

Tara Institute

News



November 2024

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www.tarainstitute.org.au

JOIN OUR MAILING LIST



Click [here](#)

or find the link on our website

ANNUAL LONG-LIFE PUJA

for Venerable Geshe Doga

Saturday 9 November 2024, 10am to 2pm

Lunch to be offered by TI—everyone welcome

Each year, to thank Geshe Doga for his unwavering commitment and kindness to the students and friends of Tara Institute, we offer a long-life puja for Geshela's long and healthy life, followed by a delicious lunch.

Geshe Doga arrived in Australia in 1983, having been invited by Lama Yeshe. In 1984, Geshela became the resident teacher at Tara Institute.

Over the years, TI has grown enormously, thanks to the confidence Geshela's patient and lucid guidance has given us. The late Lama Zopa Rinpoche always asked us to treasure Geshela and heed his advice.

If you can, **please join us on Friday morning, 8 November, at 10am**, to prepare the extensive offerings of flowers, incense, light, food and water for the puja. This is a wonderful opportunity to accumulate merit and create something truly beautiful to offer to our guru. It's a joyous occasion and a chance to catch up with old friends and create new ones.

For those wishing to donate to the puja, please phone the Office or contribute into this account – Tara Centre for Wisdom Culture, BSB: 063242, Account: 10227562, Transaction code: LLP2024

We are inviting donations to cover the following items:

- Extensive flower offerings for the main altar, throne and offering bowls
- Food and tsog offerings
- Offerings to Venerable Geshe Doga and attending Sangha

All welcome! Please click above to register or call the TI office on 03 9596 8900. The registration link and further information can also be found on our website (link below) and in our weekly emails.



[CLICK HERE TO REGISTER](#)

<https://www.tarainstitute.org.au/long-life-puja-for-geshe-doga>

MONDAYS ~ 8pm

4, 11, 18 & 25 November

Introduction to Buddhist Meditation



with Denis Marsh

If we don't utilise this most precious human life to at least create the causes to obtain another fortunate human rebirth in our immediate next life, we have lost a great opportunity.

During the November meditation evenings, we will discuss how we can enrich our lives through engaging in virtuous practices and avoiding non-virtue.

In the words of the great Buddhist master, Shantideva: "So if, when having found leisure such as this, I do not attune myself to what is wholesome, there could be no greater deception, and there could be no greater folly."

Sessions run for one hour and include guided meditations, a talk and questions. A facility fee of \$5 goes towards the running of the Centre.

Everyone is welcome; there is no need to book.

For more information, email spc@tarainstitute.org.au or phone 03 9596 8900.

TUESDAYS ~ 7.45pm

5, 12, 19 & 26 November

Study Group



Middle Length Lamrim by Lama Tsong Khapa

with Venerable Geshe Doga

"Lamrim means the stages of the path, or the means by which we can achieve the awakened state of a buddha.

"The meaning of the title *jang-chub lamrim* (Stages of the Path to Enlightenment) shows that the Lord Buddha reached the state of enlightenment "jang-chub" by following the stages of the path, making progress step-by-step, in a systematic and correct order. By eliminating all the defilements and accomplishing all the excellences, he became an awakened being or a buddha.

"It's important that we really think about the meaning of the words *jang-chub lamrim*, as they provide a good introduction to what our Dharma practice – studying this lamrim and engaging in meditation – is all about."

- Geshe Doga, February 2020

Study Group offers an opportunity to study Buddhism in-depth in a supportive and friendly environment.

New students are welcome to join study group anytime. Geshe Doga begins teaching promptly at 7.45pm.

WEDNESDAYS ~ 8pm

6, 13, 20 & 27 November

A Guide to the Bodhisattva's Way of Life



with Geshe Lobsang Dorjee

Shantideva's text, *A Guide to the Bodhisattva's Way of Life*, is highly regarded by teachers of all Tibetan Buddhist traditions.

What is a bodhisattva? In his commentary on Shantideva's text, His Holiness, the Dalai Lama, says: 'Bodhi means enlightenment, the state devoid of all defects and endowed with all good qualities. Sattva refers to someone who has courage and confidence and who strives to attain enlightenment for the sake of all beings. Those who have this spontaneous, sincere wish to attain enlightenment for the ultimate benefit of all beings are called Bodhisattvas.'

– **From For the Benefit of All Beings, Shambala Classics**

There's no need to register for these teachings. Students are welcome to attend when they're able to do so.

For information about any of the teachings, please contact spc@tarainstitute.org.au or phone 03 9596 8900.

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

| | | | |
|-------------|------------|-------------------|--------------------|
| Friday 1 | Tibetan 30 | New Moon | Sojong/Precepts |
| Saturday 9 | Tibetan 8 | Tara Day | Tara Puja/Precepts |
| Monday 11 | Tibetan 10 | Tsog | Guru Puja |
| Friday 15 | Tibetan 15 | Full Moon | Precepts |
| Friday 22 | Tibetan 22 | Wheel-Turning Day | Precepts |
| Monday 25 | Tibetan 25 | Tsog | Guru Puja |
| Saturday 30 | Tibetan 30 | | Sojong/Precepts |

THE THIRTY-FIVE BUDDHAS OF CONFESSION

with Venerable Geshe Lobsang Dorjee

Sunday 17 November 2024, 9am to 5pm

The Thirty-five Buddhas practice is a powerful way to cleanse negative karma and obstacles on the spiritual path. The practice involves taking refuge, making prostrations, and confessing to each of the Thirty-five Buddhas, with sincere regret and a resolve to improve.

Geshe Doga has said: "Even saying their names is beneficial. One of the sutras says that just reciting the name of a buddha can purify the negativities we've accumulated through desire, ignorance, anger, pride and jealousy over hundreds of thousands of eons and lifetimes."

Please email spc@tarainstitute.org.au for more information.

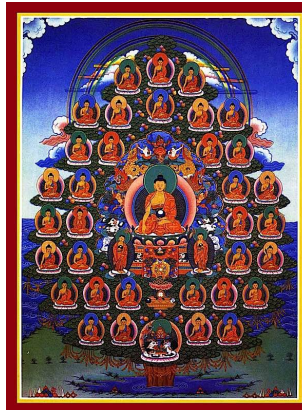


Image: Birajz, CC BY-SA 4.0

[CLICK HERE TO REGISTER](#)

<https://www.tarainstitute.org.au/2024-november-one-day-course>

NYUNG NYE

Fasting and purification practice to deepen compassion

8pm Friday 22 November to 7am Monday 25 November

The Nyung Nye meditation practice, focused on Chenrezig, the Buddha of Compassion, is a concentrated practice of seven meditation sessions, with praises, prostrations and mantra recitations over two days. The emphasis is on developing compassion. The eight Mahayana precepts are taken for the duration of the practice and, on the second day, additional vows of not drinking any fluids, eating or talking are observed. The retreat finishes early on Monday morning in time for a fabulous breakfast and plenty of time to get to work. The benefits of this practice are inestimable.

For those wishing to stay overnight, please register early via the link here or phone 03 9596 8900, as there is limited accommodation available (shared rooms). To find out more, please email spc@tarainstitute.org.au.

COST: Residential – TI members \$60 / non-members \$75; Non-residential – TI members \$45 / non-members \$60.

[REGISTER HERE](#)

<https://www.tarainstitute.org.au/2023-november-nyung-nye-retreat>



LHABAB DUCHEN: MERIT-MULTIPLYING DAY

Friday 22 November

Lhabab Duchen is one of the four great holy days of the Tibetan calendar. As a merit-multiplying or wheel-turning day, karmic results of actions are said to be multiplied one hundred million times. Lama Zopa Rinpoche advised doing practices such as taking the eight Mahayana precepts; reciting the Sutra of Golden Light; Nyung Nye; reciting Chanting the Names of Manjushri or King of Prayers; Thirty-Five Buddhas practice; reciting Vajrasattva and mani mantras; meditating on emptiness and dependent arising; meditating on bodhicitta; practising tonglen; rejoicing; and liberating animals.



Week 1

MONDAY 4

8pm - Intro to Buddhist Meditation

TUESDAY 5

7.45pm - Study Group

WEDNESDAY 6

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

FRIDAY 8

1pm - Long-Life Puja Setup

5pm - Online 21 Taras Meditation

(see <https://21tarasthangka.org/>)

SATURDAY 9

10am - Long-Life Puja for Venerable Geshe Doga

6pm - Tara Puja

Week 2

SUNDAY 10

10.15am - Dharma Club

MONDAY 11

6pm - Guru Puja

8pm - Intro to Buddhist Meditation

TUESDAY 12

7.45pm - Study Group

WEDNESDAY 13

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 14

11am - Healing Group

Week 3

SUNDAY 17

10am - One-Day Course:
35 Buddhas of Confession

MONDAY 18

8pm - Intro to Buddhist Meditation

TUESDAY 19

7.45pm - Study Group

WEDNESDAY 20

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

FRIDAY 22

Merit Multiplying Day

8pm - Nyung Nye Commences

Week 4

MONDAY 25

7am - Nyung Nye Ends

6pm - Guru Puja

8pm - Intro to Buddhist Meditation

TUESDAY 26

7.45pm - Study Group

WEDNESDAY 27

11am - Wednesday Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 28

11am - Healing Group

NOVEMBER 2024

REMEMBERING SALOME ARGYROPOULOS

4 February 1964 – 22 September 2024

Salome, a long-time member of the TI community and student of Geshe Doga, was known for her openness and friendly manner towards all.

A strong advocate for animal rights, Salome was also known for feeding the stray cats of Springvale and finding them a home if needed. She saved the lives of many animals, showing compassion for them even after their death – she would stop her car, make certain the dead animal was moved to a suitable place, then place a mantra on it and bless it. Salome was a vegetarian and never gave up the values she held close to her heart and mind.

Salome looked out for people sleeping rough, buying them new sleeping bags for winter. When the time came, she diligently looked after her ageing father and mother until they passed.

Salome lived a multi-faith life and was a good friend to all. In her final months, Salome approached her illness calmly and was an inspiration to those around her. Salome passed away peacefully at her house, with her friends and beloved cats around her. All her friends at Tara Institute loved her and will miss her dearly.

- Trevor Smith



A WARM FAREWELL AND THANKS FROM THE CENTRE MANAGER



After a little over four years, I am stepping down from my role as Centre Manager. It has been an absolute privilege to serve both the sangha and this wonderful community. Not many people get the chance to work in such a meaningful, fulfilling role—and get paid for it too! This role sometimes offers the extraordinary opportunity to help people in unexpected ways, and I am truly grateful for that and also for the friendships and connections that have blossomed along the way.

A heartfelt thank you to all the dedicated volunteers who made my time here so rewarding—far too many to mention by name, but especially to Gabe, Jools, Sandra, Allys, Jenny, Damien, Isabel, Carole, Kim, Kerry, and our lovely residents for their unwavering support.

While I may be stepping back from my role, I won't be disappearing. I look forward to seeing you all at teachings and events in the future.

- Paul Cross



Café Bliss: great coffee, delicious food on TI's doorstep

Next door to TI, Café Bliss is a great spot for a coffee, chai latte, or vegetarian meal or snack with friends. It's open for eat-in (or take-away) breakfast, brunch, lunch and snacks. The Bliss menu is available for delivery through Uber Eats or online take-away. Bliss also offers a dinner service prior to teachings on Monday, Tuesday and Wednesday evenings from 5:30pm to 8:00pm, served in the TI dining room – available to all, no booking required. For more information, visit <https://www.cafeblissbrighton.com.au>.

End-of-year shopping at the TI Bookshop

The TI Bookshop stocks a range of books on Buddhism, from introductory to advanced, including children's books and books by the Dalai Lama, Lama Yeshe, Lama Zopa, Geshe Doga, and our Monday night teachers. It also stocks gift items like incense, malas, singing bowls, cushions, Tibetan rugs and more. TI members enjoy a 10% discount on all purchases. End-of-year specials include *Meditation for Modern Minds, Vol 3*, an introduction to meditation and Buddhism by our Monday night teachers.

NOTE: Thank-you to all our wonderful hardworking bookshop volunteers!



Acknowledgment of Country

Tara Institute acknowledges the sovereign Bunurong/Boonwurrung people of the Kulin Nation as the Traditional Owners of the land on which our Centre stands.