

## Protecting the quality of **JOY** in your mind

**N**ever forsake a compassionate mind. We all possess the qualities of gentleness and kindness and the ability to make others happy. When we meditate on the four immeasurables – in essence – love, compassion and equanimity, we notice we are the beneficiaries of that practice. During that time, we are free from negative emotions and thoughts. Everybody can relate to love and compassion, it is for everybody, beyond ethnicity, cultures, religious and non-religious. Is it worthwhile to do this or not? Do a short analysis on love and compassion. Remove any doubts about its value. No matter the situation, work, family, socially, these qualities are really beneficial. Regardless of the difficulties in developing, they are worth cultivating. **The conclusion is, I must take the responsibility for developing these qualities in myself, my mind, not other people's minds, my mind.**

*Geshe Doga teaching 2012*

### The Place is Full of Quiet Achievers

I started volunteering at Tara by often washing up the cups on Tuesday nights after study group back in the days before everyone washed their own cups! Then in 2001, I filled in for a friend in the bookshop and I did that once a week until 2014 and then on and off up until last year.

I've done meet and greet to welcome new people who might feel a bit overwhelmed. I think it's very important to make people feel welcome when they first arrive at TI.

I have done Puja shopping and set up for many years and I'm very happy to help in the kitchen chopping veggies etc. when Geshe-la offers lunch. Volunteering is a great way to serve Geshe-la and to benefit others. It also helped me to get to know people and gave me a sense of belonging.



Lynne Hooker

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

## Tara Institute news

If undelivered, please return to -  
3 Mavis Avenue, East Brighton 3187  
Ph. 9596 8900



### LONG LIFE PUJA FOR GESHE DOGA

**Sunday 10 November at 10am**

**PREPARATION DAY Saturday 9 November at 1pm**

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.

**Everybody is most welcome – new students, old students – friends and family.**

#### Puja preparations

Setting up for the Long Life Puja Saturday 9 November at 1 pm

Setting up the tables with flowers, incense, light, food and water offerings is a beautiful expression of creativity and so uplifting for our minds. Everybody enjoys working together harmoniously, drinking tea and meeting many new and old friends. It is said that participating in such an event creates skies of virtuous merit. If you would like to offer flowers for the offering bowls, please bring white and yellow flowers.



#### Donations

If anyone would like to contribute monetary offerings for the puja as well as Geshe Doga and attending sangha, please contact the office ([admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au) / 9596 8900).

**MONDAYS ~ 8pm**

4\*, 11, 18 & 25 November

## Introduction to Buddhist Meditation



with

**Margie Hanrahan**

It is easy to get caught up feeling negative about our lives, the government or even the future of the planet. This fear comes from our belief in duality, of all things being separate and independent. In fact, the Buddha taught the opposite. He taught that all things are dependent and interconnected. If we can understand this truth, then we can move away from extreme dualistic views that create friend and enemy, love and hate, us and them, right and wrong. Only then can we see that these mental states are based on a false view of reality.

Through meditation we can learn how to create positive mental states by lessening our grasping at our own self-importance and come to see that our happiness is deeply connected to all others.

**\* Ross Moore will teach on the first Monday of the month, continuing his October program. Margie will start on 11 November.**

*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 more details.*

**TUESDAYS ~ 7.45pm**

5, 12, 19 & 26 November

## STUDY GROUP



### The Great Treatise to the Stages of the Path to Enlightenment

by Lama Tsong Khapa

Geshe Doga will give a commentary on the general section on Bodhicitta and the Perfections from this text. New students are welcome to join study group at any time.

The Great Treatise on the Stages of the Path to Enlightenment (Tib. Lam rim chen mo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Lama Tsong Khapa, completed it in 1402, and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. Because it condenses all the exoteric sūtra scriptures into a meditation manual that is easy to understand, scholars and practitioners rely on its authoritative presentation as a gateway that leads to a full understanding of the Buddha's teachings.

Study Group provides the opportunity and support to study Buddhist philosophy in depth.

Help is always available for new people.

*There is no fee for these evenings. If you have any questions please contact Amelia by email [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au)*

**WEDNESDAYS ~ 8pm**

6, 13 & 20 November

## 37 Practices of Bodhisattvas

with Geshe Lobsang Dorje



Gyelsay Togmay Sangpo wrote the Thirty-Seven Practices of Bodhisattvas in the 14th century. His succinct and simple verses of advice summarise the quintessence of the Mahayana path to perfection.

This is an interactive class where Geshe Lobsang unpacks the meaning of each verse and then invites questions and discussion. There is also a short meditation session.

## FAMILY DAY Teaching & Picnic

Sunday 1 December 10.30am  
Nurturing Good Relationships

Geshe Doga has been a source of excellent help and comfort to so many families over the years. There are many stories of the most difficult problems being overcome by following Geshe-la's advice, particularly in relation to difficulties with children. Geshe Doga has always emphasised the importance of nurturing love within our families, no matter how big or small and on this day to acknowledge his care and rejoice in his kindness, we celebrate our families together with Geshe Doga.

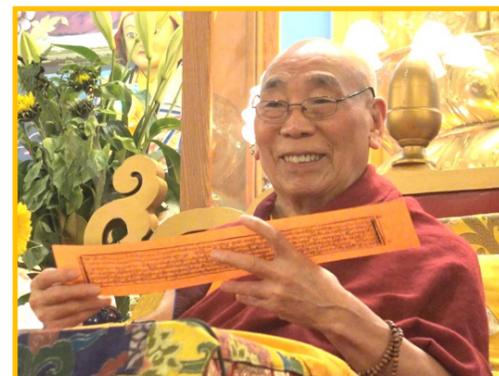
Geshe-la will teach for about an hour and a half on how to nurture respect, patience, love and compassion. Afterwards, you are invited to join the picnic in Landcox Park across the road.

**Please bring some lunch to share, a blanket to sit on, hats and sunscreen.**  
*For more information, phone Katrina 9596 8900.*

## Heart Advice with Geshe Doga

WEDNESDAY ~ 8pm

27 November



I regularly emphasise that the importance of securing a genuine attitude of love and compassion towards others cannot be underestimated in any circumstances. It is the most valuable asset for oneself as well because if we were to lose a sense of love and compassion towards others, then as one's love and compassion towards others begins to diminish, naturally others start to keep their distance from us.

*Excerpt from Some Words which May Be Useful for Your Life by Geshe Doga*

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the everyday situations that we all experience, Geshe Doga uses humour, stories and precise instructions on how to meditate to help us to work with our own minds.

*There is no fee for these evenings. If you have any questions please contact Amelia on 04218 29693 or [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au).*

## ONE-DAY COURSE with GESHE DOGA

Sunday 24 November, 9am to 5pm

Developing bodhicitta through exchanging self for others

All human beings experience heartbreak, tenderness, pain and uncertainty and have developed tactics to try and avoid feeling them. Mostly they don't work, but we can learn to respond differently in the face of suffering. In this course Geshe Doga will give step by step instructions on how to develop the precious mind of bodhicitta through exchanging self for others.

There are no pre-requisites required to attend this course, it is suitable for everybody.

The course comprises teachings from Geshe Doga, meditation and group discussion.

The fee includes a two-course lunch, as well as morning and afternoon tea.

Please book early by contacting the office ([admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au) / 9596 8900). **Early bird by 15 November** \$45 members / \$55 general public (after early bird \$55 / \$65).

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

Monday 4	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Thursday 7	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Tuesday 12	Tibetan 15	Full Moon	Precepts
Thursday 21	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Tuesday 26	Tibetan 30	New Moon	Precepts

Week 1

MONDAY 4

6pm—Tara Puja

8pm—Intro to Buddhist Meditation

TUESDAY 5

7.45pm—Study Group

WEDNESDAY 6

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 7

6pm—Guru Puja

8pm—Youth Group

SATURDAY 9

1pm—Set up for Long Life puja

SUNDAY 10

10am—Long life puja for Geshe Doga

Week 2

MONDAY 11

8pm—Intro to Buddhist Meditation

TUESDAY 12

7.45pm—Study Group

WEDNESDAY 13

8pm—37 Practices of Bodhisattvas

Week 3

MONDAY 18

8pm—Intro to Buddhist Meditation

TUESDAY 19

7.45pm—Study Group

WEDNESDAY 20

12.30pm—Healing Group

8pm—37 Practices of Bodhisattvas

THURSDAY 21

6pm—Guru Puja

8pm—Youth Group

SUNDAY 24

9am-5pm—One-day course with Geshe Doga

Week 4

MONDAY 25

8pm—Intro to Buddhist Meditation

TUESDAY 26

7.45pm—Study Group

WEDNESDAY 27

12.30pm—Healing Group (final session with Bob and Allys)

8pm—Heart Advice with Geshe Doga