

MONDAYS ~ 8pm

•2, 9, 16, 23 & 30 July

Introduction to Buddhist Meditation



with Judy Mayne and Pam Hansen

Everyday life is fraught with difficulties of every type and persuasion, but perhaps the greatest of these troubles are the internal disturbances which range from the general uneasiness that most of us experience from time to time, through to the more destructive emotions such as anger and depression. This month we will use Monday nights to explore these disturbing emotions, their impact on our lives and the negative influence they exert over our relationships, general sense of happiness and well-being as well as our peace of mind. Through looking at the different techniques of introspective analysis and the meditative antidotes to our disturbing emotions, we will implement techniques to create an inner harmony and balance that will positively influence our everyday lives.

Judy and Pam have studied with Geshe Doga for many years. They have a deep understanding of Buddhist theory and practice and bring a wealth of life experience to these sessions.

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 Llyse in the Tara Institute office on 9596 8900 for more details.

TUESDAYS ~ 7.45pm

•3, 10, 17, 24 & 31 July

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 on the subject matter of that series. Homework is given each teaching week and is assessed by experienced students from the group.

Geshe Doga's commentary on Nagarjuna's *Precious Garland* continues this year.

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.

The evenings run in six-week blocks and students are asked to attend all six sessions. You are most welcome to come and experience Study Group at any time but conditions apply if you wish to attend on a regular basis.

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

WEDNESDAYS ~ 8pm

•4, 11, 18 & 25 July

An Evening with Geshe Doga



We do not engage in meditation merely to occupy time. We do not meditate just because we have no other work to do, or for the sake of sitting in the meditation posture. There is a specific aim involved in the practice of meditation. Our mind is undertaking a very important task – to recognize the fundamental cause of all the suffering in life and to find a solution to it. Buddhism shows that the source of all problems is our own delusion and karma. Trying to understand the law of karma, or cause and effect, from the point of view of past and future lives may not be easy. If we examine the effects of our actions in terms of this life alone, however, we can judge for ourselves what truth it holds.

Geshe Doga will continue to teach on the Lam Rim or Graduated Path to Enlightenment. Using the every day 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.

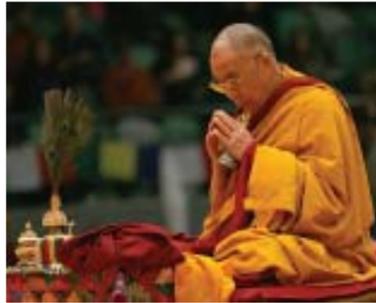
There is no fee for these evenings.

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

Special Guru Puja for the birthday of His Holiness the Dalai Lama

Friday July 6th at 8pm

"Whether it's a discussion with scientists on the science of mind or an address at a business luncheon or a public talk, His Holiness shares the same core message of love and compassion. This, he does, by tapping into our inherent positive qualities and intelligence. He says, "We are all human beings. Each one of us has the same desire and the same right to be happy. Today's new reality is that we are all deeply interdependent, therefore it is our responsibility to care for each other." Tsering Kyinzom Dhongdue, Brisbane, June 2011



Coming together as a community and practicing harmoniously is an important aspect of Buddhist practice and one way that we can care for each other and repay the kindness of our teachers.

You are warmly invited to join the Tara Institute community to celebrate His Holiness's birthday and offer a guru Puja (offering ceremony) for his long and healthy life and the accomplishment of all his wishes.

Please contact Ven. Lhamo at spc@tarainstitute.org.au or call 9596 7410 for more information.

One-day course with the Venerable Geshe Doga - Tonglen

Sunday 29 July from 9am to 5pm

Giving and Taking is a meditation technique that reverses the usual logic of avoiding suffering and seeking pleasure. In the process, we become liberated from old patterns of selfishness.

Tonglen (giving and taking) awakens our compassion and introduces us to a far bigger view of reality.

This one-day course will comprise teachings from Venerable Geshe Doga, guided meditations, discussion and time for contemplation.



Vegetarian lunch and all refreshments are included in the cost.

Early Bird Discount to 4pm, 16th July

Members: \$55 Non-Members: \$75

Bookings made after 4pm, 16th July

Members: \$65 Non-Members: \$85

**Payment essential before 23 July:
9596 8900**

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

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| Tuesday 3 | Tibetan 15 | Full Moon | Precepts |
| Friday 13 | Tibetan 25 | Tsog Day | Guru Puja at TI 6pm |
| Thursday 19 | Tibetan 30 | New Moon | Precepts |
| Thursday 26 | Tibetan 8 | Tara Day | Tara Puja at TI 6pm |
| Saturday 28 | Tibetan 10 | Tsog Day | Guru Puja at TI 6pm |

WEEK 1

MONDAY 2

8pm - Intro to Buddhist Meditation

TUESDAY 3

7.45pm - Study Group

WEDNESDAY 4

10.00am - Healing Group

8pm - An Evening with Geshe Doga

FRIDAY 6

8.00pm - Special Puja for His Holiness the Dalai Lama

WEEK 2

MONDAY 9

8pm - Intro to Buddhist Meditation

TUESDAY 10

7.45pm - Study Group

WEDNESDAY 11

10.00am - Healing Group

8pm - An Evening with Geshe Doga

FRIDAY 13

6.00pm - Guru Puja

WEEK 3

MONDAY 16

8pm - Intro to Buddhist Meditation

TUESDAY 17

7.45pm - Study Group

WEDNESDAY 18

10.00am - Healing Group

8pm - An Evening with Geshe Doga

SUNDAY 22

10.30am - Dharma Club

WEEK 4

MONDAY 23

8pm - Intro to Buddhist Meditation

TUESDAY 24

7.45pm - Study Group

WEDNESDAY 25

10.00am - Healing Group

8pm - An Evening with Geshe Doga

THURSDAY 26

6.00pm - Tara Puja

SATURDAY 28

6.00pm - Guru Puja

SUNDAY 29

9am to 5pm - One Day Course with Geshe Doga - Tonglen

WEEK 5

MONDAY 30

8pm - Intro to Buddhist Meditation

TUESDAY 31

7.45pm - Study Group

Next Dharma Club 19th August
please note that all dates
are subject to change

July 2012