



Giant painted 21 Tara's Thangka is being displayed as part of the White Night Bendigo event.

What you'll see ... taller than a 4 story building!

Bendigo Town Hall
189 – 193 Hargreaves St
Saturday night 1st September 2018
7pm - 2am

What seeing Tara can mean for you – Lama Zopa Rinpoche

“So now, anybody, believer or non believer, just seeing a statue or painting of a Buddha, creates far more merit than somebody making offerings of universes filled with jewels. They go back home with unbelievable mountains of good karma, merit ... Secondly, it is a female. Female, women liberated. Exactly what is needed”.

For more information about Bendigo White Night and the painting go to -
<https://whitenight.com.au/bendigo/> or <https://21tarasthangka.org/>

We welcome Sandup Tsering back to Tara Institute where once again he is serving as translator to Venerable Geshe Doga

Sandup was born in the Western Tibetan region called Purang. Due to the Chinese Communist invasion of Tibet his parents, along with a group of family members, walked across the Himalayan ranges and eventually reached the North East Indian town called Pithoragarh.

At the start of this hazardous journey Sandup was just a few days old. The family spent five years in a transit camp before moving to the South India Tibetan Farm Refugee settlement in Bylakuppe. This is where he grew up and completed his secondary education, after which he headed to Dharamsala in North India and took his novice ordination from His Holiness the Dalai Lama.

He studied classical Buddhism at the Institute of Buddhist Dialectics for seven years and was awarded a Masters Degree of the Perfection of Wisdom. Whilst studying at the Buddhist Institute, he also completed —by correspondence — a Bachelor of Arts degree with the Panjabi University. It was during his final year at the Institute that Canadian FPMT monk Gareth Sparham told him about the need for Dharma translators in the West. Inspired by his late teacher's vision of serving the community through Buddha Dharma, he made the decision to work as a translator.

In 1983 Gareth introduced Sandup to Lama Yeshe who gave him the choice of where he would like to go; his preference was for an English-speaking country. He has fond memories of his first meeting with Lama Zopa Rinpoche in Dharamsala and particularly Rinpoche's advice on the bodhicitta motivation for working as a translator.

In August 1984, at the request of Tara Institute, he began working as a translator for Venerable Geshe Doga

which continued for 17 years. In 1987 he made the decision to enter into the lay life and has since become the father of two children.

Sandup was one of the first Tibetans to settle in Melbourne and was instrumental in developing the Tibetan Community Association in Victoria and served as the elected President for 12 years. His working life for the past 17 years has been in the education sector, focusing on International Student Support.

His busy life also includes; a weekly Dharma discussion and meditation group held in his home; TINSO (repaying kindness) Aged Care Fund for Tibetan Refugees in India; and author of the Lonely Planet Tibetan Phrasebook.

He believes that Buddhism is the key to living a fulfilling life and shows how to cope with everyday life challenges.

After a 17 year break from translation work, which allowed him to devote his time to supporting his family, the local Tibetan Community and other commitments, Sandup is back at Tara Institute to serve as translator for our most Venerable Geshe Doga, whom he respects not only as one of the few living authoritative Tibetan Buddhist masters, but also a true practitioner of the great Kadampa tradition.

He is greatly honoured to serve Geshe Doga and Tara Institute and is looking forward to working and meeting with the Tara community.



Tara Institute news

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



September 2018

Recitation Day

Guide to the Bodhisattva's Way of Life
Sunday 9 September—9am to midday

One Day Workshop with Damien Busby

Sunday 23 September
10.00am to 4.30pm

Creating the causes for developing immeasurable love,
compassion and wisdom by reciting

The Guide to the Bodhisattva's Way of Life with Geshe Doga and the Tara Institute community

Sunday 9th September 9.00am to midday

*As long as space remains,
As long as transmigratory beings remain,
Until then may I too remain,
To dispel the suffering of transmigratory beings.*

In this text Shantideva shares with us in great detail how to transform every conceivable suffering mind state into the mind of enlightenment. These heart teachings are as relevant today as when they were composed by Shantideva in the 8th century.

It is said that to do spiritual practice together creates the cause for harmony in our lives.
Everybody is encouraged to come along and enjoy this virtuous activity.

Please bring some tasty vegetarian lunch to share.

If you have the text, bring that too (Stephen Batchelor's version): if not, we can provide one for you on the day. For more information please contact Amelia by email spc@tatainstitute.org.au

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.

MONDAYS ~ 8pm

3, 10, 17 & 24 September

Introduction to Buddhist Meditation



with Allys Andrews

Keeping it Real

"The important thing is to go beyond mere good wishes to actually take action, whether it concerns dealing with emotions and transforming the mind or steps to protect the natural environment."

His Holiness the Dalai Lama, October 3, 2012

From "The Heart is Noble. Changing the World from the Inside Out." by the Karmapa, Ogyen Trinley Dorje.

Modern life is beset by endless busyness and constant distractions, and one of the most difficult aspects of meditation practice is maintaining consistency. Just as success with physical exercise and healthy diet relies on regular and sustained practice, so does working with our minds, creating a meaningful life, and working for the welfare of our planet and all the beings on it.

In September we will examine ways to translate what we learn from Buddhist philosophy into daily actions that are creative and achievable.

The sessions will comprise guided meditations, a short talk and time for questions.

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

4, 11, 18 & 25 September

STUDY GROUP



Lamp for the Path to Enlightenment

by Lama Atisha

Geshe Doga continues his commentary on this very accessible text, bringing it to life in the twenty first century. New students are welcome at any time and it is always a good time to join!

A Lamp for the Path to Enlightenment presented for the first time all of the teachings of the Buddha in an organized step by step path, making it very easy for the individual practitioner to get an overview of the entire path and to understand what practice might be relevant to them.

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

Optional 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 by email spc@tarainstitute.org.au.

WEDNESDAYS ~ 8pm

5, 12, 19 & 26 September

Heart Advice with Geshe Doga



In the process of training one's mind, one of the most important things is to analyse one's own state of mind, to see how one's mind is functioning, and what kinds of thoughts are arising. In this process we need to ensure that one maintains a positive state of mind. This is really important for us to do, because most of us are preoccupied with trying to analyse what others are doing; minding others' business rather than taking care of our own mind. If we were to really look at our own mind and honestly analyse our state of mind, we could learn a lot from that, and it would be a means for us to really get to know ourselves, as a way to be better equipped to deal with our own mind.

Oct 2017

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.

One Day Workshop with Damien Busby

Introduction to basic Buddhist ideas and applying them in your life

Sunday September 23 — 10.00am to 4.30pm

In this one day course we will review some of the basic aspects of the Buddha's teachings and see how we can apply them in our lives.



The practice of Buddhism is Non-harmfulness and the View or philosophy is Dependent Arising. We will look to understand these and how they apply to and benefit us. This will be explored through discussion and meditations.

The importance of understanding the workings of our own mind and how meditation can help a transformation of our thinking is a key part of how we can benefit from the ideas taught by the Buddha.

Facility fee \$45 members : \$55 non-members

The fee includes a delicious vegetarian lunch and afternoon tea.

For catering purposes we ask that people book and pay the office asap on 9596 8900 or email admin@tarainstitute.org.au

For course information call Amelia on 9596 7410 or spc@tarainstitute.org.au

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

Wednesday 5	Tibetan 25	Tsog Day	Guru Puja at TI 6pm
Sunday 9	Tibetan 30	New Moon	Precepts
Monday 17	Tibetan 8	Tara Day	Tara Puja at TI 6pm
Wednesday 19	Tibetan 10	Tsog Day	Guru Puja at TI 6pm
Monday 24	Tibetan 15	Full Moon	Precepts

Week 1

MONDAY 3

8pm—Intro to Buddhist Meditation

TUESDAY 4

7.45pm—Study Group

WEDNESDAY 5

12.30pm—Healing Group

6pm—Guru Puja

8pm—Heart Advice with Geshe Doga

THURSDAY 6

8pm—Youth Group

SUNDAY 9

9am to midday—Recitation of Bodhisattva's Way of Life

Week 2

MONDAY 10

8pm—Intro to Buddhist Meditation

TUESDAY 11

7.45pm—Study Group

WEDNESDAY 12

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga

SUNDAY 16

10.30am—Dharma Club

Week 3

MONDAY 17

6pm—Tara Puja

8pm—Intro to Buddhist Meditation

TUESDAY 18

7.45pm—Study Group

WEDNESDAY 19

12.30pm—Healing Group

6pm—Guru Puja

8pm—Heart Advice with Geshe Doga

THURSDAY 20

8pm—Youth Group

SUNDAY 23

10am– 4.30pm—One Day Workshop with Damien Busby

Week 4

MONDAY 24

8pm—Intro to Buddhist Meditation

TUESDAY 25

7.45pm—Study Group

WEDNESDAY 26

12.30pm—Healing Group

8pm—Heart Advice with Geshe Doga