

Tara Institute

News

September 2025



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The seat of buddhahood is waiting for us

by Venerable Geshe Doga



We all have the choice as to whether we hold a good or bad mental attitude: to be nice or nasty to others; to be peaceful and happy, or disturbed and very unhappy; or to be a good person or a bad person. It is in our own hands and within our reach to change our mind and, as such, our own discriminating wisdom will be our best friend and support.

By relying on our wisdom, we can differentiate between right and wrong, know what to do and what not to do, and thus live our life fully and most meaningfully.

A non-Buddhist person once approached me for help to recover from the crisis of a relationship breakdown with a child involved. I said, 'The most reliable friend is in you, your inner friend'. They really appreciated this advice and told me they had never heard of it before. They truly understood what I meant and hence this information became their quintessential spiritual advice.

An 'inner friend' refers to our own mental qualities, such as having love and compassion for other beings, tolerance, wisdom regarding the truth of impermanence and emptiness, and so forth. Our spiritual practice involves developing these inner qualities through method and wisdom. If we move forward on the path by combining method and wisdom, we will move closer to the state of Buddhahood, at the same time, becoming happier, calmer and more subdued.

The seat of buddhahood is waiting and calling for us, but we are oblivious to it because we are too embroiled in a conflict of love and hatred regarding friends and enemies.

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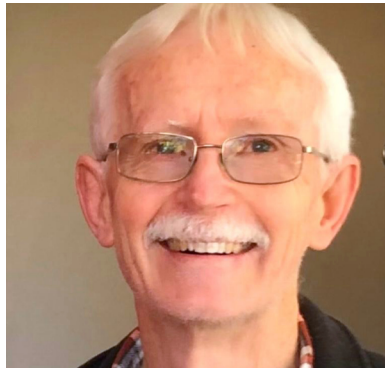
Events in September 2025

- 2 & 16 September - Monthly Guru pujas, 6pm
- 30 September - Monthly Tara puja, 6pm
- 7 September (Sunday) - Dharma Club, 10.15am
- 3, 10, 17 & 24 September (Wednesdays) - Morning Meditation, 11am
- 4 & 18 September (Thursdays) - Healing Group, 11am
- 21 September (Sunday) - Mantra Rolling Workshop, 10am to 3.30pm
- 28 September (Sunday) - White Tara Empowerment with Geshe Doga, 10am to 12noon
- 29 September - Online 21 Taras Meditation, 5pm

MONDAYS ~ 8pm

1, 8, 15, 22 & 29 September

Introduction to Meditation



with John Wright

The development of compassion for our own and others' happiness is so important. Even more importantly, we can take our compassion to the next level, known as bodhicitta, the enlightened intention. With this mind, we are deeply invested in the wellbeing and happiness of all beings and fully dedicate ourselves to developing the skill set to achieve that ultimate goal.

There are two main traditions for this – exchanging self with others and the six causes and one effect technique. In this series of talks, we will look at a special technique that combines the above two, starting with cultivating an even mind and recognising the kindness of others, and discover how we can start to integrate this mindset into our daily lives.

These relaxed and informal sessions run for one hour and 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. Everyone is welcome; there is no need to book. For more information, please email spc@tarainstitute.org.au or phone 03 9596 8900.

TUESDAYS ~ 7.45pm

2, 9, 16, 23 & 30 September

Study Group



Middle Length Lamrim
by Lama Tsong Khapa

with Venerable Geshe Doga

"The meaning of the title *jang-chub lamrim* (Stages of the Path to Enlightenment) shows that the Lord Buddha reached the state of enlightenment or *jang-chub* by following the stages of the path, making progress step-by-step, in a systematic and correct order.

"By eliminating all the defilements and accomplishing all the excellences, he became an awakened being or a buddha.

"It's important that we really think about the meaning of the words *jang-chub lamrim*, as they provide a good introduction to what our Dharma practice – studying this lamrim and engaging in meditation – is all about."

- Geshe Doga, February 2020

Study Group offers an opportunity to study Buddhism in-depth in a supportive and friendly environment. You are most welcome to experience Study Group at any time, but conditions apply if you wish to attend on a regular basis. Geshe Doga begins teaching promptly at 7.45pm. Please email spc@tarainstitute.org.au if you have any questions.

WEDNESDAYS ~ 8pm

3, 10, 17 & 24 September

Guide to the Bodhisattva's Way of Life



with
Geshe Lobsang Dorjee

Shantideva's text, *Guide to the Bodhisattva's Way of Life*, is highly regarded by teachers of all Tibetan Buddhist traditions.

What is a bodhisattva? In a commentary on this text, His Holiness, the Dalai Lama, said:

"*Bodhi* means enlightenment, the state devoid of all defects and endowed with all good qualities. *Sattva* refers to someone who has courage and confidence and who strives to attain enlightenment for the sake of all beings. Those who have this spontaneous, sincere wish to attain enlightenment for the ultimate benefit of all beings are called Bodhisattvas."

(From *For the Benefit of All Beings*, Shambala Classics)

Students are welcome to attend these Wednesday night teachings whenever they're able to do so.

For information about any of the weekly teachings, please email spc@tarainstitute.org.au or phone 03 9596 8900.

White Tara Empowerment

With Venerable Geshe Doga

Sunday 28 September

10am to 12 noon



White Tara is associated with practices which can contribute to enhancing one's lifespan and overcome life-threatening hindrances. White Tara practice can also be done on behalf of someone who is ill.

Venerable Geshe Doga will confer a White Tara empowerment, and dedicate the positive energy to our physical, spiritual and mental well-being. Geshe-la has said he has seen sick and critically ill people regain their health after being given the White Tara mantra to recite.

Even those without problems can avert future sickness and obstacles to a long and healthy life. By relying on White Tara and reciting her mantra, we can achieve a deep level of inner wellbeing so that we can truly be of help to ourselves and others. Through the Spiritual Teacher's blessings, we are opened to the presence of White Tara and the healing dimension of Buddhism.

(NOTE: His Holiness has advised TI students to recite the White Tara mantra for the long life and health of Venerable Geshe Doga - to find out more, please [see here](#))

PLEASE REGISTER HERE

FOR MORE INFORMATION, CLICK HERE

Mantra Rolling Workshop

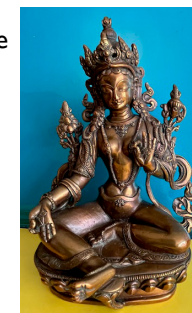
Sunday 21 September

Landcox Hall, 10am to 3.30pm

Following on from last year's workshop, this is a further opportunity for those who previously registered to continue learning how to roll mantras for filling statues or stupas prior to consecration. Those who don't have a statue to fill and would like to be involved are also welcome to join in and help others roll mantras. You are welcome to drop in any time during the session.

Please register if you plan to attend so that we can gauge interest. If you have any queries, please email the Spiritual Program Coordinator, spc@tarainstitute.org.au

PLEASE REGISTER HERE



Regular events for everyone

The **Healing Group** – scheduled fortnightly on Thursdays at 11am – welcomes all who are facing life-threatening, chronic or other significant health issues, including anxiety, depression, grief and loss. Our new program is designed to guide you through a range of healing and meditation techniques that offer a valuable adjunct to Western-based medical approaches.

Morning meditation sessions – every Wednesday at 11am – are suitable for people who are new to meditation and for those who have more experience. People may attend the whole program or drop in for single sessions. The atmosphere is open and relaxed.

Dharma Club occurs on various Sundays throughout the year, from 10:30am to 12:30pm. There are two Dharma Club groups, for children aged 5 to 8, and for children aged 8 to 14. The aim is to help children develop simple skills for calming the mind and developing inner positive qualities such as kindness, love and compassion.

September Calendar

Week 1

MONDAY 1

8pm - Introduction to Meditation

TUESDAY 2

6pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 3

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 4

11am - Healing Group

Week 2

SUNDAY 7

10.15am - Dharma Club

MONDAY 8

8pm - Intro to Buddhist Meditation

TUESDAY 9

7.45pm - Study Group

WEDNESDAY 10

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

Week 3

MONDAY 15

8pm - Intro to Buddhist Meditation

TUESDAY 16

6pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 17

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 18

11am - Healing Group

Week 4

SUNDAY 21

10am - 3.30pm Mantra Rolling Workshop

MONDAY 22

8pm - Intro to Buddhist Meditation

TUESDAY 23

7.45pm - Study Group

WEDNESDAY 24

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

Week 5

SUNDAY 28

10am - White Tara Empowerment with Ven. Geshe Doga

MONDAY 29

5pm - 21 Taras Online Meditation ([click this link](#) just before 5pm)

8pm - Intro to Buddhist Meditation

TUESDAY 30

6pm - Tara Puja

7.45pm - Study Group

Auspicious Days in September

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.

Tuesday 2	Tibetan 10	Tsog	Guru Puja
Sunday 7	Tibetan 15	Full Moon/Lunar Eclipse	Precepts/Sojong
Tuesday 16	Tibetan 25	Tsog	Guru Puja
Sunday 21	Tibetan 30	New Moon/Solar Eclipse	Precepts/Sojong
Tuesday 30	Tibetan 8		Tara Puja/Precepts

Ling Rinpoche's visit to TI and the Great Stupa

In August, Tara Institute, the Tibetan Buddhist Society in Yuroke and Great Stupa in Bendigo were blessed with teachings and empowerments from His Eminence, Ling Rinpoche during his Australian tour. At TI, His Eminence bestowed Green Tara jenang the 360 or so who magically fitted into the gumpa and, as a parting gift, bestowed permission to practise Medicine Buddha, 21 Taras and Palden Lhamo, His Holiness, the Dalai Lama's protector deity. Thanks to Geshe Doga, our geshe and all the volunteers who helped make the occasion so special and successful.



The seat of buddhahood is waiting for us *(continued from p.1)*

His Holiness the Dalai Lama – along with many other past masters – has said our survival and sustenance depend on the kindness and support of other beings. When we were born, we were completely dependent on the love and care of parents or carers; otherwise, we would not have survived. We also know that when we age, we depend on the care and support of others to keep living.

Ironically, in the prime of our life, between birth and ageing, we believe that we can accomplish everything ourselves, with a sense of strong self-centredness, and we tend not to value the friendship and kindness of other beings. However, in reality, we are still dependent on others, because we are social beings and everything is interconnected.

A renowned Indian master, Acharya Ashvaghosha, used an analogy of the Dharma being like a mirror. We use a mirror to see our face, to check for marks or stains or any inconsistencies, and accordingly we may apply lotions or remedies to fix it. Likewise, we rely on the Dharma to understand our faults and qualities, to discern what is virtuous and what is non-virtuous. Then, based on our Dharma knowledge, we practise the Dharma to adopt virtues and avoid non-virtues.

It is not enough to pass the time and live our life by just acquiring good material conditions. We will not find happiness and avoid suffering by just depending on material conditions without having the right mental attitude. This applies to the day-to-day experiences in our current life. There is no need to talk about our future lives, because it is obvious we have to leave all of our belongings behind.

(Lightly edited excerpt from 22 July 2025 Study Group transcript)

Say hello to Geshe Choephel



Geshe Choephel (centre) from Sera Monastery recently arrived in Melbourne to stay at Tara Institute for three months, assisting Geshe Jangchob (far left) and Geshe Lobsang (right) with preparations for the Kalachakra retreat and initiation at the Great Stupa in November. Please say hello and make Geshe Choephel welcome!

“Great peace comes when you free yourself from the thought of desire. Concentrate on this real peace that you can experience immediately by freeing yourself of desire. When you focus on this, there is no problem.”

– Lama Zopa Rinpoche

Acknowledgment 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.