



# Tashi Choling Dharma Foundation Inc. Newsletter Winter 2011

## ZASEP TULKU RINPOCHE



Tashi Choling Dharma Foundation has a long-standing relationship with the Venerable Zasep Tulku Rinpoche, a meditation master of the Gelugpa Tradition of Tibetan Buddhism. Rinpoche received his training under some of the most competent Buddhist masters in Tibet prior to the Chinese invasion of that country. Later on in India he graduated from Varanasi Sanskrit University with an Acharya degree and spent 18 months in Thailand at the request of His Holiness the Dalai Lama. He first came to Australia in 1977 and taught for three years before leaving for Canada. He has established Buddhist centres and taught throughout North America. Rinpoche has also been the Spiritual Director of Dorje Ling Retreat Centre (formerly Illusion Farm) in Tasmania for many years. He is recognized as the 13th incarnation of the great Kagyu teacher Lama Chabdak who lived in the Kham region of Eastern Tibet and founded Zuru Gompa 600 years ago. Rinpoche is known for his gentle compassion and good humoured wisdom.

## PRESIDENTS REPORT

*Should I hold them in my hand,  
They will disappear  
In the warmth of my tears,  
Icy strings of frost.  
~ Basho*

It seems like only a short time since I last wrote a report for our newsletter and times have been relatively quiet. While there have been no retreats occurring, early explorations are underway as to the possibility of visits to Tasmania again by both Leander Kane and Bonni Ross. Tarchin Hearn will be visiting us in September for a few short days, squeezed in between other mainland commitments. He will teach for three weeknights in Hobart – we will let you know more detail as the time approaches. Zasep Rinpoche has advised us that he will be visiting again in late 2012 or early 2013. Meantime, he will be visiting Darwin in April 2012, and offering a three week retreat on the practice of Yamantaka, so if you are interested in participating in that, please contact Paddy Cleanthous at [futurelawns@ozemail.com.au](mailto:futurelawns@ozemail.com.au) Meanwhile our own weekly program has been going really well. Wednesday evenings continue to offer participants basic meditation instruction, and on Tuesday nights our renewed program of monthly blocks of teaching focus seem to be what people were wanting and the energy and participation are high.

Two of our very active committee members have resigned, to adventure north to try out warmer places and see what comes their way. We wish you well, Andy and Chani, thanks for all your energy, come back soon. The committee has been taking the opportunity of this downtime to consider different and sustainable ways of working together into the future as well as

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## TASHI CHOLING DHARMA FOUNDATION

PO Box 593, North Hobart, TAS 7002.

Contacts: Maria Grist – (03) 62 349404 or Kate MacNicol – 0432 630796

Web site < [www.tashicholing.net](http://www.tashicholing.net) > Email: <[info@tashicholing.net](mailto:info@tashicholing.net)>

Floor 2, 71 Liverpool St, Hobart. All welcome. See inside for further details.



QR  
CODE  
for  
mobile  
devices

how to better organise and run retreats at Dorje Ling.

On the Dorje Ling front, our new caretakers, Jack and Evelin, have settled in well and have been really active in engaging with the various tasks which always seem to present themselves there. Still, they have joyously dived right in, getting veggies growing in the grow tunnel in the garden, building a new long drop for the caretakers house, and helping Bart to install the first stages of our new power system as well as just enjoying the spaciousness and participating in Valley activities.

They are very keen to support individual retreatants, so if you have been thinking that Winter might be the perfect time to do a retreat but have been concerned that Dorje Ling might be too cold, rest assured that you will receive a very warm welcome, an ample supply of firewood to warm you and all the support you need, so please, give Jack and Evelin a call to book some time. I just returned from a long weekend up there, wandering, planting trees and meditating. It was cold, yes, the dam was frozen all day, but these June days are superb for their still clear quality, and with the sun shining and birds singing, well, it was perfection.

Elsewhere in this newsletter you will read about our upcoming fundraiser, a showing of Buddha's Lost Children at the State Cinema – please support this by coming along and bringing family and friends too.

Enjoy this precious winter time and its special qualities everyone. This fragile confused world needs every bit of clarity and calm that we can bring to our lives and the lives of those we contact and I am again reminded how fortunate I am to have friends who travel the path of deepening wisdom and who help me to do the same. Thank you again for all your continuing support and participation.

Sarva Mangalam  
Sue Willey

## TASHI CHOLING MONTHLY PROGRAM

**Tuesday evenings, 7.30-8.45 pm Suggested donation: \$5**

**JULY: Roger MacLennan** For 4 weeks from Tues. July 5th we will be considering the Tibetan Text: “**The 37 practices of Bodhisattvas**” written in verse by the Tibetan master Gyelsay Togmay Sango who lived from 1295 to 1365. These 37 verses deal with two kinds of altruistic intention: the conventional altruistic intention which is concerned with others’ wellbeing; and the ultimate altruistic intention which knows reality as it is. The consideration of the text will draw from the book of the same name by Geshe Sonam Rinchen, translated and published by his student Ruth Sonam, as well as a wider discussion of what it means in our current situation to develop a more altruistic mind.

**AUGUST & September week 1:** A 6-week study & meditation course by Sue Willey on the subject of The Six Paramitas.

**SEPTEMBER weeks 2 & 3:** TBA. Week 4: Tarchin Hearn (see page 4).

**Wednesday evenings, 6:30-7:45 pm : Introduction to Meditation Suggested donation: \$5**

An opportunity to investigate and practice simple meditation led by experienced practitioners. Learn a way of finding some peace and centredness in an often painful and busy life. Join us for a regular weekly practice to develop awareness and stability in your daily life. This class is open to anyone at any time. You do not need previous experience in meditation to attend, just curiosity and an open mind.

**Introduction to Meditation** – These regular courses extend over several weeks, and are intended to provide participants with an introduction to the Buddhist view, with the main emphasis on being able to try out a range of meditations, and having the opportunity to engage in lively discussion. Four or five of us participate as leaders, with each person taking it in turns to lead one evening, but with all of us participating in the discussion and questioning that follows. More details on times and bookings are through **Adult Education**. The funds raised from this course will be put towards the ongoing improvements at Dorje Ling.

**Buddhism for Mothers** – An opportunity to take some respite from the challenging path of motherhood. Includes Buddhist meditation practices and teachings to enable us to remain peaceful and kind to ourselves and others. Allowing us to cope with the day to day challenges of motherhood with a good heart. These courses are run from time to time through **Adult Education**. Please contact them for bookings. The funds raised from this course will be put towards the ongoing improvements at Dorje Ling. For more details contact Madhu on 0407369012 or [madhulilley@gmail.com](mailto:madhulilley@gmail.com)

**Location** – All sessions (except Adult Education sessions) are held at the Tashi Choling rooms, Floor 2, 71 Liverpool St, Hobart. Go down the laneway to the right of the building, then look for the door between the two bamboo pots. Continue upstairs to the second floor. Gold coin donation appreciated. All welcome.

**TSOG** – Tsog practice with Roslyn Alexander. Roslyn writes: “Tsog gives me an intent to do sadhana practice twice a month when I know thousands of other students world wide are doing the same. Since the dates are set by the new moon, I feel the potency of the practice is amplified by synchronising it with others who use a deity practice to inspire them. Having had the golden opportunity to sit long retreats with other students of Zasep Rinpoche, I delight in remembering the sangha practising together and imagine them sitting with me.”

Upcoming dates based on dark moon being day 1, Australian calendar: Jul 25, Aug 5 & 23, Sep 7 & 22.

Tashi Choling invites you to a fundraiser screening of

## BUDDHA'S LOST CHILDREN

at the State Cinema, 6.15pm, Thursday 28 July

Tickets available at the State Cinema (ph 62 346 318).

PG-rated. Please book early. Tickets cost \$18.00.

Funds raised will go to Dorje Ling projects.



A journey into a hidden world. Filmed over a year in the remote borderland of Burma and Thailand, this is the story of Phad Kru Bha, a Thai ex boxer turned Buddhist Monk who with a unique brand of tough love unlocks the potential of lost, abandoned homeless village boys. Timid village boys are transformed into confident young novices. An intimate, emotionally-charged portrait of self-discovery and awakenings.

## A SHORT RETREAT

I went for a 5 day retreat at Dorje Ling In May, staying in the very comfortable Teacher's Hut which is cosy when the wood heater is going. It felt a wonderful opportunity to be able to devote the time to practice and study in such a beautiful and tranquil place.

The property looked wonderful with the Gingko leaves an autumnal brown. So much good hearted work had been done by the working bee led by Guy and by Todd, Andy, Mary and others over the summer. This was being continued by the new caretakers, Jack and Evelin. I felt very welcome. I even arrived at the hut to find the fire going!

I spent the time practising calm abiding and Vajrasattva purification meditations, studying the foundation topics of dissatisfaction and karma, walking around the property and relaxing.

I returned refreshed and re-inspired.

*Charles*

## GENEROSITY ...

... the first of the transcendental actions of the bodhisattva

This is an appeal for cash! Green Energy!

Tashi Choling is not broke. However, it does run on a narrow margin and needs money for running programs and visiting teachers in Hobart and at Dorje Ling. The more money available, the more activities that can be initiated, and the more development of Dorje Ling that can take place. Personally I feel a satisfaction and sense of meaning from supporting the centre.

There are 4 ways that people can support the centre financially;

1. Membership \$45 per year
2. Contribute to the Dorje Ling mortgage either on a regular basis, monthly, quarterly, annually and so on, or as a one off donation
3. Make a donation to the centre
4. Make a donation to Tashi Choling for Tuesday and Wednesday sessions. \$5 donation recommended. However if you cannot afford that please feel invited to attend regardless.

There are details of various ways that people can make donations on the website. Below are the BSB Direct Deposit details.

- For donations to Dorje Ling Retreat Centre building fund:  
Commonwealth Bank of Australia  
Account name: Dharma Foundation of Tasmania Building Account  
BSB: 067-002 Account Number: 10162638
- For subscriptions to Tashi Choling Dharma Foundation:  
Commonwealth Bank of Australia  
Account name: Dharma Foundation of Tasmania  
BSB: 067-000 Account Number: 28042904

### Important.

Please mark your deposit with your name so that we know who the money is coming from.

Thank you, we deeply appreciate your generosity.

*Charles*

## TARCHIN HEARN

We are delighted to announce that Tarchin Hearn will, again, be in Tasmania, late September, for a short visit. Come and be in the zendo of your life with Tarchin for three evenings of dharma exploration – Living Dharma – the heart of buddhist meditation and practice.

### Tarchin's Public talks in Hobart:

#### Living Dharma

*the heart of buddhist meditation and practice  
three evenings of dharma exploration with Tarchin Hearn*

7.30-9.00 pm – 27, 28, 29 September

Weeroona Yoga Studio, 326 Elizabeth St North Hobart  
\$25 waged/\$18 concession per night. or \$70/50 for all 3 sessions  
+ dana (offering to teacher)

No bookings required to attend these sessions.

We live in the zendo of our lives – a temple of togetherness. We are deeply intermingled with families, friends, neighbours, strangers and adversaries, and the myriad other species and beings that we travel with from birth to death. Our bodies and minds are rivers of evolving life; landscapes of unfolding communities. During these three evenings Tarchin will explore some of the challenges and some of the wonderful possibilities of living richly and fully in this extraordinary mystery of life unfolding.

If you would like to speak with Tarchin individually about your ongoing dharma practice/ explorations he will be available during the day. To make an appointment call Ross tel. 03 6224 9806

Tarchin has studied and practiced in both Theravadin and Mahayana schools of Buddhism for all his adult life. For 12 years he was ordained as a monk. Since 1977 he has taught in many countries and has helped establish a number of centres for retreat and healing. He is currently a guiding teacher and Trust elder for the Wangapeka Study and Retreat Center. Writer, artist, poet, traveller and inspiring teacher, Tarchin's approach to dharma is thoroughly non-sectarian and universal in nature. His work, rooted in Buddhist principles, frequently links personal healing with a deep ecological perspective in ways that have inspired a wide range of people from a variety of diverse backgrounds and traditions. For more information see <[www.greendharmatreasury.org](http://www.greendharmatreasury.org)>

## THE INFINITE PRESENT

### Gyuto Monks of Tibet (auspiced by TCDF on their Tassie leg)

Friday 2nd Sept–Tue 13th Sept  
Waterside Pavilion, Mawson Place, Hobart

Public program featuring the deep Harmonic Chanting, beautiful Sand Mandala, Meditation, Public Talks, Culture for Kids classes and Tantric Art Workshops offer the opportunity to experience peace, to relieve suffering and regain a sense of gratitude and joy in living. All welcome. Entry by donation.

*Sand Mandala of Amitayus*

#### Retreat into Bliss:

'Dying to Live'  
Fri 16th–Sun 19th Sept  
10am–4pm  
BOOK NOW

Local 0427 348 766  
Gyuto House 0412 124 678  
[www.gyuto.va.com.au](http://www.gyuto.va.com.au)  
[gyuto@gyutoaus.com](mailto:gyuto@gyutoaus.com)



## TREASURERS REPORT

A very quiet period for the Treasurer during Winter. While there is little on the Retreat front, small donations continue to trickle in and expenses are few.

Despite this we are always mindful of the need to fundraise, thus Madhu has organized a wonderful film night at the State Theatre on the 28th July. This will be a fantastic opportunity to support the cause, funds for DorjeLing our Retreat Center, enjoy an inspiring film and catch up with friends.

I would also like to thank Madhu for her very generous donation from her course she ran at Adult Ed towards the upkeep of DorjeLing.

Contributions towards the mortgage repayment are still a little low so if you don't already but would like to make a small monthly pledge it would be so very much appreciated. Payments can be made to Dharma Foundation of Tas INC, Commonwealth Bank, BSB 067002 10162638 and please note your name.

Bank Balances are for our two accounts:

Working Acc \$10,050.43  
Building Acc \$604.73.

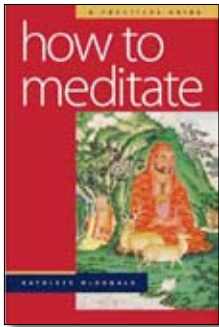
*Kate MacNicol.*



## BOOK REVIEW

### 'How to Meditate' by Kathleen McDonald

(Tashi Choling library code 1106)



This book was written in 1984 and then substantially revised and extended in 2005.

Kathleen has been a nun and teacher in the Tibetan Buddhist tradition for over 30 years.

'How to Meditate' is a clear and simple account of Buddhist Meditation practice with a strong emphasis on experience.

The book starts with what is meditation and why meditate, and then sets out how to establish a meditation practice. This part of the book is a very clear step by step instruction for beginners, and includes a section on common problems and how to deal with them.

The rest of the book details a whole series of meditations. There are meditations on the mind including meditation on the breath for relaxing the mind.

There is a large series of analytical meditations, which use the thinking process to develop insights into aspects of our lives and also to develop particular beneficial states of mind. These meditations include practices on the 4 foundation practices, appreciating our human life, death and impermanence, suffering and karma. Also there are meditations on emptiness, developing love and compassion, Tong Len, [taking and giving, a specific compassion meditation,] and dealing with negative energy. These analytical meditation descriptions, as well as providing guided meditations, also give a clear but brief account of many key Buddhist concepts such as impermanence, suffering and emptiness. So this section is useful for

studying Buddhism as well as for meditation. Many aspects of the Lam Rim, [the graduated path to enlightenment,] are covered.

There are also 2 lengthy sections on visualisation, prayers and other devotional practices including Tara, Vajrasattva purification, body of light, Avalokiteshvara, Medicine Buddha for healing, and others. Practitioners can often find here practices they are looking for.

For the beginner, this book is a very clear introduction to Tibetan Buddhism written through a series of meditations. For the more experienced practitioner it is a 'recipe book' of meditations and a primer to refresh their understanding and experience. It has frequently been used by Tashi Choling leaders in their preparation for teaching and for guided meditations.

*Charles*

## REFLECTIONS ON THE IMPORTANCE OF AROUSING BODHICITTA

by HH the Dalai Lama

The highest perfection of altruism is bodhicitta complemented by wisdom. Bodhicitta – the aspiration to bring about the welfare of all sentient beings and to attain buddhahood for their sake – is really the distilled



essence, the squeezed juice, of all the Buddha's teachings, because it is bodhicitta that determines whether or not our practice becomes the path to enlightenment.

Thus, all 84,000 discourses of the Buddha can be seen as either preliminary to the practice of bodhicitta, the actual practice of bodhicitta, or precepts and activities in which we must engage as a result of taking the bodhicitta pledge – the Bodhisattva Vow.

The altruistic intention is important not only at the beginning of the path but also while we are on it and even after we have attained full enlightenment. As Shantideva pointed out, even before we have entered the path and do not have a genuine realization of bodhicitta but only an intellectual understanding of it and admiration for what it represents, this alone will bring us immediate benefit. Regardless of how much we are under the control of the afflictions, we receive this benefit the moment we are able to appreciate its value. However, the joy and serenity we experience comes mixed with a sense of sadness for the fate of other sentient beings.

On the path, the practice of bodhicitta helps expedite our accumulation of merit, and serves as the basis for the successful development of all subsequent practices. It is like an all-in-one method, enabling us to purify quickly all our accumulated negative karmic imprints. Finally, when we become buddha, it is bodhicitta that sustains the never-ending continuity of our enlightened activity dedicated to the welfare of all sentient beings.

From [Mandala Magazine](#)