

Hobart Buddhist Meditation Centre

NEWSLETTER

Including Dorje Ling Retreat Centre
Tasmania



TCDF Quarterly Newsletter

Spring 2013 edition



Our Spiritual Director

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. Born in eastern Tibet in 1948, Acharya Zasep Tulku Rinpoche was recognized at an early age as a reincarnation of Lama Karma Kunchog Tenzin. Since arriving in the west in 1976, Zasep Rinpoche has taught Buddhism in Australia, Canada, the USA, and Mongolia. He is the spiritual director of Gaden for the West, headquartered in Nelson, B.C., as well as of other centres including Dorje Ling Retreat Centre and Hobart Buddhist Meditation Centre. Zasep Rinpoche believes that the precious teachings of Tibetan Buddhism can be made accessible to and meaningful for Westerners in a way that respects the integrity of the teachings. Rinpoche is known for his gentle compassion and good humoured wisdom.



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Our meditation room in Hobart ...

Join us on Tuesday evenings between 7.30 pm and 9 pm for our meditation and discussion sessions. Entry by donation (\$5 suggested). Beginners welcome. Location: Floor 2, 73 Liverpool St, Hobart. Go down the laneway towards the gym, then look for the door between the two bamboo pots, and continue upstairs to the second floor.

We have an extensive Buddhist library and all current members may borrow books for free. Find out how to join on our [web site](#).

There will be a Working Bee at this room to clean the walls on Sunday September 29, 1-3 pm. Please [let us know](#) if you can come and help for a time.

COMMITTEE REPORT

As I write winter is drawing to a close. I have found this winter to be a very good time for reflection, meditation and rest. But now the signs of spring are manifesting, jonquils, snowdrops, even warmer temperatures at times; new life, opportunities and potentials emerging.

We have several retreats coming up over the summer.

Leander Kane is leading a Hobart based retreat over the show day long weekend. Also on this weekend will be the show day working bee at Dorje Ling including a sangha committee meeting on the Saturday.

Tarchin will be teaching in Hobart Nov 22-28 and will be leading a retreat at Dorje Ling Nov29-Dec 8.

Senior students of Zasep Rinpoche including Maurice and Guy will lead a retreat Jan 11-18.

Dorje Ling is also being used for a Wild Goose retreat Jan 21-25 and an ordained Sangha gathering Jan 27-31, coordinated by Zen Monk Thay, resident of Hobart.

Work continues at Dorje Ling for the repairs and regeneration following the fire at the old kitchen site and damage to the shower block. A toilet has been completed near the Villa retreat hut.

In response to the fire there has been a renewed interest in fundraising. A very successful fundraising meal was held at the Siam Garden in Hobart. Delicious food, great company and music by Fiona Stewart, Viraj and Ngaire Green were enjoyed by around 50 people. Funds were generated for the new gas booster for the shower block. Many thanks to organisers, Michaela and Rosie. A musical "spring thing" is being planned for Oct 19 supported by Kickstart Arts.

We hope to move towards a volunteer model for cooking on retreats rather than paying cooks. This will have a couple of benefits, firstly to keep the fees for retreat from going up steeply at a time of rising costs and with the need to develop Dorje Ling further, and secondly the cooking will be a voluntary expression of generosity, as is almost all the other work done on the property.

A couple of points: if you are on retreat please be supportive of your volunteer cooks, they may have P plates! Secondly if you would like to come and cook please get in touch with a committee member. The Tarchin retreat has a volunteer cook for the first 4 days but we need cook[s] for the last 5 days. The Tarchin retreat will involve vegetarian cooking for around 15 people, lunch and a simple soup for supper. All the food will be provided by the committee and recipes are available. Retreat participants will be on roster to assist the cook [s.] So if you feel like having a go either solo or with a friend...the opportunity is there.

In Hobart the Tuesday evening program continues with group meditation, stimulating teaching and lively discussion.

There will be a working Bee at the Hobart centre to clean the walls of the Meditation Room on Sunday September 29, 1-3 pm.

Our income and membership has increased in 2013, thanks to all contributors and also to George Ramm, our treasurer, who has played a major role in this change.

Wishing everyone a blessing filled spring.

Charles Chadwick

Hobart Buddhist Meditation Centre program

Tuesday evenings, 7.30-9.00 pm 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.

The program for each month is on our [web site](#).

Join our [email list](#) to receive program updates in your inbox.

Location – All sessions are held at the Tashi Choling rooms, Floor 2, 73 Liverpool St, Hobart. Go down the laneway towards the gym, then look for the door between the two bamboo pots. Continue upstairs to the second floor. All welcome.

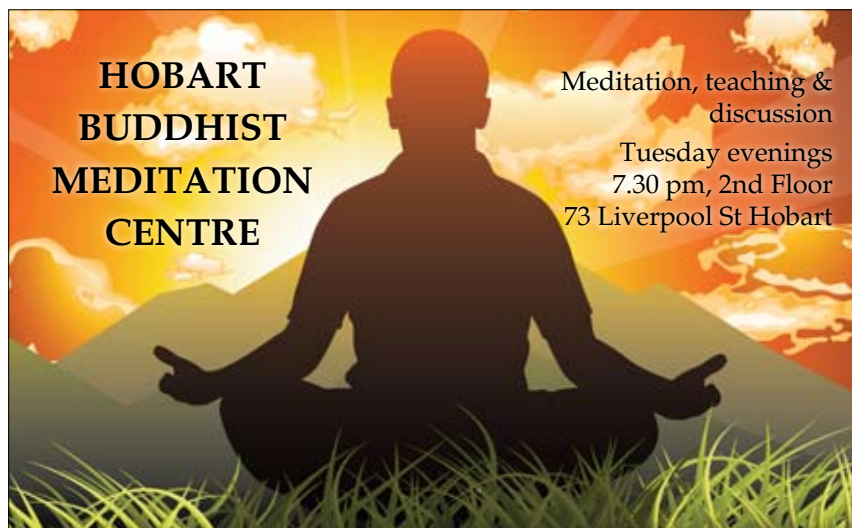
Dorje Ling Retreat Centre

Sundays 12.30pm to 1.30pm: One hour of gentle, guided meditation weekly. Each sitting focuses on simple yet proven methods to ground oneself in the here and now by bringing awareness to the breath or body while also witnessing the play of one's mind.

Note: If you are visiting from outside the Lorinna valley, please first text 0429 603 795 to check if there have been changes to the schedule.

Tsog Dates

Tsog dates are the most beneficial time to practice your personal sadhana. Best practiced at night. "Integrating method and wisdom". Enjoy! Sep Sun 15, Mon 30, Oct Mon 14, Tue 29, Nov Wed 13, Thu 28, Dec Thu 13, Fri 27.



New book by Rinpoche: *Tara In The Palm Of Your Hand*

Tara in the palm of your hand Zasep Tulku Rinpoche



Below is a letter from Rinpoche about his upcoming book. Exciting news indeed!

Dear Sangha in Canada, Australia and USA,

Greetings from Ulaan Baatar Mongolia. I hope everything is going well with you by the power and blessing of Gurus and Triple Gems.

I am letting you my very first book "*TARA IN THE PALM OF YOUR HAND*" will published this month. I am giving Tara initiations and there will be book launching in Vancouver on September 11th and in Toronto November 9th. First edition 500 copies are available. I think these books will be gone fast like good momos (Tibetan dumplings).

I would like to ask each centres and temples how many copies of Tara books you would like to order, please let me know soon. My wonderful editor will send you the books.

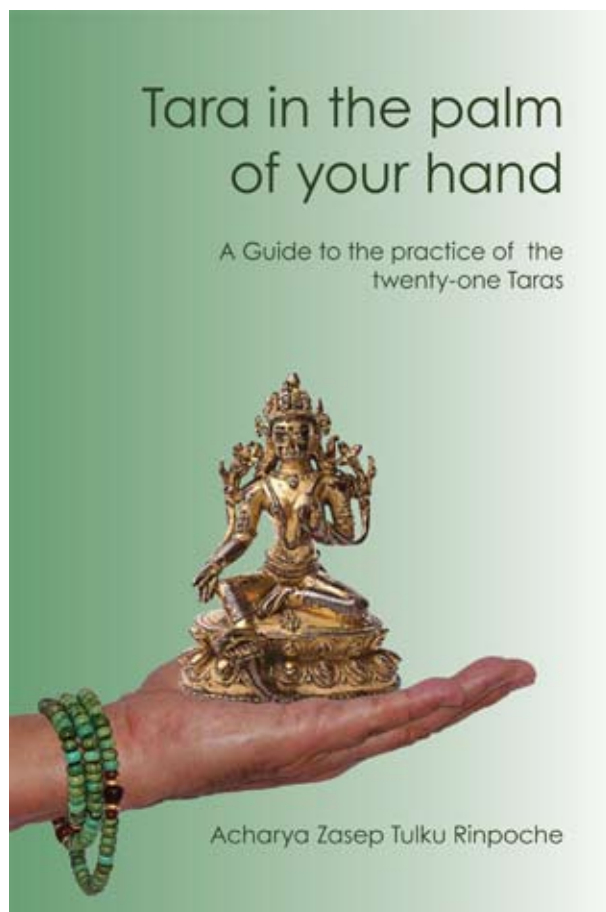
I am now 65. I would like do more retreats and keen to write books. I have started Press called WIND HORSE PRESS.

Much blessings from mother Tara

Metta

Rinpoche

Please let Maria know if you would like to pre-order one of these books, and we will let Rinpoche know the numbers. email: info@tashicholing.net phone: 62349404



Arya Tara is a fully enlightened being, a female Buddha, to whom Tibetan Buddhists are deeply devoted and on whom they rely for protection and inspiration. Tara has been described as the first feminist, who, according to one of the stories of her origin, having been told by her spiritual advisors to take rebirth as a man, vowed always to take rebirth as a woman. Her practice is, however, equally suitable for women and men.

Tara has many manifestations, the best known of which are the twenty-one Taras celebrated in the ancient prayer of the twenty-one praises to Tara. The praises pay homage to Tara's enlightened activity, and the way she skillfully removes both outer and inner obstacles to spiritual attainment. Through daily recitation of the praises and a regular Tara sadhana practice, it is possible to develop an increasingly profound experience of the transformative energy of Tara and to become her ourselves.

This guide, which is based on traditional texts, helps make Tara and her practice readily accessible to Westerners. The sathanas of the twenty-one Taras included in the guide are according to the Mahasiddha Suryo Gupta tradition.



Born in eastern Tibet in 1948, Acharya Zasep Tulku Rinpoche was recognized at an early age as a reincarnation of Lama Karma Kunchog Tenzin. Since arriving in the west in 1976, Zasep Rinpoche has taught Buddhism in Australia, Canada, the USA, and Mongolia. He is the spiritual director of Gaden for the West, headquartered in Nelson, B.C. Zasep Rinpoche believes that the precious teachings of Tibetan Buddhism can be made accessible to and meaningful for Westerners in a way that respects the integrity of the teachings.

 Wind Horse Press



Volunteer cook[s] job opportunity

*Tarchin Hearn retreat Dorje Ling Dec 4-8
Vegetarian lunch and soup for dinner
for about 15*

*Well equipped spacious kitchen
Food provided and recipes if required
Tranquil surroundings
Much appreciation!
Mindful assistants
Apply to Charles 62235023
email sambaknight@yahoo.com*

4 Willing Workers for a Day

The date has been set and the invitation extended! I am driving to Lorinna on Friday the 20th September for the weekend and am extending an invitation for 3 others to join me in a one day working bee in the Lorinna Valley. Elyse won a prize of 4 willing workers for a day in our fundraising raffle a long time ago and the time is long overdue to honour that. She has an array of interesting tasks for us and is excited for the helping hands. There will be time to relax a little at DorjeLing on the Sunday before the drive back to Hobart. Love to have your company. Please let me know if you can come

Kate Mac Nicol 0432630796

Scholarships

At various times in the history of our organization we have established informal scholarships to be made available to people earnestly wishing to retreat and/or take teachings but are financially unable to. Members of our community have contributed extra funds particularly at retreat times for this to occur.

There are obvious merits to this form of sharing which the committee wishes to build on, in essence formalizing a special scholarship fund that may build over time and be on hand and available should someone need support. We recognize that there are financial challenges that, for example, many younger people face which potentially excludes them from extended retreats. Thus we declare to all that the Scholarship Fund is open for business and we welcome any contributions no matter how small.

Donations made be made to *Dharma Foundation of Tasmania*, Commonwealth Bank BSB 067-000 Acc number 28042904. Please reference Scholarship Fund.

Advance notice of our musical fundraiser: "A Spring Thing"

*Date: Saturday night November 16th.
Location: Kickstart Arts
St Johns Ave, New Town.*

Report: Celebrating Sangha Dinner @ Siam Gardens

What a wonderful reunion and celebration of sangha we had in July!

My heart swelled as all 50 of us sang along with Fiona, Ngaire and Viraj: 'What a wonderful world,' and a dinner prayer/chant Buddhaya, Dharmaya, Sanghaya.... Conversation hummed all evening. The food was plentiful, delicious and varied and there were plenty of options.



We raised \$850 which covered the cost of a new shower block gas booster, which was a major item damaged by the recent fire at Dorje Ling Retreat Centre.

As well as the dinner contributions, \$1000 was donated to help us rebuild by friends of Dorje Ling!

We were so grateful and happy to share this evening, meeting those we send these newsletters to!

Thanks to Michaela Guest who helped with the groundwork to get this fund raiser off the ground, and to all who attended and brought friends along.

Roslyn Alexander

Extracts from Dorje Ling Caretaker's Report

DRINKING WATER

As you can see in the image below, the water tank platform is now fully erected and bolted, awaiting the new tank (which has now been purchased).



THERMAL

I took the old booster to Graham Cooper for checking and on his recommendation, purchased an identical, upgraded model with a 10% discount for \$824.75. This model has the electronic hardwired controller/display that can be mounted inside the bathroom to adjust flow temperature.

I have already mounted the new booster module and started replacing the damaged olives in the joiners of the plumbing. I noticed that the non-return valve that attaches to the solar transfer valve is non-serviceable. The solar transfer valve adjustment cap has also been damaged from the fire.

I went to Reece plumbing to check up on replacing both. However, I was in for a shock with pricing. The Solar transfer valve is a specific high heat tolerant fitting that costs around the \$320 mark and comes with the other non-return fitting in the kit, thus both for this price. My assessment is that the transfer valve is still operable (yet to be tested when all is back in place), only the adjustment cap is melted, thus making the ability to turn the cap inoperable. It is not something that needs adjusting as it ranges within the tolerable limits of the booster. So what I have done is purchase a separate non-return valve \$50, that does need replacing and to try the system with the transfer valve as is. If it does not work, I have already arranged with Reece to be able to take back the non-return valve and purchase the full \$320 kit. Hopefully all will be well and make a hefty saving.

Once this is all in place I can pressure test the unit and a check of full functioning by putting temporary power to the system.

Once that is completed I can focus on the diagnostics and repair of the solar array, tank, pump and solar control module. It looks on initial inspection that some of these

solar diagnostic items will need replacing by the look of the external damage. One can always hope though.



SITE CLEARING

Several new tent sites have been prepared. I have spoken with Ross again recently. He has just finished with the major contract he was working on for a while and expects to be back in the valley within the next two weeks.

VILLA TOILET

The villa toilet is now complete as far as functioning purposes are concerned and as the image attached will attest.

It still needs a clean-up, a front step and kick board, sawdust pot and roll holder. Otherwise you can see it is ready to go. I had to scavenge the best of the tin left over from the old tin pile from the fire, hence some ratty looking bits. The bits chosen still have plenty of longevity in them though. It is one job closer to the Villa being upgraded.

Caretaker



October Working Bee

and related musings about our Retreat Centre ...

There will be another of our extraordinary fun-filled and hard-working bees at Dorje Ling Retreat Centre over the October Hobart Show weekend.

You are most welcome to join us anytime between October 24th and 28th, when we will be undertaking a variety of jobs in the aftermath of the recent fire at Dorje Ling. Skilled and unskilled jobs will be available, and we will also have the opportunity to meditate in the Gompa every day. Andreas will be spending a week from 19th, and you are welcome to contact him if you would like to come earlier.

The committee are holding a forward planning meeting at this working bee, so for those who are interested, this is your opportunity to add to the discussion about the future direction of our Retreat Centre with us on the ground. Our building manager Guy Turnbull will be present at this working bee, so you will also be able to give your ideas directly to him.

Our Centre is much loved by all of us and has been the location of many life-changing teachings and retreats over many, many years. We would like to keep it as conducive as possible to the continuation of this tradition.

The committee would like to give our special thanks to our Caretaker at this time, for his excellent and untiring work in the aftermath of the fire, a most traumatic time for us all. We have had our own little lesson in impermanence, and are looking to turn this event into a catalyst for a greater future for our Retreat Centre, and for the benefit of all sentient beings.

Participants in the working bee will need to bring food to share (we will take turns cooking), and their own bedding and personal items (mattresses provided). If you would like to come, or if you have any questions, please let Maria know at the email address on the bottom of this page, or by phone on 03 62349404.

Maria Grist

Thoughts from Pema Chodron ...

“... anytime you eat a meal... Before taking the first bite, just pause and think of those men and women of wisdom and mentally offer them your food. In this way, you connect with the virtue of devotion.

“Before taking the second bite, pause and offer your food to all those who’ve been kind to you. This nurtures the virtues of gratitude and appreciation. The third bite is offered to those who are suffering: all the people and animals who are starving, or being tortured or neglected, without comfort or friends. Think, too, of all of us who suffer from aggression, craving, and indifference. This simple gesture awakens the virtue of compassion.

“In this way—by relying on our teachers, our benefactors, and those in need—we gather the virtues of devotion, gratitude, and kindness.”

(From *No Time to Lose* by Pema Chödrön, Shambhala Sun, January 2006.)

Robert Thurman: *Infinite Life*

Infinite Life: Awakening to Bliss Within

Foreword by His Holiness the Dalai Lama

One of Time magazine’s 25 Most Influential People in America writes about taking responsibility for our own happiness and our actions. Robert Thurman is America’s most popular and charismatic Buddhist. His first book, *Inner Revolution*, is an international bestseller and his lectures sell out to thousands.

“You can try out a whole new approach to life,” he promises. “Then we’ll explore how can put your new ideas into practice in the world, turning your thoughts into action. We’ll examine the repercussions of your personal change on society and on the fragile, opalescent planet. We’ll see how personal transformation is social transformation.”

Infinite Life demonstrates that our every action has infinite consequences for ourselves and others, here and now and after we are gone. He introduces the Seven Paths to reconstructing body and mind carefully in order to reduce the negative consequences and cultivate the positive. In his powerful, pragmatic style, Thurman delivers life-changing lessons on virtues and emotions. He invites us to take responsibility for our actions and their consequences while we revel in the knowledge that our lives are truly infinite. *Infinite Life* is the ultimate guidebook to understanding our place in the universe and realizing how we can personally succeed while helping others.

Join Richard Bladel in a discussion of Robert’s ideas at our Tuesday evening sessions of 17th and 24th September. See our [program details on the web site](#) for more information.



Tarchin Hearn in Tasmania 2013

Tarchin Hearn returns to Tasmania later this year to give teachings in Hobart, at Dorje Ling Retreat Centre, Lorinna, and an evening teaching in Devonport. After the retreat at Dorje Ling there will be nature explorations over three days in the Cradle Mt area. Accommodation will be in a comfortable, well-appointed mountain hut in Cradle Valley. Contact: Ross Coward 6224 9806 or ross.coward@gmail.com

HOBART PUBLIC TALKS AND EXPLORATIONS

Saturday and Sunday 23 – 24 November 9:30 am – 12noon

“Living, Learning and Loving – A Way of Authenticity, Presence and Radical Inclusivity”

Cost: \$50 waged/\$40 concession + dana per day, \$100 waged/\$80 concession + dana for weekend.

25-27 November, 7:30 pm

Monday 25 November
“Deep Ecology and Buddhadharma”

Tuesday 26 November
“A Life of Wisdom and Compassion – teaching from the sadhana of Chenrezi”

Wednesday 27 November
“The Inner Essence of Mahamudra”

Cost: \$25 waged/\$20 concession + dana per evening or \$70 waged/\$50 concession + dana for the three evenings.

Venue(s): for Hobart teachings to be decided

DORJE LING RETREAT CENTRE

November 29 – December 8, 2013 residential retreat – see the description at right.

December 8 – 10 Nature explorations while tramping at Cradle Mountain

Contact for all of above: Ross 6224 9806 or ross.coward@gmail.com

DEVONPORT

Wednesday December 11, 7.30 pm evening teaching in Devonport

Cost: \$20 waged/\$15 concession + dana

Contact for Devonport teaching: Pavitra 6424 2817

Tarchin: Dorje Ling Residential Retreat

November 29 - December 8, 2013

Members cost: \$720 waged/\$630 concession + dana.
Non-members \$45 extra.

*Easeful Presence and Lucid Observation
the inner essence of mahamudra
the heart of natural awakening*

Easeful presence and lucid observation lie at the heart of all awakening practice. In Buddhist traditions, they are called samatha and vipassana.

Samatha is the soft, passive, accepting, loving, healing, accommodating, allowing aspect of each moment.

Vipassana is the sharp, active, questioning, discerning, awake, aspect. Samatha facilitates our sense of unity.

Vipassana facilitates our sense of diversity. The two in union brings us to the simultaneous understanding of the infinite diversity and the profound unity of all that exists.

Mahamudra is a name given to the Buddhist path of natural awakening. Although commonly associated with Tibetan teachings, its ancestry goes back to traditions of contemplative science and yoga found in ancient India which themselves drew inspiration from a diversity of religious sources. Luminous with the recognition of the interdependence of all manifestation, mahamudra teaching utilizes myriad aspects of dharma exploration including investigations into mind, consciousness and perception while at the same time developing skilful and compassionate ways, of participating in the unfolding community of all life. This is deep ecology, in action. It is what I am. It is what you are. It is a path and practice of natural awakening in action.

During this retreat we will cultivate the ancient arts of loving-kindness and clear-seeing presence and enquiry. We will explore how bodies and minds of myriad species weave together a mystery suffused with nowful intelligence. We will draw on the mindfulness teachings of Buddhism and the wisdom teachings of radical wholeness found in the Avatamsaka Sutra, and mesh them with natural science, personal healing and social responsibility to find a way of living, that in this age of economic/ecological anxiety and uncertainty, is wondrously inclusive, joyously life affirming and profoundly freeing.

For more information about Tarchin and for examples of his wide range of writing, please visit www.greendharmatreasury.org

*Location: Dorje Ling Retreat Centre, Lorinna, Tasmania.
See our web site for more about Dorje Ling.*

Liberation through the Body with Leander Kane



“All of our past experiences are stored in the body becoming our habitual patterns. Through gentle movement sequences we can release these stuck body/mind patterns. We become an embodiment of the present moment. A new found confidence emerges and continues to grow as we bring this empowering way of working into our lives”.

Leander combines more than 22 years' experience in Buddhism with her body oriented work as a Feldenkrais practitioner, student of Kym Nye and Massage Therapy. Leander has studied and travelled extensively with Tarchin Hearn. Other teachers in the Buddhist tradition include The Venerable Namgyal Rinpoche, H. E. Beru Khentse Rinpoche, Bonnie Ross and Cecile Kwiat.

Four day non-residential retreat

*Thurs 24 - 27 October, 9am - 3pm
Fern Tree Community Centre
\$160 + dana**

Mid-week evening classes

*Tues 29 October, 7.30 - 9pm
Wed 30 October, 7.30 - 9pm
Venue TBA
\$25 per class plus dana**

Weekend non-residential retreat

*Fri 1 Nov, 7.30 - 9pm
Sat 2 Nov, 9 - 3pm and Sun 3 Nov, 9am - midday
Fern Tree Community Centre
\$100 + dana**

Both weekends (six days):

*Thurs 27- Sun 27th October, 9am - 3pm and
Fri 1 Nov, 7 - 9.30, Sat 2 Nov, 9-3 and Sun 3 Nov 9 -12
\$180 + dana**

All sessions

*\$210 + dana**

Please bring your lunch, two blankets and wear warm loose comfortable clothing. Morning and afternoon tea provided. Concessions can be negotiated.

Enquiries and bookings

Jo Murray - E jomurray2007@gmail.com P 0427 026 990 (email preferred)
Kate MacNicol - 0432 630 796

Payments

Dharma Foundation of Tasmania
BSB: 067000 Account: 28042904 Reference: Leander Kane

****Dana (financial offering to the teacher as an act of appreciation and generosity)***
Dana is Leander's only form of livelihood and your generosity is appreciated.

Buddhist Chaplaincy Firefighter Monk Ven. Shih Jingang in Tasmania

I have had quite an interest from various people in passing, in the possibility of undertaking training in Pastoral Care since writing in the last newsletters. Not everyone identifies as a Buddhist or is attached to a Centre or particular lineage but is interested in the concept of attending to others in this particular way. Our little group is in no way exclusive and welcomes anyone who wishes to know more or would like support for the work they may be doing in the field of Pastoral Care or Chaplaincy.

We continue to support young detainees at Pontville and have spent donated funds to have meditation cushions made locally. An invitation is also extended to anyone who feels the call to visit our young friends. We are able to facilitate the process required to being an official visitor.

A member of our group is Venerable Shih Jingang who is the founder of the Buddha Heart Fellowship, is currently serving the community of the North-West of Tasmania as Buddhist Chaplain. Jingang has been practicing Buddhism for 42 years and volunteers as a fire fighter with the Tasmanian fire service. He was recently, joyfully ordained in the Nien Fo Ch'an Zen tradition amidst his local community. Enjoy his story and see what he's up to by checking out Buddhaheart Fellowship.

And last but not least for those who may have missed the interview They did with the ABC on his role of supporting a man dying at the Whittle ward you can catch that at <http://tinyurl.com/pty2fx8>

Kate MacNicol

Inquiries katemacnicol@gmail.com



Imagine, while relaxing at home one day, you happen to look out of a window, and see that your neighbour's house is on fire. What would you do? Phone for the Fire Brigade, and check that your neighbour is safe, no doubt. But what if they are still in the burning building? Well, this is what I was faced with over twenty years ago. Fortunately, I was able to lead the elderly occupant safely out, and neither of us were seriously injured. But the incident caused me to question my life as a Buddhist practitioner. How best could I cultivate Buddha-like wisdom and compassion, in my old retreat cell, or out in the world serving the community? For a number of years, a retreat cell seemed the right place for me to be, as this was where I felt most at home.

Over time though, I became aware of my attachment to this life, realizing that I needed to find a balance between the interior life, and the world outside if my practice was to progress. But how? This question eventually led me to the writings of the late Thomas Merton, a Trappist Monk, who showed me that there were options other than just the monastic, or lay life. I was particularly interested in the Carmelites, former hermit monks who had been forced to flee Palestine in the Middle Ages, ending up in Europe living as mendicant Friars. Serving the lay community wherever needed, and then coming home each evening to a retreat cell, this made sense to me as a westerner living far away from a monastic support network. Inspired, I set about adapting the Carmelite way to a Buddhist context, laying the foundations for a new life.

These days, I live as a Priest of the Nien-Fo Ch'an Buddhist Order, in the town of Penguin, north west Tasmania. I am the Founder/Resident Instructor of the Buddha-heart Fellowship; and a member of the Australian Sangha Association, and the Tasmanian Buddhist Chaplaincy Support Group. I have also been a Retained Volunteer Firefighter with the Penguin Fire Brigade for the last thirteen years. As one of the few members available in daylight hours during the working week, I have consequently attended hundreds of fire incidents, and motor vehicle crashes over the years; and been away on Campaign Fires with the Tasmania Fire Service during the annual Summer bushfire season.

On the Fireground, I have seen great destruction and natural beauty, death and new life; fear, anger, selfless compassion, and loving-kindness, enriching my life and practice along the way. No matter what the circumstances, in every moment, in every aspect of life there are opportunities to learn.

"Our life is the creation of our mind." ~ The Buddha

Facebook: [Shih Jingang](#) or [Buddhaheart Fellowship](#)

Twitter: [Shih Jingang](#)

Email: buddhaheartfellowship@gmail.com

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Canberra Inter-Faith Symposium

Our friend Thích Thông Pháp received [this document](#) in his role as the secretary of the Australian Sangha Association, and we thought it might interest some of our readers. It's a great initiative in Canberra. Its concern is to bring together people of different faiths around a particular concern of service to the community.

Tashi Choling Dharma Foundation Inc.

Tashi Choling Dharma Foundation Inc. is a non-profit incorporated association based in Tasmania, Australia.

Our Spiritual Director is Zasep Tulku Rinpoche.

TCDF Inc. aims to ensure the continuity of the study and practice of buddhadharma through providing teachers, courses and facilities, to foster open communication amongst all spiritual traditions, and to bring benefit to others through providing opportunities for the development of wisdom and compassion.

We have two main thrusts: Hobart Buddhist Meditation Centre (running in Hobart since 1982) and Dorje Ling Retreat Centre (running at Lorinna, Tasmania since 1977, and purchased by us in 2002).

You can find out more about Tashi Choling at www.tashicholing.net/htm/about.htm



Become a member

Memberships are the lifeblood of our organisation.

You can become a member in two ways:

- Become a regular member: \$45 per year.
- Donate to Dorje Ling Retreat Centre and automatically become a member.

To join, go to our [web site](#).

We also deeply appreciate any practical help that you can give to our Retreat Centre at Lorinna. Jobs may vary from large (e.g. caretaking or building projects) through to small (e.g. gardening or cleaning).



You can also help us by supporting our fundraising ventures, serving on our committee, or simply attending retreats or coming along to our regular meditation meetings in Hobart on Tuesday evenings (see p. 2).

Committee 2013

Madhu Lilley – President
Charles Chadwick – Vice President
Roslyn Alexander – Secretary
Kate MacNicol – Secretary
George Ramm – Treasurer
Roger MacLennan – Public Officer
Maria Grist – General committee, web & newsletter
Guy Turnbull – General committee, building project manager

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 Australia 7002

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 Facebook: <http://fb.me/hbmc>
 Twitter: [@tashicholing](https://twitter.com/tashicholing)

We thank Andrew Wilkie MP for his kind assistance with printing this newsletter.