



Impeccable Guru Devotion

This inspirational true story about Guru devotion is an excerpt from the new book by Lama Zopa Rinpoche called *Sun of Devotion, Stream of Blessings*, newly available from Lama Yeshe Wisdom Archive in print and digital formats.

“At Buxa, there was a monk called Jamyang, who was Pabongka Dechen Nyingpo’s attendant in Tibet. Even though he couldn’t read texts because he was illiterate—he couldn’t even read the Tibetan alphabet—Rinpoche had told him that in the future he would be able to read the *Guru Puja* by himself, without anybody teaching him.

Then, one day in Buxa, he was suddenly able to read the entire *Guru Puja* from beginning to end. This was the blessing of having served Pabongka Dechen Nyingpo in Tibet. By serving him he purified his mind and it happened exactly as Pabongka Rinpoche had predicted.

This was the great benefit of having impeccable guru devotion to Pabongka Rinpoche. He didn’t tell me this himself; Lama Lhundrup told me ... There are many other stories of people serving the guru who have suddenly realized emptiness or seen deities. That is the power, the benefit of showing devotion to and serving our guru.”

The *Sutra of the Stainless Sky* gives very clear advice:

Regard the virtuous friend as more special
Than the tathagatas who have gone beyond,
Who see emptiness as it is.
No matter how skillful and compassionate the buddhas are,

Without the self-condition of the guru
In the mental continuum of sentient beings to be tamed
The buddhas’ holy actions and blessings cannot be received.
Without the guru, even the buddhas themselves cannot occur.⁶⁵



Read more from *Sun of Devotion, Stream of Blessings* on the *Lama Yeshe Wisdom Archive*:

<http://www.lamayeshe.com/article/chapter/sun-devotion-stream-blessings>

Get the book from the *Foundation Store* and support *FPMT International Office*:

http://shop.fpmt.org/Sun-of-Devotion-Stream-of-Blessings_p_2690.html

You are welcome to contact the Tara Institute newsletter editors **Allys Andrews** and **Sandra Kinread** at allys.andrews@gmail.com for issues relating to the newsletter.

Tara Institute news

If undelivered, please return to:
3 Mavis Avenue, East Brighton 3187



Annual Easter Retreat

Friday April 14th 9am—5pm until Monday April 17th after lunch



The Venerable Geshe Doga will be teaching on Je Tsongkhapa’s Three Principal Aspects of the Path

Renunciation – True renunciation means seeking liberation from cyclic existence, but even a degree of renunciation can bring more stable and lasting peace and happiness to our mind.

Bodhicitta – Bodhi means enlightenment, citta means mind, the “mind of enlightenment.” The wish to become enlightened for the benefit of all sentient beings.

Emptiness – To uproot the ignorance that grasps at “I” or “mine”, our only antidote is the wisdom of selflessness or emptiness.

There will be plenty of opportunities to meditate during this course. This is the perfect opportunity to give ourselves four full days to sit and listen, contemplate and meditate without interruption – to nourish our minds and rest our bodies.

This can help us to find some clarity, kindness and focus in the way we live our lives. The course comprises guided meditation sessions, teachings from Geshe Doga, discussions, and time to walk in Landcox Park.

Early Bird facility fee if paid before 3pm on the 27th March \$270 members \$320 non-members

The price includes a delicious vegetarian lunch each day and morning and afternoon tea

after 27th March the facility fee is \$290 members \$350 non-members

For catering purposes we ask that people book and pay the office before the 3rd April on 9596 8900 or email admin@tarainstitute.org.au.

There is limited accommodation available for those who would like to stay at Tara Institute.

For course information email spc@tarainstitute.org.au

MONDAYS ~ 8pm

3, 10, 17 & 24 April

Introduction to Buddhist



with Damien Busby

The topic of this month's Monday nights will be about the challenges that face us when living and interacting with the people around us. We all want happiness for ourselves and we want happiness for those close to us and those around us.

So often our wish for our own well being becomes frustrated even by those close to us. Our wishes for others well being also becomes frustrated and difficult to achieve. Even though we say we want their well being in practice we often seem to create more harm than good.

This month we can look at some of these issues and work towards an understanding of how our own mind can cause these difficulties to be exaggerated. In particular to identify the self cherishing mind and how this functions to actually prevent our happiness. It appears the self cherishing mind looks after our happiness but in fact it is a hindrance.

The topic will be presented with meditations and discussion.

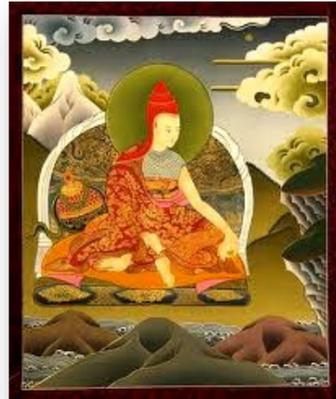
The atmosphere on Monday nights is relaxed and open and people are welcome to join us for one or all of these sessions this month. No need to register; just come along.

A facility fee is requested (\$5—current financial members free) to help cover administration costs. Just turn up at 7.50pm or phone the Tara Institute office

TUESDAYS ~ 7.45pm

4, 11, 18 & 25 April

STUDY GROUP



Geshe Doga will continue to teach the text called **'The Entrance for the Children of the Conquerors'**, a commentary on the *'Introduction to the Actions of Bodhisattvas'* by Gyalsab Je Rinpoche, translated by Venerable Fedor Stracke.

It contains the root text of Shantideva's ***Bodhicaryavatara (A Guide to the Bodhisattva's Way of Life)***.

Study Group provides the opportunity to study the Buddhist philosophy in depth. Anyone interested in studying Buddhist philosophy is welcome to come along to Study group.

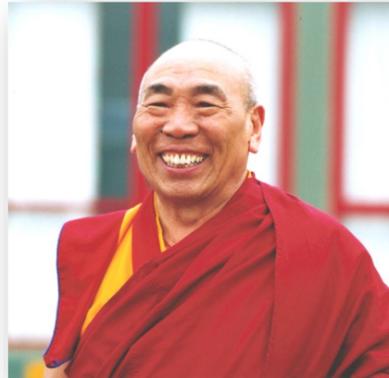
Optional homework is given each teaching week and is self-assessed. Help is always available for new people.

There is no fee for these evenings. If you have any questions please email Amelia at spc@tarainstitute.org.au.

WEDNESDAYS ~ 8pm

5, 12, 19 & 26 April

Heart Advice with Geshe Doga



Everybody can relate to love and compassion, it is for everybody, beyond ethnicity, culture, religion and non religion. Is it worthwhile to develop compassion? What are the benefits of developing compassion? Once the mind is convinced about the benefits of compassion there are no doubts about its value.

Giving and Taking Course, July 2012

Using everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate. This guidance will help us work with our own minds.

During these sessions Geshe Doga will also teach on the Graduated Path to Enlightenment text and give a commentary which is applicable to beginners through to experienced Buddhist practitioners. Everyone is welcome to attend one or all of these sessions this month.

There is no fee for these evenings. If you have any questions please email Amelia at spc@tarainstitute.org.au.

21st Century Buddhists - Young People's Discussion Group

"At the present time, when in the ordinary world there is great advancement in the field of science and technology we are distracted by the hustle and bustle of our busy lives, it is extremely important that those of us who follow the Buddha should have faith based on knowledge of his teaching. Today, we should be 21st century Buddhists"

His Holiness the Dalai Lama

Last year the Young People's Group began at Tara Institute. We meet twice a month to meditate and discuss Buddhist topics.

The Young People's Group is specifically aimed at people finishing high school, studying at university and beginning work. The group focuses on issues that are relevant to daily life such as how to develop a spiritual practice while studying and working.

Tara Institute students, including some students from 21st century Buddhists group, with Osel Hita and Indira Dora at Nalanda Monastery in India, January 2017.



In 2017 we have renamed ourselves 21st Century Buddhists inspired by His Holiness's emphasis on the need to become modern 21st century Buddhist practitioners.

Email Amelia at spc@tarainstitute.org.au

Auspicious days in April are calculated according to the lunar eclipse. On these days the benefits of actions are greatly multiplied, so are especially good for spiritual practice.

Tuesday 4	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Thursday 6	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Tuesday 11	Tibetan 15	Full Moon	Precepts
Tuesday 11	Tibetan 15	Tara Day	Tara Puja at TI 6pm
Friday 21	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Wednesday 26	Tibetan 30	New Moon	Precepts

Week 1

MONDAY 3

8pm—Intro to Buddhist Meditation

TUESDAY 4

6pm—Tara Puja

7.45pm—Study Group

WEDNESDAY 5

12.30pm—Healing Group

8pm—An Evening with Geshe Doga

THURSDAY 6

6pm—Guru Puja

Week 2

MONDAY 10

8pm—Intro to Buddhist Meditation

TUESDAY 11

6pm—Tara Puja

7.45pm—Study Group

WEDNESDAY 12

12.30pm—Healing Group

8pm—An Evening with Geshe Doga

THURSDAY 13

8pm— 21st Century Buddhists

FRIDAY 14

9am—Easter Retreat commences; concludes after lunch Monday 17th

Week 3

MONDAY 17

8pm—Intro to Buddhist Meditation

TUESDAY 18

7.45pm—Study Group

WEDNESDAY 19

12.30pm—Healing Group

8pm—An Evening with Geshe Doga

FRIDAY 21

6pm—Guru Puja

SUNDAY 23

10.30am—Dharma Club

Week 4

MONDAY 24

8pm—Intro to Buddhist Meditation

TUESDAY 25

7.45pm—Study Group

WEDNESDAY 26

12.30pm—Healing Group

8pm—An Evening with Geshe Doga

THURSDAY 27

8pm— 21st Century Buddhists