



ANNUAL TARA PUJA

Sunday 25th February 10 am

Geshe Doga warmly invites everyone to join him for the special Tara Puja where prayers will be offered for the long life, health, prosperity and happiness of Tara's friends and families.

Tara is the female Buddha of enlightened activity. The Tara puja includes making offerings and requests to help us overcome outer and inner obstacles in our lives, and to achieve wisdom and compassion in our minds.

You are welcome to bring offerings of flowers, food and incense.

Everyone is most welcome to join us for lunch afterwards.

There is no charge for this event.

Please click [here](#) to register online to help with lunch catering - you will also find the link on our website and in our weekly emails - or by contacting the office on 9596 8900

For more information please contact spc@tarainstitute.org.au.

MONDAYS ~ 8pm

5, 12, 19 & 26 February

Introduction to Buddhist Meditation



with Mark Fernandes

In Buddhism one of the main techniques for happiness is swapping a negative mind or motivation for a positive mind or motivation.

We could also say our experiences appear random, ordained or maybe somewhere in between. This is a great point for personal reflection on how things operate.

In Buddhism we say that experiences are dependent on causes. This means there is an interplay with a cause that is ripening and our state of mind towards that experience. Rather than relying totally on the ripening cause for happiness or unhappiness, the main determiner of our own happiness is our state of mind.

Mark will explore whether these and other techniques are effective or not and also whether they stand up to scrutiny.

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 or call 9596 8900.

TUESDAYS ~ 7:45pm

6, 13, 20, 27 February

Study Group



Middle Length Lamrim

by Lama Tsong Khapa

with Venerable Geshe Doga

Venerable 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 an 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

7, 14, 21, 28 February

Guide to the Bodhisattva's Way of Life



with Geshe Lobsang Dorje

Venerable Geshe Lobsang will teach on Shantideva's text 'A 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 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 5	Tibetan 25	Tsog Day	Guru Puja
Friday 9	Tibetan 30	New Moon	Precepts
Saturday 10	Tibetan 1	Losar *	Precepts
Saturday 17	Tibetan 8	Tara Day	Tara Puja
Monday 19	Tibetan 10	Tsog Day	Guru Puja
Saturday 24	Tibetan 15	Full Moon	Precepts - Sojong Day of Miracles

* Merit multiplying days - 15 days starting from Losar

In this teaching from 2014, Geshe Doga speaks about how we depend on others...

From birth onwards, we depend on others

His Holiness, the Dalai Lama, regularly mentions that it is clear our lives are nurtured by love, because when we were a baby we depended completely on our parents for our survival – we depended on their care and love from our earliest moments. Similarly, when we reach old age, we will depend on the care of others, because we will be incapable of fully looking after ourselves.

In between these two stages of life, we might feel independent and think we do not need to rely on others. However, that is not correct and quite unfair, because we always depend on others.

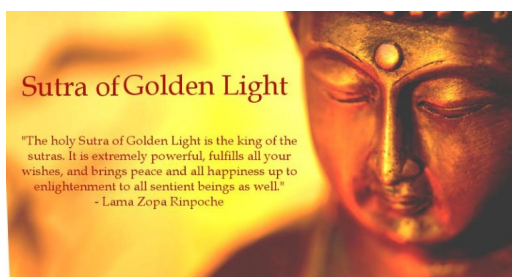
Through all the stages of life, we need to extend our love and compassion to others, because we depend on their care, love and compassion at all

times. If we think in this way, we will find that generating true love and compassion towards others is quite natural.

We can use our personal situation to generate love and compassion in our everyday life. Since we have partners, wives, husbands, families and close friends, and interact with these people on a daily basis, we can think about their happiness and wish them to be free from suffering.

You can remind yourself that the purpose of being with these people is to provide them with true happiness and to free them from suffering. If you can cultivate that wish in relation to those you live with and are close to, your relationships will be sound, because they will be based on an altruistic intention.

GROUP RECITATION OF THE



GOLDEN LIGHT SUTRA

FOR VENERABLE GESHE DOGA'S LONG LIFE

on Losar (Tibetan New Year) & Chinese New Year

Saturday 10 February 2024 ~ 9am - 2pm

Celebrating these auspicious events and an opportunity to accumulate vast amount of merits on this merit multiplying auspicious day.

"The holy Golden Light Sutra is the king of the sutras. It is extremely powerful and fulfills all one's wishes, as well as bringing peace and happiness for all sentient beings, up to enlightenment. It is also extremely powerful for world peace, for your own protection, and for the protection of the country and the world." – Lama Zopa Rinpoche

Lama Zopa Rinpoche has recommended we do this practice to remove any obstacles to the Venerable Geshe Doga's long life. The target is 3,000 recitations - we have recited over 1590

EVERYONE IS WELCOME

Please bring a plate to share lunch and celebrate Losar (Tibetan New Year) and Chinese New Year

If you have a copy of the text, please bring it along. Limited numbers will be available on the day, or you can download it from the FPMT website [here](https://www.fpm.org.au)

It is especially effective if done by Venerable Geshe Doga's own students, Rinpoche explained. So this is a wonderful opportunity to share this powerful practice together.

For more information, please contact spc@tarainstitute.org.au

Week 1

MONDAY 5

6pm - Guru Puja

8pm - Intro to Buddhist Meditation

TUESDAY 6

7.45pm - Study Group

WEDNESDAY 7

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 8

11am - Healing Group

SATURDAY 10 - LOSAR

9am - GLS Recitation

Week 2

MONDAY 12

8pm - Intro to Buddhist Meditation

TUESDAY 13

7.45pm - Study Group

WEDNESDAY 14

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

SATURDAY 17

6pm - Tara Puja

Week 3

SUNDAY 18

10.30am - Dharma Club

MONDAY 19

6pm - Guru Puja

8pm - Intro to Buddhist Meditation

TUESDAY 20

7.45pm - Study Group

WEDNESDAY 21

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 22

11am - Healing Group

Week 4

SUNDAY 25

10am - Annual Members Tara Puja

MONDAY 26

8pm - Intro to Buddhist Meditation

TUESDAY 27

7.45pm - Study Group

WEDNESDAY 28

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

FEBRUARY 2024



21 Taras Thangka at the Victorian United Nations Day of Vesak

The 21 Taras Thangka will be displayed on the 11th May 2024 at The Melbourne Town Hall, for Vesak Celebrations.

To support the display of the Thangka, there will be two

Friendship Dinner Fundraisers

Saturday 16th March at the Hoa Nghiem Temple in
Springvale South

and

Saturday 6th April at Quang Minh Temple in Braybrook

If you'd like tickets (for yourself or as a donation for someone else to attend), please contact the office, and nominate which venue/s. Also, if you are interested in performing, e.g. instrument, singing or dancing, please contact Cynthia through the office. All performers receive a complimentary dinner.

Dharma Club

Sunday 18th of February 10:30am

Welcome back to Dharma club! The first session is on the 18th February, in Landcox Hall, at 10:15 am, ready for a 10:30 start.

Please feel welcome to come along if you are new. The program is flexible so as to cater for different age levels, and different levels of development and interest. There are two dharma club groups, one for children aged 5 to 8, and the other for children aged 8 to 14, running concurrently.

If you would like to bring your child's younger siblings that are pre-dharma club age, that is fine to bring them along too.

Usually the parent of children in the younger group stay with their child, although that is up to the

parents' discretion.

Our main aim is to empower the child to develop simple skills to be able calm the mind and to develop inner positive qualities such as kindness, love and compassion. Children naturally have a wealth of inner wisdom. It is our job to help the child recognize this inner wisdom, and to help them develop it. We aim to achieve this through fun and lively activities.

At 12.00 pm we all come together for a snack/ lunch. Please feel free to bring a plate to share (no nuts please).

We look forward to meeting with you and your families on the 18th February.

Tara Institute is now a donation partner in the Victorian Container Deposit Scheme!



You can now exchange eligible drink containers for 10 cents. Together we can make a positive difference to our community and our environment.

All eligible drink containers are worth a 10 cent refund that you can either keep, or donate to a community donation partner. If you would like to donate the refund to Tara Institute, you can use this barcode or Donation Partner ID at the refund point when you deposit your containers.

To find your nearest donation point, go to <https://www.returnit.com.au/vic/recycling-locations-return-it-vic/>

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