

Tara Institute

News



May 2025

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or find the link on our website

21 Taras Thangka at the Melbourne Town Hall Saturday 3 May, 10am to 5pm

The 21 Taras Thangka is truly an outstanding piece of spiritual art, and many people have been visibly moved when they see it, Buddhist and non-Buddhist alike. At an extraordinary 15m high and 9m wide, the sheer size of the 21 Taras makes an impact. The power of the Taras' presence is palpable.

You may have seen the thangka before. So why see it again? The first answer is to strengthen your connection with these Taras. Lama Zopa said the Taras are real – so their blessings are real. Second, because it's such a crazy time in the world right now, seeing the 21 Taras will fill you with peace and love.

There will be a public recitation of the 21 Taras praises in the morning. Follow the Tara Institute Instagram account for the exact time and for live updates on the day.

Please let people know about the event. You can find flyers outside the TI gompa.

If you'd like to help out during the day, please find Cynthia, or go to the TI table at the far side of the hall, opposite the main entrance, and see Jane. See you there!



21 Taras volunteers at the Melbourne Town Hall event in 2023

[CLICK HERE](#) for further information

Reminders for your calendar

- **21 Taras Thangka Event**, Melbourne Town Hall: Saturday 3 May, 10am to 5pm
- **Healing Group**: Thursdays 1, 15 & 29 May, 11am
- **Monthly pujas**: Tara Puja 5 May; Guru Pujas 7 & 22 May, all at 6pm
- **Dharma Club**: Sunday 18 May, 10.15am
- **TI Annual General Meeting for Members**: Saturday 24 May, 1pm
- **One-day course - Eight Verses of Thought Transformation**: Sunday 25 May, 9am to 5pm
- **Study Group - Guide to the Bodhisattva's Way of Life**: Saturday 31 May, 9am to 12 noon
- **Nyung Na retreat**: Friday 6 June (8pm) to Monday 9 (7am)

MONDAYS ~ 8pm

5, 12, 19 & 26 May

Introduction to Buddhist Meditation



with Ashvini Shekhar

Integrating Meditation with Life
Meditation doesn't mean just sitting — real meditation is changing the mind.

- Lama Zopa Rinpoche

We've all heard about meditation, and perhaps we've tried it. But can we truly say we understand this fundamental practice, and that we've used it to transform our lives?

Join us in May for a four-part series exploring :

- What is meditation? We'll explore what this practice means in the ancient Buddhist tradition.
- Why meditate? Understanding the purpose and benefits of meditation.
- How do I meditate? Learn techniques you can apply in daily life.
- Is it working? How to assess the effectiveness of your practice.

Sessions run for one hour and include guided meditations, a talk and questions. A facility fee of \$5 goes towards the running of the Centre. All welcome; there is no need to book. For more information, please email spc@tarainstitute.org.au or phone 03 9596 8900.

TUESDAYS ~ 7.45pm

6, 13, 20 & 27 May

Study Group



Middle Length Lamrim

by Lama Tsong Khapa

with Venerable Geshe Doga

"Lamrim means the stages of the path, or the means by which we can achieve the awakened state of a buddha.

"The meaning of the title *jang-chub lamrim* (Stages of the Path to Enlightenment) shows that the Lord Buddha reached the state of enlightenment (*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. New students are welcome to join at any time. Please note Geshe Doga begins teaching promptly at 7.45pm.

WEDNESDAYS ~ 8pm

7, 14, 21 & 28 May

A Guide to the Bodhisattva's Way of Life



with Geshe Lobsang Dorjee

Shantideva's text, *A 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 Shantideva's 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, His Holiness the Dalai Lama, Shambala Classics*)

There's no need to register for these teachings. Students are welcome to attend when they're able to do so.

For information about any of the teachings, please email spc@tarainstitute.org.au or phone 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 5	Tibetan 8	Tara Day	Tara Puja/Precepts
Wednesday 7	Tibetan 10	Tsog	Guru Puja
Monday 12	Tibetan 15	Full Moon	Sojong/Precepts
Thursday 22	Tibetan 25	Tsog	Guru Puja
Tuesday 27	Tibetan 30	New Moon	Precepts

The Eight Verses of Thought Transformation

with Geshe Lobsang Dorjee

Sunday 25 May, 9am to 5pm

The *Eight Verses of Thought Transformation*, written by the 11th century meditator, Langri Thangpa Dorje Sengge, is one of the most important Tibetan Buddhist classic texts on the practices of *lojong* (mind training).

The mind-training instructions are essential practices for cultivating the awakening mind of compassion, wisdom, and love. His Holiness the Dalai Lama refers to the Eight Verses as one of his main sources of inspiration and includes it in his daily meditations.

Geshe Lobsang Dorjee will explain the meaning of this text and show us how to apply mind-training practices in daily life, enabling us to embrace the reality of life in a completely wholesome, wise, and compassionate way.

Rather than perceiving the difficult people and circumstances we encounter as obstacles, catastrophes, or punishment, we can meet these experiences with deep compassion, wisdom, and skill, utilising them as our actual practice on the path to enlightenment.

Event cost: TI Members \$60; Non-members \$70 (lunch is included in the cost). For more information, email spc@tarainstitute.org.au

[CLICK HERE TO REGISTER](#)

[CLICK HERE FOR FURTHER INFORMATION](#)



Group Recitation: Guide to the Bodhisattva's Way of Life

Saturday 31 May, 9am to 12 noon



Create the causes for developing immeasurable love, compassion and wisdom by reciting Shantideva's text with Geshe Doga, Geshe Lobsang Dorjee, Geshe Jangchob and the TI community. The text shows us how to transform every conceivable suffering mind state into the mind of enlightenment. These heart teachings are as relevant today as when Shantideva composed them in the 8th century. Doing spiritual practice together creates the cause for harmony in our lives.

All are welcome to come along and enjoy this virtuous activity and accumulate enormous merit during the auspicious month of Saka Dawa. Please bring your own lunch or \$15 for a catered lunch on the day.

[CLICK HERE TO REGISTER](#)

Sponsor a Light Offering for a Loved One or Special Occasion



You are warmly invited to sponsor a light offering as a beautiful expression of compassion and devotion. Whether in memory of a loved one, or in celebration of a birthday, anniversary, or personal milestone, your offering creates positive energy and merit. Each light can be sponsored for \$5.00. Please email your request with your name; number of lights; and dedication message(s) to the Spiritual Program Coordinator:

spc@tarainstitute.org.au

Week 1

THURSDAY 1

11am - Healing Group

SATURDAY 3

10am to 5pm - 21 Taras Thangka Event, Melbourne Town Hall

Week 2

SUNDAY 4

5pm - Online 21 Taras Meditation (Go to <https://bit.ly/43WtsyC> just before 5pm)

MONDAY 5

6pm - Tara Puja

8pm - Intro to Buddhist Meditation

TUESDAY 6

7.45pm - Study Group

WEDNESDAY 7

11am - Morning Meditation

6pm - Guru Puja

8pm - Bodhisattva's Way of Life

Week 3

MONDAY 12

8pm - Intro to Buddhist Meditation

TUESDAY 13

7.45pm - Study Group

WEDNESDAY 14

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 15

11am - Healing Group

Week 4

SUNDAY 18

10.45am - Dharma Club

MONDAY 19

8pm - Intro to Buddhist Meditation

TUESDAY 20

7.45pm - Study Group

WEDNESDAY 21

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 22

6pm - Guru Puja

SATURDAY 24

1pm - TI Annual General Meeting for Members

Week 5

SUNDAY 25

9am to 5pm - Eight Verses of Thought Transformation: One-day course with Ven. Geshe Lobsang Dorjee

MONDAY 26

8pm - Intro to Buddhist Meditation

TUESDAY 27

7.45pm - Study Group

WEDNESDAY 28

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 29

11am - Healing Group

SATURDAY 31

9am to 12 noon - Group recitation *Guide to the Bodhisattva's Way of Life*

"I think that the very moment you develop a sense of caring, others appear more positive. This is because of your own attitude."

- His Holiness, the Dalai Lama

MAY 2025

Centre Manager position open to job-share applicants

The Centre would like to express sincere thanks to TI's former Centre Manager Charmain, who recently resigned from the role and wish Char all the best in her future endeavours. We would also like to thank TI Building Manager, Catherine, who has kindly stepped in as Acting Centre Manager.

We have now changed the role to a job-share role for two people, who would each work 2-4 days a week, with one weekday on which both people will be in the Office. The exact days and hours for each part-time role will be determined upon successful appointment of candidates.

Both will handle core responsibilities – welcoming visitors, assisting the community, and managing administration – but each will have a specialised focus:

- Building & Tenancy: Responsible for managing the building, facilities, and tenancy.
- Operations: Focused on improving the Centre's systems, processes, and technology.

If you are interested in finding out more about these part-time roles, please contact Kerry, the Centre Director via the Office on 03 9596 8900 or email director@tarainstitute.org.au

An enlightening Easter



Easter Course 2025 participants enjoyed three days of discussion, meditation, delicious lunches, and insightful teachings from Geshe Lobsang on the Four Noble Truths of suffering and its causes, and liberation and its causes. Thank-you Geshe Lobsang, Sandup and all who participated.

Morning meditations at TI Wednesdays 11am

These sessions are suitable for new and experienced meditators. The atmosphere is open and relaxed. Participants are guided through calming single-pointed concentration meditation and analytical meditations for working with the mind and understanding how it works. No need to book, just come along at 10.55am.



2025 Members' AGM

Saturday 24 May, 1pm

Tara Institute's 2025 Annual General Meeting will be held on Saturday 24 May 2025, 1pm, in Landcox Hall. All TI Members are welcome to participate in this opportunity to engage in the running of the Centre. If you're not currently a member, please consider it. Your generosity will help us to continue bringing the Buddha's teachings to current and future generations and help us care for our teachers, Ven. Geshe Doga and Ven. Geshe Lobsang, and other sangha living at the Centre. See www.tarainstitute.org.au/membership

Mother's Day hamper raffle

Raffle tickets for a Mother's Day hamper are available in the Centre dining room. Tickets are \$5 and the raffle will be drawn on Mothers' Day, Sunday 11th May. Mothers hold a special place in the Buddhist teachings. Lama Zopa Rinpoche has said: 'Your mother is most kind, most dear, most precious, your wish-fulfilling one, therefore from your side, offer her every single benefit that you can, because she is the most important one.'

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.