



### Geshe Doga's visit to Drol Kar Buddhist Centre

By Katrina Moxey

On Sunday 28th of August, Geshe Doga bestowed the Vajrasattva initiation at Drol Kar Buddhist Centre outside Geelong. Around 25 of us from Tara Institute took the one-and-a-half-hour trip to join our Drol Kar Dharma brothers and sisters for the occasion.

Besides the initiation, Geshe Doga also blessed our minds with quintessential Dharma advice. I've recapped some of these pith instructions from my notes.

He told us that our practice of Dharma (or *chö*, literally 'that which holds' in Tibetan) will hold us from falling into the pit of lower rebirths.

In explaining the definition of Dharma, he clarified that in the scriptures, it refers to the inner realisations of superior beings. But, as this seems quite far from us, on our level, we should think of Dharma as our practice of ethics—refraining from the ten non-virtues (of killing, stealing, etcetera) and engaging in the ten virtues. It relates to practices we must cultivate in our own minds.

He reminded us that true Dharma refers to our own practice. It is something we have to cultivate from within. It is wrong to think the Dharma is something outside our everyday life.

What will protect us is our own daily practices, such as ethics. If we implement these, we receive the real protection. Dharma is the essential protection.

Geshe-la said it's important to focus on ourselves, our own mind. We should look into our sense of 'I'. Because of the strong sense of 'I', we have a strong sense of hatred, attachment and so forth.



All our problems are the result of non-virtue; all our happiness and joys are the result of our virtues. If we desire happiness, we must create virtues. Both pain and pleasure arise from virtues and non-virtues.

To bring more joy and harmony in our life—which we all want—the most essential practice is loving-kindness and compassion. We must put effort into cultivating these inner objects (inner wealth). We must enrich ourselves with inner wealth; this is more important than external objects. It brings

peace, satisfaction and happiness. To cultivate this, we need to have a beneficial attitude towards others. Cultivating true love is a sincere thought of benefiting others. Compassion is the thought of freeing others from their problems. We have to train our mind to generate love and compassion.

Geshe-la assured us that, from his own experience of practising mind training for a long time, when something becomes a habit, it becomes easier.

One thing we have to remember every day is to benefit others. If not, then at least not to harm even one sentient being. This is the true practice of Dharma.

When we practise kindness and compassion, the first beneficiary of that is ourselves. It also helps our physical wellbeing, as it's connected to our mental wellbeing.

What matters most is training the mind because the mind is the source of everything. Dharma practice is to train our mind to develop more positive attitudes,

*(Continued on page 4)*

---

## MONDAYS ~ 8pm

3, 10, 17, 24 & 31 October

### Introduction to Buddhist Meditation



with **Jeremy Cohen**

Your mind can be your best friend or your worst enemy.

The afflictive emotions that make us unhappy all arise from the mind. They disturb our mental peace, damage our relationships with others and prevent us from enjoying the good things that we have.

These afflictive emotions arise due to causes, so by removing the causes we can remove these emotions.

By focussing the mind on positive states such as love and compassion, the mind becomes increasingly familiar with them. Gradually they become a powerful positive force within the mind that subdues afflictive emotions and makes the mind peaceful, resilient and happy.

This month we will focus on understanding and utilizing these tools that we can use to subdue afflictive emotions and enhance positive states of mind.

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

---

## TUESDAYS ~ 7:45pm

4, 11, 18 & 25 October

### 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.



---

## WEDNESDAYS ~ 8pm

5, 12, 19, & 26 October

### 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. 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.**

Monday 3	Tibetan 8	Tara Day	Tara Puja
Wednesday 5	Tibetan 10	Tsog Day	Guru Puja
Sunday 9	Tibetan 15	Full Moon	Precepts
Thursday 20	Tibetan 25	Tsog Day	Guru Puja
Tuesday 25	Tibetan 30	New Moon	Precepts

# What's On

## Welcome back Healing Group

Commencing October 13th

With Geshe Doga's blessing, we are very excited to announce the Healing Support Group will begin every second Thursday from October 13th from 11am - 12:30 pm.

Led by Dr Alan Molloy and assisted by Kathi Edward, we need volunteers to help support this wonderful program, please email [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au) to be a volunteer.

If you would like to attend, please fill out the registration form [here](#).

Cost per session -  
\$20 members / \$30 non-members

## Art Weekend

We are excited to be planning a fundraising "art weekend" for our members and friends over the weekend of 12/13 November 2022.

The motivation is that art enthusiasts of all abilities can gather as a community in Landcox Hall to partake in a Buddhist/ mindfulness art project of their own choosing : whether this be mindful colouring of a Kalachakra or Tara, creating some calligraphy, or progressing a part-complete piece of art.

BYO materials, or materials can be sourced for you with prior notice. We are seeking volunteers to help - could interested parties please contact Zada on [teamlauross@gmail.com](mailto:teamlauross@gmail.com).

Thank you!

## Sunday Discussion Group

The Sunday morning discussion group will re-commence on Sunday 2nd of October. It is a great way to deepen our understanding of the teachings through listening to and discussing with others.

It focuses solely on Geshe Doga's Tuesday night Study Group teachings. We will start with the teaching Geshe Doga gave on 21 June 2022 and cover one teaching per week from that date.

Please bring the transcripts for The Middle Length Lamrim with you as transcripts won't be available on the day. The discussion, which is open for anyone to attend, will take place in the Kwan Yin gomba from 10am-12pm. It will occur every Sunday unless otherwise notified. Please check the [website calendar](#) to confirm.

Notifications will occur through the Study Group email list. There is no commitment to attend every week. New students are very welcome. For any related questions please email Pádraig Fitzpatrick at [padraig@tarainstitute.org.au](mailto:padraig@tarainstitute.org.au)

Looking forward to seeing you there.

## Wednesday Meditation Sessions

Starting October 5th  
11am in the Tara Institute  
Gomba

As we emerge from the pandemic and Melbourne's longest lockdown we are opening the Gomba on Wednesday mornings!

Please come and enjoy a mid-week meditation with Kerry, Centre Director, for a simple 30 minute session where our focus will be the benefits of our meditation posture and the breath. For if we can concentrate well on our breathing we eliminate any disturbing thoughts that may arise.

Everyone is welcome

### Week 1

SUNDAY 2

10am - Sunday Discussion Group

MONDAY 3

6pm - Tara Puja

8pm - Intro to Buddhist Meditation

TUESDAY 4

7.45pm - Study Group

WEDNESDAY 5

11am - Wednesday Meditation Session

6pm - Guru Puja

8pm - Bodhisattva's Way of Life

### Week 2

MONDAY 10

8pm - Intro to Buddhist Meditation

TUESDAY 11

7.45pm - Study Group

WEDNESDAY 12

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

THURSDAY 13

11am - Healing Group

### Week 3

SUNDAY 16

10.30am - Dharma Club

MONDAY 17

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

6pm - Guru Puja

### Week 4

MONDAY 24

8pm - Intro to Buddhist Meditation

TUESDAY 25

7.45pm - Study Group

WEDNESDAY 26

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

THURSDAY 27

11am - Healing Group

### Week 5

MONDAY 31

8pm - Intro to Buddhist Meditation

TUESDAY NOV 1

7.45pm - Study Group

WEDNESDAY NOV 2

11am - Wednesday Meditation Session

8pm - Bodhisattva's Way of Life

OCTOBER 2022

(Continued from page 1)

which brings more peace and happiness. Habituating our mind with virtuous thinking counteracts the non-virtues or mental afflictions.

Geshe-la cited Master Atisha, who said, 'The best of all spiritual instructions is to watch your own mind. The best of all qualities is kind-heartedness. The best of all friends is mindfulness and introspection.'

Geshe-la explained that mindfulness and introspection are the best friends because when meditating, it's important to retain the object of our meditation and not forget it.

Geshe-la capped off his extraordinary teaching on this auspicious occasion with a second quote from Atisha: 'When alone, watch your mind. When you are with others, watch your speech.' Geshe-la elaborated that when you're alone, if you don't watch your mind, it can go in every direction and even lead to depression. You can even start to think that everyone hates you!

Geshe-la urged us to remember Atisha's advice and apply it in our everyday life.

*Geshe Doga's next visit to Drol Kar Buddhist Centre will be on 9th of October, when he will bestow the Green Tara initiation. See [www.drolkarbuddhistcentre.org](http://www.drolkarbuddhistcentre.org) for details.*

## Save the Date - the Long Life Puja is Back!

One of the biggest events in the Tara Institute calendar, the Long Life Puja for Geshe Doga is happening again this year on Sunday 27 November.

Saturday 26 November will be the set up day.

More information to follow in November newsletter.

You are welcome to contact the Tara Institute newsletter editors at [newsletter@tarainstitute.org.au](mailto:newsletter@tarainstitute.org.au) for issues relating to the newsletter

## AFTERNOON TEA

On Saturday September 10 an afternoon tea was held to thank Damien, Amelia, Margie and Mark for their dedication in executive roles over the past years. It was a lovely afternoon and it was great to see everyone come together.



## Study Group Seminar

*from Anjali Khushu*

One of Geshe Doga's key message to his students has been that real Dharma is practice outside of our formal meditation sessions. How we interact with the world around us through our three doors of body, mind and speech. Geshe La has also taught us that discussing and sharing our experience is a very valuable exercise because it not only helps clear our own doubts and refine our understanding, but it also benefits others who have similar doubts

It was therefore, so special to share our experiences of Dharma practice in different life situations during the discussion group held on 21 August. There were around 40 attendees on the day, nearly half of whom took to the stage as part of one of 4 groups, to briefly share their thoughts and then address questions raised by the audience

The four groups were assigned the following topics: How does Dharma benefit you in raising children and your family life, How does Dharma benefit you in dealing with conflict situation, How does Dharma benefit you in sickness and death, How does Dharma benefit you in your workplace.

The room was full of energy and the speakers brought a wealth of personal

experience. What stood out for me was that there was no one in the room who had not been touched by Dharma and who had not derived personal benefit from their Dharma practice.

For some, Dharma practice had helped ease deep personal suffering. For others it taught them the practice of skilful patience, the power of faith, the power of mantra recitation and the benefits of tonglen practice. Everyone spoke about the benefits of understanding how the mind works, as taught in our Dharma teachings, as one of the major tools to help with mind transformation and taking everything we encounter in our worldly life, into the path

We had a vibrant audience and the points raised during discussions were insightful, thought provoking and on point. The day brought us all closer together as a group of Dharma practitioners.

I cannot fail to mention the sumptuous spread at lunch time courtesy of the study group students. A bonus was having Geshe La join us at lunch time.

There could have been no better or more meaningful way to spend a Sunday afternoon. Looking forward to more discussion groups in the coming days and weeks.