



# Tashi Choling Dharma Foundation Inc. Newsletter Autumn 2004

## *PRESIDENT'S REPORT*

Hello friends,

The newsletter crew have asked for a President's Report and apparently autumn is nearly gone and winter will be soon be upon us. It sure feels like winter to me this morning... snow on the mountain and a cold wind blowing. A far cry from the sunny summer days when we were planning the most recent visit of our dear Teacher, the Ven. Zasep Tulku Rinpoche. The time in between has evaporated faster than rain on the Sahara and what remains? For each of us a different answer no doubt, but from the perspective of the Tashi Choling Dharma Foundation, we share a sense of satisfaction from knowing we did our best to assist Rinpoche in communicating the living Dharma to quite a few fortunate students.

The retreat numbers were heartening (excuse the pun)...the Heart Sutra Retreat at Dorje Ling, in Lorinna, saw the Gompa filled almost to capacity and the Koonya Tara Nivas Retreat and town public talk were also well attended. All who were there were moved by Rinpoche's sincere, deep and good humoured explanations on the various topics being taught.

An important event was a blessing ceremony and celebration held for the marking of Rinpoche's first visit to Dorje Ling since the Sangha purchased the property last June. Thanksgivings were extended to all who have carried the baton on this extended marathon of custodianship and to all who are now involved in this very important stage of establishment of a community owned and organized retreat centre.

On this point let me repeat the request that anyone who has benefited from attending retreats at Lorinna consider how you can ensure that this precious jewel continues to benefit others in the future. Too few people volunteer and consequently the load is left to be carried by a small group. We are definitely not elitist and welcome any and all contributions in energy and kind.

I would like to thank the wonderful caterers for both retreats. They provided wonderful, nourishing food with great joyful energy and they did so in the true spirit of Karma Yoga.

Thank you sincerely oh Kitchen Dakas and Dakinis!! May you long have gas under your burners!!

Talking of gas...Rinpoche's retreat house is close to completion (the gas has been installed) and may be used for retreats soon. The bathroom needs lining and a wood heater installing. We have offered the use of the house to Lama Soten if he wishes to do a retreat this winter. We need some assistance in finishing so a working bee will be held in winter in order to do this. If you are interested please contact us to help us plan a weekend which will also include some time to practice. We usually carpool and feed each other so the more the merrier.

In closing let me say that I believe the quality of our current committee is 'bloomin' marvelous' (as Peter Cundall would say). I sincerely thank all concerned for your indefatigable effort and creative energy.

Thank you

Guy Turnbull



**PO Box 593, North Hobart, TAS 7002. Room 1, 2nd Floor, 71 Liverpool St, Hobart.**

**Meditation time: Tuesday evenings, 7.30 pm - 9 pm.**

**Contact: Maria Grist -< info@mariagrist.net > or**

**Guy Turnbull <guyglass@southcom.com.au >**

**Dorje Ling web site < www.dorjeling.go.to >**

HEART



SUTRA

Homage to the perfection of wisdom, the Blessed Mother.

Thus have I heard. At one time, the Blessed One was dwelling in Rajagriha at Massed Vultures Mountain together with a great assembly of monks and a great assembly of bodhisattvas. At that time the Blessed One was absorbed in the concentration of the countless aspects of phenomena, called Profound Illumination.

At that time also, the Superior Avalokiteshvara, the bodhisattva, the great being, was looking perfectly at the practice of the profound perfection of wisdom, looking perfectly at the five aggregates.

Then, through the power of the Buddha, the Venerable Shariputra said to the Superior Avalokiteshvara, the bodhisattva, the great being, "How should the son or daughter of the lineage train who wishes to engage in the practice of the profound perfection of wisdom?"

Thus he spoke, and the Superior Avalokiteshvara, the bodhisattva, the great being, replied to the Venerable Shariputra as follows:

"Shariputra, whatever son or daughter of the lineage wishes to engage in the practice of the profound perfection of wisdom should look perfectly like this: subsequently looking perfectly and correctly at the emptiness of inherent existence also of the five aggregates.

Form is empty; emptiness is form. Emptiness is not other than form; form also is not other than emptiness. Likewise, feeling, discrimination, compositional factors and consciousness are empty.

Shariputra, like this, all phenomena are merely empty, having no characteristics. They are not produced and do not cease. They have no defilement and no separation from defilement. They have no decrease and no increase.

Therefore, Shariputra, in emptiness, there is no form, no feeling, no discrimination, no compositional factors, no consciousness. There is no eye, no ear, no nose, no tongue, no body, no mind; no form, no smell, no taste, no tactile object, no phenomenon. There is no eye element and so forth, up to no mind element and also up to no element of mental consciousness. There is no ignorance and no exhaustion of ignorance and so forth, up to no ageing and death and no exhaustion of ageing and death. Likewise, there is no suffering, origin, cessation or path; no exalted wisdom, no attainment and also no non-attainment.

Therefore, Shariputra, because there is no attainment, bodhisattvas rely on and abide in the perfection of wisdom; their minds have no obstructions and no fear. Passing utterly beyond perversity, they attain the final nirvana. Also all the buddhas who reside perfectly in the three

times, having relied upon the perfection of wisdom, became manifest and complete buddhas in the state of unsurpassed, perfect and complete enlightenment.

Therefore, the mantra of the perfection of wisdom, the mantra of great knowledge, the unsurpassed mantra, the equal-to-the-unequalled mantra, the mantra that thoroughly pacifies all suffering, since it is not false, should be known as the truth. The mantra of the perfection of wisdom is proclaimed:

**TADYATHA OM GATE  
GATE PARAGATE  
PARASAMGATE BODHI  
SVAHA**

Shariputra, a bodhisattva, a great being, should train in the profound perfection of wisdom like this."

Then the Blessed One arose from that concentration and said to the Superior Avalokiteshvara, the bodhisattva, the great being, that he had spoken well: "Good, good, O son of the lineage. It is like that. Since it is like that, just as you have revealed, in the way the profound perfection of wisdom should be practiced, and the tathagatas will also rejoice."

When the Blessed One had said this, venerable Shariputra, the Superior Avalokiteshvara, the bodhisattva, the great being, and that entire circle of disciples as well as the worldly beings – gods, humans, demi-gods and spirits – were delighted and highly praised what had been spoken by the Blessed One.

**tadyatha** - it is like this;

**om** - body, speech and mind;

**gate** - go: one should go to the mahayana path of accumulation;

**gate** - go: one should go to the mahayana path of preparation;

**paragate** - perfectly go; one should go to the mahayana path of seeing;

**parasamgate** - perfectly and completely go: one should go to the mahayana path of meditation;

**bodhi** - enlightenment;

**svaha** - build the foundation.

**TASHI CHOLING  
TUESDAY MEDITATION  
AND STUDY EVENINGS**

7.30 – 9.00PM Above 71 Liverpool Street. Laneway east of Gould's Pharmacy.

Following on from Zasep Tulku Rinpoche's visit, Guy Turnbull will lead study on the Heart Sutra, commencing on 25<sup>th</sup> May, for 8 weeks.

Topic presentation and discussion, will alternate with a meditation evening based on the previous week's topic.

**Recommended Text for Heart Sutras Study**

The Heart Sutra

By Geshe Sonam Rinchen

Translated & edited by Ruth Sonam

Published by Snow Lion

ISBN 1-55939-201-0

**MEMBERSHIP.**

Become a member of Tashi Choling Dharma Foundation. Membership costs \$30/\$15 p.a. Memberships fall due 1 December annually. Send to Tashi Choling Dharma Foundation Inc., PO Box 593, North Hobart. TAS, 7002.

**TCDF OFFICE-BEARERS**

**2004**

Guy Turnbull	President
Monica Brigid	Treasurer
Margaret Steadman	Public Officer
María Grist	Secretary
	(Correspondence)
Cathy Hope	Secretary
	(Minutes)

**ELECTED MEMBERS.**

Annie Willock, Roslyn Alexander, Ian Taylor, Tony Dix.

**REFLECTIONS AFTER THE  
EASTER RETREAT - 1**

A tiny seedling awakens in the dappled light of the forest.

It stands in total serenity, completely oblivious to the rushing here and there of the outside world.

It has no cares or worries.

Its only aim in life is to grow strong and tall and provide shelter and food to the animals in the forest.

It feels the energy of those all around it and respects them for

what they are no matter their size shape or colour.

It is the essence of peace itself.

(Josef Fazackerley, aged 12.)

**REFLECTIONS AFTER THE EASTER RETREAT - 2**

Already weeks have passed since spending happy days at Dorje Ling in retreat with friends. My decision to take the time out for retreat in was one of conviction and certainty, along with my early payment. From previous experience I'm well aware the journey to the Lorinna Valley for an annual retreat begins long in advance, and this was no different. Certain conflicts began to arise sharply in the time before leaving Hobart. Stretched thin, I began to renegotiate plans with my two boys, wavering indecisively between my time, their time and our time with partner and dad, who's travelling in another direction. You know it! Fogs descended and you wish someone would make a decision. They did and we went. Two days instead of four. After one day in the company of new friends, an old family and divine surroundings, two deliriously happy boys pleaded "WE HAVE TO STAY" and stay we did. All four wonderful days. In reflection, it makes me laugh...the contrast between coming and going, the anticipation of arriving and leaving and the wonderment of being still. We all had such a happy time. Fed and nourished so beautifully by Zasep Rinpoche, the teachings, each others company, the magnificence of the land and of course the cooks. To take the opportunity to retreat is both a Blessing and a Gift. Better still....take the kids.

(By Kate MacNicol)

**REFLECTIONS AFTER THE EASTER RETREAT - 3**

.... Form is emptiness; emptiness also is form. Emptiness is no other than form; form is no other than emptiness.....(The Heart Sutra.)

. The notion of the big bang arises from Edwin Hubble's discovery in the 1920s that the universe is expanding right before our eyes. Cosmologists naturally followed the story backwards, and they now conclude that some 14 billion years ago, all the matter in the universe must have been crammed into a single, dimensionless point.

Loop quantum gravity which was first proposed by Smolin ascribes a complex quantum architecture to space, and uses it to peer into the core of creation. What is found there was not a beginning at all, but rather a portal to a universe that came before.

That is, first it is said there is either formlessness or form; if form then this form begins to compress and head towards the formless emptiness of the no time no space singularity. Being unstable there it takes on form again and spreads out into the universe, which we know and love. This

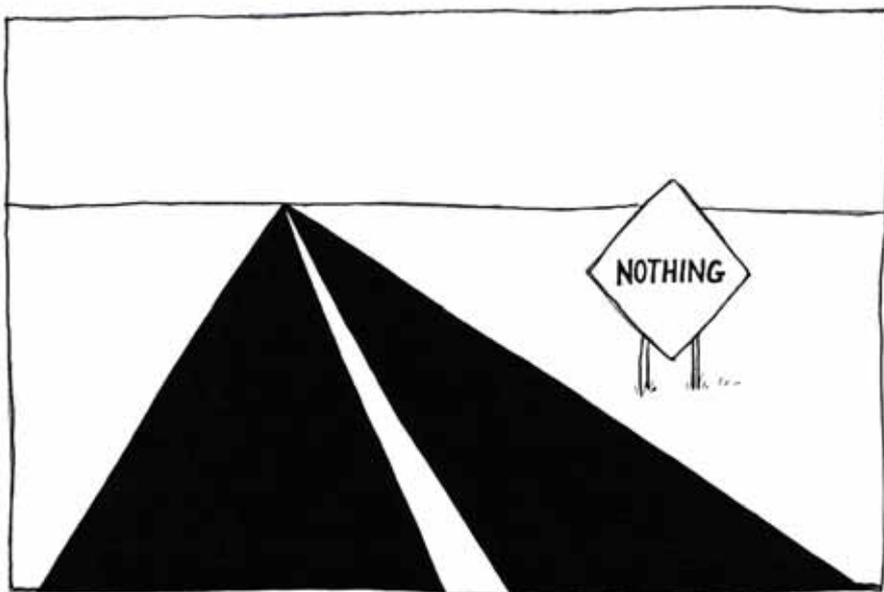


theory suggests that not only did our universe have its present beginning in an empty spaceless timeless singularity but also that its journey from empty formlessness was only a stage on the way of the continuing mystery of form arising out of the formless and then going back into the emptiness of the formlessness again and again.

"...Emptiness is no other than form; form is no other than emptiness. In the same way, feeling, perception, formation, and consciousness are emptiness. Thus, Shariputra, all dharmas are emptiness. There are no characteristics. There is no birth and no cessation...." (The Heart Sutra)

So, modern thought in physics holds that energy arises out of the emptiness and spreads out in vast galactic formations to ultimately shrink and compress back into the emptiness whence it arose. No birth and no cessation. Again and again and again. For ever and ever. Amen.  
(By Jack Lomax)

**TARA SADHANAS** are now available to all initiates at Tashi Choling .



### **ART AUCTION**

Our recent fundraising art auction was a huge success. Thanks to Guy Turnbull for his gargantuan effort in preparing for this event. Thanks also to Guy and Rosie for the venue, to Jaspa Wood for curating the event, and to Iain Laing, our very able auctioneer, and all of our generous artists and collectors - there were over 100 items altogether. I don't think any of us quite realised what we were in for! We have held over what could not be sold for a similar event some time in the future.

### **AND SOME ORGANIZATIONAL MATTERS:**

Our recent retreat with Zasep Tulku Rinpoche was a great success. The Committee worked very hard on this retreat. However, on the organizational front, we have identified several areas which could be improved in the future.

We are asking you to help us by giving us feedback wherever you can, particularly if there is something you are not happy about. As we are a volunteer organization, and most of the Committee members have full-time jobs, we are limited in our time. If you are willing to help with future retreats, working bees at Dorje Ling or with any suggestions for improvement, we want to hear from you.

You can also help us in the future by booking for retreats well in advance, and by sending your cheque and completed form to our P.O. box number. It was difficult for us at this retreat, because less than half of the retreatants who finally came, had booked this way in time for the

advertised deadline.

If you are a contributor to the Dorje Ling project, and you have any questions about this, again, please let the Committee know. This is the first time that our busy Committee has had to deal with such a huge issue as the purchase of this wonderful property, and there are bound to be a few teething problems. We aren't quite tearing our collective hairs out yet, but we have been close at times!  
(From Maria Grist - Secretary.)

### **VajraYogini Tsog Days for 2004**

Thursday May 13<sup>th</sup> & Friday May 28<sup>th</sup>.

Saturday June 12 & Sunday 27<sup>th</sup>  
Monday July 12<sup>th</sup> & Monday July 26<sup>th</sup>

Tuesday August 10<sup>th</sup> &  
Wednesday 25<sup>th</sup>

Thursday September 9<sup>th</sup> & Friday 24<sup>th</sup>

Friday 8<sup>th</sup> October & Saturday 23<sup>rd</sup>  
Sunday November 7<sup>th</sup> & Monday 22<sup>nd</sup>

Tuesday December 7<sup>th</sup> & Tuesday 21<sup>st</sup>

### **"DHARMA WORKS" - CLASSIFIED ADS:**

#### **WEB DESIGN**

Contact Maria Grist for your web site needs. Maria specialises in page flow management, small file sizes for quick download times, a clean look, and simple, intuitive site navigation. Maria's personal web site is at [www.mariagrist.net](http://www.mariagrist.net). Phone (03) 62349404

#### **LIVING YOGA**

Term 2 courses start June 14<sup>th</sup> to September 10<sup>th</sup> at North Hobart. Hatha Yoga content based on Satyananda style and meditations taught come from both yoga and Mahayana Buddhist traditions. Children's classes combine elements of dance with yoga postures to music. Contact: Roslyn Alexander, 043 999 5655.

**If you would like to place an ad here, please send the wording (50 words) plus \$20 payment to TCDF, PO Box 593, North Hobart, 7002.**

## **DONATIONS TO DORJE LING**

Thanks to all who are continuing to be a part of this wonderful project by regular donations. If you haven't contributed as yet and would like to, please set up a regular electronic transfer through your bank. Many people who can't afford a great deal, are still paying \$20 per month regularly. This makes a huge difference to our loan repayments, and will enable us to continue maintenance and hopefully, capital improvement. We don't have a facility for our bank to withdraw directly from your account, you will need to set it up at your end. There will be a small bank administration cost - if this is a problem, just reduce your preferred payment amount by this amount. The details of our bank are: Commonwealth Bank, 81 Elizabeth Street, Hobart 7000 BSB: 067 002 Account Number: 1016 2638 Name of Account: Dharma Foundation of Tasmania Building Account.

### **Please Note:**

Please tag this withdrawal with your name - so that we can see on our statement who has sent this money.

### **POSITIONS VACANT**

#### **CARETAKER**

(for Dorje Ling property)

Contact us if you are able to help.

Librarian: Fiona Preston is currently re-cataloguing the library. Thanks, Fiona! If you would like to help her, please contact us.

## **UPCOMING VISITING TEACHERS.**

The Committee is at the moment looking into the possibility of visits from **Tarchin Hearn** and **Cecily Kwiat**. Details are not yet finalised, but at the moment we are considering a November / December date for Tarchin. and March 2005 for Cecily. We will let you know when details are finalised, or alternatively, you can ask a Committee member for more information as it comes to hand.

### **THE HIDDEN DOORWAY** (Poem, by Maria Grist)

There is a fracture, splinter-thin, a crack,  
which lies between desiring, and the act.

An eyeblink, lit with spilling brilliancy,  
a universe of possibility.

How quickly, as we grasp to seize our dream,  
eternity gets crushed to dust between.

And we are left astonished, as the sands  
slip trickling from our slowly-opening hands.

## **DORJE LING**

Working bee at the  
Easter Retreat.  
New deck and awning  
outside Gompa.



For more pictures of Dorje Ling, visit [www.dorjeling.go.to](http://www.dorjeling.go.to)

