



# Tashi Choling Dharma Foundation Inc. Newsletter Winter 2009

## 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

Seems I'd better get a move on as our Winter newsletter is fast becoming a Spring one instead ... already blossom trees are out, and Spring gales are blowing. I have just returned from a long weekend at Dorje Ling, touching base with that sacred ground, checking in with our caretakers, lots of talking and visioning, and catching up with a couple of old valley friends.

Amazing things are happening there – piles of firewood in every corner, fields of cleared bracken (for the first time in years I could see the whole orchard), runaway bamboo now tamed, creeping forest pushed back and an ongoing project to outwit the possums and have a happening vegetable garden. Rob and Catriona have a great energy and excitement for caretaking and building relationships in Lorinna Valley and the results are there for all to see. One of the things we talked about whilst there was the need for a visioning and planning weekend for Dorje Ling, in which we can together, and from a common understanding, develop a forward plan for the development of the retreat centre and the management of the land. We will keep you posted as to when this might happen.

We have recently heard from Rinpoche, detailed elsewhere in this newsletter, that he will not be coming to Australia in 2010 after all, but has deferred his visit until 2011. Whilst this news initially generated some disappointment for me, though at the same time understanding Rinpoche's many commitments elsewhere and his desire to see the long term retreat gompa built in Nelson, it very quickly has become in my mind an opportunity, with a growing enthusiasm for holding a local sangha led retreat at Dorje Ling, and the possibility of longer term retreat work there. This has become reinforced today with an email

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## TASHI CHOLING DHARMA FOUNDATION

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

Our regular meditation meetings are held at 7.30 – 9.00 pm every Tuesday above Gould's Naturopathica. Floor 2, 71 Liverpool St, Hobart. All welcome. See Page 3 for further details.

from Rinpoche, in answer to a question posed by his students in Armidale/Uralla, an excerpt of which follows:

*Greetings, I am on my way to Gobi Desert monastery in Mongolia to give some teachings on BEB & TROL KOR & six yogas of Naropa for Zava Rinpoche who is in three year Yamantaka retreat and give some initiations for my Mongol devotees in Ulaan Baatar capital city.*

*I have thought carefully on your request another teacher who could come in my place ? I could not suggest anyone, because there is no one like me, i am unique teacher and i have been your teacher almost 30 years. I have been in the west so many years and i gave so many teachings and lead retreats ... you have so many tapes and recorded teachings of mine with you. I feel that not getting enough teaching is not the main problem. I don't think you need more teachings. i think you can wait until my next visit. I strongly suggest that you people need to do more practise and organize group retreats lead by my student teachers ... We are all getting old and time fly faster faster when you get old. I would like to see you people put your energy and practise pure tradition of Lama Je Tsongkapa and get some solid realization of Bodhicitta, Shunyata, two stages of Tantra before too late. We don't have much time, if you people are more and more committed to the practice and tradition of Lama Je Tsongkapa then i am very happy come and teach and lead retreats in the future.*

*Love, blessings, commitment and devotion*

*Rinpoche*

So, it's up to us. This has been reinforced for me having just finished reading a book written by a woman with a terminal illness – it's a powerful and moving diary record of the last year of her life. I was thinking this morning that if only I could live like that, "every moment is a life," when it dawned on me that I also have, right now, a terminal condition, called life, with the only prognosis possible, that of death. I am in no different position to the writer of that book. That little 'wake-up' has changed my day, oh that it would change the way I live my life, what's left of it. And with that, the recognition once again, that dharma practice is paramount. Now. So let's all make the determination to use the time between now and whenever Rinpoche returns, to bring our practice into every moment, to reinforce and develop our understanding through retreat, both group and individual, and to support each other along the way. Time is indeed short.

All IS blessing

Sue Willey



*"When I was making money, I made the most money, and now that I'm spiritual I'm the most spiritual."*

## TASHI CHOLING LIBRARY – TEACHINGS ON MP3

Tashi Choling has built up quite an extensive cassette tape library over the years. These tapes are now becoming old, and some are deteriorating. Also, it's not that easy any more to buy a cassette tape player in order to be able to make use of these teachings. We are in the process of transferring all of our cassette tapes onto MP3. A printout listing all of the teachings completed so far is in the library room next to the computer. Members are welcome to bring along their iPod, memory stick or similar, and make themselves a copy of these teachings to keep.

Keep checking the listing on the printout, as new items will be added over the next months. You can also download a copy of the listing of all teachings completed so far from our web site <http://www.tashicholing.net/docs/summaryofitems.pdf>.

## BUDDHISM FOR MOTHERS.

An opportunity to take some respite from the challenging path of motherhood. The session will include Buddhist meditation practices and teachings to enable us to remain peaceful and kind to ourselves and others. Allowing us to cope with the day to day challenges of motherhood with a good heart.

Last Saturday of each month 3pm-5pm

Tashi Choling Buddhist Centre, 2nd Floor, 71 Liverpool Street, Hobart  
Down the laneway near Goulds Naturopathica, through door between two bamboo pots

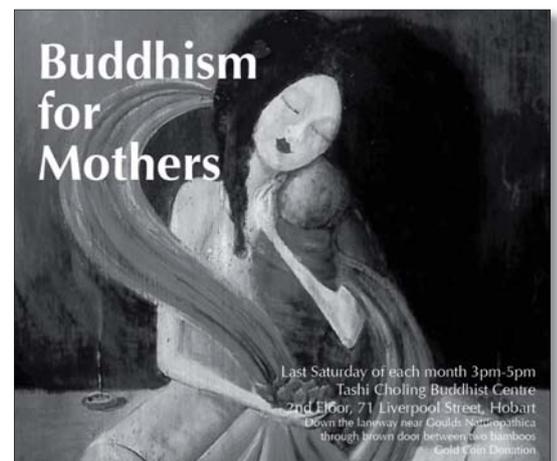
No childcare is available

Gold Coin Donation

Flyer available at [http://tashicholing.net/pdf/Buddhism\\_for\\_mothers.pdf](http://tashicholing.net/pdf/Buddhism_for_mothers.pdf)

Sessions allow time for meditation, teachings, discussion and a cup of tea.

For more details contact Madhu on 0407369012 or [madhulilley@gmail.com](mailto:madhulilley@gmail.com)



## TASHI CHOLING MONTHLY PROGRAM

### 1st Tuesday of every month – **Light on Tantra** (led by Tony Dix)

Meditation encourages us to come into reality! Tantra is a method of enabling us to loosen the bonds of the conditioned “ordinary” self and realise the true nature of our being. This Tuesday evening will explore the meaning of Tantra in its Tibetan Buddhist context with some readings from introductory texts on Tantra, some discussion and gentle, light practice, with an emphasis on Vajrasattva.

### 2nd Tuesday of every month – **Lojong, Mind Training** (led by Charles Chadwick)

Lojong means “to tame.” It is also known as Thought Transformation. With Lojong training we can achieve Bodhisattva mind.

### 3rd Tuesday of every month – **Mahamudra** (led by Roger McLennan)

Mahamudra – “great gesture.” Mahamudra meditation unifies calm abiding and insight to bring us to an experience of “ordinary mind,” that state of natural awakens and luminosity which lies at the heart of all experience, beyond suffering and duality.

### 4th Tuesday of every month – **Lam Rim** (led by Sue Willey)

Lam Rim – the words actually mean “stages of the path.” The Lam Rim condenses all of the teachings of Buddhaharma into a series of graded and logical steps which, if followed, lead one directly to the experience of awakening or Buddhahood. Beginning with a consideration of what it means to be human with the particular gifts and opportunities that this affords us, through issues such as death and impermanence, the nature and cause of suffering, through to a thorough investigation of the interdependence of all phenomena and the resulting awakening of compassion, a good heart, the Lam Rim is a ready guide on the enlightenment path.

**Chöd Practice Group** – Chöd means “cutting through.” This group meets monthly, for initiates who wish to practice together. Contact us for more information.

## TSOG

Tsog practice gives me an intent to do sadhana practice twice a month when I know thousands of other students world wide are doing the same.

Since the dates are set by the new moon, I feel the potency of the practice is amplified by synchronising it with others who use a deity practice to inspire them.

Having had the golden opportunity to sit long retreats with other students of Zasep Rinpoche, I delight in remembering the sangha practising together and imagine them sitting with me.

Please find the tsog dates listed below as calculated by the Australian Moon calendar. Please forgive any errors.

Saturday 29 August  
Sunday 13 September  
Tuesday 27 October  
Wednesday 11 November  
Wednesday 25 November  
Thursday 10 December

Roslyn Alexander

## UPCOMING PILGRIMAGE TO INDIA

This year in December, Zasep Rinpoche will be leading another pilgrimage to the Buddhist holy places in North India. There are still places available on the trip if you are interested in going.

The trip starts in New Delhi on the 9th of December 2009 and finishes back in Delhi on the 31st of December. This time the trip will include 12 days in and around Bodhgaya, 4 days in Sarnath/Varanasi and 3 days in Sravasti, near Lucknow, where the Buddha did many rains retreats and grew and taught the Sangha.

The trip will be part pilgrimage, part meditation retreat with regular daily meditations and teachings and part dharma tourism!

It is modestly priced, reflecting cost price on all accommodation and transport plus a donation to Rinpoche’s new temple project in Nelson BC. If you would like to go, and have an established connection with Rinpoche (this is a teaching and practice pilgrimage), please contact me for further details.

*Roger McLennan*

email: [rogermclennan@gmail.com](mailto:rogermclennan@gmail.com)

*Please see next page for more regarding Rinpoche’s upcoming teaching schedule.*



## RINPOCHE'S 2009 RETREATS POSTPONED

Dear Esteemed Students of Zasep Tulku Rinpoche,

I am writing to inform you that I have received a phone call from our teacher Zasep Rinpoche advising that he would like to postpone his tour of Australia until 2011.

Rinpoche asks me to say that he really wishes he could be here visiting with you but he turned 60 recently and he has embarked on a large project to build a long term retreat Temple in Nelson, British Columbia, Canada. As such he really needs to do retreats and focus his energies on raising funds to complete the building of the Temple by October of 2010.

Our Rinpoche said if you wish to be with him before he visits Australia in 2011 he suggests that you join the wonderful pilgrimage to major Buddhist holy sites in India with him. You can meditate on the very same place where Lord Buddha became enlightened. Pilgrimage starts on December 9th 2009 and ends on December 31st, there are about 7 places left, if you wish to meditate and get teachings from Rinpoche in Bodhgaya, Varanasi, Rajgir and Saravasti, please contact pilgrimage organiser Roger McLennan [rogermclennan@gmail.com](mailto:rogermclennan@gmail.com) and he will give you all the information that you need.

Alternatively you could travel to Nelson, Canada next year. You could do 4 week working retreat on Yamantaka with Our Rinpoche in July 2010. Group of Rinpoche's Tangsoo Tao students will be coming from Australia to help build temple in Canada to do the inside gyprocking of the Temple. Rinpoche will give Manjushri peaceful and wrathful Yamantaka initiation and there will be early morning and evening sessions then working on the temple during the day then one session in the afternoon Rinpoche will give commentary on Yamantaka and Manjushri sadhana.

In closing I would like to say that I am very happy that Rinpoche is looking after himself and taking a rest as well as focussing on what he needs to focus on at present. He has given us so much over the last 30 years or so and we are so fortunate he makes the time to come all the way to Australia so regularly that waiting a bit longer is well worth it.

*Pedro Sousa and Rinpoche*

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## ZASEP TULKU RINPOCHE'S 60TH BIRTHDAY

The celebration of Zasep Tulku Rinpoche's 60th birthday was deeply moving and inspiring, tasty, delightful and exuberant, nourishing and energetic. There was a flow of guests many from near and far, probably 150, and a goodly number of Aussies including Dianne Thompson, newly returned from Mt Kailash, Justine Barrat, Ken Alexander, Catherine Pleteshner and, of course, Fernie. Rinpoche was delighted to see everyone.

The moving and inspiring part was a three-hour Guru Puja Tsog led by the Venerable Khuten Lama and Venerable Jamyang both from Indiana. During the puja the mandala offerings were presented by Lisa Farnsworth and Sharon Gretzinger. Khuten Lama sang the puja in Tibetan with many joining in. Peter Lewis welcomed everyone, Joan Silvey thanked Rinpoche and gave a brief history of Rinpoche's first centre in Canada, Tashi Choling Society here in Nelson and then Sharon Gretzinger thanked Rinpoche and gave a brief history of Gaden

for the West and Gaden Tashi Choling Retreat. Rinpoche and his guests were visibly moved by the morning's offerings and everyone was glowing.

The tasty, delightful and exuberant part was the delicious pot-luck lunch served in the dining room which was followed by the cutting of the cakes on the foundation of the New Tantric Retreat Temple. We gathered in the hot sun and folks sang Happy Birthday in many languages including Estonian, Portugese, French, Russian, Czech, Mongolian, Swiss and Finnish. The unstoppable Aussies sang a poem together which I am sure they will perform for you on their return. This completed the celebrations for the 1st of July.

The party continued at Sharon's Summer Palace, which is on the road between the Gomba and Rinpoche's home. The deck of the house gives a good view of the surrounding yards and was beautifully set up for Rinpoche and his Lama friends. A grand feast of steaks and other nourishing dishes was offered and happily received. This was followed by an array of singers and musicians. The exuberant marimba band had every person up dancing and delighting in the antics of the band and all the enthusiastic dancers, Rinpoche included. All the neighbours came when the sounds of the drums reached them and joined the gathering of Rinpoche's friends and sangha to dance the night away.

This day ended as the sun set, around 10pm, with everyone laughing, happy and, although very refreshed, a bit tired too. We were all very pleased with the joy and delight we saw in Rinpoche's smile and wished that all of Rinpoche's friends and sangha the world over could have been here.

Lots of love, blessings and dharma realizations to you all.

*Sharon Gretzinger*



# INSTRUCTIONS REGARDING THE PRACTICE OF SHAMATHA MAHAMUDRA

## Including commentary on Tilopa's *Mahamudra Instruction to Naropa in Twenty Eight Verses*

*Transcription from a teaching given by the Ven Zasep Tulku Rinpoche during Easter 2006 at Dorje Ling Retreat Centre, Tasmania.*

You focus the mind on uncreated mind. From Tilopa's text: *"Is space anywhere supported? Upon what does it rest? Like space, Mahamudra is dependent on nothing."* So when you think about space, it's not supported by any other phenomena other than space itself. Like space, Mahamudra is not dependent upon anything, is not resting on anything, it is not supported by anything.

So what you need to do is relax and relax your mind and *"settle in the continuum of unalloyed purity and then, your bonds loosening, release is certain."* So if the mind is relaxed naturally and settled naturally, without any other methods, the mind will become pure – the bondage of the mind will loosen and one will be released from defilement.

If the mind is naturally relaxed and settled, just like the sky – if you practice patience and look at the sky, it will become clear. The sky is empty. Also, just like water – if the water is naturally undisturbed, the water will become clear, even after it's disturbed if you leave it as it is.

*"Gazing intently into the empty sky, vision ceases; Likewise, when mind gazes into mind itself, the train of conceptual and discursive thought ends and supreme enlightenment is found."* This kind of enlightenment means the moment-by-moment enlightenment, not the final enlightenment of the Buddha. The most important thing is to relax and settle the mind.

*"Like the morning mist that dissolves into the air, going nowhere but ceasing to be, waves of conceptualisation, all the mind's creation, dissolve when you behold your mind's true nature."*

You shouldn't fight, don't struggle – accept. That's also part of your practice. Don't say to yourself, "This is so difficult." Take it as a blessing. It takes a long time to settle and quiet the mind if you haven't done this kind of meditation before. You have to just sit and gradually, gradually discursive thoughts, conceptual thoughts dissolve and subside.

When we do Shamatha Mahamudra without focussing the mind on the breathing, when discursive thought arises, let it arise – welcome it. When positive or virtuous mind arises – welcome it. Like nature: when the sun rises, let the sun rise – welcome it. When the moon rises, let the moon rise – welcome it. When the sun goes down, the moon goes down, let them go down. Welcome and say thank you and let them go and when the rain comes, snow is coming or storm coming, let them come and welcome them. When the rain stops and snow stops, let them also go and just be in the present and accept all things as they are. No rejection and no grasping. No subtraction and no addition – accept things as the way they are and let things happen naturally. This is the way to settle the mind and cultivate Shamatha Mahamudra.

If we keep applying different kinds of remedy, then the mind can't settle or relax. And it's difficult to understand the true nature of mind, because we are distracting our mind. (We become) too busy, doing the same kind of habit – good mind, bad mind, trying to get rid of all the negative mind, trying to accumulate all the virtuous mind. While you create the virtuous mind, you then create the non-virtuous mind at the same time because you never do things perfectly and then you get caught up with other defilements like negative mind states, expectations and so forth, so mind becomes unsettled and you can't settle it. So therefore it is necessary to keep your mind like a mirror. According to the songs of Mahamudra by Tilopa and also according to the Maha Siddha Saraha: "Keep the mind like a mirror – an empty mirror – only reflecting."

Please meditate on unborn mind. Develop unborn awareness. You are not

waiting for distracting mind or virtuous mind. Not waiting for anything. Not waiting for enlightenment or to become Buddha, just sitting and keeping your mind in a natural state. Then if you don't have any particular thoughts apart from being a sitter and just to be that way with no particular thought than to hear the rain, wind - then just be that way. This is good. This is wonderful. Then if you have a certain thought – fear arises, or clinging, craving mind or desire – whatever arises, then let it arise and observe it. Simply observe, no altering,



not rejection, not holding. Let it arise and simply observe it. When you observe, naturally the mind will subside, dissolve itself. The point here is not trying to dissolve or eliminate – just be. Trying to experience the true nature of the mind – that is the point. That is the purpose – to experience the true nature of our innate mind. Trying to experience "Dolme Sangye" which means primordial Buddha nature.

## COMING SOON ... FROM THE CARETAKERS

### LIBERATION THROUGH THE BODY

#### Retreat with LEANDER KANE

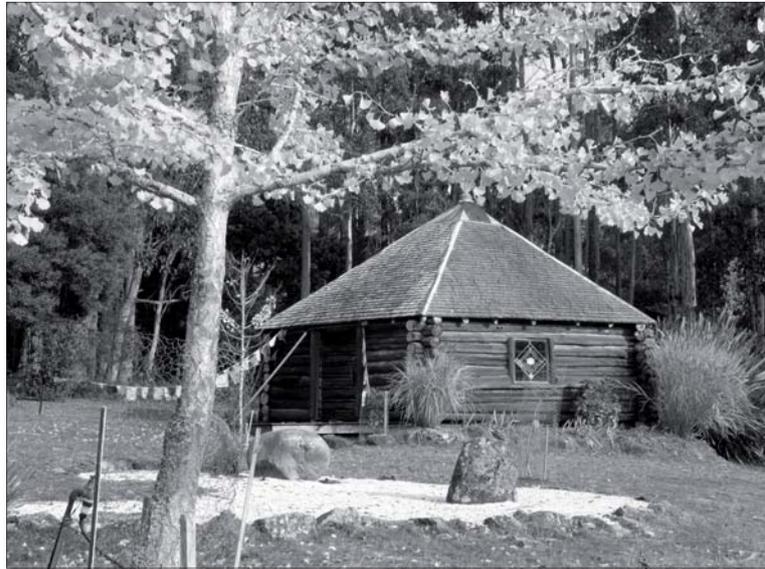
We are very fortunate to have Leander Kane coming to teach a week long "Liberation through the body" retreat at Dorje Ling in early November (Saturday 31st October - Friday 6th November). This will be Leander's first time teaching in Tasmania and I am really excited about having her here. Leander is another of Namgyal Rinpoche's students (as are two of our other visiting teachers Cecilie Kwiat and Tarchin Hearn), based in New Zealand. In addition to Namgyal Rinpoche, Leander has received teachings from, and been inspired by, Tarchin Hearn; Bonni Ross (founder of the Sunshine Coast Retreat Centre near Vancouver, Canada); and the work of Moshe Feldenkrais over the last 16 years.

Through the teachings she has received, her own retreat work and her work as a Feldenkrais Practitioner over the last 13 years, Leander has crafted a unique and direct way of unfolding human consciousness by working with the body in a moving meditation that brings 'attention to the detail' to even very small movements. Changes are spontaneous and immediate, and affect the body and mind. People can experience relief from pain and more flexibility; better balance and co-ordination; increased clarity, alertness and confidence; peacefulness, grace and joy - a liberation from the old, stuck patterning. During retreats she interweaves this work with meditative explorations in all postures. For a written account of the experience of attending a 'Liberation through the body' retreat please visit [www.wangapeka.org/program/accounts/liberation.html](http://www.wangapeka.org/program/accounts/liberation.html)

While the dates have been set for Leander's visit, other details are yet to be finalised and I will be in touch as soon as I can with prices. In the meantime, if you would like to express interest in attending or have any queries please contact me on 6363 5178 (please leave a message!) or email [catriona@tashicholing.net](mailto:catriona@tashicholing.net).

*Catriona Scott*

We've been having a gorgeous winter up here in Lorinna, and now as I write this the first signs of spring are tenaciously appearing all around: daffodils making their way up through the wet damp earth; the silver wattles and blackwoods in full bud; the male fairy wrens have changed from a dull pale blue to a startlingly bright royal blue. We're enjoying the promise of warmer weather after a very wet two months - I've never seen Lake Cethana so high! But in amongst all the rain we've had some beautiful mild sunny days and some spectacular rainbows. The deck of the Caretaker's cottage provides a beautiful vantage point from which to watch it all.



Living here is a real lesson in the importance of community. Far from the social isolation we were anticipating when we moved up we've instead been enjoying the warm welcome of the Lorinna community: Coop Café, movie nights, playing with the beautiful valley kids and lots of drop in cuppas around the valley. We've also greatly appreciated the generous support and sound advice of the people who live here, particularly Bart, Lennie and Damien, who have all been here to lend a hand, give advice and teach us new skills. This, along with the encouragement and support of the Tashi Choling Committee has left us feeling very supported in being here. So, thanks to all who have been so much a part of making us feel at home.

When we first moved in most of our efforts were directed at making caretaker's more comfortable (laying carpet, fixing the fire-bath, and with Lennie's help replacing the old fire drum with a much more efficient wood heater, and installing a four burner gas oven). To our pleasant surprise Caretaker's is now a warm and cosy space to live in. The tasks that have occupied us have been many and varied: chain-sawing, splitting and stacking firewood; clearing bracken and clearing tracks; fixing broken water pipes; attempting to possum proof the vegie gardens ready for spring planting; removing holly; preparing for and supporting solo retreatants. We have plans to remove the internal fences and continue clearing bracken and small silver wattles to open the place up, and hope to get some very productive permaculture gardens happening over spring and summer.

We look forward to seeing some of you up here for the October working bee. We are hoping to light the bonfire in the Gompa paddock sometime over the working bee weekend, and have a bit of a feast and fire in celebration of everyone's efforts, and this beautiful place we all love and share. It seems it is a time of gathering momentum for Dorje Ling at the moment, with a lot of enquiries and interest coming in, and we would look forward to celebrating this with you.

Metta,

*Catriona and Rob*



## FUNDRAISING DHARMA

Like any volunteer run charitable organisation, the TCDF has to work hard to find the funds to do the things it needs to do – in particular to maintain Dorje Ling, our beautiful retreat centre, much loved by Rinpoche and a unique and precious place providing opportunities for people to come and hear teachings, retreat, contemplate, and come closer to their essential nature. Fundraising dharma, the art of keeping the funds flowing with joy, enthusiasm, devotion and good heart, seems to be an essential practice for any of us involved. We rely on the generosity of members and friends for membership and mortgage contributions. We also raise some funds by holding occasional fundraising events, running regular courses for Adult Education, and offering meditation courses and retreats with a variety of wonderful teachers.

Maintaining a 48 acre retreat centre is no small undertaking though, and with increasing requests for the use of the centre for retreats by groups and individuals, there is much that is needed there to help the centre grow and provide for those who use it.

We would like to invite you to help us by contributing to some very specific items which are needed there. In this way, you know that your donation has helped very directly and specifically. We offer here a list of things, small and large. You can contribute to any of these things, or you could purchase one of the items outright – it is up to you, and any contribution will be helpful.

- Cake tins
- Candle Holders
- Lanterns (for indoor use)
- Medium sized stainless steel pots and pans
- Pruning tools (secateurs, tree loppers and pruning saws)
- Wire for electric fencing of the garden (approximately \$100)
- Lap top computer (\$1000)
- Gas Refrigerator (\$1900)
- Rainwater tank and water pipes for us to fix the water system (\$2500)
- Contributions to the construction of 4 extra bedrooms off the main house (total cost \$3000 per room)

Thank you everyone for your ongoing support.

*Sue Willey*

**If you would like to assist us with any of these items, please contact our Treasurer Kate MacNicol on 62343976 or myself, Sue Willey on 62657387.**

## TREASURER'S REPORT

I was recently musing through a novel treasurer's report in a Gaden for the West newsletter, from Rinpoche's North American umbrella organisation ... Stories from the Chequebook ... All too familiar stories that give an insight into the running of a Retreat Centre. Every cheque telling a story.... Maintenance cheques, emergency cheques, ice-has-frozen-the-pipes-and-the-septic-system-has-seriously-malfunctioned-just-as-the-BIG-Retreat-starts-type cheque, cheques for building, cheques for teaching, cheques for the cooks, cheques for mortgages ... and so it goes on in the life of small Dharma centres.

I'm reminded along with anyone who's had anything to do with Tashi Choling and the longevity of Dorje Ling, our Retreat Centre in Tassie's North West, that

whilst we plot and plan and DO, with limited funds, in reality it will probably always be like that ... a small sangha with Big aspirations. Hence we do the cheque book juggle too, balancing maintenance and building projects, mortgage and land management, rates and ongoing expenses, gardens, roads and leases. We truly do appreciate whatever contribution anyone can make, and invite you to nominate specific projects you might wish to support. At the moment regular contributions towards the mortgage are greatly appreciated as we are currently \$300 below the monthly repayments. Small amounts count.

The Committee has identified this to be a critical time of commitment in building the infrastructure of Dorje Ling in order to attract more retreats and workshops, and to appeal to other like-minded organisations to utilize the place. We are well underway with our projects: the new shower block is built, the kitchen and dining room have been renovated, more accommodation is planned for this summer, the water is sorted, the caretaker's hut is reinvigorated with a bathroom and a flourishing garden has been established to feed those hungry retreatants. Having such wonderful caretakers, Catriona and Rob, has inspired us to further our commitments and build on the genuine goodwill shown by those in the Lorinna Valley. Please consider lending your support in whatever small way you can. Join us for our October Show weekend working bee, organize a fundraiser, make a donation, plan a retreat. Your contribution makes all the difference.

Driving back from Dorje Ling after a deliciously lovely few days and hearing the stories, as one does, I was reminded of the so many characters who have contributed to a vision of an enduring Buddhist Retreat Centre, people who have come and gone, people who gave their all. Their seed is our fruit. How blessed are we.

Contributions are happily accepted:

Commonwealth Bank BSB 067002  
Acc number 10162638

*Kate MacNicol*

P.S. See left for a list of items currently needed at Dorje Ling.