

## Christmas goodies NOW in Bookshop!



Beautiful new  
scarves and shawls  
and lots of lovely  
trinkets for presents



Incense, children's  
Dharma books,  
malas, singing bowls  
and prayer wheels



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)

## Guru Devotion

Two of Geshe Doga's students recently wrote to the Centre expressing their gratitude.

Today is my birthday and the first day of His Holiness teaching. He came by where I was sitting and He stopped and asked me where I was from. I said Australia. He touched my mala.

I love it when He teaches.

I have had some very magical experiences and synchronicities BUT I am sick of India, the smells and dust etc blah blah! I am working on a letter to Geshe Doga. He is the most amazing teacher. I never realized until now how much he has changed my mind and prepared me for all that I am being given.

It's as if I find the effect of Geshe-la in every nook and cranny of my experience and how I view it.

There are no words to express the sense of amazement and gratitude.

If you get a chance, please thank Geshe Doga for the Wednesday 17th teaching where he described the value of practising Dharma for younger generations. I find myself in several situations; at TI, at Tai Chi and Pilates; where I am either surrounded by older people or at least doing activities not considered fashionable by other young guys. But as Geshe Doga says, this effort will contribute to a strong overall wellbeing in the long-term. His teaching was encouraging and comforting.



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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*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



December 2012 - January 2013

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

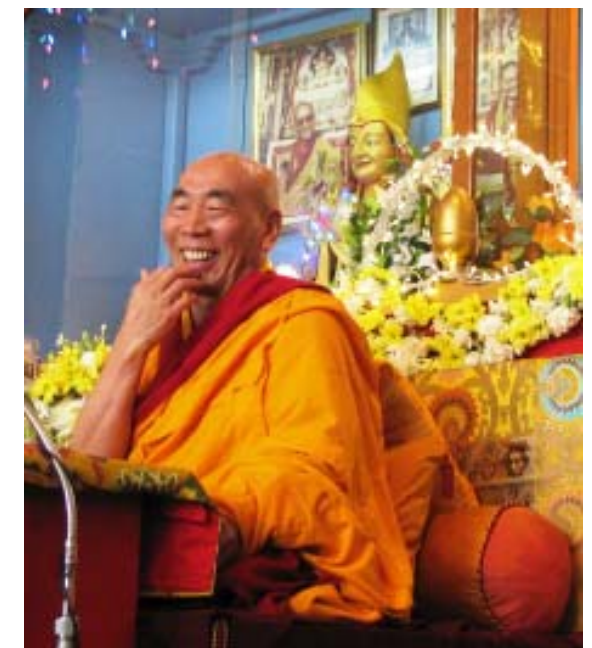
Lama Tsong Khapa Day Puja  
Saturday 8th December at 8pm

Vajrasattva Practice  
Wednesday 5th & 12th Dec. at 8pm

## Our Ultimate Protection

As I regularly emphasise, the main point is for us to try to incorporate into our daily life aspirations such as, 'May I in every way be of benefit to other beings' and 'May I serve to fulfil all their hopes and whatever benefit I can render them', and 'May I not be a cause for any harm to other sentient beings'. These summarise the main points, and developing such aspirations is highly meaningful for our daily practice.

When we familiarise our mind with these positive attitudes and develop the determination to be of benefit in every way to others, and not to become a cause for the slightest harm to other sentient beings, then that, in itself, becomes our ultimate protection.



Excerpt from Study Group Oct 23, 2012



**MONDAYS ~ 8pm**  
• 3, 10 & 17 December

**Introduction  
to Buddhist  
Meditation**



with Damien Busby

This month Damien will discuss how our daily needs and aspirations are really quite simple and straightforward. I believe we all seek some satisfaction and happy experience and an avoidance of suffering.

Buddhist philosophy and teaching presents many profound and complex discussions and their connection to our simple daily agenda may seem remote. Is it necessary to know about Samsara and Nirvana when I just want some happiness and less problems?

What is the relationship between these profound topics and extensive philosophy with the simple instructions offered to us to be kind and to treasure our peaceful mind. How do we know when to delve into the philosophy and see how it might help us accomplish our simple daily wish for happiness.

Through discussion and meditation we will investigate this topic over the three nights in December.

*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**  
• 4 & 11 December

**STUDY GROUP**



**December 11 will be the last Study Group session for 2012.**

The topic for discussion will be generating bodhicitta with the technique of equalising and exchanging self with others.

The five stages involved are:

- Meditating on how oneself and others are equal
  - Contemplating the disadvantages of self cherishing, using various reasons;
  - Contemplating the great advantages of cherishing others, by various means
  - The actual mind of exchanging self with others
  - Based on that, how to meditate on giving and taking
- This is an opportunity to really talk about what you think these things mean and why would you want to do this. What is your individual take on these instructions?

**Study Group resumes  
February 12th at 7.45pm**

We begin Study Group 2013 with a new text called 'The Entrance for the Children of the Conquerors' – A commentary on the Introduction to the Actions of Bodhisattvas by Gyalstab Rinpoche, translated by Ven. Fedor Stracke. This contains the root text of Shantideva's Bodhicaryavatara (A Guide to the Bodhisattva Way of Life).

The text can be purchased on the evening of February 12<sup>th</sup>.

What better time for those who wish to begin a more in-depth study of Buddhist philosophy or for current students to make an enthusiastic return to Study Group.

Please contact Ven. Lhamo on [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) for more information or 9596 7410.

**WEDNESDAYS ~ 8pm**  
• 5 & 12 December

**Vajrasattva  
Commitment**

**An Evening with Geshe Doga  
recommences February 6th 2013**



Vajrasattva is the embodiment of the Buddhas' wisdom and compassion, manifesting in the form of a white coloured deity who specifically helps us purify our negative actions (karma), the subsequent obscurations that stop us from experiencing genuine lasting happiness. Please join us as we familiarise ourselves with this purification practice through meditation, contemplation and recitation of the Sadhana (practice manual) of Vajrasattva.

These practice nights are open to everyone, even if you didn't take the empowerment which was given by Geshe Doga on the 11th of November; so please come along if you would like to.

Contact Ven. Lhamo on [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) or 9596 7410

**WEEK 1 - DECEMBER 2012**

MONDAY 3  
8pm – Introduction to Buddhist Meditation  
TUESDAY 4  
7.45PM – Study Group discussion  
WEDNESDAY 5  
10am – Healing Group  
8pm – Vajrasattva Commitment  
SATURDAY 8  
8pm - Lama Tsong Khapa Day Puja

**WEEK 2**

MONDAY 10  
8pm – Introduction to Buddhist Meditation  
TUESDAY 11  
7.45PM – Study Group discussion - last for 2012  
WEDNESDAY 12  
10am – Healing Group  
8pm – Vajrasattva Commitment

**WEEK 3**

MONDAY 17  
8pm – Introduction to Buddhist Meditation  
WEDNESDAY 19  
10am – Healing Group - last of the year

**WEEK 4**

THURSDAY 20  
6pm - Tara Puja  
SATURDAY 22  
6pm - Guru Puja

*PLEASE NOTE: Tara Institute's office will close 21st December and will reopen January 29th 2013. The kitchen will close after December 19th; reopening Monday, February 4th 2013.*

**WEEK 1 - JANUARY 2013**

MONDAY 7  
6pm - Guru Puja  
8pm – Introduction to Buddhist Meditation  
WEDNESDAY 9  
8pm – Meditation

**WEEK 2**

MONDAY 14  
8pm – Introduction to Buddhist Meditation  
WEDNESDAY 16  
8pm – Meditation  
SATURDAY 19  
6pm - Tara Puja

**WEEK 3**

MONDAY 21  
6pm - Guru Puja  
8pm – Introduction to Buddhist Meditation  
WEDNESDAY 23  
8pm – Meditation

**WEEK 4**

MONDAY 28  
8pm – Introduction to Buddhist Meditation  
TUESDAY 29  
9am - TI office reopens  
WEDNESDAY 30  
8pm – Meditation

**Lama  
Tsong Khapa  
Day Puja**

**Saturday 8 December  
at 8pm**



For centuries, Tibetan and Mongolian Buddhists have commemorated the passing of the famous Tibetan yogi and scholar Tsong Khapa whose life and work gave us the Gelupka lineage which continues to this day. Everybody who comes to Tara Institute benefits directly from this, including receiving the teachings from His Holiness the Dalai Lama, Kyabje Lama Zopa Rinpoche and Geshe Doga.

It is all due to the kindness of Lama Tsong Khapa. This is why we are encouraged to come together to offer thanks and make offerings.

**You are all invited to share in this beautiful ceremony of chanting and meditation.**

If you wish to make offerings of food and flowers, you are most welcome. For more information contact Venerable Lhamo on [spc@tarainstitute.org.au](mailto:spc@tarainstitute.org.au) or call 9596 7410.

**MERIT BOX OFFERINGS**

The money from the merit boxes is offered at this puja. It would be so appreciated if you could count the money and write down the total on a slip of paper and include it with your offering and place it on the table under the Chenrezig thanka in the gompas. To see how your offering benefits others go to [www.fpmt.org](http://www.fpmt.org) and follow the prompts.

**AUSPICIOUS DAYS IN DECEMBER 2012**

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

Saturday 8	Tibetan 25	Tsog Day	Lama Tsong Khapa at 8pm
Thursday 13	Tibetan 30	New Moon	Precepts
Thursday 20	Tibetan 8	Tara Day	Tara Puja at 6pm
Saturday 22	Tibetan 10	Tsog Day	Guru Puja at 6pm
Friday 28	Tibetan 15	Full Moon	Precepts

**AUSPICIOUS DAYS IN JANUARY 2013**

Monday 7	Tibetan 25	Tsog Day	Guru Puja at 6pm
Friday 11	Tibetan 30	New Moon	Precepts
Saturday 19	Tibetan 8	Tara Day	Tara Puja at 6pm
Monday 21	Tibetan 10	Tsog Day	Guru Puja at 6pm
Saturday 26	Tibetan 15	Full Moon	Precepts