

Tara Institute

News

June 2025



CONTACT US

3 Mavis Avenue, Brighton East, 3187
03 9596 8900

admin@tarainstitute.org.au
www.tarainstitute.org.au

JOIN OUR MAILING LIST

Click [here](#)
or find the link on our website

Saka Dawa - Guru Puja 2025

***Celebrating the Buddha's Birth, Enlightenment and Parinivarna
Wednesday 11 June, 8pm***

Saka Dawa is a special month in the Buddhist calendar, and in 2025, runs from 28 May to 25 June. During this month, we celebrate the anniversary of Shakyamuni Buddha's birth, enlightenment and parinirvana.

At 8pm on Wednesday 11 June – the auspicious 15th and full-moon day of the lunar month – Tara Institute will offer a Guru Puja, a devotional offering ceremony to celebrate the Buddha's life and legacy. Prayers will be recited in Tibetan and English, and all offerings will be blessed. The prayers will be dedicated to the health and wellbeing of TI's members, families, friends and the world community.



Spiritual practice is encouraged on this day because of the great multiplying power of these significant events in the Buddha's life. It's a particularly good time to be mindful of our actions: avoiding those that harm and cultivating those that help others.

Everybody is welcome to come to the puja, so please join us on this special day. Offerings of flowers, light and food for the puja are most welcome.

[REGISTER HERE](#)

<https://www.tarainstitute.org.au/event-details/2025-saka-dawa-puja>

TI SPECIAL EVENT REMINDERS for this month

- Nyung Nye: 8pm, Friday 6 Jun to 7am, Monday 9 June
- SAKA DAWA Guru Puja: 8pm Wednesday 11 June
- Golden Light Sutra Recitation: Sunday 22 June, 9am-1pm
- Morning Meditation: 11am every Wednesday
- Healing Group: Thursdays 12 & 26 June, 11am
- Monthly pujas: Tara Puja 3 June; Guru Puja 5 June, all at 6pm
- Dharma Club: Sunday 15 June, 10.15am

MONDAYS ~ 8pm

2, 9, 16, 23 & 30 June

Introduction to Meditation



with Damien Busby

The Buddha presented a vast collection of teachings with the main aim of eliminating our suffering. When we come to know the teachings of the Buddha, we can apply them to ourselves in a courageous and fearless manner. To make real changes in our behaviour and attitudes comes down to challenging our most deeply held prejudices, and even our perception of reality and truth.

Meditation is not just about finding a few minutes' peace and happiness but is part of the process of gaining insight into our personal foibles and understanding how to make changes in the way we act and react. Through stabilising our mind and developing wisdom, we can make progress and start to overcome our delusions. We will explore these methods in June through discussion and meditation.

Sessions run for one hour and include guided meditations, a talk and questions. A facility fee of \$5 to \$10 (*see note this page) goes towards the running of the Centre. All welcome; there is no need to book. For more information, please email emailspc@tarainstitute.org.au or phone 03 9596 89

TUESDAYS ~ 7.45pm

3, 10, 17 & 24 June

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 at any time. Geshe Doga begins teaching promptly at 7.45pm.

WEDNESDAYS ~ 8pm

4, 18 & 25 June

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, including His Holiness, the Dalai Lama. Bodhisattvas are those who develop a spontaneous, sincere wish to attain enlightenment for the ultimate benefit of all beings.

Geshe Dorjee has been taking students step by step through this text, advising us to "... think that we're here ... for this Wednesday night teaching to learn about the Mahayana path that leads us to achieve complete enlightenment for the sake of all sentient beings.

"We need to think: 'I must learn about this path because, without learning, I won't know how to engage in the practices; and without engaging in the practices, I won't achieve complete enlightenment!'"

(*NOTE: We have adjusted the Monday night facility fee to reflect the cost of maintaining and improving our services. We have always striven to make the teachings accessible to everyone. The fee is now in the range \$5 to \$10 – the higher amount is optional for those able to offer it. We acknowledge the support of all who support our mission of providing a nurturing spiritual environment for students, their families and the broader community.)

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.

Tuesday 3
Thursday 5
Wednesday 11
Wednesday 25

Tibetan 8
Tibetan 10
Tibetan 15
Tibetan 30

Tsog
Full Moon
New Moon

Tara Puja/Precepts
Guru Puja
Saka Dawa Puja/Precepts
Precepts

NYUNG NYE RETREAT

Fasting and purification practice on Chenrezig, Buddha of Compassion

Friday 6 June, 8pm to Monday 9 June, 7am

The Nyung Nye meditation practice, based on Chenrezig, the Buddha of Compassion, is a concentrated practice consisting of seven meditation sessions, with praises, prostrations and mantra recitations over two days. The emphasis is on developing compassion.

Nyung nye means 'abiding in the retreat' – retreating from negative karmas of body, speech and mind. The eight Mahayana precepts are taken on both days. Additionally, on the second day, vows of not drinking fluids, eating or talking are observed. It's an unbelievably powerful practice for purifying negative karma.

The benefits of engaging in this practice are inestimable. We rejoice that Geshe Lobsang Dorjee will be joining us at this Nyung Nye.

Cost: Non-residential \$120 non-Members, \$100 Members (includes Saturday lunch and Monday breakfast). Residential: additional \$60 per night non-Members, \$40 per night Members. Limited accommodation available so if you need to stay overnight, please register early to avoid disappointment. Any queries, please call 03 9596 8900 or email Kim at spc@tarainstitute.org.au

REGISTER HERE

MORE ABOUT NYUNG NYE HERE: <https://bit.ly/4k8f63c>



GOLDEN LIGHT SUTRA RECITATION

Sunday 22 June, 9am to 1pm

"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." **Kyabje Zopa Rinpoche**

Kyabje Zopa Rinpoche advised Venerable Geshe Doga's students to offer 3000 recitations of the Golden Light Sutra and dedicate the merit to the health and long-life of our precious teacher. To mark the completion of the 3000 recitations in the auspicious month of Saka Dawa, TI will hold a group recitation of this special sutra – an opportunity to accumulate merits during this merit-multiplying month.

Please join us in the recitation and for lunch afterwards (meal cost is \$15, ordered via the registration form. Any queries, please phone the TI Office on 03 9596 8900, or email spc@tarainstitute.org.au

REGISTER

<https://www.tarainstitute.org.au/the-golden-light-sutra-recitation>



SAKA DAWA GURU PUJA AT TI

Wednesday 11th of June

Please join the TI community in celebrating the Buddha's birth, enlightenment and parinirvana.

It's said the power of any action – positive and negative – done on auspicious days is multiplied by one hundred million. Kyabje Lama Zopa Rinpoche has said that the coinciding of the three major life events of the Buddha at Saka Dawa multiplies the power of virtuous actions – such as generosity or participating in pujas – threefold (ie three hundred million times the power!)

This year, once again, **Tara Institute will collect donations of non-perishable food items and money for the Sacred Heart Mission in St Kilda.** The Mission feeds up to 200 people a night, 365 days a year and is run by volunteers. Nobody is turned away. It's a wonderful organisation! Please be generous. You will find collection points for financial donations and non-perishable food items outside the main TI gumpa in the week or so prior to the puja.

Week 1

MONDAY 2

8pm - Intro to Buddhist Meditation

TUESDAY 3

6pm - Guru Puja

7.45pm - Study Group

WEDNESDAY 4

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 5

6pm - Guru Puja

FRIDAY 6

8pm - Nyung Nye begins

Week 2

MONDAY 9

7am - Nyung Nye Ends

8pm - Intro to Buddhist Meditation

TUESDAY 10

7.45pm - Study Group

WEDNESDAY 11

11am - Wednesday Meditation

8pm - SAKA DAWA Guru Puja

THURSDAY 12

11am - Healing Group

Week 3

SUNDAY 15

10.15am - Dharma Club

MONDAY 16

8pm - Intro to Buddhist Meditation

TUESDAY 17

7.45pm - Study Group

WEDNESDAY 18

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

Week 4

SUNDAY 22

9am to 1pm - Golden Light
Sutra Recitation

MONDAY 23

8pm - Intro to Buddhist Meditation

TUESDAY 24

7.45pm - Study Group

WEDNESDAY 25

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 26

11am - Healing Group



For more information about the Guru Puja or the Sacred Heart collections, please call the TI office at 03 9596 8900.



21 TARA THANGKA ILLUMINATES MELBOURNE AGAIN

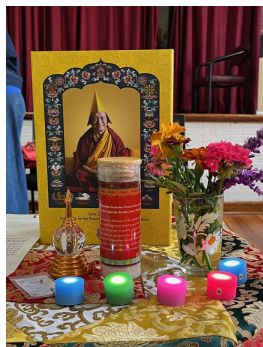
In the pre-dawn hours of Saturday 3 May, a dedicated group of volunteers gathered to manoeuvre a heavy 9.5 metre tube containing our giant 15 x 9 m 21 Taras Thangka through Tara Institute to a waiting semi-trailer.

Since its first public appearance in 2018, the 21 Taras Thangka has become an integral part of the annual multicultural Vesak celebrations at the Melbourne Town Hall. Lama Zopa commissioned Swiss artist Peter Iseli to paint this amazing thangka, which took four years to complete.

The team from TI arrived at the Town Hall just on sunrise, when we began unrolling and hoisting the thangka, once again releasing the power of the Taras. Many TI students see the 21 Taras Thangka as a precious connection with Lama Zopa – not only did he give us this magnificent thangka, but he was with the thangka every day for a month at his 2018 retreat when it hung inside the Great Stupa.

People who wandered in off the street were amazed by these beautiful 'Buddhist goddesses'. One woman said she sat for an hour because she couldn't stop looking at the Taras.

- Cynthia Karena



LAMA ZOPA RINPOCHE RELIC COMES TO TI

Tara Institute was recently gifted with a blood relic from Kyabje Zopa Rinpoche's holy body. Dave Andrews brought the relic back to TI when he attended a Council for the Preservation of the Mahayana Tradition (CPMT) meeting at Kopan in April. Plans are now being made for where and how the Centre will display the relic.

A relic is a term referring to the physical remains or fragments left behind by enlightened beings. To read more about the power of relics left by holy beings, [click here](#).

LATE NEWS...

> His Eminence, **Ling Rinpoche** – the 7th Yongzin Ling Rinpoche and reincarnation of His Holiness' Senior Tutor, the 6th Yongzin Ling Rinpoche – will be giving **Green Tara Empowerment at Tara Institute in the evening of Tuesday 12 August**. Ling Rinpoche will visit Tara Institute as part of his extensive tour of Australia and New Zealand from July to September.

> We rejoice that TI was recently endorsed as a **Deductible Gift Recipient (DGR) with the Australian Tax Office**. This means that now, for anyone wishing to donate to the TI Building Fund, donations are tax-deductible. The Centre will soon email the TI community with further details about what this means and, if you are interested, how to make donations. Thanks to all who assisted with the DGR application and approval process.

OTHER IMPORTANT REMINDERS...

- **Monthly pujas @ 6pm**, check the June calendar for dates. All are welcome to join our monthly Tara and Guru pujas to benefit all beings, and support the aims and activities of the Centre and its community. Sponsorship is welcome. Please feel free to come along!

- **SAVE THE DATES:** We are planning some big celebrations at TI for His Holiness' 90th birthday on Sunday 6th July, AND Venerable Geshe Doga's 90th birthday on Sunday 13th July. More details to come.

Please join us in celebrating these joyful events!

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.