

# Dharma Club

One Sunday a month from 10:30am - 12:30pm Dharma Club is held for young people at Tara Institute in Landcox Hall.

If you are aged between 4 and 15 and want to have some fun and live a healthy life, then Dharma Club might be for you.

No matter what religion you might follow, you can come to Dharma Club without giving up your religious beliefs or customs.

The Club is co-ordinated by Jenny Molloy, a trained secondary school teacher, so you will get to do activities that are fun and interesting - not boring adult stuff.

The aim is to give children an understanding of how to be happy. The Buddhist teachings are brought to life through listening to stories, learning meditation, acting in plays and joining discussions.

Through developing a child's inner wisdom we aim to encourage love and compassion towards self and others. The Club is divided into two groups: 4 - 6 years and 7 - 15 years. The morning starts at 10:30am and we share a snack from midday for a 12:30pm finish. You can start any time and you can come whenever you want to because there are no fees and no formal commitment.

Helen Ponder, who takes the younger group, is a trained teacher and education officer of the Buddhist Council of Victoria. Brony Allan has also been helping a lot in the Dharma Club.

Jenny Molloy has been coordinating Dharma Club for 10 years. Jenny coordinates the older group with the help of visiting teachers, such as Venerable Michael Losang Yeshe, translator at Tara Institute, and other visiting teachers.



(Thank you to Helen Ponder and Brony Allan for all their help, support and amazing contributions to the Dharma Club.)

All teachers of Dharma Club have a current Working With Children Check.

If you want to join us or to find out more, please call Jenny Molloy, Dharma Club Coordinator on 0425 797 149.

Please check the Tara Institute calendar for dates. More information can be found at : [www.tarainstitute.org.au/dharma-club](http://www.tarainstitute.org.au/dharma-club)

## Christmas shopping made easy!

Tara Institute's Bookshop has some new treasures to help with your Christmas shopping for your Dharma and non-Dharma friends. Lovely beeswax candles, new meditation cushions and scarves. Come in and have a look to see what is available. Gift vouchers are also available for the people in your life who like to choose their own presents, or you can put it towards a course at Tara Institute in 2017.

You are welcome to contact the Tara Institute newsletter editors Ally Andrews and Sandra Kinread at [allys.andrews@gmail.com](mailto:allys.andrews@gmail.com) for issues relating to the newsletter.



Lillian and Annie

## Tara Institute news

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



November 2016

### Geshe Doga's Long Life Puja

Sunday November 20 at 10am

Preparation Day

Saturday November 19 at 1pm

## Family Picnic Day

Sunday 27 November

## 10.30am – Teaching by Geshe Doga

## 12.00pm – Picnic in the park

As we approach the end of the year with Christmas and the holiday season ahead, it is wonderful to be reminded of the value of cultivating harmony in our families, friendships and workplaces. Geshe Doga gives heartfelt instructions on how to skillfully negotiate this potentially stressful time with a happy and patient mind.

Please join us after the teaching in Landcox Park for lunch, relaxation, conversation and games for the children of all ages! Bring picnic rugs, sunscreen, food to share, cricket bats, Frisbees etc.



**MONDAYS ~ 8pm**

7, 14, 21 & 28 November

## Introduction to Buddhist Meditation



with Clare Callinan

"When we speak about meditation, what do we mean by meditation? Meditation is a discipline where you cultivate certain familiarity with a chosen object of meditation. Generally, the problem is that in our normal day-to-day life, in our unreflective states of mind, generally we let ourselves to be under the control and domination of our mind and our mind comes under the domination of afflictive emotions and thoughts. And because of this, then it leads to influencing our states of mind on the whole to be overwhelmed by destructive and negative emotions and thoughts, which then perpetuates the whole cycle of problems, confusion, suffering, and so on.

What we are seeking in our meditation practice is to try to reverse that cycle, so that gradually we will be in a position to take charge of our mind and prevent the mind from coming under the domination and influence of our negative impulses and thoughts. The way in which we do this is to engage in a constant discipline of cultivation of this familiarity with a chosen object."

*His Holiness the Dalai Lama*

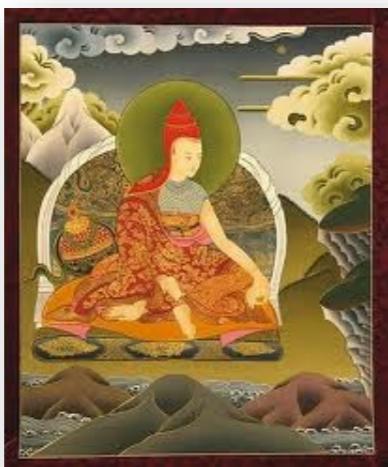
On these Monday nights we will be familiarising ourselves with some simple meditation techniques that will aid in gaining more control of these unconscious and destructive states of mind.

*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 is requested (\$5—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 ~ 7.45pm**

1, 8, 15, 22 & 29 November

## STUDY GROUP



Geshe Doga continues teachings on the text called 'The Entrance for the Children of the Conquerors', a commentary on the 'Introduction to the Actions of Bodhisattvas' by Gyaltsab Rinpoche, translated by Venerable Fedor Stracke. It contains the root text of Shantideva's Bodhicaryavatara (A Guide to the Bodhisattva's Way of Life).

Study Group provides the opportunity to study the Buddhist philosophy in depth. Study of this text may continue for some years.

The ongoing course runs in eight-week cycles throughout the year that comprise six weeks of lectures, a week of structured discussion and a written test.

Homework (optional) 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 on 9596 7410 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

**WEDNESDAYS ~ 8pm**

2, 9, 16, 23 & 30 November

## An Evening with Geshe Doga



**When we are able to maintain our focus on a virtuous object, then due to that familiarity we will be inclined to focus more and more on virtuous objects, even in our daily life. At a beginner's level however, we find that our minds are very easily influenced by non-virtuous objects, and that it is extremely difficult to maintain a focus on a virtuous object. Focusing on non-virtuous objects seems spontaneous and natural as it doesn't require any effort, and maintaining a focus on a virtuous object is very hard, like leading an old horse. This is because one's mind has become habituated to focussing on non-virtuous objects and distractions. That pattern has to be reversed, and the only way to do that is by putting an effort into really maintaining our focus on a virtuous object.**

*Tuesday teaching: 6-9-16*

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the everyday 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 and no need to book, just come along. If you have any questions please contact Amelia on 9596 7410 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

# Long Life Puja for Venerable Geshe Doga

Sunday 20th at 10am

Please join us in preparing the offerings and water bowls for Geshe Doga's Long Life Puja on Saturday 19th at 1pm — All welcome



Venerable Geshe Doga has taught at Tara Institute for over thirty years (first teaching was 8th December 1984!)

Each year, in order to thank Geshe Doga for his unfailing commitment and kindness to the students and friends of Tara Institute, the 16 Arhat Puja is offered to him for his long and healthy life.

## Everybody is most welcome - new students, old students, friends and family

Setting up the tables with flowers, incense, light, food and water offerings is a beautiful expression of creativity and so uplifting for our minds. We work harmoniously, drink tea and meet many new and old friends. Working together is so joyful.

If anyone would like to contribute any of the following offerings or part of them, please let Margie Hanrahan know or contact Amelia on 9596 7410 or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)

### Offerings that can be contributed:

- ◊ 76 kg white rice
- ◊ Fruit for the begging bowl
- ◊ 500 t-lights
- ◊ White and yellow flowers for the water bowls - bring along on the day
- ◊ 8 packets of popping corn for the food bowls
- ◊ Saffron
- ◊ Incense

### Monetary offerings for:

- ◊ Flowers for main alter and throne
- ◊ Food Offerings for main alter and water bowls
- ◊ Tsog
- ◊ Geshe Doga and attending Sangha

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

Monday 7	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Wednesday 9	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Monday 14	Tibetan 15	Full Moon	Precepts
Wednesday 23	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Tuesday 30	Tibetan 30	New Moon	Precepts

### Week 1

MONDAY 31 October  
8pm—Intro to Buddhist Meditation  
TUESDAY 1 November  
7.45pm—Study Group  
WEDNESDAY 2  
12.30pm—Healing Group  
8pm—An Evening with Geshe Doga

### Week 2

MONDAY 7  
6pm—Tara Puja  
8pm—Intro to Buddhist Meditation  
TUESDAY 8  
7.45pm—Study Group  
WEDNESDAY 9  
12.30pm—NO HEALING GROUP  
6pm—Guru Puja  
8pm—An Evening with Geshe Doga  
THURSDAY 10  
7.30pm—Youth Discussion Group

### Week 3

MONDAY 14  
8pm—Intro to Buddhist Meditation  
TUESDAY 15  
7.45pm—Study Group  
WEDNESDAY 16  
12.30pm—Healing Group  
8pm—An Evening with Geshe Doga  
SATURDAY 19  
1pm—Set up for Long Life Puja  
SUNDAY 20  
10am—Long Life Puja for Geshe Doga

### Week 4

MONDAY 21  
8pm—Intro to Buddhist Meditation  
TUESDAY 22  
7.45pm—Study Group  
WEDNESDAY 23  
12.30pm—Healing Group  
6pm—Guru Puja  
8pm—An Evening with Geshe Doga  
THURSDAY 24  
7.30pm—Youth Discussion Group  
SUNDAY 27  
10.30am—Teaching with Geshe Doga — followed by Picnic in the Park

### Week 5

MONDAY 28  
8pm—Intro to Buddhist Meditation  
TUESDAY 29  
7.45pm—Study Group  
WEDNESDAY 30  
12.30pm—Healing Group  
8pm—An Evening with Geshe Doga

**November 2016**