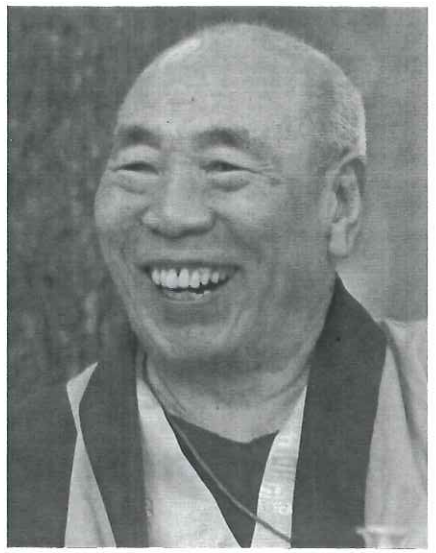
Long Life Puja for Geshe Doga

Sunday October 17 at 10.00am

Each year, in order to thank Geshe Doga for his unfailing commitment and kindness to the students and friends of Tara Institute, the 16 Arhat Puja is offered to him for his long and healthy life. Everyone is welcome to join in.

For everybody – new students, old students, friends and families.



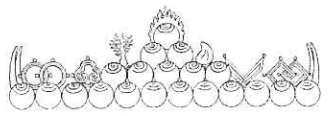
Setting up for the Long Life Puja

Saturday October 16 at 1.00pm

Setting up the tables with flowers, incense, light, food and water offerings is a beautiful expression of creativity and so uplifting for our minds. We work harmoniously, drink tea and meet many new and old friends. Working together is so joyful. Please feel welcome to join in.

If anyone would like to contribute any of the following offerings or part of them, please let Margie Hanrahan know or myself on 9596 7410. Thank you very much. *Ani Rigsal*

- v 76kg white rice
- v Fruit for the begging bowl
- v 500 t-lights
- v Offerings for the main altar (about $60)
- v White and yellow flowers for water bowls only on the day
- v White and yellow flowers for Geshe Doga's throne
- v Bunches of flowers for the main altars
- v 3 large offerings (tormas) for the 16 Arhat altar
- v Sponsorship of the tsog ($200)
- v Saffron
- v Monetary offerings to the sangha
- v 8 packets of popping corn for the food bowls



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

A warm welcome to new member, Michael Henderson and welcome back Indranie Berenger and Joanne Kuropatoff!

This newsletter is Dharma material; please treat it with respect.

For information on the disposal of Dharma materials, please contact the Office on 9596 8900. Thank you.

Tara Institute

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www.tarainstitute.org.au

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Email: admin@tarainstitute.org.au

Tara Institute is affiliated with the FPMT — the Foundation for the Preservation of the Mahayana Tradition — a network of Buddhist Centres in Australia and worldwide. Following the Mahayana teachings of the Buddha — in the tradition of Lama Tsong Khapa — we work to relieve all beings from suffering in all its forms.

Tara Institute is fully audited, not-for-profit and mainly run by volunteers. We rely entirely on the support of members, friends, benefactors and bequests. Donations and fees are requested in order to keep the Centre running.

Tara Institute news

September 2010

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

One Day Course with Venerable Geshe Doga

Sunday 26th September 9.00am to 5.00pm

Mark your diaries

Kyabje Lama Zopa Rinpoche

to teach at Atisha Centre

2nd - 30th April 2011

Atisha Centre, Thubten Shedrup Ling and the Great Stupa of Universal Compassion are delighted to confirm that Lama Zopa Rinpoche, Spiritual Director of FPMT will teach Shantideva's the Bodhisattva's Way of Life and commence the Rinjung Gyatsa Initiations. They are in the early stages of planning for this auspicious event and are not quite ready yet to take registrations or enquiries until the website is ready. For a quick preview of what's to come the website will be up and running after the 15th of September at www.lamazopaaustralia.org.au

We Always Have What We Need

Mandala Magazine August 2010

An excerpt from a teaching by our Spiritual Director and co-founder of the FPMT, Kyabje Lama Zopa Rinpoche.

"When we renounce attachment we are never without what we need. Renouncing attachment to friends, we have friends; renouncing attachment to a comfortable environment, we have a comfortable environment. Without any effort from our own side, when we need something or someone, it just naturally happens due to the power of practicing Dharma."

MONDAYS ~ 8pm
• 6, 13, 20 & 27 Sept.

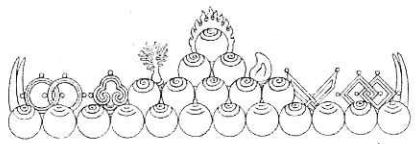
Introduction to Buddhist Meditation

with Damien Busby

Once we have accepted that the responsibility for our own happiness lies within our own minds, and not just in external circumstances, *then* we can investigate what to do within our minds to help our experience of life.

Buddhism puts forward kindness as the basis for our own happiness and the method to bring happiness to others. What kindness *is* and how we can cultivate it and integrate it into our daily lives will be the main topic of this month's Monday nights.

The atmosphere on Monday nights is relaxed and open and people are welcome to attend all four teachings.



A facility fee is requested (members free) to help cover administration expenses. Just turn up at 7.50pm or phone Llysse in the Tara Institute office on 9596 8900 for more details.

TUESDAYS ~ 7.45pm
• 7, 14, 21 & 28 Sept.

STUDY GROUP

Study Group offers students the opportunity to study more deeply in a structured and supportive environment. The course runs in six-week blocks comprising four weeks of teachings, one night of discussion group and a written exam that examines the subject matter of that series. Homework is given each teaching week and is assessed by experienced students from the group.

The text for this year's Study Group is: Nagarjuna's *Precious Garland.*

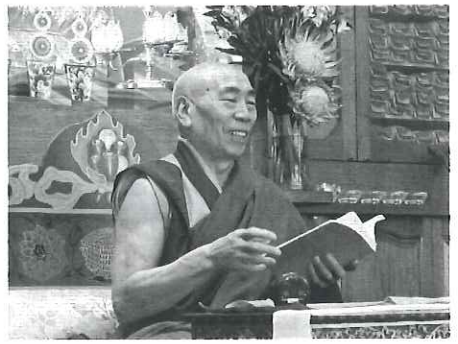
Nagarjuna is renowned for his penetrating analysis of reality. In *Precious Garland* he offers advice on how to conduct one's life and how to construct social policies that reflect Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all kinds of suffering, culminating in buddhahood.

Students are welcome to sample study group at any time but a commitment is required to attend on a regular basis.

If you would like to attend Study Group and need more information please contact Ani Rigsal on 9596 7410.

WEDNESDAYS ~ 8pm
• 1, 8, 15, 22 & 29 Sept.

An Evening with Geshe Doga



Kindness is an investment that, unlil shares, never crashes.

Having analysed the link between mind and action in this way, it becomes clear that the positive mind that initiates positive activities—which is mainly the kind attitude—is precious and thus we need to preserve and protect it. Being mindful allows us to protect our positive state of mind. Mindfulness and awareness are achieved by constantly familiarising ourselves with the positive state of mind of kindness. This ensures that we engage in positive activities physically and verbally, and becr s the major part of our practice.

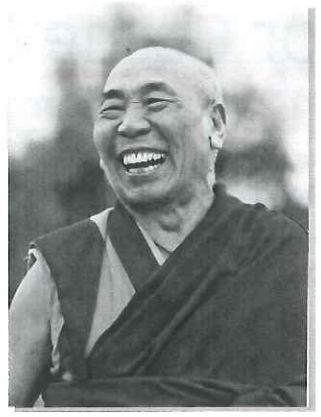
Geshe Doga 10 August

Wednesday evenings provide a perfect entry point for students wishing to move on from Monday nights to experience the wisdom of the Buddha's teachings as taught by a highly qualified Tibetan Lama.

Geshe Doga will continue his commentary on *The Middle Lam Rim* – by Lama Tsong Khapa – on the stages of the path. Geshe Doga elucidates his commentary with practical examples from daily life, illustrations from his own experience and deep insight to reveal the essence of the text.

For more details please contact Ani Rigsal on 9596 7410.

One Day Course with Venerable Geshe Doga



Sunday 26th September 9.00am to 5.00pm

Patience, the exact and necessary medicine for road rage, computer fury and snapping at others ... How do I get it?

By giving yourself a day off from the busyness of your life to learn about real patience; the source of inner peace, beauty and having many good friends.

.n this one-day course, Geshe Doga will give advice and explain techniques on how to develop this wonderful mind.

Early Bird fee for payments before 15th September

Members: $55 Non-Members: $75

Payments made from 16th September

Members: $65 Non-Members: $85

A delicious vegetarian lunch and refreshments will be provided

Bookings are essential; Payments can be made by calling the office on 9596 8900 during business hours.

September 2010

WEEK 1
WEDNESDAY 1
10.00am - Healing Group
8pm - An Evening with Geshe Doga
FRIDAY 3
6pm - Guru Puja
SATURDAY 4
2pm Chonyi Taylor's book launch

WEEK 2
MONDAY 6
8pm - Intro to Buddhist Meditation
TUESDAY 7
7.45pm - Study Group
WEDNESDAY 8
10.00am - Healing Group
8pm - An Evening with Geshe Doga
SUNDAY 12
10.30am - Dharma Club

WEEK 3
MONDAY 13
8pm - Intro to Buddhist Meditation
TUESDAY 14
7.45pm - Study Group
WEDNESDAY 15
10.00am - Healing Group
6pm - Tara Puja
8pm - An Evening with Geshe Doga
FRIDAY 17
6pm - Guru Puja

WEEK 4
MONDAY 20
8pm - Intro to Buddhist Meditation
TUESDAY 21
7.45pm - Study Group
WEDNESDAY 22
10.00am - Healing Group
8pm - An Evening with Geshe Doga

WEEK 5
SUNDAY 26
9am-5pm - One Day Course with Geshe Doga
MONDAY 27
8pm - Intro to Buddhist Meditation
TUESDAY 28
7.45pm - Study Group
WEDNESDAY 29
10.00am - Healing Group
8pm - An Evening with Geshe Doga

Dharma Club at 10.30am
Sunday Oct. 3 & Nov. 14

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

Friday 3	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Wednesday 8	Tibetan 30	Full Moon	Precepts
Wednesday 15	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Friday 17	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Thursday 23	Tibetan 15	New Moon	Precepts