

Monday & Wednesday nights in January & February 1st 2017—at 8.00pm

Monday: 2nd, 9th and 16th of January—8:00pm

Introduction to Buddhist Meditation — Start with Love and Compassion



The practices of love and compassion are the heart of the Buddha's teachings. They are regarded as the most powerful way of overcoming our own problems as well as being helpful to others. Love and compassion are the direct antidotes to selfishness which is the root of all of our problems. By practicing compassion we exchange the focus on our self with focus on others. As soon as we do this our attitude becomes more positive and our life improves. Love and compassion can be generated and increased by identifying and familiarizing our mind with their causes: equanimity, recognising other's kindness and understanding their problems. In these sessions we will examine some of the techniques for generating love and compassion and overcoming selfish attitudes.

Chenrezig Meditation—Wednesday: January 11th—8:00pm

In this session we will do the meditation practice of Chenrezig, the meditational deity who represents enlightened compassion. In this practice we use visualization and mantra recitation to generate and increase love and compassion in our minds.



Monday: 23rd and 30th January—8:00pm

Introduction to Buddhist Meditation — Living without Regret



Holding on to grievances from the past impedes our ability to be fully present to the wonder of our lives. Every new day presents us with a fresh opportunity to make peace with past difficulties, people and ourselves. These sessions offer a gentle approach to transforming our challenges into opportunities for growth and insight. The evenings will comprise guided meditations, a short talk and time for questions.

Green Tara Meditation—Wednesday: 18th, 25th January and 1st February—8:00pm

Tara meditation is a special technique for tapping into our amazing potential as human beings in order to overcome our own problems and also to be able to really help others. It provides a way to change the negative image we often have of ourselves so that we can at least imagine what it would be like to shine with wisdom and compassion. The evenings will comprise guidelines for the practice, guided meditation and time for questions.



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



December 2016—January 2017

Heart Advice with Geshe Doga

Wednesday December 21st at 8pm

Lama Tsong Khapa Day Puja

Friday December 23rd at 8pm

Heart Advice with Geshe Doga

Wednesday December 21st at 8pm

This will be Geshe Doga's final teaching for the year at Tara Institute.

Many people have commented that when they have come to listen to the Heart Advice that it sets them up with a very good motivation for the Christmas and holiday season. It is just great to be reminded of the value of cultivating the good heart.

Geshe Doga gives heartfelt instructions on how to create harmony and wisely negotiate this potentially stressful time with a happy and patient mind. Everybody would benefit from this, so please come along.



MONDAYS ~ 8pm

5, 12 & 19 December 2016

Resumes 2nd January 2017

Introduction to Buddhist Philosophy & Meditation



with Margie Hanrahan

Happy from the Inside

We all want to be happy but often end up unhappy because we chase the wrong sources of happiness. We put all our time and energy into trying to create happiness from external sources only to experience dissatisfaction and disappointment.

Internal happiness is not dependent on the unpredictable and uncontrollable external world. Rather, it comes from developing a stable and happy mind through meditation.

Meditation deepens our understanding of our own minds and through this process we discover how to be happy from the inside out.

How? By developing wisdom we gain control over our destructive emotions and by developing love and compassion our minds become contented and happy.

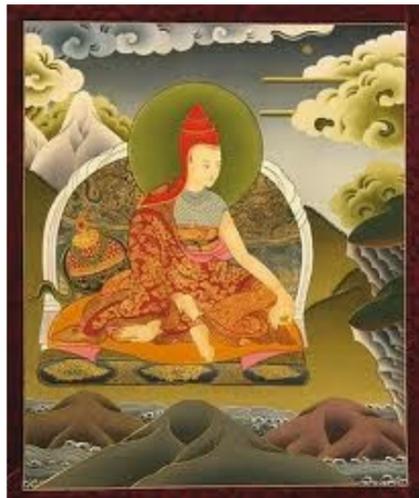
The atmosphere on Monday nights is relaxed and open and people are welcome to join us for one or all of these sessions this month. No need to register; just come along.

A \$5 facility fee is suggested to help cover administration costs (current financial members free). Just turn up at 7.50pm or phone the Tara Institute office on 9596 8900 for more details.

TUESDAYS ~ 7.45pm

6, 13 & 20 December—last for 2016; resumes 14 February 2017

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 Gyaltsab Rinpoche, translated by Venerable Fedor Stracke. It contains the root text of Shantideva's Bodhicaryavatara (A Guide to the Bodhisattva 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 ten week cycles throughout the year that comprise eight weeks of lectures, a week of structured discussion and a written test.

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 contact Amelia on 9596 7410 or spc@tarainstitute.org.au.

WEDNESDAY ~ 8pm

7 & 14 December 2016

last teaching with Geshe Doga for 2016
Resumes 8th February 2017

An Evening with Geshe Doga



We need to recognize our ignorance concerning the source of our problems. Believing that the cause of life's ups and downs is mainly external, we fail to see that our mind plays a significant role between ourselves and the world outside. In terms of achieving what we want, and avoiding what we do not want, the mind is the main determining factor. In truth, the mind is the principal cause of any pleasure or pain we experience in life. External objects have very little effect on our life experience. Nobody wants discomfort or unhappiness. Since all unwanted experiences are the results of the uncontrolled mind we need to find the means to establish some discipline. In meditation, the first step is to center the concentration on the breath in order to tame the very rough mind.

Extract from Teachings at TI booklet—2001

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 9596 7410 or spc@tarainstitute.org.au.

LAMA TSONG KHAPA DAY PUJA

Friday 23rd December at 8pm

(Please note: no Guru Puja at 6pm)

For centuries, Tibetan and Mongolian Buddhists have commemorated the passing of the famous Tibetan yogi and scholar, Tsong Khapa whose life and work is comparable to the great Tibetan saint, Milarepa.

Lama Tsong Khapa was considered an emanation of Manjushri, the Buddha of Wisdom, and single-handedly inspired an entire religious renaissance. He founded the Gelugpa lineage which continues to this day. Tara Institute and the Foundation for the Preservation of the Mahayana Tradition (FPMT) exist as part of that lineage.

Today, many thousands of Buddhists join in to commemorate this anniversary by making candlelight offerings and singing praises so that the Buddha's teachings will continue to flourish.

You are all invited to share in this beautiful ceremony of chanting and meditation. If you wish to make offerings of candles, food and flowers, you are most welcome to do so.

If you have any questions please contact Amelia on 9596 7410 or spc@tarainstitute.org.au.



MERIT BOX OFFERINGS

The money from the merit boxes is offered at this puja. It would be so appreciated if you could **convert your coins to notes if possible** (for ease of counting for the office) and write down the total on a slip of paper to include with your offering and *place it on the table under the Chenrezig thangka in the gumpa on the night of the Lama Tsong Khapa puja.*

To see how your offering benefits others go to www.fpmt.org and follow the prompts.

Enhance Your Practice of Generosity: Join the Merit Box Practitioners!

Get your FREE Merit Box from Llysse in the office: a beautifully decorated practice kit tin featuring inspiring quotes and images of Shakyamuni Buddha, Lama Yeshe, Lama Zopa Rinpoche and Lama Tsong Khapa. Offerings can be made beginning on Lama Tsong Khapa Day each year and continuously until March 31 of the following year.

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

AUSPICIOUS DAYS IN DECEMBER 2016

Wednesday 7	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Friday 9	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Tuesday 13	Tibetan 15	Full Moon	Precepts
Friday 23	Tibetan 25	Tsog Day	LTK Puja at TI 8pm
Wednesday 28	Tibetan 30	New Moon	Precepts

AUSPICIOUS DAYS IN JANUARY 2017

Thursday 5	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Saturday 7	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Thursday 12	Tibetan 15	Full Moon	Precepts
Sunday 22	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Friday 27	Tibetan 30	New Moon	Precepts

Week 1

MONDAY 5
8pm—Intro to Buddhist Meditation
TUESDAY 6
7.45pm—Study Group
WEDNESDAY 7
12.30pm—Healing Group
6pm—Tara Puja
8pm—An Evening with Geshe Doga
FRIDAY 9
6pm—Guru Puja

Week 2

MONDAY 12
8pm—Intro to Buddhist Meditation
TUESDAY 13
7.45pm—Study Group
WEDNESDAY 14
12.30pm—Healing Group—last for 2016—
resumes February 8th 2017
8pm—An Evening with Geshe Doga

Week 3

MONDAY 19
8pm—Intro to Buddhist Meditation
TUESDAY 20
7.45pm—Study Group—last for 2016
WEDNESDAY 21
8pm—Heart Advice with Geshe Doga
FRIDAY 23
8pm—Lama Tsong Khapa Day Puja

Happy Holiday Season everyone!

PLEASE NOTE: Tara Institute's office will close on the 23rd of December 2016 and will reopen 30th of January 2017 (the phone will be unattended during this period). The Dining Room will close after Wednesday 21st Dec. and will reopen Jan. 30th 2017.
JANUARY 2017

Week 1

MONDAY 2
8pm—Intro to Buddhist Meditation
THURSDAY 5
6pm—Tara Puja
SATURDAY 7
6pm—Guru Puja

Week 2

MONDAY 9
8pm—Intro to Buddhist Meditation
WEDNESDAY 11
8pm—Chenrezig Meditation

Week 3

MONDAY 16
8pm—Intro to Buddhist Meditation
WEDNESDAY 18
8pm—Tara Meditation
SUNDAY 22
6pm—Guru Puja

Week 4

MONDAY 23
8pm—Intro to Buddhist Meditation
WEDNESDAY 25
8pm—Tara Meditation

Week 5

MONDAY 30
8pm—Intro to Buddhist Meditation
WEDNESDAY 1—February
8pm—Tara Meditation