

Tashi Choling Dharma Foundation presents  
BONNI ROSS – TASMANIA, NOVEMBER 2010

WELCOME EVENING MEDITATION

Wednesday November 10<sup>th</sup>  
7:30 pm – 9 pm  
at Tashi Choling Meditation Centre  
2<sup>nd</sup> floor (above Gould's Naturopathica)  
73 Liverpool St, Hobart  
Cost : by donation, plus dana for Bonni

DEATH AND IMPERMANENCE  
A WORKSHOP FOR MEDITATORS

FRIDAY, November 12, 7:30 PM TO 9:30 PM  
SATURDAY, November 13, 9 AM TO 4 PM  
SUNDAY, November 14, 9 AM TO 4 PM  
Location : Vaucluse Gardens Museum Room, Warneford St South  
Hobart  
Cost : \$150 / \$120 conc. Plus dana for Bonni

If enlightenment is not attained during this short time  
While the sand castle body and the small child's mind are together,  
Although one lists one hundred things learned and understood,  
This will not help in getting free from the ocean of samsara.

Remaining lazy while one has perfect freedom,  
One will agonize with regret when the unavoidable Lord of Death arrives.  
Staging one's own disaster like a madman drinking poison --  
Thus the bardo of this life is manifest.

Tsele Natsok Rangdol in **The Mirror of Mindfulness**; Shambhala, 1987

We were born; some time, we know not when, we will die.

All traditions of Buddhadharma ask practitioners to contemplate impermanence and death. It is easy to accept these facts as ideas, and very hard to process the strong emotions that arise when the reality of our own death faces us.

This workshop provides a structured opportunity to explore these feelings through a variety of meditations on death, group process, drawing and movement exercises, personal contemplation and craft work. Death ceases to be the unknown, feared enemy and emerges as a powerful ally which can strengthen our aspiration to awaken and provide an energetic antidote to lethargy and procrastination.

Learning to calmly accept arising and passing away increases our sense of the preciousness of each moment and helps us to look more clearly and fully, without denial or fantasy, at the wondrous reality of life/death.

PLEASE NOTE this workshop is designed to guide people into a deep and full contemplative experience of this powerful subject. Therefore people should plan to attend the whole weekend. Part attendance will not be possible.  
Contact : Chani Grieve 0439 453 538, [chani@tashicholing.net](mailto:chani@tashicholing.net) for registrations or further enquiries

## PUBLIC TALKS IN HOBART

### “PAVE THE PLANET OR WEAR SHOES?”

Tuesday November 16<sup>th</sup> and Wednesday November 17<sup>th</sup>  
7:30pm – 9pm Weeroona House Yoga Studio (at rear of building)  
326 Elizabeth St North Hobart  
Cost : \$15 / \$10 conc. Plus dana for Bonni

The world wakes up one human heart at a time. We are (mostly) not monastics or hermits, we western students of Buddhadharma! How do we adapt methods designed for the cloister to meet the challenges of today's world? And then, if we apply the principles of individual transformation to our community life, what might happen? Let us explore the implications of a social theory grounded in kindness and compassion.

## DORJE LING RETREAT

### “HEALING THE WOUNDED HEART”

Friday 19<sup>th</sup> November – Sunday 28<sup>th</sup> November  
Dorje Ling Retreat Centre, Lorinna, Tasmania

We all carry evidence of our conditioning in our bodies, our emotional reactions/responses and in our concepts and thinking patterns. Formal meditation work can be challenging, because it can trigger mental, emotional and physical pain, and yet we recognize that we must heal and purify these wounds if we are to awaken to the fullness of life.

This retreat will begin with a foundation in the profound practice of **metta**, or boundless loving kindness. In addition, through dream work, group discussion, body work and creative activities, we will release and transform energy which becomes distorted or blocked when unwholesome conditioning causes rigidity in our bodies, feelings and minds.

Cost : \$455 / \$400 members and conc. Plus dana for Bonni

Contact : Chani Grieve 0439 453 538, [chani@tashicholing.net](mailto:chani@tashicholing.net) for registrations or further enquiries

About Bonni :

BONNI ROSS has taught the path of liberation and peace since 1978 and has practiced both Western Mysteries and the Zen, Theravadin and Vajrayana traditions of Buddhadharma for more than 40 years. Her teachings explore both the philosophical and theoretic foundations of the teachings of awakening, as well as providing practical and pleasurable methods for increasing awareness, kindness and wisdom in daily life. Bonni teaches eclectically, with passion, humour and attention to the needs of each person: she guides individuals through all stages of meditative practice and leads retreats for depth unfoldment at centres around the world, including New Zealand, Canada, and the United States.

Dana : These teachings are offered freely. Dana is Bonni's only source of livelihood. Your generosity enables her work and these teachings to continue.