Sunday 3<sup>rd</sup> June at 10.00am, Tara Institute will offer a Guru Puja (devotional offering ceremony). Prayers will be recited in Tibetan and English and all offerings to those in need will be blessed. Prayers will be made for the health and wellbeing of TI's members, families, friends and the world community.

**Everyone is welcome!**

Tara Institute's Annual General Meeting will be held in Landcox Hall on Thursday the 24th May 2012 at 7.30pm. Everyone is welcome to attend. See you there!

A huge thank you to everyone who helped with the Garage Sale and especially to Novak who coordinated a very successful and enjoyable day.

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)

This newsletter is Dharma material; please treat it with respect. For information on the disposal of Dharma materials, see [www.fpmt-ldc.org/res\\_pracdharmaph](http://www.fpmt-ldc.org/res_pracdharmaph)

## Tara Institute

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Tara Institute is affiliated with the FPMT — the Foundation for the Preservation of the Mahayana Tradition — a network of Buddhist Centres in Australia and worldwide. Following the Mahayana teachings of the Buddha — in the tradition of Lama Tsong Khapa — we work to relieve all beings from suffering in all its forms.



Tara Institute is fully audited, not-for-profit and mainly run by volunteers. We rely entirely on the support of members, friends, benefactors and bequests. Donations and fees are requested in order to keep the Centre running.

## Tara Institute news

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



May 2012

**Nyung Nye**  
 Friday 25 May at 8pm  
 concluding Monday 28 May at 6am

**Medicine Buddha Puja**  
 Thursday 31st May at 7pm  
 Saturday 2nd June at 7pm

**Saka Dawa Puja  
& Brighton Benevolent Society**  
 Sunday June 3 at 10.00am

## Saka Dawa

Saka Dawa commemorates the birth, enlightenment, and mahaparinirvana of Buddha Shakyamuni. It is one of the most sacred and auspicious times in the Buddhist calendar.



Over 2,500 years ago the Buddha took birth in Lumbini (current-day Nepal) as a Prince of the Shakya clan. At the age of thirty-six the Buddha achieved enlightenment in Bodhgaya, India. And at the age of eighty-one the Buddha "passed away" in Kushinagar, India,



entering into mahaparinirvana. These three profoundly significant events are collectively commemorated during the 4th month of the Tibetan calendar, which is known as Saka Dawa. Dawa means month or moon in Tibetan. Of the 28 major stars tracked in Tibetan astrology, Saka is the name of the star which is closest to the earth, and thus most prominent at that time.

All merit or virtuous acts performed during the month of Saka Dawa is multiplied one million times. Special emphasis is placed on Dharma practice such as circumambulating Holy Objects, prostrations, taking precepts, reciting mantras, offering mandalas, doing sadhanas and saving animals' lives.

It is especially meritorious for one to practice on Saka Dawa Düchen, (the 15th day of the Tibetan month, which falls on Monday June 4), because this is the anniversary of the actual date that Buddha Shakyamuni attained enlightenment, as well as being the date that he entered into mahaparinirvana. As cited by Kyabje Lama Zopa Rinpoche the results of meritorious actions performed on Saka Dawa Düchen are multiplied 100 million times.



Tara Institute will celebrate Saka Dawa with a Guru Puja on SUNDAY June 3. Details are on the back page.

**MONDAYS ~ 8pm**  
• 7, 14, 21 & 28 May

## Introduction to Buddhist Meditation



with Dr Ross Moore

His Holiness the Dalai Lama writes: "This mind of ours, the subject at hand, has been going on throughout beginningless time, and so has the more subtle nature of that mind. On the basis of the continuity of that subtle nature of our mind rests the capacity we have to attain enlightenment."

Over the next eight weeks Ross will explore meditation techniques focusing on the nature of the mind as well as methods allowing us to enhance our lives at both mundane and profound levels. As well as guided meditations there will be dedicated time to ask those special questions such as: is reincarnation just a belief? Is enlightenment possible? Why is my partner so irritating? And why especially on weekends.

Dr Ross Moore, exhibiting artist and writer, has been a lecturer on Art & Design for many years and is an experienced teacher of Buddhist philosophy and meditation.

*The atmosphere on Monday nights is relaxed and open and people are welcome to attend all four teachings.*

*A facility fee is requested (members free) to help cover administration expenses. Just turn up at 7.50pm or phone Llysse in the Tara Institute office on 9596 8900 for more details.*

**TUESDAYS ~ 7.45pm**  
• 1, 8, 15, 22 & 29 May

## STUDY GROUP



Study Group offers students the opportunity to study more deeply in a structured and supportive environment. The course runs in six-week blocks comprising four weeks of teachings, one night of discussion group and a written exam on the subject matter of that series. Homework is given each teaching week and is assessed by experienced students from the group.

Geshe Doga's commentary on Nagarjuna's *Precious Garland* continues this year.

Nagarjuna is renowned for his penetrating analysis of reality. In *Precious Garland* he offers advice on how to conduct one's life and how to construct social policies that reflect Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all kinds of suffering, culminating in buddhahood.

The evenings run in six-week blocks and students are asked to attend all six sessions. You are most welcome to come and experience Study Group at any time but conditions apply if you wish to attend on a regular basis.

*If you have any questions please contact Ven. Lhamo on 9596 7410 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).*

**WEDNESDAYS ~ 8pm**  
• 2, 9, 16, 23 & 30 May

## An Evening with Geshe Doga



"The practical benefit of adopting regular meditation in our daily life is that as we engage in the practice of meditation we naturally experience a calmer, more settled and tranquil mind. When one experiences a genuinely calm mind it brings about tremendous benefit in one's immediate surroundings, such as with one's partner, relatives and those we are living with. They experience a benefit as a result of one's calm and peaceful mind. It naturally brings about a harmonious and peaceful feeling in one's immediate surroundings. Even animals experience the benefit of one's calm and peaceful mind. As we spend most of our time at work, our colleagues, friends and other work partners will also feel the positive benefit of one's calm mind. One's work will also become more effective."

*Geshe Doga - 21 March 2012*

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the every day 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 Venerable Lhamo on 9596 7410 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).

## NYUNG NYE

### Fasting & Purification Retreat on Chenrezig Buddha of Compassion

The Nyung Nye meditation retreat, 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 eight Mahayana precepts are taken for the duration of the practice and on the second day, additional vows of not eating, drinking or talking are observed. The emphasis of this practice is on developing compassion.

**NB.** This retreat requires participants to do a large number of full-length prostrations and take no liquids or food on the second day; it is, therefore, quite physically demanding.

The retreat finishes early on Monday in time for a fabulous breakfast and plenty of time to get to work. The benefits of this retreat are inestimable. There is very limited accommodation; please book early if you wish to stay at Tara Institute.

FPMT members: residential \$50 non-members \$65

FPMT members: non-residential \$35 non-members \$50

For bookings and more information, please contact Tara Institute Office on 9596 8900 or email [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au)

Friday 25 May  
at 8pm  
concluding  
Monday 28 May  
at 6am



#### WEEK 1

TUESDAY 1

6.00pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 2

10.00am - Healing Group

8pm - An Evening with Geshe Doga

#### WEEK 2

MONDAY 7

8pm - Intro to Buddhist Meditation

TUESDAY 8

7.45pm - Study Group

WEDNESDAY 9

8pm - An Evening with Geshe Doga

#### WEEK 3

MONDAY 14

8pm - Intro to Buddhist Meditation

TUESDAY 15

6.00pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 16

10.00am - Healing Group

8pm - An Evening with Geshe Doga

SUNDAY 20

10am - Dharma Club

#### WEEK 4

MONDAY 21

8pm - Intro to Buddhist Meditation

TUESDAY 22

7.45pm - Study Group

WEDNESDAY 23

10.00am - Healing Group

8pm - An Evening with Geshe Doga

FRIDAY 25

8pm - Nyung Nye commences

#### WEEK 5

MONDAY 28

6am - Nyung Nye concludes

8pm - Intro to Buddhist Meditation

TUESDAY 29

6.00pm - Tara Puja

7.45pm - Study Group

WEDNESDAY 30

10.00am - Healing Group

6.00pm - Guru Puja

8pm - An Evening with Geshe Doga

THURSDAY 31

7pm - Medicine Buddha Puja

## Medicine Buddha Puja

Thursday 31 May at 7pm



Geshe Doga has kindly suggested Tara Institute perform the Medicine Buddha puja, a beautiful and powerful practice for those of us who are ill or who have a family member or friend who is suffering from a physical or mental illness.

The practice is also beneficial for those loved ones already deceased & for all those suffering from natural or man-made disasters at this present time.

The puja lasts for about one hour; donations of flowers, small tea candles or a monetary offering for the puja are most welcome.

Please contact Ven. Lhamo on 9596 7410 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

or the office on 9596 8900.

**Everyone is warmly invited to attend the Medicine Buddha puja and also to give names of anyone who is sick or deceased for inclusion in the dedication.**

**Dharma Club  
20th May & 17th June  
please note that all dates  
are subject to change**

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

Tuesday 1	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Sunday 6	Tibetan 15	Full Moon	Precepts
Tuesday 15	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Sunday 20	Tibetan 30	New Moon	Precepts
Tuesday 29	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Wednesday 30	Tibetan 9	Tsog Day	Guru Puja at TI 6pm