

Tara Institute

News

February 2025



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or find the link on our website

Annual TARA PUJA for TI Friends & Families

Sunday 23 February, 10am to 2pm

Lunch to be offered by TI – all welcome!

Geshe Doga warmly invites everyone to join him for the special Tara Puja where prayers will be offered for the long life, health, prosperity and happiness of Tara's friends and families.

Tara is the female Buddha of enlightened activity. The Tara puja includes making offerings and requests to help us overcome outer and inner obstacles in our lives, and to achieve wisdom and compassion in our minds.

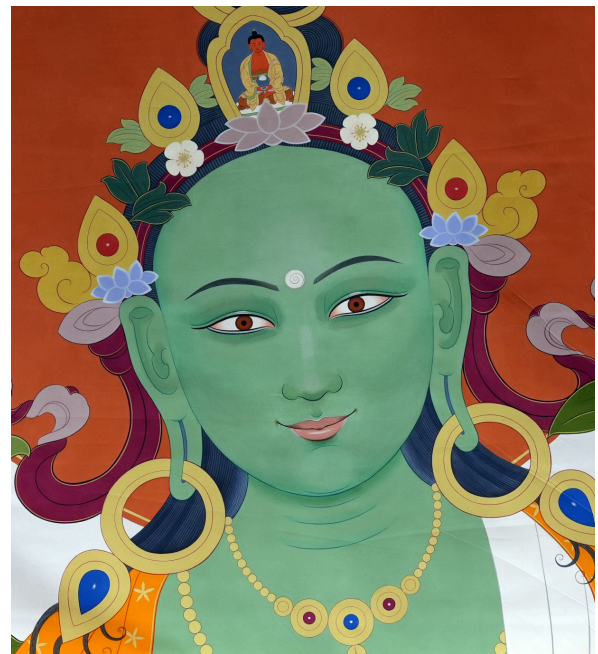
You are welcome to bring offerings of flowers, food and incense and everyone is invited to join us for lunch afterwards.

Donations are invited to cover the following items:

- Flower offerings for the main altar
- Food and tsog offerings
- Offerings to Venerable Geshe Doga and attending Sangha

To make a donation, please phone the Office or deposit directly to this account: Tara Centre for Wisdom Culture, BSB: 063242, Account: 10227562, Transaction code: ATP25

Please click on the link above to register or call the TI office on 03 9596 8900. The registration link and further information can also be found on the Tara Institute website and in our weekly emails.



PLEASE CLICK HERE TO REGISTER

CLICK HERE for further information

Reminders for your calendar

- Tuesday 4 February: **Study Group** recommences
- Wednesday 5 February: **Bodhisattva's Way of Life** commentary recommences
- Sunday 16 February: **Love & Compassion, one-day course**, 9am to 5pm
- Saturday 1 March: **Losar – Golden Light Sutra recitation**, 9am to 1pm
- Saturday 15 March: **Mantra Rolling Workshop**, 10am to 1pm
- Sunday 16 March: **Dharma Club for Children**, 10.15am

MONDAYS ~ 8pm

3, 10, 17 & 24 February

Introduction to Buddhist Meditation



with Clare Callinan

"There are two kinds of happiness – the temporary pleasure derived primarily from material comfort alone and another more enduring comfort that results from the thorough transformation and development of the mind. We need to be clear which emotions are harmful and which are helpful; then cultivate those that are conducive to peace of mind. We experience happiness on a sensory level that is relatively short-lived. But lasting happiness is related to our state of mind."

- His Holiness, the Dalai Lama

Meditation is a practice in which an individual dedicates time and effort to train the mind. To engage in this training, we will look at *The Eight Verses of Thought Transformation* and practise some of the related meditations for cultivating positive qualities of the mind.

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. All welcome; there is no need to book. For more information, please email spc@tarainstitute.org.au or phone 03 9596 8900.

TUESDAYS ~ 7.45pm

4, 11, 18 & 25 February

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 at any time. Please note Geshe Doga begins teaching promptly at 7.45pm.

WEDNESDAYS ~ 8pm

5, 12, 19 & 26 February

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 a commentary on this text, His Holiness, the Dalai Lama, said: "*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.

Wednesday 5	Tibetan 8	Tara Day	Tara Puja/Precepts
Friday 7	Tibetan 10	Tsog	Guru Puja
Wednesday 12	Tibetan 15	Full Moon	Sojong/Precepts
Saturday 22	Tibetan 25	Tsog	Guru Puja
Sunday 23	Tibetan 25	Tsog	Guru Puja
Friday 28	Tibetan 1	Losar/Tibetan New Year	Precepts

Finding Happiness by Cultivating Love and Compassion

with Geshe Lobsang Dorjee

Sunday 16 February, 9am to 5pm

"If you want others to be happy, practise compassion. If you want to be happy, practise compassion."

- His Holiness, the Dalai Lama

Happiness depends on our minds, not external circumstances. By working with our minds and developing love and compassion through meditation, we develop real, lasting happiness.

Inner happiness is the key to building connections and community. The strength of our relationships depends on how much love and compassion we've cultivated. The more love and compassion we have, the more gratitude and appreciation we feel for others.



Without love and compassion, there's no way we can connect intimately with others. So, developing love and compassion is the most important thing we can do in life.

Event cost: TI Members \$60; Non-members \$70 (lunch is included in the cost). For more information, email spc@tarainstitute.org.au

[CLICK HERE TO REGISTER](#)

[PLEASE CLICK HERE FOR FURTHER INFORMATION](#)

Tibetan New Year (Losar): Golden Light Sutra Recitation

Saturday 1 March, 9am to 1pm

"The holy Golden Light Sutra is the king of the sutras. It is extremely powerful and fulfills all one's wishes, as well as bringing peace and happiness for all sentient beings, up to enlightenment. It is also extremely powerful for world peace, for your own protection, and for the protection of the country and the world." **Lama Zopa Rinpoche**

To welcome the 2025 Losar New Year, TI will hold a group recitation of this special sutra. All welcome! If you wish to stay for lunch (cost \$15 per person), please order via the registration form; TI will provide dessert (free). Phone the TI Office or email spc@tarainstitute.org.au for further information.

[CLICK HERE TO REGISTER](#)

*The King of Glorious Sutras called the
Exalted Sublime Golden Light*

Remembering Lama Yeshe's Legacy at Losar



Losar is an important time to remember Lama Yeshe's enduring legacy. As Lama Thubten Zopa Rinpoche says in **Big Love: The Life and Teachings of Lama Yeshe**: "All who meet the Dharma do so because of the kindness of His Holiness the Dalai Lama and those who meet the Dharma by coming to an FPMT center do so because of the kindness of Lama Yeshe... therefore...we are all being guided by Lama Yeshe."

Week 1

MONDAY 3

8pm - Intro to Buddhist Meditation

TUESDAY 4

5pm - Online 21 Taras Meditation
(Please click [here](#) just before 5pm)

7.45pm - Study Group

WEDNESDAY 5

11am - Morning Meditation

6pm - Tara Puja

8pm - Bodhisattva's Way of Life

THURSDAY 6

11am - Healing Group

FRIDAY 7

6pm - Guru Puja

Week 2

MONDAY 10

8pm - Intro to Buddhist Meditation

TUESDAY 11

7.45pm - Study Group

WEDNESDAY 12

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

Week 3

SUNDAY 16

9am - 5pm: Love and Compassion (one-day course)

MONDAY 17

8pm - Intro to Buddhist Meditation

TUESDAY 18

7.45pm - Study Group

WEDNESDAY 19

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 20

11am - Healing Group

SATURDAY 22

6pm - Guru Puja

Week 4

SUNDAY 23

10am - Annual Tara Puja (Lunch offered to all)

MONDAY 24

8pm - Intro to Buddhist Meditation

TUESDAY 25

7.45pm - Study Group

WEDNESDAY 26

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

FRIDAY 28

Losar/Tibetan New Year

SATURDAY 1 MARCH

9am to 1pm - Golden Light Sutra Recitation

“It’s not heaven, but it’s close to heaven”

A visit to Sera Monastery, India



Left: Geshe Doga with Tenzin Losel Rinpoche, the reincarnation of Khensur Lobsang Palden, former Abbott of Sera Jey and Geshela’s close friend. Right: Geshela with TI students and sangha at Sera.

When Geshe Doga visited Sera Monastery in India late last year, a few of us decided to tag along. I’m so glad I was one of them! Having visited the original Sera Monastery in Lhasa some years ago, I was always curious to see the replica of Sera in the hot plains of Bylakuppe in south India. Would it have the same magic? Would the energy of all the prayers of the great masters be there?

At first, the comparison seemed a little flat. Sera Monastery in Lhasa was built in 1419. It is imbued with the energy of centuries of prayers, and the stone buildings seem almost part of the surrounding mountains. It smells of butter lamps and history. Sera Monastery in India was built in the 1970s on jungle-covered fields. The modern upgrades include cement, solar panels and electric lamps – a very different environment!

However, as I experienced day-to-day life at Sera, India, and met many monks and some extraordinary rinpoches, I began to feel the magic of the lineage. At 89, Geshe Doga is one of the last few remaining monks of his generation who trained in Sera in Lhasa and helped build Sera at Bylakuppe from the ground up. One of the great delights of the trip was meeting, and seeing him interact with, the reincarnations of his previous teachers and friends.

Geshela arrived just in time for the admission ceremony of the reincarnation of his close friend, Khensur Lobsang Palden, and we were all blessed by several visits from Tenzin Ugyen Choenyi (the reincarnation of Geshe Doga’s teacher Khensur Ugyen Tseton). Watching their interactions gave me a sense of the continuation of Sera Monastery in Lhasa, now fully alive within the greater freedoms of Sera’s Bylakuppe location in south India.

Tenzin Ugyen Choenyi regaled us with stories about his daily life as a 16-year-old monk in India’s Sera Monastery – the mosquitos, the discipline, the debates, the funny antics of his friends. He also told us that a visiting monk had said: “Sera Monastery is not heaven, but it’s close to heaven”. We all nodded in agreement; Sera is definitely close to heaven.

- Katrina Moxey

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.