



Tashi Choling Dharma Foundation Inc. Newsletter Summer 2007

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 recognised 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.

PRESIDENT'S REPORT.

Hello Friends

A big welcome to the first newsletter for 2007 and from our new committee.

We had our AGM in December 2006 and as a result we now have a newly invigorated committee of 14 members. In the past we have struggled to find the basic 8 committee members required to manage the Tashi Choling affairs. The commitment and level of enthusiasm this year is really wonderful to be a part of. I would like to thank all those new committee members for their energy and vision, as was demonstrated at our first meeting one recent Sunday afternoon. Let us take this energy and foster a thriving Dharma culture in Tasmania.

I would also like very much to thank our outgoing committee members Roslyn Alexander and Tony Dix. I know how much energy Rosie put into bringing each newsletter to your hands. Together with Maria Grist she provided us with regular, informative and entertaining newsletters. Thanks Rosie. Enjoy the reads from now on without all the photocopying! Please welcome Stuart Lord as our new editor and he joins Maria on this current edition.

Some other changes include Maria passing on her position as Minutes Secretary to Beth Chamberlain. Thanks Maria for all the amazing work you performed this past year. Maria stays on as Correspondence Secretary and handles Newsletter Layout. Keith O'Hara is continuing as Treasurer, Margaret Steadman as Public Officer, and a new position of Vice President is filled by Sue Willey.

Now to the year ahead.

We are being blessed with a feast of Dharma teachers this year starting very soon with the visit to Hobart of Sonia Moriceau. Then it is possible that Khandro Thrinlay, a highly respected and recommended female Lama will be visiting at Easter. At time of writing the details of this visit are still not confirmed. Please check the website for updates (www.tashicholing.net). Then it has been confirmed that Zasep Tulku Rinpoche will return to give teachings and lead a retreat from October 22nd to 31st 2007. This period includes the Hobart Show 'long weekend' from October 25th to 28th and a Cittamani Tara retreat has been suggested for Dorje Ling at that time. If you are interested you may be able to extend your leave to include the extra few days. Rinpoche then leads a pilgrimage to holy sites in India as a fund raiser for a new Gompa at Dorje Ling. About 25 students are already booked to go.

As an extra treat we have just heard that Tarchin Hearn is interested in visiting Tasmania on his way home from a pilgrimage to Mt. Kailash. His dates will be firmed up in due course and will fall between mid September to mid November I believe. All in all lots of possible times to engage with some wonderful teachers. Please make the most of these opportunities.



On a personal note, I am intending to go on a different pilgrimage later this year as well. I am going to take some of my mother's ashes to scatter at her favourite places on Earth ... Bali, Portugal and the Himalayas. I have been dreaming of returning to our little village of Penedo near Lisbon since we left in 1961. Karma willing this is the year!

I wish you all a vibrant year of wonderful moment by moment awakening.

Guy Turnbull

REGULAR MEDITATION MEETINGS

Our regular meditation meetings are held at 7.30 - 9.00 pm every Tuesday above Gould's Naturopathica in Liverpool St Hobart. All welcome. Those who wish can stay for a cuppa and a chat after our meetings.

Tashi Choling Monthly Program

1st Tuesday of every month

Practice of Green Tara – Green Tara is the embodiment of that aspect of awakened mind which manifests as compassionate activity. This energy of compassionate activity is available to each and every one of us and the practice of this sadhana helps us to bring that forth within our own mindstream. Green Tara is said to be the most accessible of all the "deities", a protective energy and presence that is available to anyone who calls upon it. Born from a teardrop shed by Avalokiteshvara, or Chenrezig, she is the active, compassionate and skilful response to the depth of suffering in the world. Sadhana practice is led by senior sangha members.

2nd and 4th Tuesdays of every month

During 2006, Zasep Tulku Rinpoche led a series of retreats and public talks, which we have transferred onto DVD. Starting from the 2nd Tuesday in February, we will be presenting these DVDs fortnightly.

3rd Tuesday of every month

Sue Willey is leading fortnightly again. Sue has been practicing meditation since 1977. She has been a student of Zasep Rinpoche since 1978. In recent years she has also been studying and practicing under the guidance of Tarchin Hearn. She has undertaken numerous meditation retreats of up to 3 months duration and in 2005 and 2006 has also been a participant in the Wangapeka School of Living Dharma, study and meditation program. Sue's evenings focus on meditation, particularly the practices of Anapanasati (meditation on the breath) and the Four Foundations of Mindfulness. These evenings are interactive, with plenty of time for discussion and the sharing of experience.

VISITING A MONASTERY IN MYANMAR

by Sue Gregory

We arrived at the Fortune Hotel hot and dusty. An old man, the manager, met us and he had the most beaming, alive eyes in his wizened face. I could not but help ask him if he meditated. His eyes lit up as he said yes. After settling us in, he came back to ask us if we would like to visit the monastery of a famous Sawadaw called Mogok.

After an extremely bumpy ride in a back of a truck we unloaded at a monastery and followed him to the display of Mogok Sawadaw's life activities. As a child, bees swarmed on his robes and this occurred several more times in his life. It was predicted that he would realise the highest and noblest truths in this lifetime. He developed particular methods of Visspassana meditation that have influenced much of Myenmar.

We met trishaw drivers, taxi men and shop keepers who do retreats as young boys and return often to the monasteries to become monks for several months whilst they do retreats. It is so much of the culture and so obviously influences the values within their society. One example which was so evident, was the quality of attention people give as they listen to each other (so different to what we noticed on arriving home).

Any way, back to Mogok Sawadaw. During his life he taught all over Myenmar and reached all the highest ordinations possible. At the time of his cremation the bees swarmed again. After the cremation his eyeballs remained intact, as did his teeth, and adjoining tissue between the larger joints (presumably the cartilage). In the room where he was laid, the directly underneath his body raised the floor level of the tiles in the centre of the room. He was believed be an enlightened Arahata. It was fascinating to learn about and to see the relics.

Visspassana meditation is the main meditation practised in Myenmar.

People come from all over the world for 10 day, 1 month or 2 month retreats. We met people from Mexico, Spain, Holland, Japan, Korea and Vietnam at a number of English speaking monasteries we visited especially set up for visitors from overseas. They supply, for example, filtered water. Some of the monasteries are forest monasteries and others are within the cities. Information on the centres is readily available.

The retreats are intensive. Up at 3.30am to begin practice, breakfast at 6.00, lunch at 10.30 am and that's the last meal for the day. Bedtime is 10.00pm. Insight is developed through continuously alternating each hour of sitting and walking meditation, and there is also awareness of daily activities. I had an opportunity to stay at one retreat centre for several nights and came away with a feeling of wanting to go back. The rigour of the intensity of practice was very beneficial.

If you'd like info for visiting retreat centres in Myenmar I am happy to hand on the details of places where you can go.
Sue Gregory 0419 119 744

WORKING BEE AT DORJE LING

There was another burst of activity at Dorje Ling as a small but energetic group travelled north for another weekend working bee. Neil, Losang, Kirsten, Mark, Guy, Stuart and Ella joined Anna at Lorrina to spend the Australia Day long-weekend clearing, cleaning and repairing.

A new tank-stand was erected and a new tank installed upon it to provide clean water for the kitchen, steps at the 'beyond-beyond' hut were repaired while the brushcutter buzzed and buzzed. Major archeological excavations were undertaken in both the big shingle and goat sheds resulting in massive rubbish containing the all the rubbish that had been accumulated over several decades. Saws were pressed into action and much of the timber is now ready to be recycled as firewood. Another expedition involved raiding the paddock of an amenable farmer and transporting a ute-load of cow manure back to the vegie-patch.

It wasn't all work of course. As seems to be the tradition at these events, food both plentiful and delicious was prepared and consumed. One night, with only a little prompting, we were regaled with a potted oral-history of Dorje Ling stretching all the way back to the sketchy beginnings of Illusion Farm. It seems that the well of stories from these pioneering days never runs dry and, as Anna noted, they should be documented before that time moves into the realm of myth. There was also a uekele-powered sing-along, a pythonesque reading of the fire-sermon (well, it was a really, really silly voice anyway), early morning sits in the gompa, wood-fired baths, lake-swims for the courageous (although Neil swore that it was in fact quite warm once you got in) not to mention the sketching

of plans and taking of preliminary measurements for the new kitchen/dining facility. There was talk of master-plans, priority lists and when most workers left Sue Willey arrived in time to attend a Resource Management meeting in the valley that was held on the Monday.

Although the bee really buzzed there remains a great deal to be done. Somehow, despite the competing calls on everyone's time and despite the distance at which most of us dwell from Dorje Ling, we need more people at more working bees more often.

- Stuart Lord

ANOTHER VIEW OF THE BEE

Australia Day 2007

The usual shake down prior to the working bee. Coming? yes? No? hmmm...

As it turned out about 7 of us assembled at Dorje Ling at various times of the day on Friday 26th January 2007 ... Australia Day. And as it also turned out, the item highest on the immediate needs agenda was, and still is, a good water supply. Sound familiar? You would have to be in a cave by a river not to be aware of this growing need all over the country. It seems we are all strangely interconnected??

We are fortunate to have purchased a large water tank which is filled with reasonable water at the moment. We renovated the drinking water tank stand beside the main kitchen and the skies will hopefully provide enough clean fresh rainwater into another, smaller new tank before the next retreat. As it showered quite regularly during the weekend we shouldn't have too many fears in that regard.



Sue Willey, Anna Crotty and Neil Redfern

Other items high on the 'to do' list are such things as fire protection, holly eradication, building maintenance and, oh my goodness, rubbish removal! Neil Redfern and I were greeted on arrival by a growing pile of detritus and ratty rubbish outside the barn with an enthusiastic Rubbish Removal Machine known as Anna Crotty hard at it. Such zeal was infectious and before long Mark Farrell and I were also pulling out old, and for the most part useless, piles of timber and junk. We were as rabid as an early Puritan yelling 'out with thee Satan'! We were

standing at a cliff edge and we all jumped! Now there is a huge pile of stuff waiting to be removed ... or buried under the foundations of the new kitchen perhaps?

(The timber was recycled as firewood, all cut and stacked).

When we arrived I said to Neil ... 'we have 48 hours'. Those hours came and went like a dream and after a weekend of doing what I usually do all week (i.e. construction and deconstruction), Monday was not a problem ... you don't get Mondayitis if you keep up the work momentum. I actually feel energised by the experience and I recommend it to anyone for future working bees. There is a rare energy that comes from performing Karma Yoga. Dharma action is meditation in action. Coupled with early morning sitting in that beautiful gompa and life doesn't get much better.

Just before we left on Sunday Sue Willey arrived. She came up to attend a NRM (Natural Resources Management) meeting on Monday. We are linking with the broader community in order to work together in this important area of management. More on this in later newsletters.

- Guy Turnbull

FROM TARCHIN HEARN



For the last month we have been traveling through a place, called by some, "Turtle Island", exploring some of the great watersheds, canyons and deserts of this vast and beautiful part of our living world.

We have simultaneously been in America for four weeks – a country at war with everything. War on terror, war on drugs, war on cancer, war on fat and all of these wars forming a bigger unconscious

assault on sanity, empathy, true community and clear deep questioning. Friends living lives of low grade depression - a sense that things can only get worse. Virtually no media news that doesn't directly concern the corporate economy of these rapidly Disuniting States of America. Is the rest of the world of any relevance? There seems to be very little public concern for the non-American world. There seems even less concern for the non-human world. All environmental and ecological agendas seem to have been eclipsed by a corporate war machine running completely out of control. Immorality in elected officials. Gun murders and military recruitment in schools. A culture seemingly addicted to polishing the superficial while cherishing the belief that this way of life, the freedom to instantly and endlessly consume, is the envy of everyone else in the world. Growing levels of obesity and diabetes. A shocking number of beggars and homeless people in a country that prides itself as the world's only super power. A widespread level of ignorance about the rest of the world both geographically and socially that is truly astonishing.

We were camping in the desert, far from the acres of flags that were flying in every town. We met with Navaho people who were wonderfully sane in their ordinariness. Actually, throughout our entire journey, we met many gems of sanity that glistened brightly, polished by a flow of inner tears for the sadness of it all; tears that continuously watered the seeds of deepening empathy, compassion and connectedness with all life. We have now been in Boise for two days, enough time to wash the dust out of our packs and meet with friends who have invited us here to say something about real community. The situation is almost too painful to talk about.

It's four am. Walking contemplatively in these leafy suburbs. This particular road has no streetlights. Warm, still, clear sky with crystal stars and choirs of crickets and singing frogs proclaiming the wonder of life ongoing. Off to my left is a glow, a column of light rising up from a rooftop. What could that be? Curiosity directs my legs and around the corner I see an American flag on a makeshift pole tied to a residential chimney. A spotlight is illuminating the flag, solitary in the quiet night sky. Two pickup trucks and a car are parked in the drive. There is a surreal feel to the moment. I think I must be in a movie set. I think of all this patriotic madness and the rivers of suffering flowing out from it. How obsessed with the fantasy of heroic war and longsuffering righteousness. Then the thought occurs, perhaps the family living in that house has lost a son or brother, killed in the growing tragedy of Iraq today. I am touched with emotion, a sadness that overwhelms any sense of angry critique. Poor America! Poor human beings, drowning in disconnected fantasy. What will it take to wake you up? I breathe and feel my feet upon the earth and as I walked back to my house the following words poured fourth.

Hand to my heart
I salute the flag.

Not a synthetic residue of
petrochemical fabric.
Not the red, white and blue of
toxic dye
flushed from factory into rivers
and the streaming lives of water
beings.

I am a patriot.
I am also a matriot.

Glowing with the pride of
uniqueness
hand to heart
I salute the flag as it rises sunward
each spring
And salute the flag as it descends
earthward in the evening of
autumn.
My flagpoles are the branches and
stems of every tree and flower.
My devotion to abundant life
knows no bounds.
My life is the seeing of the sacred
– the one true sacrifice.
My flag comprises all the leaves,
the fabric of knowing.
Its colours are the diversity of
being.

Child of matri-patri union,
in the flow of sight cleansing tears
I stand shoulder to shoulder with all
citizens of love.

Hand to my heart.
touching your heart,
the heart of whales, and herons,
and mountains, and forests,
and yeasts, and fungi, and tulips of
every kind.

We who eternally die,
transforming brilliantly
in all directions everywhere

We
this impossible knowing
- awakens personifying,
We salute thee
Life, Love, and Vast Creativity
Unfolding.

This is my country
And my aliveness is its true
defense.

Tarchin Hearn

With Zasep Tulku Rinpoche in Tibet

How fortunate we are to have our lama here with us, living within such close proximity and so accessible. Spending five weeks traveling and rooming with him in his homeland, and seeing how devoted and respectful the Tibetans are to him back in Tibet, was a blessing in itself. This started when we went to Kum Bum monastery in Xinnig. Seeing the pilgrims there, complete strangers to him, come up for blessings was very moving. He would listen to them and watch while they prostrated and then bless them as they knelt before him. The warmth and intimacy was palpable.

We left Xinnig by car and drove sixteen hours to Yushu, going over two passes at elevations of over 16,000 ft. all the while Rinpoche would be checking in with us to see if anyone was having any of the typical signs of altitude sickness; headaches, nausea or edema. We were doing fine as far as we knew. We arrived in Yushu and were greeted by Rinpoche's brother, nephew and nephew-in-law, a typical Tibetan greeting with khatas and tongues protruding. They would be with us as our guides and occasional bodyguards against dogs for the duration of our stay. The day after our arrival in Yushu, Rinpoche and I were having a conversation about the time difference between there and Vancouver, I couldn't quite understand him or hear him properly, thinking to myself "now that he is back home he is speaking Tibetan without even knowing it." At the same time he was looking at me like "who is this idiot I brought and what did I get myself into." A couple of days later we laughed about it realizing that, due to the dramatic altitude change, our brain functions weren't quite up to snuff and we weren't understanding things too clearly.

Driving into Yushu was like driving into the gateway to Tibet. The road leading up to it had a flowing river on one side leading us there with rows of trees and a monastery overlooking the vista. I was already impressed. Driving into the city of 80,000 mostly Tibetans was equally impressive. The facades on the building were decorated with colourful Tibetan painting and the doors all had the eight auspicious symbols in metalwork overlaying them. The locals themselves were beautifully clad in traditional garb with amber, coral and dzi beads. Here we picked up our translator, Drolma, who was to be a big part of the trip.

From Yushu we were off to Zadoh with Rinpoche pointing out his sacred mountains and his family's ancestral camps. Here we met and stayed with his niece and Neeten, her husband, whom we had picked up in Yushu. The word was given out that Diane, a midwife, was with us and any expectant mothers could come for a consultation. We heard of one woman who lived just outside the city. She had been to the local Chinese hospital where they had told her it was unclear whether she had twins or just one baby and a large cyst. Her brother went out to bring her in and she arrived six hours later (we were to learn that nothing happens quickly there). Diane did an assessment of the expectant woman and discovered two heartbeats. We were all very excited for her. These would be her ninth and tenth children! The doctors at the hospital, after performing an ultrasound, had said that she was around 30 weeks pregnant, but Diane thought it was very much closer to 40 (according to the timing of her last menses). We left a couple of days later for Tashi Lhapug with the thought that when we came back she might have delivered them.

It was a 10-hour drive up to Tashi Lhapug with a couple of stops along the way to eat and rest in some nomadic camps. Of course, there were also the spontaneous stops for locals who would come up to the truck Rinpoche was in for blessings. It was uncanny how they knew he was there. We would see them walking across a big open field with family in-tow to come and make an offering to Rinpoche and receive his blessing, a deity card, and blessing pill or cord. When we finally came up to the last pass where we could see Tashi Lhapug down below in the valley, it was awe-inspiring—like arriving upon Shangri-la. Here, in the middle of nowhere, (I kept looking for a sign that said "Nowhere") was this magnificent monastery rebuilt from rubble. There are 100 monks, including four yogis from the old days and many young boys, now living at the monastery. Some mature monks have come back after spending many years in Tibetan monasteries in Lhasa and India and this has been very inspiring for the younger monks.

Rinpoche gave teaching and initiations which the monks accepted enthusiastically and gratefully. He opened the Debate and Logic school where 32 monks will study. There was plenty of time for meetings with the monks so much was accomplished administratively. The goals set out in these meetings

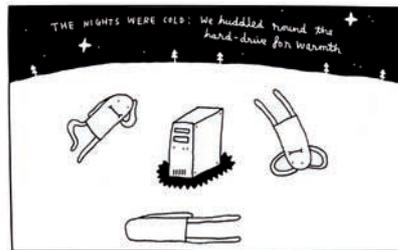
are to raise \$10,000 annually to support the monks of the debate and logic school. These funds will be used for food and living expenses, and the building of a kitchen, storage area and dung house. There are no washrooms and no wells, so plans are underway to build these and to construct a fence around the areas that contain underground springs so that they can be kept sanitary.

Five days later we were on the road again up to Rinpoche's brother's camp. We got off the road at one point and drove over hill and dale using valleys and mountain tops as our signposts until we arrived at his camp. We were greeted by Jamda's wife, two daughters, son and his wife and many barking Tibetan mastiffs. We felt as if we were back in time 300 years, living in the yurts, eating yak yogurt and tsempha for breakfast and boiled mutton for supper. It was spartan but offered graciously. The only electricity came from a solar panel that lit a single bulb in the main tent used in the evening for cooking and eating. Like Jamda, his family was very giving and helpful with anything they could. A few days later it was decided that we

should go on a pilgrimage to Lama Norlha. Who was Lama Norlha I asked, Not who, but what, was the response. Lama Norlha is a sister mountain to Mount Kailash where a terton discovered that it is a holy seat for Padmasambava. Rinpoche hadn't been there before and was excited to go.

Jamda arranged the horses and gear and we were off, a small expedition of seven, with three pack-horses in tow. It took two days of nine hours each of horseback travel, during which we went over a mountain pass of 17,000 ft., to get there; and it was worth every step. Enroute we stopped at hot springs which Rinpoche and I had envisioned as a glacial outpouring into a snow-lined pool with steam coming off the water and were eagerly anticipating. We were sadly disappointed by what we saw. It was a swamp with a sulfur smell that was heated by the sun. We went in anyway not having bathed for a week and feeling the need to be clean. One older fellow in the pool recognized Rinpoche and had heard all the wonderful things he had done for the locals. He did darshan at Rinpoche's feet and received his blessing. We passed Lama Norlha and many stupas that day and camped up at a glacial lake. There were no westerners here, just pilgrims to Lama Norlha and the lake, an amazing site.

After spending a few days circum-ambulating this holy site, we set out



by horseback back to Zadoh. We checked in to find out if the woman pregnant with twins had delivered but it hadn't happened yet. Diane suggested she go back to the hospital to get some more tests done and possibly stay since she was now getting very large and not able to move around well.

We left Zadoh and carried on by jeep to Jamseng Health Care Centre. There we met Dr. Shamar who told us he was resigning. Dr. Leder and Jamda quickly found another local doctor to replace him. We bought some pill-making machines (grinder, oven and pill roller) so the doctors could make their own traditional pills from the herbs that they had collected. Diane and I saw many patients there and, along with Rinpoche, dispensed many of the Tylenols and arthritis and stomach medicine. We also erected a prayer flag stupa for the locals to circumambulate and made plans to erect a concrete one next summer. It will be a 24-foot stupa of Namgyalma Buddha for long life and of Medicine Buddha for good health. The stupa will cost 2,800 yuan.

We then went back to Zadoh again and discovered that the woman still hadn't delivered. Her husband asked Rinpoche to do a "mo" about the delivery: would it be safe with a natural birth or a caesarian? The answer came back equally good either way. Later that night Diane went to see the woman and taught her husband how to induce labour through reflexology techniques. We left for two nights to go visit some of Rinpoche's relatives and when we got back we got a call that two little boys had been born just 12 hours prior, at home with no medical support and both breech, feet first! We went over right away and Rinpoche blessed them and Diane checked them out as well as the mother. They were all fine and healthy. What a blessing.

Our journey trip to Tibet was filled with many more amazing experiences too numerous to be recounted in a single short essay. It was wonderful to see first-hand how everyone's contributions here are used so efficiently and effectively. Many thanks to all who have contributed time, money, articles of clothing, sunglasses, medicines and so forth over the past few years. Your generosity has made, and will continue to make, a profound difference in the lives of the people living in this area of Tibet.

Thank you Rinpoche

(From Evan, a Canadian student)

2007 TCDF Retreat Schedule

Dates	Activity	PUBLIC HOLIDAY INCLUDED
February 2007:		
Friday 9 th	Sonia Moriceau Public Talk – Hobart 7:30 – 9pm	
Saturday 10 th – Sunday 11 th	Sonia Moriceau Touch Workshop – Hobart 9am – 4 pm	
Monday 12 th		Hobart Regatta Day
March 2007:		
Saturday 10 th – Monday 12 th	Maurice Oliver Retreat – Mindfulness for Insight – see more information enclosed – Rural Retreat – location to be confirmed	8 Hours Day
April 2007:		
Friday 6 th – Monday 9 th	Proposed Khandro Thrinlay Retreat – Dorje Ling	Easter Friday and Monday
Wed April 25 th		Anzac Day
May 2007:		
	Maurice Oliver Retreat	
June 2007:		
	His Holiness The Dalai Lama's visit to Victoria:	
Thursday 7 th	His Holiness will lead a blessing prayer at the Great Stupa of Universal Compassion - Bendigo	
Friday 8 th – Sunday 10 th	His Holiness will give a three-day Buddhist teaching on Geshe Langri Thangpa's Eight Verses of Training the Mind (lojong tsikgyama) and a Manjushree Empowerment – Melbourne.	Queen's Birthday
Saturday 9 th	His Holiness will give a Public Talk and on Universal Responsibility – Melbourne.	
Monday 11 th	His Holiness The Dalai Lama's visit to Geelong – Public Talks His Holiness will give a Medicine Buddha Initiation and a public talk on A Human Approach to World Peace Geelong.	
July 2007:		
Friday night 13 th – Sunday 15 th	Full Moon n Fire Puja Dorje Ling Working Bee – practice Karma yoga in beautiful Lorinna, enjoy a great drive with Sangha friends!	
August 2007:		
	Urban or Tara Nivas Retreat	
September 2007:		
Friday night 21 st – Sunday 23 rd	Tsog n Equinox Dorje Ling Working Bee – Tsog and Karma yoga practice in beautiful Lorinna, enjoy a great drive with Sangha friends!	
October 2007:		
Monday 22 nd – Wednesday 24 th	Venerable Zasep Tulku Rinpoche giving Teachings in Hobart	
Thursday 25 th – Wednesday 31 st	Venerable Zasep Tulku Rinpoche leading a 4-7 days Cittamani Tara Retreat – Dorje Ling – Bring Tara energy	Hobart Show Day
November 2007:		
	Venerable Zasep Tulku Rinpoche lead pilgrimage to India	
	Tarchin Hearn Retreat	
December 2007:		
Dec 25-26 th		Christmas n Boxing Day

If you have any ideas or suggestions for retreats, please contact:

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MYANMAR (BURMA): A VISIT TO TARCHIN'S TEACHER'S TEACHER

by Sue Gregory

The taxi dropped us off at the end of a lane in Yangon (Rangoon) where we entered a white painted monastery. Large old trees, stupas, Buddhas, and men chanting as they sat cross legged facing altars set in tiny cubicles.



Painting of U Theila Wunta Sayadaw

After wandering around in the peacefulness and intense tropical heat, we made our way to the main building. Several monks invited us upstairs, where an elderly monk sat in a wide chair surrounded by people massaging his legs and helping him to eat his meal. Born in 1912, and now 94 or 95 in years, U Theila Wunta Sayadaw was Venerable Namgyal Rinpoche's teacher when he first went to Burma in the 1950's. His eyes were very bright and his smile very wide. Although we could only communicate a little through the translator, he made us very welcome.



Photo of the story of Namgyal Rinpoche at Wat Pon Zon Aung Min Gaung monastery, Yangon, (Rangoon)

His translator brought out a photo album about Namgyal Rinpoche.

We learnt of Rinpoche's activities throughout the world helping to establish peace pagodas and meditation centres in a number of countries, bringing Buddhism to the western world. U Theila Wunta Sayadaw had travelled to many of these places. We were delighted to find a photo that included Cathy Hope, Tony Dix and Cecilie Kwiat. We excitedly pointed to the photo! Here were our friends in a photo album in



Photo of Tarchin in the museum at the pagoda

Myanmar! It was taken at a retreat with Rinpoche in Western Australia! We then visited the museum and discovered an early photo of Tarchin as a monk in Canada, and black and white photos of teachers of the same lineage right back in the 19th century.

The visit gave us an appreciation of paying homage to lineage going back through time, and an appreciation of the mindful dedication to training our teachers personally have done in being able to then bring the wisdom teachings to us. I felt so much he patience and kindness that they show us.

The Sayadaw offered us lunch at 10.30am and we learnt that this meal is the last for the day, breakfast having been at 6.00pm. After this, he very sprightly got out of his chair and headed for his shower. The next day he was off to Brazil for the opening of a peace pagoda. Not bad for a 94 year old!

We were lucky to have had the opportunity to see him the day before he flew off. He was to be accompanied by several doctors, one of whom arrived from Edmonton whilst we were there. To my surprise, I knew him! Dr. Stephen Aung had been my acupuncture doctor and Chi Gong teacher when we lived in Edmonton 12 years ago. To see him again and discover his connection to the line of teachers was a delightful connection.



The monastery where Namgyal Rinpoche trained in Burma. This building did not exist when he was there in the 1950's

We went away feeling touched in a way that I cannot describe. Several weeks later I spent time in a retreat centre north of Mandalay, and during sitting, many of the words and teachings that Tarchin, Cecilie and Bonnie have given us flowed through my mind. How wonderful that we have had the opportunity to learn from them and to have some understanding of the history and eons of time through which the teachings have come to us.

Sue Gregory and John Bermingham – Ph: 0419 119 744

Sonia Moriceau

I had the good fortune to participate in a weeklong course which Sonia Moriceau gave in the first year of the Wangapeka School of Living Dharma program. It was a revelation for me, and many of the things I learned there continue to resonate strongly through my own ongoing practice. Sonia is a Master Shiatsu practitioner and teacher as well as being a longtime teacher of meditation. If we truly desire to be a helping and healing influence for ourselves and others, the cultivation of presence and awareness is the first, and perhaps the only, thing that is really required. Healing, awakening, I'm not sure any more that there is any difference. No longer struggling, just resting, allowing whatever arises to arise....and pass, witnessing that in love, in ourselves and others, aware, awake.

With Sonia you will learn wonderful ways to bring this into being.

(See Page 9)

- Sue Willey

Letter from Rinpoche

Happy Tibetan New Year. I wish this coming year of Pig will be good year for all of you.

I want to Thank You for your support for Gaden Relief Project in the past.

2006 was great year for Gaden Relief Project, we have accomplished lot.

More improvement for Jamseng Health Care Centre in Zadoh Tibet.

Opening new school of debate and logic at Tashi Lhapug monastery.

Installation of full solar energy lights at Gelgruun Choira monastery in Gobi Mongolia by John Huizinga

Whenever I think that our 32 young monks now studying Buddhist philosophy at Tashi Lhapug monastery and we have build the monastery school, it makes me very happy. I think these monks are the future of Buddha Dharma in Tibet. It is very important to have good monastery and good monks for Buddhism and its key survival of Tibetan Buddhism in Tibet. Tashi Lhapug monastery is well known as a good monastery, because the monks are well disciplined and they practise hard.

I personally made commitment to support 32 young monks for their food program. It is not possible for them to study at this very isolated monastery without support and food. Each monks need Y- 200 Chinese Yuans for each month and total food cost for one year will be about \$10,000 US. So I would like to request each of our Dharma centres raise up to \$ 1,000 US for each year. I think that will be just wonderful.

I need your help and support, if you can help our monastery that will make monks are happy and I will feel grateful to you and this is one of our Dharma practice.

So please do raise food funds for our monastery in Zadoh Tibet.

Thank You

Many Blessings

Zasep Rinpoche

Changing of the guard

What a fantastic meeting!

Dinner at Anna's ... lively, happy faces. The first meeting of our newly elected Tashi Choling committee, some old, some new and all us excited by the surge of new energy.

I for one enjoyed immensely the range and depth of thoughtful discussion, the offering's of people's experience as dharma students and the shared love of the community. Stimulating and lots of fun - My cup of tea!

At this point, I wish to on behalf of all of us to acknowledge two retiring committee members, Rosie Alexander and Tony Dix. Thank you for your love and care, Tony as committee member and Rosie as shared secretary with Maria. Rosie earns the honoured title 'Retired timeless worker', She dealt with correspondence, writing for, organising, chasing up articles for the news letter, photo copying, Folding and sending, gathering information and designing flyers, organising retreats and working bees and very often be that person who had her finger on the pulse when the ship shuddered.

Rosie always took the opportunity with he yoga retreats to invite her students and others alike to experience Dorje Ling, enacting all of our wishes to see Dorje Ling as an active retreat centre.

Rosie's expression of personal commitment has always been visionary and creative with her sleeves rolled up..

Enjoy a little less busy life Rosie, and a little more cushion time.

- Kate MacNicol

Lorinna Road

For some years, despite opposition from within the community, Kentish Council has attempted to build a new road into Lorinna. At the October meeting of council a motion was passed to investigate funding assistance from the State and Federal Governments to build a new road into Lorinna. The motion was supported by all except one councillor. The proposed route is extremely steep and would cut through the rainforested area to the north of Wilks Road. The expected cost of this proposal is \$1.4 million. The council need to borrow whatever funds they are unable to source in government assistance.

Some residents welcome a new road as Lorinna Road has been wilfully neglected by council for some years and much of the surface is down to bedrock which creates vibrational damage to vehicles, destruction of tyres and general discomfort to travellers.

However, a new road into Lorinna would diminish the sense of isolation and peace and open the valley to industrial forestry and tourism. It makes no sense socially, economically or environmentally.

There are increasingly few 'Lorinnas' in this world of haste and self-interest and those of us who recognise those values will maintain a steadfast commitment to protecting this precious space.

- From Annie Willock

TENTS4PEACE

Continuing sponsorship is need (150 individual sponsorships) as well as an extra \$20,000 to furbish the orphanage.

Please help these women and children who have no alternative support. The Tents4Peace project is fully run by volunteers. <http://www.tashicholing.net/>

Vajrayogini Tsog Dates:

Calculated from day 10 and day 25, the new moon being day 1.
February (Mon 12, Tue 27)
March (Wed 14, Wed 28)
April (Thu 12, Thu 26)
Initiates who wish to practice together, please contact Rosie 043 999 5655

Khandro Thrinlay Chodon

Khandro Thrinlay Chodon was born in Lahoul, which is known as the 'Land of the Dakinis'. She was born into a family of great Tibetan yogis who were renowned for their extensive and pure practice. She has therefore been trained since childhood in Buddhism and grew up in an environment where spirituality was an integral part of everyday life.

Due to sponsorship from an Australian man named Laurie Seaman Khandro-la was able to attend a catholic boarding school. At the school she learnt English and received the beginnings of her excellent western academic education. Khandro-la went on to earn her B.A. in Psychology from Punjab University in 1986 and then, in 1998, she graduated with an M.A. in East-West Psychology from the California Institute of Integral Studies.



Khandro-la's family holds the lineage of the Drukpa Kargyud tradition. Her great grandfather, Togden Shakya Shri, was a realized master in both Dzogchen and Mahamudra, and was widely renowned for skillfully combining these two views. Her father Apho Rinpoche, a widely respected master, was responsible for strongly reviving the Drukpa Kagyud tradition in Lahoul, Ladakh, Manali, Zanskar and Pangey, where he established several retreat centers in these Himalayan regions. He was also one of the first Dharma teachers to teach western students. Khandro-la's mother Sangyum Ugyen Chodon, was her constant guide and source of inspiration both in her spiritual and worldly life. It was Khandro-la's mother who first sowed the seed for Khandro-la's enduring passion for the Buddhist teachings and practice in daily life. She was an accomplished yogini, a loving mother and a friend to all.

Khandro-la trained as a child with the late Gegen Khyentse Rinpoche, a master of the Six Yogas of Naropa and Mahamudra. She received from him all the empowerments, transmissions and teachings of her Drukpa Kargyud lineage. Khandro-la also studied with the late Dilgo Khyentse Rinpoche. She has practiced in solitary retreat in the mountains of Nepal, at Tato Pani Bhakang under the guidance of Sengdrak Rinpoche – a master known for his humbleness and ascetic practices.

In 1998, Khandro-la married His Holiness the 9th Shabdrung Ngawang Jigme. It was a marriage of pure love and devotion. Khandro-la tirelessly assisted Shabdrung Rinpoche with the many duties of his role as head of the Drukpa Kargyud lineage of Bhutan. In so doing she was an inspiration to many. As consort of this great master Khandro-la cared for and assisted not only Rinpoche but also his projects and all those connected to them and him. Khandro-la intimately assisted in the establishment of Shabdrung Rinpoche's monasteries in Bodhgaya, Kalimpong and Manali. Very sadly His Holiness passed away on 4th April 2003. Khandro-la derives her current title through her marriage to Shabdrung Rinpoche. "Khandro" (also known as dakini in Sanskrit) refers to the wisdom quality within the feminine essence. It is literally translated as "skygoer".

Since the unfortunate death of her late husband Khandro-la has fully devoted herself to bringing to life her long time vision of Khachodling. She sees this project as an outer and inner spiritual practice. In order to bring this project to life she has been traveling and teaching in Europe, Argentina, the United States, Australia and Taiwan. In her travels she has inspired many people by the depth of her devotion and wisdom of her lineage.

Khandro-la's western education, together with her profound knowledge of the Tibetan Buddhist practices and culture has meant that she has always been able to provide a bridge for westerners seeking spiritual understanding of the Tibetan



Buddhist teaching. Both Gegen Khyentse and His Holiness Shabdrung Rinpoche always entrusted Khandro-la as their translator for western students. Khandro-la provided invaluable input to Tsultrim Allione's book "Women of Wisdom", which is a unique chronicle of the lives and teachings of some of Tibet's great women yogis.

In recent years Khandro-la has been leading pilgrimages to sacred sites and ceremonies as an invaluable introduction and training for her Western students and friends. Now her biggest project and in fact her life's work

is Khachodling - a project that seeks to bridge east and west in spiritual training and social action and to support the training of women in spiritual practice, particularly the nuns of her lineage in the Himalayas where support is much needed in the face of extinction.

This information has been taken from www.khachodling.org where there is more information on Khandro-la, her gurus, family, projects and teaching.

Khandro-la Public Talk, Wednesday 4th April (Hobart), Easter Retreat, starting Friday 6th April (Dorje Ling)

MAURICE OLIVER - MARCH RETREAT

Mindfulness for Insight – a practice oriented workshop to help us strengthen and deepen our experience of positive Mind, Meditation and Dharma.

'Finding liberation within allowing insight to develop as the mind becomes calmer'

Engaging classic Buddhist practice methods of mindfulness we will look into the meaning of the Heart Sutra. With support of experienced meditation teacher this workshop we will explore in discussion and guided meditations how we can experience our mind resting in its natural clarity.

Participants should be prepared to experience profound relaxation joy and other positive emotions.

The Power of Presence

WORKSHOP - SONIA MORICEAU

Founder of the Healing-Shiatsu Education Centre in the UK and student of Namgyal Rinpoche. <http://www.soniamoriceau.org>

7.30pm - 9.00 pm - Fri 9 Feb 2007

9.00am - 4.00 pm - Sat & Sun 10 - 11 Feb

Cost \$240

Room 7 , Adult Education, 32 – 26 Church St, Hobart

More information:

Call Sue Gregory on 62347736 or 0419 1197 44.

Email: sgregory@healthyoutlook.com.au