



49ft. Tara Thangka's Arrival at Tara Institute

Four years ago, Lama Zopa Rinpoche commissioned a large 21 Tara thangka from Peter Iseli for Tara Institute. We are very pleased to inform you that the Giant Tara Thangka has arrived in Melbourne at Tara Institute.

The precise measurement for a stretcher for the big painting is 13m 87cm x 8m 85cm. It has taken four years for Peter Iseli and his wife Jangchup to complete this painting in France. A Tara Thangka committee has been established at Tara Institute and we are now planning a large event to display this incredible image.

As you can appreciate this is a huge project that will take effort from the whole community in order to bring it to life.

Peter Iseli with the giant 21 Tara Thangka



One for the diary.....

Creating the causes for world peace by reciting
The Guide to the Bodhisattva's Way of Life
with Geshe Doga and the
Tara Institute community

Sunday June 4th- 9.00am to midday

Please bring some tasty vegetarian lunch to share.

If you have the text, bring that too (Stephen Batchelor's version); if not, we can provide one for you on the day.

For more information please email Amelia on spc@tarainstitute.org.au

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



Recitation of the Bodhisattva's Way of Life

Nyung Nye

Sunday 4th June 9am to noon

Friday 26th May at 8pm to 6am Monday 29th May



Green Tara Empowerment Compassion in Action

Sunday May 14th 10am

Venerable Geshe Doga will kindly bestow the Green Tara empowerment in May this year.

The image shows Green Tara in a posture of ease and ready to step down from her lotus throne to offer protection to all sentient beings.

Reliance on Green Tara has the power to liberate us from the suffering and ultimately lead us to the state of enlightenment. The atmosphere during these empowerments is inspirational and through the Spiritual Teacher's blessings we are opened to the presence of Green Tara.

There are no commitments involved with receiving this empowerment and everybody is most welcome to come along.

For more information please email Amelia at spc@tarainstitute.org.au

MONDAYS ~ 8pm

1, 8, 15, 22 & 29 May

Introduction to Buddhist Meditation



with Mark Fernandes

The potential of human beings to achieve happiness is incredible. This is because the ultimate nature of the mind is not problem filled, but crystal clear and knowing and filled with love and compassion. Even though problematic minds or afflicted states appear to us it is the Buddhist view that they can be permanently removed.

By cultivating the right causes and conditions, we can achieve a mind that is characterised by peace, clarity and happiness. Far from being fleeting, these positive states of mind can be developed and can become our experience day and night.

Cultivating happy mental states using Buddhist psychological techniques also enables us to deal with the problems we may face. While these problems may manifest as external events, for example 'he said this about me and she said that', it is our response which largely affects whether we are happy or unhappy as a result.

Achieving happiness and overcoming problems is achieved through consistent practice, of which mind training is the main technique. By applying the appropriate technique, positive results can be achieved.

Mark will focus on teachings, practical techniques and meditations covering the above across several weeks.

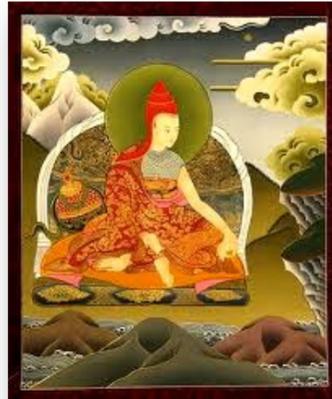
The atmosphere on Monday nights is relaxed and open and people are welcome to join us for one or all of these sessions this month. No need to register; just come along.

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 on 9596 8900 for

TUESDAYS ~ 7.45pm

2, 9, 16, 23 & 30 May

STUDY GROUP



Geshe Doga continues teachings on the text called 'The Entrance for the Children of the Conquerors', a commentary on the 'Introduction to the Actions of Bodhisattvas' by Gyaltshab 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. Study of this text may continue for some years.

The ongoing course runs in six-week cycles throughout the year that comprise four weeks of lectures, a week of structured discussion and a written test.

Homework (optional) is given each teaching week and is self-assessed.

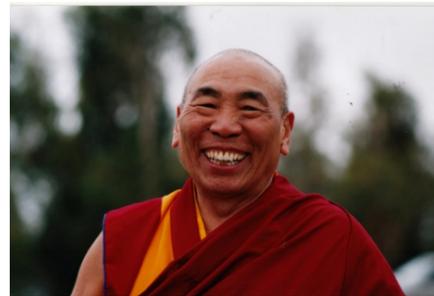
Help is always available for new people.

There is no fee for these evenings. If you have any questions please contact Amelia on 9596 7410 or spc@tarainstitute.org.au.

WEDNESDAYS ~ 8pm

3, 10, 17, 24 & 31 May

Heart Advice with Geshe Doga



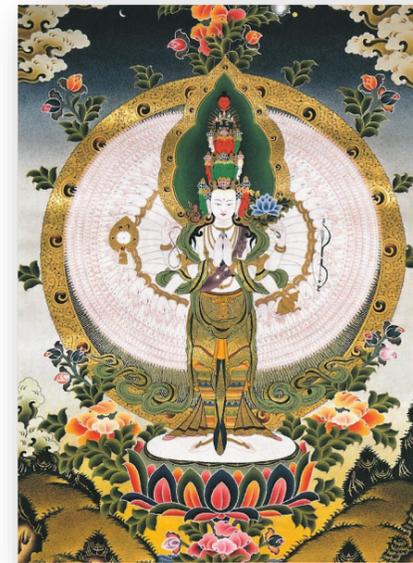
There are conditions for a mind to become agitated. When our mind makes a connection with an object, then depending on what the object may be, it will stimulate the mind positively or negatively. The interdependent connection between the object and the mind is what stimulates the mind. And a negative stimulation in the mind is the onset of an agitation that we are experiencing. While the actual stimulation is going on in our mind, it does depend on an object for that stimulation to occur. Therefore we apply a method to not engage with an object that causes us distress. We intentionally withdraw from making a connection with the kind of object that becomes a condition for the mind to be stimulated in such a way that it becomes agitated and disturbed.

Geshe Doga

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.



NYUNG NYE

FRIDAY MAY 26TH 8PM
TO MONDAY MAY 29TH
6AM

FASTING & PURIFICATION RETREAT ON CHENREZIG BUDDHA OF COMPASSION

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

The eight Mahayana precepts are taken for the duration of the practice and on the second day, additional vows of not drinking any fluids, eating or talking are observed.

The retreat finishes early on Monday in time for a fabulous breakfast and plenty of time to get to work. The benefits of this retreat are inestimable.

The emphasis of this practice is on developing compassion.

There is limited accommodation at Tara Institute at the moment. Please call 9596 8900 asap to avoid being disappointed if you wish to stay overnight.

**FPMT members: residential \$55 non-members \$70
FPMT members non-residential \$40 non-members \$55**

For bookings, please contact Tara Institute Office on 9596 8900 or email admin@tarainstitute.org.au

For course information please email Amelia at spc@tarainstitute.org.au

T.I. Publishing Team Notice

Owing to technical difficulties, transcripts of past teachings are not available on TI web site. They are however available on the annual CD of teaching transcripts, which is available in the bookshop.

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

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| Wednesday 3 | Tibetan 8 | Tara Day | Tara Puja at TI 6pm |
| Friday 5 | Tibetan 10 | Tsog | Guru Puja at TI 6pm |
| Wednesday 10 | Tibetan 15 | Full Moon | Precepts |
| Sunday 21 | Tibetan 25 | Tsog Day | Guru Puja at TI 6pm |
| Thursday 25 | Tibetan 30 | New Moon | Precepts |

Week 1
 MONDAY 1
 8pm—Intro to Buddhist Meditation
 TUESDAY 2
 7.45pm—Study Group
 WEDNESDAY 3
 6pm—Tara Puja
 8pm—An Evening with Geshe Doga
 FRIDAY 5— 6pm Guru Puja

Week 2
 MONDAY 8
 8pm—Intro to Buddhist Meditation
 TUESDAY 9
 7.45pm—Study Group
 WEDNESDAY 10
 12.30pm—Healing Group
 8pm—An Evening with Geshe Doga
 SUNDAY 14
 10am—Green Tara Empowerment

Week 3
 MONDAY 15
 8pm—Intro to Buddhist Meditation
 TUESDAY 16
 7.45pm—Study Group
 WEDNESDAY 17
 12.30pm—Healing Group
 8pm—An Evening with Geshe Doga
 SUNDAY 21
 10.30am—Dharma Club
 6pm—Guru Puja

Week 4
 MONDAY 22
 8pm—Intro to Buddhist Meditation
 TUESDAY 23
 7.45pm—Study Group
 WEDNESDAY 24
 12.30pm—Healing Group
 8pm—An Evening with Geshe Doga
 THURSDAY 25
 7.30pm—Youth Group
 FRIDAY 26
 8pm—Nyung Nye begins

Week 5
 MONDAY 29
 6am Nyung Nye finishes
 8pm—Intro to Buddhist Meditation
 TUESDAY 30
 7.45pm—Study Group
 WEDNESDAY 31
 12.30pm—Healing Group
 8pm—An Evening with Geshe Doga

May 2017