



### Guru Puja at TI to celebrate His Holiness the Dalai Lama's 89<sup>th</sup> Birthday

Saturday 6th July, 10am–12 noon

*"We may sometimes feel that we can't do much as individuals, but humanity is made up of individuals; we can make a difference. As individuals we can influence our own families. Our families can influence our communities and our communities can influence our nations."*

*– His Holiness, the Dalai Lama*



Each year, together with Buddhists and non-Buddhists around the world, the Tara Institute community celebrates His Holiness the Dalai Lama's birthday. This year, His Holiness will turn 89.

Winner of the 1989 Nobel Peace Prize, His Holiness has advocated for peace and non-violence throughout his life, as well as expressing concern for the environment and support for peaceful environmental action.

He has travelled to more than 67 countries, and has received more than 150 awards, honorary doctorates and prizes in recognition of his message of peace, non-violence, inter-religious understanding, universal responsibility and compassion.

On Saturday 6 July, at 10am, Tara Institute will mark His Holiness's birthday with Guru Puja prayers and offerings, and sincerely pray for him to live for a very long time, to continue bringing his universal message of compassion to the world. After the puja, participants are invited to share lunch in the TI dining room.

***Everyone is most welcome to attend. Please bring a plate of vegetarian food to share at lunch. Offerings such as flowers, incense and lights, or monetary offerings for the puja are welcome. Contact the TI Office on 03 9596 8900, or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) if you have any questions.***

**MONDAYS ~ 8pm**

1, 8, 15, 22 & 29 July

**Introduction to Buddhist Meditation**



**with Cynthiaarena**

Lama Yeshe says every problem on Earth comes from attachment. He says if we understand the nature of attachment and how it works to cause aggression, desire and hatred, then our mind becomes very powerful. There's nothing wrong with enjoying and having things, but the confused way we grasp onto these pleasures brings us suffering. Instead of looking for external reasons to see why our attachments aren't making us happy, this month, we'll look inward for some answers. We'll also meditate to deepen our understanding of attachment and impermanence; and hopefully start to let go of our ego, attachments and delusions.

*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, which goes towards the running of the Centre.*

*Everyone is welcome; there is no need to book. For enquiries about these teachings, email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) or call 03 9596 8900.*

**TUESDAYS ~ 7:45pm**

2, 16, 23 & 30 July

**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**

3, 10, 17, 24 & 31 July

**A Guide to the Bodhisattva's Way of Life**



**with**

**Geshe Lobsang Dorjee**

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.

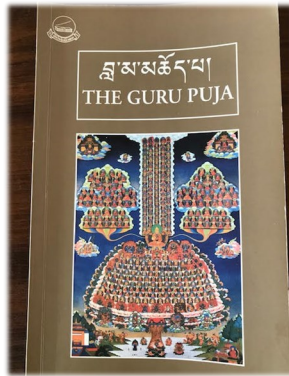
*For any inquiries about these teachings please contact [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) or call 03 9596 8900.*

**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 1	Tibetan 25	Tsog Day	Guru Puja
Friday 5	Tibetan 30	New Moon	Precepts
Tuesday 9	Tibetan 4	Wheel Turning Day	Precepts
Sunday 14	Tibetan 8		Tara Puja
Tuesday 16	Tibetan 10	Tsog	Guru Puja
Sunday 21	Tibetan 15	Full Moon	Precepts
Tuesday 30	Tibetan 25	Tsog	Guru Puja

## GURU PUJA PRACTICE

**One-Day Course with  
Geshe Lobsang Dorje**  
Sunday 28 July, 9am to 5pm



**His Holiness, the Dalai Lama**, often says we, as ordinary people, need to accumulate merit and do many purification practices to progress along the spiritual path. It's said that relying on the Guru is the root of the path, so Guru Puja practice is an important aspect of our spiritual development.

Under the expert guidance of Geshe Lobsang, we will learn more about the practice and benefits of Guru Puja, which includes mandala offerings, mudras (or hand gestures), altar setup, and prayers to accumulate merits and purification.

If you have your own implements – dorje and bell, and mandala set – please bring them along.

*Event cost: TI Members \$60; non-Members \$70; lunch included. Please register via the form on the TI website. If you have further questions, please email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)*

[CLICK HERE  
TO REGISTER](#)

<https://www.tarainstitute.org.au/july-one-day-course>

## CHANTING MANJUSHRI'S NAMES

*for Lama Zopa Rinpoche's swift return*  
Tuesday 9 July, 8 - 9:30pm

Following recent advice from His Holiness, FPMT centres and students of Lama Zopa Rinpoche will continue with prayers and practices for the swift return of Lama Zopa Rinpoche.

The Centre will hold a group recitation of the text, *Chanting the Names of the Noble Manjushri*, along with other prayers, on this auspicious, merit-multiplying day, which marks Buddha Shakyamuni's First Turning of the Dharma Wheel at Sarnath, India, over 2600 years ago.

*All welcome (note there is no Study Group on this date). For more information, phone the TI Office 03 9596 8900, or email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)*

## INVITATION TO OUR MONTHLY PUJAS

In addition to special pujas throughout the year, TI holds monthly pujas to bring the blessings of Tara and the spiritual masters to benefit all beings as well as the purposes and activities of the centre, and its community.

Dates for this month's Guru pujas are 1, 16 & 30 July; and a Tara puja will be held on 14 July. The pujas start at 6pm sharp. Sponsorship of pujas is welcome, and is a means to accumulate merit and support TI. Please join us in making strong prayers to benefit all beings!

### Week 1

MONDAY 1

6pm - Gura Puja

8pm - Intro to Buddhist Meditation

TUESDAY 2

7.45pm - Study Group

WEDNESDAY 3

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

SATURDAY 6

10am - Gura Puja - His Holiness Dalai Lama's Birthday

### Week 2

MONDAY 8

8pm - Intro to Buddhist Meditation

TUESDAY 9

8pm - Chanting Names of Manjushri

WEDNESDAY 10

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 11

11am - Healing Group

SATURDAY 13

5pm - [Online 21 Taras Practice](#)

### Week 3

SUNDAY 14

6pm - Tara Puja

MONDAY 15

8pm - Intro to Buddhist Meditation

TUESDAY 16

7.45pm - Study Group

6pm - Guru Puja

WEDNESDAY 17

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

### Week 4

MONDAY 22

8pm - Intro to Buddhist Meditation

TUESDAY 23

7.45pm - Study Group

WEDNESDAY 24

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 25

11am - Healing Group

### Week 5

SUNDAY 28

10:15am - Dharma Club

9am - Guru Puja One Day Course

MONDAY 29

8pm - Intro to Buddhist Meditation

TUESDAY 30

7.45pm - Study Group

6pm - Guru Puja

WEDNESDAY 31

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

JULY 2024

# COURAGE, INNER WISDOM AND WELLBEING

*By Geshe Doga*

**There's a view out there that says pride, jealousy and competitiveness help to achieve worldly success. But I think it is hope, courage, and determination we need if we are to succeed. We don't need pride, jealousy or any other afflictive emotions, because they cause us suffering. Pride is the cause of disparaging others.**

We should also not allow ourselves to feel down, hopeless, and unhappy in the face of adversity. Rather, we should maintain our hope, courage, and determination. In this way, regardless of our situation in life, on a mental level, we can try to maintain a stable way of thinking and emotional stability. This is possible.

The main reason there are ups and downs in our life is because we lack control over our mental attitude and emotions, so they are constantly fluctuating. If, on the other hand, we have control over our mental attitude and emotions, we can maintain a stable way of thinking that can sustain peace and happiness in our life.

We must employ our discriminating wisdom, our intelligent mind, as our guide and coach. When we face any problems, or feel frustrated, stressed or overly anxious, we can tap into the power of our intelligent wisdom. Through it, we can find a way to manage the situation – if one path is blocked, we will be able to see a different path, another opportunity, presented by the challenge.

We can't afford to lose hope and courage and give up in the face of hardship. At that time, more than ever, we must utilise all our resources, especially our intelligent minds. Losing hope and courage is a problem we don't want; it's not helpful in any way. We shouldn't just trust our sense faculties – what we see and hear – but rely on and trust our inner wisdom eye, so we that we maintain a clear sense of discrimination.

I'm saying these things to you as your close friend. Essentially, we're here to find out how to make our lives meaningful and enjoyable. We're talking about creating the causes and conditions for that, because the happiness we seek and the suffering we don't want each have their own causes and conditions.

We're talking here about something we can put into practice and benefit from directly. This makes more sense and is more beneficial than talking about something that's foreign and hard to relate to, in terms of our day-to-day life.

We must take full responsibility for our health and wellbeing. To enjoy a healthy body, we need to adopt a healthy lifestyle, healthy foods and drink, exercise and so on. If we want to live a longer and healthier life we must take good care of our bodies, especially when we are young.

When it comes to mental wellbeing, we have to turn to the study and practice of Dharma or spirituality, which is quite different from the outside world.

As we said earlier, there's a view that anger, pride, jealousy and so on are regarded as normal and positive for self-development, achieving one's goals and triumphing over enemies. But if we apply our wisdom, we'll find the opposite is true. When we have anger, jealousy and so on, we have no peace, clarity or joy in our mind. These afflictions also influence us to do unskilful and destructive actions that harm others and our relationships with them.

Having recognised the mental afflictions as a cause of unhappiness, how can we remedy or counteract them? The answer lies in subduing our minds, for which we must practise meditation. If our mind is subdued, rested and transformed, there's no cause for any of the mental afflictions to arise within us.

*(Lightly edited extract from Geshe Doga's Study Group teaching at TI, 6 February 2024)*

## 2024 TI Executive Committee

**At the 2024 Annual General Meeting, the following volunteers were elected to the TI Executive Committee.** Thank-you to these members and to all our volunteers who work for the benefit of the Centre, our Geshes, and the teachings.  
President: **Sahil Shekhar**; Vice-President: **Jeremy Cohen**; Director: **Kerry Whitlock**;  
SPC: **Kim Looi**; Treasurer: **William Liew** (new); Secretary: **Steven Sheppard**;  
Member Culture & Ethics: **Diana Johns**

## TI's Dinner Service Returns!

Please join us for a delicious meal before teachings on Mondays to Wednesdays.

**Meals are served from 5:30–8:30pm, no booking required.**

**[Click here to see the menu.](#)**