

News

April 2024



2024 Lama Zopa Rinpoche Puja



10am ~ Saturday 13th April

Lunch provided

All Welcome

It's a year since our precious guru and one of the founders of FPMT International, Lama Zopa Rinpoche, showed aspects of passing away.

Tara Institute will hold a Guru Puja and recitation of 'Chanting the Names of Noble Manjushri', for Rinpoche's swift return to continue to benefit many as he had done before.

In the text 'Advice for the Anniversary of the Guru's Passing Away' translated by Rinpoche himself, it explains the benefits of making offerings, how to make the offerings with the six remembrances, and how to offer and dedicate the roots of virtue collected.

As Rinpoche explains in the foreword of this text, "Making offerings on the death anniversary of a guru is an incredible practice in that it brings about the greatest purification of negative karma and collects the most extensive merit."

You are welcome to come along and join us in this special event.

For catering purposes, please click [here](#) to register

Offerings of flowers, lights or monetary donations are welcome

For further information please contact the office on 03 9596 8900

or email spc@tarainstitute.org.au

MONDAYS ~ 8pm

1, 8, 15, 22 & 29 April

Introduction to Buddhist Meditation



with **Damien Busby**

We can describe Buddhism as having Dependent Origination as its philosophical view and Loving Kindness as its practice.

Love and Compassion are essential for one's own happiness and the happiness of others. The understanding of dependent origination is key to being able to act skilfully and to maximise the benefit of our love and compassion.

The practice of loving kindness ranges from simple kind acts, up to Bodhicitta and the altruistic aspiration to achieve Enlightenment to benefit all living beings. Our practice of Loving kindness is enhanced by joining it with understanding dependent arising, initially meaning cause and effect and how this operates. This is central to acting skilfully and necessary for our love and compassion to be fully effective.

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

2, 9, 16, 23 & 30 April

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 April

A 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.

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.

Thursday 4	Tibetan 25	Tsog Day	Guru Puja
Monday 8	Tibetan 30	Solar Eclipse	Precepts
Saturday 13	Tibetan 5	Lama Zopa Rinpoche	Guru Puja
Tuesday 16	Tibetan 8	Tara Day	Tara Puja
Thursday 18	Tibetan 10	Tsog Day	Guru Puja
Tuesday 23	Tibetan 15	Full Moon	Precepts



ONE DAY COURSE How to Meditate

And the benefits of meditation
with Venerable Geshe Lobsang Dorjee
Sunday 28th April - 9 am to 5 pm
Lunch included
Members - \$60 / Non-members - \$70

We meditate to experience how our mind works.

We meditate to investigate the basic energy we already have, the energy of our body, speech and mind: what is it, where does it come from, why does it do what it does?

This is not an external search: it's a search of our own mind and is so worthwhile.

Through meditation we can discover how the mind of attachment is the cause of all mental unease and dissatisfaction, and how changing our attitude can make our mind peaceful and happy, and give purpose and meaning to our life.

Click [here](https://www.tarainstitute.org.au) to register. For more info, contact spc@tarainstitute.org.au

Recitations of The Golden Light Sutra for Geshe Doga's Long Life and Health



Lama Zopa Rinpoche recommended that we do this practice to remove any obstacles to Venerable Geshe Doga's Life. Rinpoche stated that it is especially effective when recited and dedicated by Geshela's students.

The current tally of recitations is approximately 1790, with an aim to complete 3,000 recitations.

On Saturday 10th February, the holy day of Losar, 23 full recitations were completed by students, in the Gompa.

Many Students continue to recite at home and regularly submit their tallies to the office.

If you are interested in joining a group who recite an allocated chapter daily, at home (commitment can be from 10 minutes a day) please contact Denis via TI office.

If you require a copy of the text, please click [here](#).

"The holy Golden Light Sutra is the king of 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 your own protection, and for the protection of the country and the world." - Lama Zopa Rinpoche

Week 1

MONDAY 1

Easter Monday

8pm - Intro to Buddhist Meditation

TUESDAY 2

7.45pm - Study Group

WEDNESDAY 3

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 4

11am - Healing Group

6pm - Guru Puja

SATURDAY 6

6pm - Vesak fundraising dinner

Week 2

MONDAY 8

8pm - Intro to Buddhist Meditation

TUESDAY 9

7.45pm - Study Group

WEDNESDAY 10

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

SATURDAY 13

10am - Lama Zopa Rinpoche Puja

Week 3

MONDAY 15

6pm - Online 21 Taras Practice

8pm - Intro to Buddhist Meditation

TUESDAY 16

6pm - Tara Puja

7.45pm - Study Group

WEDNESDAY 17

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 18

11am - Healing Group

6pm - Guru Puja

Week 4

SUNDAY 21

10.30am - Dharma Club

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

9am - 1 Day Course "How to Meditate"

MONDAY 29

8pm - Intro to Buddhist Meditation

TUESDAY 30

7.45pm - Study Group

APRIL 2024

VESAK Fundraising Friendship Dinner

Date: Saturday 6th April 2024

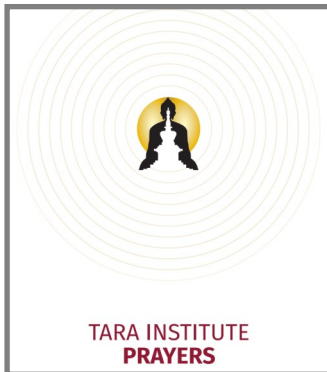
Place: Quang Minh Temple, 18 Burke St, Braybrook

Ticket Cost: \$40

Tickets can be booked through the Tara Institute Office

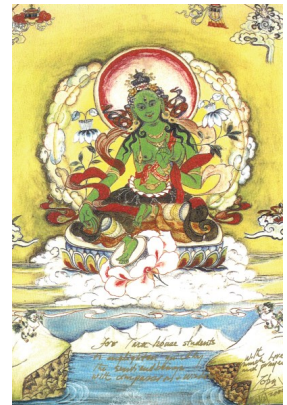
Please consider coming along to this fundraising dinner. Bring family and friends for a fun night out, including a delicious Vietnamese vegetarian meal, entertainment and an Auction. All proceeds will support the costs of displaying the 21 Taras Thangka at the Melbourne Town Hall, on 11th May 2024. We are also seeking performers for the night e.g. Musicians, singers, dancers etc. and Donations of goods, gift vouchers etc. for the auction. Please contact Cynthia, via the Tara Institute office, for further details.

New Prayer Books



Tara Institute now has new, updated prayer books. A special thanks to our generous sponsor, and to the wonderful team who worked together for this enormous initiative.

Many people generously gave their time to help in various ways, including contributing their publishing and editing expertise, spending hours checking, and re-checking, through to collating the books.



On behalf of the TI community - Thank you!

Tara Institute AGM

Tara Institute's Annual General Meeting will be held on Saturday 4th of May 2024, in Landcox Hall.

Please save the date! More details to come

Chai Making Class



On Saturday 16th March, ten people learnt the fundamentals of chai making, including learning to perfect the all important rolling boil, and how to build on basic chai making skills, to suit their tastes. There were laughs, questions and teamwork, and stories of our connection with chai, especially on our travels in India.

We've now thankfully all moved on from packet chai, and attendees are more confident in their chai making abilities and looking forward to experimenting with creating their own chai.



They've also gained the merit of their attendance fee going towards a beginner's Dharma book and chai offerings to TI students and Geshe Doga. Rejoice!