

Tara Institute

News



April 2025

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Untying the Beginningless Knot

By Kyabje Lama Zopa Rinpoche

The truly existent appearance is a projection, a hallucination, we have had for beginningless rebirths and will continue to have until we achieve enlightenment.

We believe one hundred percent that this appearance is true, that all this – truly existent I, truly existent action, truly existent object, truly existent phenomena – is reality. Generally speaking, this view of I, action, object, of all phenomena, is what we have to realize is false; this is what is to be negated. This real I, this truly existent I, this I existing from its own side, is what is to be negated; this is what doesn't exist

As soon as you recognize this real I, you then have to analyze whether or not it exists. It takes just a moment for you to find that it doesn't exist at all. It doesn't exist at all. However, it's not that, once you analyze it, that concept of true existence gets scared and runs out the door. It's not like that. You have been holding this concept of the I, of a real I existing from its own side, from beginningless rebirths. From beginningless rebirths, from the birth of this life, from this morning, you have been believing that this I really exists, that it's really there. Then suddenly you recognize that it is a hallucination. Even though you have been reading and reciting the words of Buddha's teachings about ultimate truth, the emptiness of the I, and truth for the all- obscuring mind (*kun dzob den pa*, in Tibetan), the I that exists, for a long time, suddenly you recognize the hallucination, the false I. This happens due to intensive practice of purification, which purifies the negative karmas and defilements, the obscurations, with the support of collection of much merit. Along with that, you make strong request to the guru with dauntless faith that the guru is buddha. Due to your strong request and your strong guru devotion, the blessings of the guru then enter your heart. Rainfalls of blessings enter your heart.

(continued on p.4...)



TI SPECIAL EVENT REMINDERS for this month

- **Thursday 3 & 17 April @ 11am: Healing Group**
- **Friday 4 April @ 5pm: 21 Taras online meditation**
- **Friday 4 April @ 8pm: Kyabje Lama Zopa Rinpoche Guru Puja**
- **Saturday 5 April: TI Member's Special General Meeting @ 1pm; ALSO Tara Puja @6pm**
- **Monday 7 & 23 @ 6pm: Guru Puja**
- **Friday 18 to Sunday 20 April, 9am to 5pm: EASTER COURSE – THE FOUR NOBLE TRUTHS**
- **Sunday 27 April @ 10.15am: Dharma Club**

MONDAYS ~ 8pm

7, 14, 21 & 28 April

**Introduction to
Meditation**



with Cynthia Karena

**Understanding and Overcoming
Anger**

An angry mind can't think straight. It poisons our relationships and causes everyone to suffer.

Geshe Doga says the aim of our practice is to counteract mental delusions such as anger:

"They are very strong and dominate our life and mind, so we have to make a concerted effort to challenge them (as) it is hard to break their force." By understanding anger and how to let go of it, we can move towards a happier life. Our anger is not permanent, so it is possible to get rid of it.

This month, we'll look at how anger arises, how it works and what we can do about it.

These relaxed and informal sessions run for one hour and include guided meditations, a talk and discussion.

A facility fee of \$5 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

1, 8, 15, 22 & 29 April

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 study group anytime. Geshe Doga begins teaching promptly at 7.45pm.

WEDNESDAYS ~ 8pm

2, 9, 16, 23 & 30 April

**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 his commentary on Shantideva's text, His Holiness the Dalai Lama, says:

"*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

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 contact 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.

Saturday 5	Tibetan 8		Tara Puja/Precepts
Monday 7	Tibetan 10	Tsog	Guru Puja
Saturday 12	Tibetan 15	Full Moon	Precepts/Sojong
Wednesday 23	Tibetan 25	Tsog	Guru Puja
Sunday 27	Tibetan 30	New Moon	Precepts/Sojong

GURU PUJA FOR KYABJE LAMA ZOPA RINPOCHE'S SWIFT RETURN

Friday 4 April, 8pm

To mark the second anniversary of the passing into paranirvana of Kyabje Lama Zopa Rinpoche, Tara Institute will hold a guru puja and recitation of *Chanting the Names of Manjushri* for his swift return to continue to benefit many sentient beings.

After Rinpoche translated the short text, **Advice for the Anniversary of the Guru's Passing Away**, which explains the importance of making offerings on the anniversary of the passing away of one's guru – he wrote in the foreword, "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."

ALL WELCOME! Please join us for this special event. Soup will be offered by TI from 6.30pm, so, for catering purposes, please register via the registration link below.



[REGISTER HERE](#)

<https://www.tarainstitute.org.au/2025-lama-zopa-rinpoche-puja>

EASTER COURSE: INTRODUCTION TO BUDDHISM BASED ON THE FOUR NOBLE TRUTHS

Friday 18 April to Sunday 20 April

9am to 5pm each day

This Easter, Geshe Lobsang Dorjee will present three days of teachings on the Four Noble Truths – the very first teaching given by Buddha Shakyamuni at the Deer Park, Sarnath, India, after he gained enlightenment in 528 BC.

These Four Noble Truths express the essential features of the goal, practice and philosophy of Buddhism and provide a framework for *understanding the nature of suffering* – from stress, anxiety, depression, anger and attachment, to the less obvious suffering of impermanence, dissatisfaction and restlessness – as well as the path to *freeing ourselves from all suffering*.

- **Course cost with limited (shared) accommodation (2 nights): Members \$360; Non-members \$440. Please book early, as accommodation is limited.**
- **Course-only cost: Members \$290; Non-members \$380.**
- **To register or find out more, please click on the link provided here (where you can click on the 'REGISTER' link) or phone 03 9596 8900 or email spc@tarainstitute.org.au**



<https://www.tarainstitute.org.au/2025-march-one-day-course>

April Calendar

Week 1

TUESDAY 1

7.45pm - Study Group

WEDNESDAY 2

11am - Wednesday Meditation
8pm - Bodhisattva's Way of Life

THURSDAY 3

11am - Healing Group

FRIDAY 4

5pm - Online 21 Taras Meditation (Go to bit.ly/43XM4hy just before 5pm)

8pm - Guru Puja for Lama Zopa Rinpoche's swift return

SATURDAY 5

1pm - TI Special General Meeting

6pm - Tara Puja

Week 2

MONDAY 7

6pm - Guru Puja

8pm - Intro to Buddhist Meditation

TUESDAY 8

7.45pm - Study Group

WEDNESDAY 9

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

Week 3

MONDAY 14

8pm - Intro to Buddhist Meditation

TUESDAY 15

7.45pm - Study Group

WEDNESDAY 16

11am - Wednesday Meditation
8pm - Bodhisattva's Way of Life

THURSDAY 17

11am - Healing Group

FRIDAY 18 to SUNDAY 20

9am to 5pm - Easter Course:

FOUR NOBLE TRUTHS

Week 4

MONDAY 21

8pm - Intro to Buddhist Meditation

TUESDAY 22

7.45pm - Study Group

WEDNESDAY 23

11am - Wednesday Meditation
6pm - Guru Puja

8pm - Bodhisattva's Way of Life

Week 5

SUNDAY 27

10.15am - Dharma Club

MONDAY 28

8pm - Intro to Buddhist Meditation

TUESDAY 29

7.45pm - Study Group

WEDNESDAY 30

11am - Wednesday Meditation
8pm - Bodhisattva's Way of Life

APRIL 2025

UNTYING THE BEGINNINGLESS KNOT – BY KYABJE LAMA ZOPA RINPOCHE

(...continued from p. 1)

It can happen with just a few words: “There’s a vase on the vase,” “There’s a blue color on the blue color,” “There’s I on the I.” Just those words, “There’s I on the I,” can bring realization. First there is the merely labeled I, the I that exists. Second, there is another I on that first I; another I is projected on the merely labeled I. That I appears to be truly existent, to exist from its own side, to exist by its nature. But that’s the I that *doesn’t* exist, that’s not there at all. So, you suddenly realize there is I on the I.

Look at this thangka! It is exactly the same with the blue brocade around this thangka: there is a blue color on the blue color.

Then look at the ceiling! You see that there’s a ceiling on the ceiling, a ceiling existing from its own side. The way you see the ceiling is different from before. The way you now see the ceiling, the blue color, the I, is different. Very different. You’re seeing things in a way that you have never seen them before in your life, in your beginningless lives. Suddenly, with just a few words, you have this experience.

(Excerpt from a teaching given by Kyabje Lama Zopa Rinpoche at Root Institute, Bodhgaya, January 2012. Edited by Ven. Ailsa Cameron and sourced from [Lama Yeshe Wisdom Archive](#))

STAY CONNECTED WITH LAMA ZOPA

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

Our magnificent 15m x 9m 21 Taras thangka will be on display again at the Melbourne Town Hall. The thangka is a painting of Green Tara surrounded by the 21 Taras, each with specific qualities. Anyone who sees the 21 Taras thangka benefits, merely by looking at it.

We’re seeking volunteers to help with this event. It’s a rare opportunity to get close to the 21 Taras.

- We need 10 strong people to help carry and unroll the thangka at 5.45am on 3 May, and 10 people again at 6pm to roll up and carry the thangka to the truck then unload at TI. **Please contact Cynthia through the TI Office.**
- We also need people to act as ushers in 2-hour shifts from 10am to 6pm. **Please put your name on the volunteer sheet on the TI noticeboard.**

Another way to support the event is to either make a donation or attend a **fund-raising dinner at Quang Minh temple, Braybrook, Saturday 12 April.** It’s a great chance to meet people from other Buddhist centres and enjoy a delicious vegetarian meal. **To purchase tickets for the dinner or to find out more about supporting the event, please contact spc@tarainstitute.org.au**



A reflection on family life at TI

Having a young family while being involved with the Tara Institute community has been a very special experience. Over the past five years of being a mother, through the wish to maintain a peaceful family environment, I have attempted to put Geshe Doga’s precious advice about love and patience into practice! The whole community has been so kind and often offered sweet words of encouragement as I’ve been seen running after my girls in the gompas. In the coming years, I hope to help Jenny Molloy with the Dharma Club and also start a weekly Dharma playgroup for parents and their babies and children.

- Amelia Tenzin

Photo: Baby Amanda with Geshe Doga in the courtyard in 2020

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.