

Tara Institute

News

March 2025



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Preparing for our future life

By Venerable Geshe Doga



When we fully grasp how virtue results in a good rebirth and non-virtue results in a bad rebirth, our strong faith and conviction will inspire us to always practise virtue and minimise non-virtue. Then, throughout our life, we will accumulate virtue and minimise non-virtue.

Thus, when the time comes for us to leave this life and go to the next life, there'll be nothing to worry about. We will have gained the confidence in ourselves that our future life will be a good one. So, as a result of faith in our Dharma practice, our mind will be peaceful and happy.

One way to measure whether we're progressing in our Dharma practice is to observe whether we've developed more faith and conviction in the law of karma and its results. An increase in one's faith in the gurus and buddhas is also a sign of good Dharma practice.

(continued on p.4...)

"Every day I pray to His Holiness, the Dalai Lama. If I say I pray to His Holiness in every minute, I may be lying. But if I say I pray within every five minutes, I am not lying. From the time I wake up in the morning until I sleep at night, day and night, I spend my time just thinking of His Holiness and praying to him. I really do. Please you should also do the same."

- Venerable Geshe Doga, interviewed by Voice of Tibet (see full Voice of Tibet video at <https://bit.ly/4hiDvBO>)



TI SPECIAL EVENT REMINDERS

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**

Sunday 30 March: **One-day course: Finding Happiness by Understanding Emptiness, 9am to 5pm**

Saturday 3 May: **21 Taras Thangka event, Melbourne Town Hall, 10am to 5pm**

MONDAYS ~ 8pm

**Introduction to
Buddhist Meditation**

3, 10, 17, 24 & 31 March



with Jeremy Cohen

His Holiness the Dalai Lama often points out that the afflictive emotions that disturb our mind and take away our peace arise due to misconceptions or our misunderstanding about the way things are.

For example, we may mistakenly project negative qualities onto someone who, in fact, doesn't have those negative qualities; they're merely something invented by our mind.

As His Holiness says, when we're aware of this, we can see that an afflictive emotion such as anger is quite fragile because it's based on a wrong concept. So, if we remove that mistaken concept, the afflictive emotion behind it will also cease.

These persistent afflictive emotions, which seem deeply rooted in our psyche, are in fact quite weak and can be extinguished by the correct understanding of how things exist.

This practice, called insight, is a scientific investigation into how we perceive reality, enabling us to change our mind and our life by removing the mistaken conceptions that cause afflictive emotions.

These relaxed and informal sessions run for one hour and include guided meditations, a talk and discussion. A facility fee of \$5 goes towards the running of the Centre. Everyone is welcome; there is no need to book. For more information, please email spc@tarainstitute.org.au or phone 03 9596 8900.

TUESDAYS ~ 7:45pm

Study Group

4, 11, 18 & 25 March



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. To attend the study group there are two commitments: to participate in an annual one-day workshop, plus an annual gompa-cleaning working bee. New students are welcome to join at any time. Please note Geshe Doga begins teaching promptly at 7.45pm.

WEDNESDAYS ~ 8pm

**A Guide to the
Bodhisattva's Way
of Life**

5, 12, 19 & 26 March



**with Venerable 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.

Saturday 1 to Friday 14	Tibetan 2 to 15	Fifteen Days of Miracles	Daily Precepts
Friday 7	Tibetan 8		Tara Puja
Sunday 9	Tibetan 10	Tsog	Guru Puja
Friday 14	Tibetan 15	Day of Miracles/Lunar Eclipse	Precepts
Monday 24	Tibetan 25	Tsog	Guru Puja
Saturday 29	Tibetan 30	New Moon/Solar Eclipse	Precepts

Tibetan New Year (Losar): Golden Light Sutra Recitation

Saturday 1 March, 9am

ALL WELCOME

"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

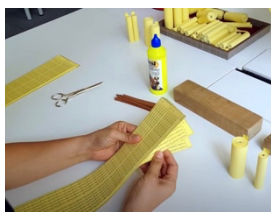
To welcome the 2025 Tibetan New Year or Losar, TI will hold a group recitation of this special sutra. Please come along and join us on this merit-multiplying day. As there will be a lunch break, you may wish to order lunch via the online registration form below. You can pay on the day (\$15) by cash, card, or tap-to-pay. TI will provide desserts; however, everyone is welcome to bring cake or desserts to share and celebrate the occasion.

[CLICK HERE](#) for more information (you can also phone the TI Office on 03 9596 8900, or email spc@tarainstitute.org.au).

[PLEASE REGISTER HERE for the recitation \(and lunch if you are interested\)](#)

Mantra-rolling Workshop

Saturday 15 March, 10am to 1pm



Continuing from last year's mantra-rolling workshop, a date is set this year for those who have registered to learn how to roll mantras for their statue(s). Those who did not register in March 2024, and who don't have a statue to fill and would like to be involved are also most welcome to join in helping others to roll mantra. So please do come along as well.

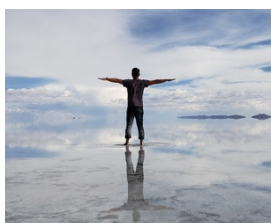
For further information, email spc@tarainstitute.org.au
[PLEASE REGISTER HERE](#) or [CLICK HERE](#) for more information.

One-day course

Finding Happiness by Understanding Emptiness

with Venerable Geshe Lobsang Dorjee

Sunday 30 March, 9am to 5pm



In this course, Geshe Lobsang Dorjee will present how understanding emptiness (and it is *not* nothingness!) will help us to see the world we interact with every day. In *The Basics for Understanding Emptiness*, Alexander Berzin writes:

"Voidness or emptiness refers to the fact that our projections of impossible ways of existing onto ourselves, others and everything we encounter do not correspond to reality. There

never was and there never can be an actual reality corresponding to them.

"Understanding and meditating on voidness, then, are the keys to dispelling the problems we create for ourselves by being out of touch with reality. Because correct understanding can totally replace incorrect understanding, and can replace it to the point at which the incorrect understanding will never arise again – because we're fully convinced that the correct one is right – then we've gotten rid of the causes of the problems. And so the problems themselves won't arise anymore."

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

[PLEASE CLICK HERE FOR MORE INFORMATION](#) or [REGISTER ONLINE HERE](#)

March Calendar

Week 1

SATURDAY 1

9am - Golden Light Sutra Recitation

Week 2

MONDAY 3

8pm - Intro to Buddhist Meditation

TUESDAY 4

7.45pm - Study Group

WEDNESDAY 5

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

THURSDAY 6

11am - Healing Group

5pm - Online Tara Meditation

(Click on [this link](#) just before 5pm)

FRIDAY 7

6pm - Tara Puja

Week 3

SUNDAY 9

6pm - Guru Puja

MONDAY 10

8pm - Intro to Buddhist Meditation

TUESDAY 11

7.45pm - Study Group

WEDNESDAY 12

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

SATURDAY 15

10am to 1pm - Mantra Rolling Workshop

Week 4

SUNDAY 16

10.15am - Dharma Club resumes

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

Week 5

MONDAY 24

6pm - Guru Puja

8pm - Intro to Buddhist Meditation

TUESDAY 25

7.45pm - Study Group

WEDNESDAY 26

11am - Morning Meditation

8pm - Bodhisattva's Way of Life

Week 6

SUNDAY 30

9am to 5pm - One-Day Course:
Finding Happiness by
Understanding Emptiness

Preparing for our future life

(...continued from p.1)

We can understand why we easily commit certain non-virtuous or negative actions. However, at the same time, we're also capable of having virtuous thoughts, especially the virtuous thoughts of the bodhicitta mind. A single instance of such a virtuous thought or subsequent virtuous action can be enough to result in 500 instances of attaining a good human life. That's the power of focusing on the positive aspects of our mental and physical actions.

One characteristic of karma is that it increases, so there's tremendous benefit in accumulating even a small amount of virtue.

Of course, if we can, whenever we engage in virtue, we should get it right, starting with generating the bodhicitta mind – the mind of enlightenment – which is of great benefit. When we commence the actual action, even if the mind is not fully present, the initial intention will influence our action, making it more beneficial.

If we can, we should also get it right in the middle – when we engage in the actual action or practice – by remembering bodhicitta. At the end, we dedicate the merit, thus getting the practice of virtue right, all the way from beginning to end. In this way, we gain the full benefit of our practice.

In terms of what we should practice, the best approach is to practice what we already know. In many cases, we ignore the things we know, looking for something seemingly impossible, higher, more profound, or deeper, without truly practising. When we have this kind of approach, we waste our life and time, missing the opportunity to practise Dharma.

Of course, in the end, we must ensure that our practice is transforming our mind. We must transform any negative or non-virtuous states of mind into positive, virtuous ones. If the mind is happy and peaceful, we'll bring happiness with us wherever we go, as our mind accompanies us wherever we are.

Lightly edited excerpt from Geshe Doga's Study Group teaching 26 November 2024)

The 21 Taras Thangka

will be on display at the

Melbourne Town Hall

Saturday 3 May, 10am to 5pm



We are excited to announce our magnificent 21 Taras thangka will be displayed again as part of the United Nations Vesak celebrations in the city in May.

The thangka – by renowned Buddhist artist, Peter Iseli – is a powerful 15m high and 9m wide painting of Green Tara surrounded by the 21 Taras, each with specific qualities. This is a rare opportunity to experience these amazing Taras! It's said that anyone who sees at the 21 Taras thangka benefits, merely by looking at it.

Kyabje Lama Zopa Rinpoche – who gave the thangka to Tara Institute – has said, "My wish is for the big centres in FPMT to have these large thangkas. This is a way to leave imprints for all these people (who see them), for enlightenment."

To support this event, two UN Vesak Friendship dinners will be held on 29 March at Hoa Nghiem temple, Springvale, and on 16 April at Quang Minh, Braybrook. To purchase tickets or to find out more, please contact spc@tarainstitute.org.au

And tune in to Kyabje Lama Zopa Rinpoche invoking Tara's powerful female Buddha energy by joining an online Tara meditation, 5pm Thursday 6 March ([click here just before 5pm](#)).

Dharma Club for 2025 resumes in March

The first Dharma Club for 2025 will be on Sunday 16 March. Again, there will be the two age groups, from 5 to 8 years, and 9 to 15.

I'm pleased to announce this year that Amelia Kelsang has stepped in to teach the young ones. Amelia brings a myriad of skills to the role, having been a qualified teacher who taught music at Brighton's Star of the Sea girls' school, and was also the former Spiritual Program Coordinator at TI. I will be delighted to take on another year teaching the older group, as I've learned so much teaching the Dharma to children of all ages.

- Jenny Molloy

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.