

Hobart Buddhist Meditation Centre

NEWSLETTER

Including Dorje Ling Retreat Centre
Tasmania



TCDF Quarterly Newsletter

Autumn 2014 edition

January 2015 retreat

Rinpoche will be coming to Tasmania in January 2015 and will be bringing a public talk and a day retreat in Hobart, as well as a retreat schedule at Dorje Ling. Subjects will be:

- Evening talk, Hobart, Friday Jan 2.
- 1-day retreat on Mahamudra, Hobart, Saturday Jan 3.
- Dorje Ling retreat Jan 5-10: 3 Principal Paths
- Dorje Ling Jan 11-14: Tara initiation and retreat.

Final details will be circulated when confirmed.

Rinpoche writes: *According to Buddhist teachings all sentient beings have Buddha nature, which means everyone has basic good nature. Deep inside every one's heart is a yearning for happiness and freedom. No one wants suffering. This is a sign of Buddha nature. The true nature of our mind is pure like water, good as gold and spacious like the sky. We can and we should develop our Buddha nature and full potential of Enlightenment now.*

Mahamudra is not just meditation on emptiness and bliss.

Mahamudra meditation helps you to experience realization of Samatha and Shunyata and complete freedom beyond Samsaric mental defilement and appreciate how to be in the present moment with full awareness.



Our Spiritual Director

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

Rinpoche has updated his guidelines for his students. The new version is available here: www.tashicholing.net/pdf/guideline2013.pdf.

In this issue ...

President's report	Page 2
Tuesday evening program	Page 2
Gyuto Monks	Page 2
Caretaker's report	Page 3
Easter working bee	Page 4
Tribute to Cecile Kwiat	Page 5
Amongst Trees	Page 6
Retreat reports:	Page 7
Book review "Tara in the Palm of your Hand"	Page 8
Buddhist Contemplative Care, Buddha's Birthday	Page 9



PRESIDENT'S REPORT

The summer has been a time of activity, renewal and planning for the future for the Hobart Meditation Centre and Dorje Ling Retreat Centre. Four retreats have been held at Dorje Ling. Details of these can be found elsewhere in this newsletter. The Hobart Tuesday evening program has started for the year with sessions led by Maria, George and Madhu.

We are absolutely delighted that our teacher, Zasep Tulku Rinpoche, agreed to visit us in Tasmania January 2014. He will give two teachings in Hobart, an introductory talk on Friday Jan 2 and a Mahamudra workshop on Sat Jan 3. He will also lead a Retreat on the Three Principal Paths of Lam Rim and a Green Tara initiation and practice at Dorje Ling on Mon Jan 5 to Wed Jan 14.

There is a working Bee planned for Easter. Guy Turnbull is organising the reroofing of the Gompa for the working Bee. This is intended to extend the life of the building and give the Gompa an aesthetically beautiful roof. There are also many other jobs to do, such as gardening, wood gathering, path construction and minor building renovations. For those who have not been to a Dorje Ling retreat, they are very enjoyable and sociable occasions involving meditation in the Gompa, sharing food, as well as working on the property.

We have three new committee members. Anna Burgess and Chris Batten, who along with Biddy Searle, are organising a fundraising lunch, slide show and Buddhist gathering. Meanwhile Jill Wright has taken on the editorship of the newsletter with Maria Grist. Please join me in a warm welcome and thanks to our new members, and also many thanks to continuing Committee members. So much good hearted voluntary work goes on behind the scenes.

Sadly we received the news of Cecilie Kwiat's death in Canada recently. To celebrate her life and to remember her teachings, Maria will play tapes of her talks on Tuesday evenings at the Hobart centre in April.

Wishing everyone a healthy and content 2014.

Charles Chadwick

Tuesday evening program

Our meditation and discussion sessions are held every Tuesday between 7.30 and 9.00 pm. Location – Tashi Choling rooms, Floor 2, 73 Liverpool St, Hobart. Go down the laneway to the right of the building, then look for the door between the two bamboo pots. Continue upstairs to the second floor. Suggested donation: \$5. All welcome.

APRIL. Recorded teachings of Cecilie Kwiat, taken from her 2002 visit to Tasmania. Led by Maria Grist.

MAY. Buddhist Foundations with Charles Chadwick.

A four week program on Tuesday Evenings at the Hobart Buddhist Meditation Centre, May 2014

These foundation practices cause us to reflect on our present reality and motivate us to live a spiritual life imbued with meaning, compassion and wisdom.

Week 1 - Appreciation of our human situation - realising our potential.

Week 2 - Awareness of death and the uncertainty of the time of our death - realising we have limited time.

Week 3 - Acceptance of the suffering aspect of our lives and how to stop causing ourselves unnecessary suffering.

Week 4 - Karma - How we influence and shape our future.

Each session builds on previous sessions and ideally participants can attend the whole course, however people are welcome to drop into any session.

Tsog dates. Upcoming dates based on dark moon being day 1, Australian calendar:

Tuesday April 8th, Wednesday April 23rd, Thursday May 8th, Friday May 23rd, Friday June 6th, Saturday June 21, Sunday July 6th, Monday July 21st.

Gyuto Monks visit to Hobart

Gen Lama Thupten Phuntsok, Jamyang, Jigme, Yeshe (chant master), Nawang and Tseten were warmly welcomed by the Hobart Buddhist community and other supportive Hobart people for a packed 10-day program at the Waterfront Pavilion. Apart from Jamyang and the Gen Lama, the rest of the monks are in Australia for the first time - and enjoying it. The visit was well attended and many people reported receiving great benefit.

It wasn't all work for the monks. After the program was finished, they enjoyed one day of recreation - visiting the mountain,



sailing on a yacht owned by a visiting yachtsman who had moored in Constitution Dock and who attended the program on a daily basis and taking a sea plane flight over the city.

The Hobart organisers of the Monks' visit acknowledged the generous support of the program by HCC Rob Valentine (opening address), Pennicott Wilderness Cruises, Tasmanian Air Adventures, Hobart College, Hill Street Grocers, Mundys Meats, Howrah Recreation Centre, Kingston Hotel, Maria Grist, Tashi Choling Dharma Foundation, Dr Coffee etc. etc.

The raffle winners were very happy!

Approximately \$3500 in funds were raised and donated to the monks to assist in practical support of the monastery and ordained Sangha.

Dorje Ling Caretaker's Report

The Land of Smiles

Typically, we use time as the cadence of choice to calculate the distance between Spring and Fall. At Dorje Ling however, a more appropriate measure would be to count the passage of Summer in the number of smiles that the property generates. Come the Summer solstice each year, visitors and retreatant's alike, descend upon the centre to nestle into it like a well-worn cloak and bask in its abundance and warmth. It touches everyone equally, young, old or indifferent. Subsequently by the time the person leaves, they have a childish grin pasted indelibly across their face.

It is not uncommon for this beaming, freshly formed facade to fade a little during one's passage back through the shadowlands; that netherworld space stuck between the newly expanded inner-self and the scripted life of habit. Sometimes, it only takes that first serious jolt with collective insanity that is oft called reality and the smile can disappear completely into a nebulous recollection of happiness somewhere deep within.

However, the "Dorje Ling grin" always leaves a durable, cellular memory and all it takes is a pilgrimage the following summer and the smile is revived instantly the moment one steps on to the land in bare feet. Unless of course, one of the ubiquitous jack-jumpers happens to be within leaping distance of the offending foot and the visitors smile becomes more akin to a vacuous, agonized leer.

This Summer at Dorje Ling, perhaps short in time, was long in smiles, generating over 200 grins, smirks, leers and sneers. Probably making it one of the busiest Summer's on record. This was due to having hosted: The Andy and Chani roadshow, Simon Blow's Wild Goose Qi Gong, the Australian Sangha Association, Nick and Arana's wedding and various sangha rebels (You know who you are!) looking for a place to hide and play during the height of the silly season.

Each group was unique and memorable in their own collective way, 2014 began with Andy and Chani pulling an impromptu retreat out of the hat and hosting an informal week-long Feldy/Yoga fusion. Having announced it only days before doing so, it turned out to be a very successful event, as they managed to pull-in half the residents of the valley over the course of a week. To actually wrench Lorinnians away from their mid-summer workload to attend Feldenkreis sessions at Dorje Ling is a serious achievement. However, it showed that a casual program with inclusiveness for all, has its place and is very attractive to people just wanting to have a taste of what it is all about. The event became a fun community

space, with all who attended asking for a similar treat next year.

Simon Blow's, Wild Goose was the centre's first, non-sangha managed event and was a great opportunity to see how similarly aligned practices can be accommodated and embraced with a minimal amount of administrative input. The group came mostly from different parts of the mainland and were all fully committed to their teacher and the unusual idea of holding a gathering in the wilds of Tasmania. It only took a day of shell-shock and the newcomers settled into the rustic pace of the centre, which by the end of the retreat were all so happy with their experiences, that they all agreed to return next year.

The Australian Sangha Association, facilitated by Thay, came on the heels of Wild Goose. Literally the last car left and the first arrived of the respective retreats. The centre hosted a few monastics amongst the lay people, which was lovely to see. So few who have taken their vows actually attend and experience the centre. The event helped balance this discrepancy, as not only did the group wish to return next year, but another monk who attended has booked some days to lead a different gathering this coming September.



The Wedding of Nick and Arana was epic in every sense of the word. Over 150 people came to celebrate their marriage. Dorje Ling probably hasn't hosted this number of guests before or at least in a very long time. It was good to see the property and infrastructure handle the additional stresses of holding such numbers and give an indication of what is possible. Most of the visitors ended up camping, scattered throughout the paddocks in little enclaves of activity. Many chose to stay a few days either side of the event to help with set-up and clean-up. The grounds were dressed beautifully and looked like a festival site with the exuberant, cheerful atmosphere akin to Circus Fest'. There was even an afternoon of participant circus entertainment that half of the guests joined in. The wedding ceremony was held under the Ginko trees, with all viewers sitting on rugs in a semi-



circle around the event. There was an ice cream stall set-up, a dress-up photo booth for visual hi-jinks and the yurt offered its encore role as a chill-out space from all the bustle, before it moves on to its new permanent home, higher in the valley at Elyse's, later this year.

There is only one more group opportunity to partake of the "Dorje Ling grin" during this year's pilgrimage season and that is the Easter working-bee. As you are probably aware, the bee this year is a special one. The Gompa will get a new roof and heating/insulation arrangement, giving it many more years of life and possibly make it a tad warmer, definitely something to smile about. Another project slated, dependent upon weather and if enough people attend this year, is to attach hydro hose along the creek line to the turbine housing site. There are plenty of other sundry jobs to suit anyone's skills or interests and all are most welcome to come along for an extended weekend of work and play. So if you are inclined, come on up and reconnect with your inner smile. There are always plenty to go around.

The Caretaker.

Easter Working Bee

Come along to Dorje Ling Retreat Centre to help raise our new roof! April 18-21.

Join Bill Ding and become a Resurrector.

Once again the summer turns around and we head towards winter and long nights and cold days. Easter is usually a last chance for getting out into the wilds with good weather.

This year we invite anyone able and willing to join us at Dorje Ling for some important and some not so important, but necessary and valuable tasks. We will join together in our efforts to keep the retreat centre operating and providing a place for deep enquiry and contemplation.

One of the major tasks this year is the re-roofing of the gompa. This beautiful and unique building has a shingle roof that is nearing its 'use by' date. We are intending to put a second, insulated 'skin' over the existing frame and in this way give the building a longer life as well as improving the comfort of meditators during the colder months.

In order to assist you do not need to be a 'roof monkey' (though we do need some of those!). There are tasks on the ground that assist in this work.

Maria will add a list of other working bee tasks below. I would like to encourage you to come and join us and put Dharma into action in a community place. Those who have done so in the past have really found a special joy in just doing a task purely for its own sake, without looking at a reward or criticism. We do our best and that is all we ask of ourselves.

As usual, the cooking is done communally and some take turns to cook the food that we all individually bring. A rule of thumb is to bring enough food for, say, 10-12 people for one meal as well as your personal breakfast and snack requirements for the duration.

The bee starts on Good Friday...18th April and we leave on Monday 21st...unless you are able to stay a little longer...in which case those who can may continue for a day or so longer. In that case bring a little extra food for those remaining days.

So, come and join Bill Ding and become a true Resurrector !

Thank you

Guy Turnbull

OTHER JOBS we will be undertaking at the working bee (there's something for everyone):

- Gardening
- De-thistling
- Assisting Bart with mini-hydro installation
- Moving Damien's stove
- Tree felling
- Wood gathering
- A-frame toilet cistern replacing
- A-frame toilet superstructure strengthening
- Gompa chimney removal
- Painting
- Tidying
- Cleaning
- Track clearing
- Creating non-slip wooden bath mats for showers

and there are many more options!

[Contact us](#) for more.

CECILIE FLORA KWIAT

Born November 1, 1939 in Calgary, Alberta, Cecilie passed away on Saturday, February 16, 2014 in Didsbury, Alberta, surrounded by the love of her family and friends.



Cecilie lived with an open heart, an inquisitive mind and an appreciation of beauty. Her journey through life was inspired by the words of His Holiness The Dalai Lama, "My religion is kindness." Cecilie was a poet, a traveller, a scholar, a teacher, a healer and a friend. Her wisdom and generosity will be deeply missed by her family, students, friends and fellow travellers.

A lover dancing in the moment by *Catriona Scott.*

The only way I can begin to write this is by saying - Cecilie Kwiat will not fit into these words. That said, I will do my best to honour and celebrate the woman she was and the gifts she gave. Cecilie was a teacher and student of Dharma, a traveller, a writer and poet, and a lover of life.

She was a skilful, dynamic and creative teacher, bringing to life the Buddhist teachings, adapting them and making them relevant to students from a wide range of backgrounds and persuasions. She was fierce and could be ruthless and uncompromising in her pursuit of truth. She was also gentle, tender and kind, compassionate and wise, funny, theatrical and playful. Incredibly entertaining as a speaker and story teller, she used her talents to draw students towards their own hearts.

Cecilie was completely and utterly herself, but a fluid dynamic changing self. On retreat I loved watching how she would shift and change, meeting each of us where we were in any given moment and do whatever she could to open us to something

brighter and wider than our limited views. As she moved between us, she would change her body language, facial expression, tone of voice and the language she used. There were times when she was speaking to a fellow student, that I would have no idea what they were talking about, but I could see that the person she was speaking to was getting it completely. She would go from being ruthlessly honest with someone, to tender and gentle with someone else, to telling a story and making us all laugh in response to the next person, and she did it seamlessly, just dancing in the moment.

Cecilie lived by generosity in the truest sense of the word. She spent hours on the phone each day talking to people from all over the world. She gave of her time and her energy freely and skilfully, and asked little or nothing in return, but received much. As a teacher she was practical and present, unafraid to get her hands dirty, unafraid to talk about anything that needed to be talked about. She didn't keep anything at bay.

To me Cecilie's life is testimony to the power of the Buddhist teachings. Had she not met her teacher Namgyal Rinpoche, she may well have died on the streets with no one knowing her name. She suffered deeply, she was homeless and a junkie. But she transformed this into a great wide open compassion and a love for herself and others that I have not seen the like of before and probably never will again. Cecilie had completely embraced herself. She knew that there was no mind state and no emotion that we can't use for our aspiration. Because she was so open to her own being, she could be open with others, and she was.

Cecilie knew and taught that suffering is not inherent in any experience, that there is an openness that can be realised, which can meet whatever shows up. That we are not bound by negativity, by the past, by habit patterns or present circumstances. That we are free to form new rivers, to discover new

possibilities, to love with openness, to live compassionately and joyously. Cecilie had discovered a truth in meditation, that she carried into every facet of her lived experience. She knew that meditation is not something we do on a cushion by ourselves, but how we engage with experience.

There were times when there was an almost mystical quality about Cecilie, with her uncanny ability to read and feel people's emotions and to answer questions before they were asked out loud. But in the end I knew her well enough to know how ordinary she was. She had bad moods and could be snarky. She didn't sleep well and smoked too many cigarettes. She liked watching Jeopardy and Wheel of Fortune and playing Angry Birds. She loved books and music and poetry and the natural world. And most of all, I think, she loved people. She loved watching how we work and how we play, how we meet life in an endless stream of variety.

Many times I heard Cecilie say "If someone is a teacher for you, it is because they reflect your own heart's wisdom back to you – because they reveal something which is already there". I loved Cecilie deeply, she was my heart teacher and a very dear friend, but I know the truth of these words.

Cecilie is grieved by many people all over the world but I know she lives on in the many hearts and minds she has touched. That her teaching is alive and well. I leave you with the words I found in Namgyal Rinpoche's memorial at Wangapeka:

"A teacher of Dharma is like a finger pointing to the moon. Don't worry about the finger – find out about the moon".

Sarva Mangalam

May the Blessings Flow On.

Thanks to Melanie Norton for transcribing these words and to Rob Williams for helping me edit them.

Catriona Scott

AMONGST TREES

In loving memory, gratitude and celebration of my Beloved Teacher and very dear friend, Cecilie Kwiat.

Though I enter the grove of trees quietly,
the birds fly away,
disturbed by my approach.
I watch them leave
and then stand, still,
amongst trees which I think are Birches
but I'm not sure.

For this land, though beautiful to me, is not my home.
I stand still and admire the shining bark
and the pattern the lives of the trees
have made on their skin.
A little peeling away there, a knot here,
some shifting colour,
the shining, shining bark in the soft Winter light.

My mind is busy, but I am not.
And I draw my attention towards what is here;
towards the beauty I see,
and the feel of my feet on winter snow
and the cold air turning my cheeks rosy.

I bring my attention away from the tumble and the
turmoil
of my constant stream of thought;
just to this,
 just to the air,
 and the trees,
 and the snow,
 and the light,
 and each breath I take.

I stand still enough and quiet enough for long enough
that the birds return,
gathering in the branches above my head
and singing unfamiliar songs.

The return of the birds is a gift,
an offering, an unexpected delight,
which warms me on this cold day,
which makes space for what I have been wrestling with,
for what I have been trying to avoid.

The return of the birds calls to me;
invites me further into the moment;
offers me an intimacy with the land
which I am always seeking;
and makes worth every moment of effort
to turn my attention away from busy-ness, and tend to
the present.

There's something I have noticed about meditation for
many years -
that even when my practice seems fruitless or dry or
empty,

the earth responds;
 Nature comes in closer,
 Birds sing closer,
 Land closer.
 Animals startle less easily.

The world is less disturbed by my movement
when I am meditating, however badly.

I stand still in there a long time;
 and enjoy the fruits of my practice;
 listen to the birds singing;
 admire the bark on the trees;
 feel my feet on the ground;
 and the cold air on my skin.

I stand there amongst trees a long time
 and let the world make me;
 let the world shape me;
 let it shed some preconceived notions of
 who I should be and enjoy
 just standing here as who I am in this
 moment.

I stand still a long time
until the air gets too cold,
until the wind picks up
and tells me it's time to carry myself homeward.

As I leave the grove of trees I pick up the mantra
I had put aside when I entered;
 this is not mine,
 this I am not,
 this is not my soul.

Step by precious step,
heavy boots on dry snow,
I walk homewards to warm my cold body with hot tea;
Grateful in my heart for
a world which goes on teaching me;
and for a teaching which turns me towards the world.

Catriona Scott



Dayan Wild Goose

I came across Dorje Ling by chance. I was looking for a place to hold our Dayan Wild Goose retreat and found Tashi Choling's website on line. The photos of Dorje



Ling really spoke to me so I decided to visit first to make sure it was right for us. It was.

Our group of seventeen arrived in late January for a five days' retreat. Some flew in from interstate, others drove up from Hobart and elsewhere in Tas. We all found our allocated space, some sharing - some by themselves. We settled down and started our first practice.

Our teacher and guide was Simon Blow, a well known and respected Qigong master from Sydney.

The Wild Goose form is an ancient Qigong set of 64 beautiful movements tracing a day in the life of bar headed geese after their long migration over the Himalayas to the Tibetan plateau. Working outside under the shade of the trees was lovely and soon it was time for dinner.

Mark and Margarite, who came up from the Tasman Peninsula, were to be our cooks and the vegetarian food they produced for us over the next few days was delicious and varied with lots of fresh ingredients that they sourced locally. It was a real treat to have someone cook for us so that we could focus on our practice and meditations.

Next morning was still pretty cool when we started our practice before breakfast. Beanies and gloves were welcome for those of us who were well prepared. Then the sun came out and later we wanted shade. After each Qigong session we went to the Gompa to meditate and one day after Jack had removed the dome cover, we meditated in the magic light of the yurt. We could all feel the peaceful vibes of this lovely place. At free time we walked among the trees on the many tracks, went down to the lake where the brave ones had a swim, ventured to the villa to day dream, watched the waters of the lake or simply retired to rest or read. Having time, slowing time, making time was such a welcome treat and the simple chores we had to share kept us in tune with the basics of life.

Day and night we could observe the wild life just shy of us when we approached closely. We lived in our simple cabins and huts and they became our home for these few

days. We all left Dorje Ling enriched by our experience and the friendships created or deepened. Louise, who had been so unwell, left feeling better and elated.

We've decided we'll have another Dayan retreat next January at Dorje Ling. We all felt respect for the Buddhist principles and followed them as best we could, although we cannot call ourselves Buddhists. For me as for others, we feel guided by Daoist philosophy, and Buddhist teachings help enrich our understanding of ourselves and of life.

Sylvie

Unplugged and really connected

When Chani mentioned the idea of spending a week at Dorje Ling in January, I said YES, and she echoed YES, and there was such clarity and excitement in our repeating YES's that even the MONA attendant joined in the chorus. We were at MONA looking at the Buddha made from incense ash at the time.

And what a joyful and deeply nourishing week it was. We arrived in the pouring rain. Each drop so heavy it fell with a thud, billions of them all at once and all night long. We awoke to a rambling hello breakfast with what very quickly became a 'family'. Hello Jack. Hello Charles and Lou-anne. Hello Chani and Andy. Hello to us, Nik, Lucy, Ahlo and Elsa. And Hello warm and welcoming Lorinna locals and Hello WA and UK travellers. And of course Hello birds and bugs and beetles of such extraordinary colour and shape and movement, very prominent in Lorinna.

We moved between the Purple House where we shared cooking and food (mmm), to the Gompa for Chani and Andy's morning and afternoon Feldenkrais movement sessions (awesome), to the lake for a swim (fresh), to the bush for a walk, to the Gompa again for Chani's evening Chanting with her harmonium (so beautiful!), to various huts for sleeping. Little wonder everyone took on a zestful glow and happy calm.

There was an ease and openness, where our children Ahlo (4) and Elsa (2) were welcome to join in every session. Beautiful relationships formed between all, particularly a new one between the girls and Lou-anne over crayons and oil pastels and flower picking.

Many thanks to Chani and Andy for their lightness, openness and inspiration, and to everyone who was there. It was beautiful, and turned out to be a sunny hot week.

Lucy Wilson

Book Review

Tara in the Palm of Your Hand: A Guide to the practice of the twenty-one Taras by Acharya Zasep Tulku Rinpoche

I am not sure what I expected when I bought this book, apart from the fact that it is the first book written by Zasep Rinpoche, and therefore was a must have! It is above all a practice manual, designed to be used.

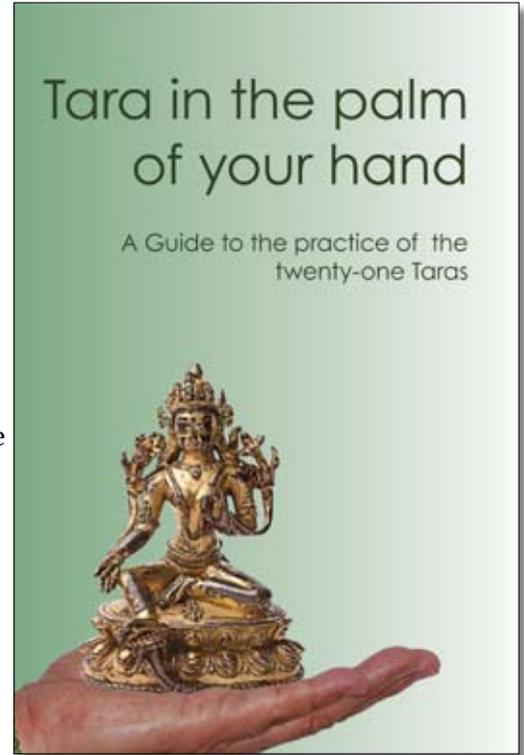
There are two lineages of teaching on 21 Taras. One lineage comes to us from Atisha Dipankara-Shrijnana. We know a reasonable amount about Atisha, who was born in India and after ten years in Sumatra studying with his principal guru, eventually travelled to Tibet where, among other accomplishments, wrote *A Lamp for the Path to Enlightenment*; the first Lam Rim Guide and the root text for all subsequent Lam Rim teachings.

The other lineage of teaching on the 21 Taras comes to us from Mahasiddha Surya Gupta. Surya Gupta was born in Kashmir and later travelled to central India where he was ordained and eventually became a great master of Tara Tantra. Rinpoche, in his acknowledgements to this book, expresses appreciation to the ninth Bogd Kalkha Jetsun Dampa Rinpoche of Mongolia, who initiated him into this lineage.

This book is focused on the Surya Gupta lineage. In the empowerment into the 21 Taras practice in this lineage, there is a separate empowerment for each of the 21 Taras, whereas in the lineage of Atisha, the empowerment into the 21 Taras is given all in one go. The Surya Gupta tradition is distinguished by its detailed and separate description of each of the 21 Taras. Rinpoche outlines these details as well as providing the basic sadhana which can be used for each of the different Taras, just substituting the different visualisation, praise and mantra. Rinpoche also introduces the practice with a discussion of Buddha-nature, emptiness, the nature of the spiritual path and the importance of faith. He elaborates on the many benefits of Tara practice and also gives other practical instructions for the setting up of the altar, the performance of mudra and many other aspects of this practice.

In my splendid desert isolation, I have decided to use this book as I think it is intended and have been spending some time each weekend doing Tara practice, dedicating individual meditation sessions to sadhana and mantra recitation on each one of the 21 Taras individually, and so am working through all of them (I haven't finished yet!). Although this feels like only touching the surface of Tara practice (what about 100,000 mantras of each of the 21?), it has given me a new glimpse of the depth, range and flexibility of the compassionate activity of this most accessible of deities to respond to the myriad needs of

different beings. Tara can respond immediately in whatever way is best suited to suffering beings. So, Tara manifests as the blissful virtuous peaceful one, or the wrathful shaking and frowning one, the one who grants prosperity and brings about auspicious circumstances, the one who heals, who increases realisations, and many more - even black Taras!



This small taste of this practice has left me feeling that, rather than Tara in the palm of my hand, the beneficence of Tara surrounds me like an ocean, and requires only that I open myself to it.

I would recommend to everyone not to leave this book on your bookshelf but to dive right into to these practices of Tara.

Sue Willey

Autumn Dharma Party ... The Way of the Pilgrim

"With the right attitude, any journey to a sacred place becomes a pilgrimage."

– Dalai Lama

- Pilgrimage Photo Journeys and stories
- 2nd hand book sale
- Date: TBA
- Place: 166 Coningham Road, Coningham
- Cost: \$10 for tasty curries and chai

Poster with more information coming soon.

Date and more details to be announced soon!

Buddhist Contemplative Care

A Summer Gathering: a Warm Awakening

From January 26th to February 1st, what was called the Tasmanian Buddhist Chaplaincy Support Group held its first summer gathering at Dorje Ling, a Buddhist Retreat Centre in Lorinna, in the north west of Tasmania. Nine people attended. We were fortunate to have the four-fold Sangha in attendance with one nun, two monks, three lay-women, three lay-men and one small brown dog who bore witness on behalf of all the sentient beings other than the human ones.

The theme for the gathering was two-fold: Spiritual Friendship and Buddhist Contemplative Care. This possibility came out of a sense that these two were interdependent experiences. The development of Spiritual Friendship as foundational to the development of true community or 'sangha' is a form of contemplative care to one another within the wider Buddhist community whilst the principles underlying contemplative care as discussed in the chapter "Toward a Definition of Buddhist Chaplaincy" are equally applicable within spiritual friendships.

The above is an extract from the first ever Buddhist Contemplative Care newsletter. You can read the full report on this gathering, as well as the rest of the newsletter, here: www.tashicholing.net/pdf/BCCT_newsletter1.pdf. The issue contains articles on patient health care, upcoming activities, asylum seeker issues and much more.

UTAS Seminar

UTAS are holding an end-of-life issues seminar, "Death and dying through the lens of culture and religion", on the 5th of June. Registration is essential. More information: www.tashicholing.net/pdf/endoflife_utas.pdf



Buddha's Birthday invitation

Buddhist Contemplative Care Tasmania and Buddhism@UTas cordially invites you to a Celebration of the Buddha's Birthday.

When? Sunday, May 18th, 9.30 am to 12.30 pm.

Where? Multifaith Chaplaincy Centre, Ground floor of the TUU Buildings, University of Tasmania. (Directly beneath "Unidoctors".)

Programme: 9.30 am - 11.30 am:

- Bathing the Baby Buddha
- a Walk through the Buddha's life
- Transmission of the Three Refuges and the Two Promises
- short Dharma talk.

12 noon: shared lunch. Please bring something vegetarian to share with others.

All are welcome to join with us on this joyous occasion and to discover some of what the Buddhist community in Hobart is doing.

For further details contact: Thích Thông Pháp, Buddhist Representative Chaplain at the University of Tasmania, thongphap@y7mail.com or 0477513281.



From Ground to Open Skies ... A Journey Through the Chakras.
Full details at www.livingyogatasmania.com.

Tashi Choling Dharma Foundation Inc.

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

Our Spiritual Director is Zasep Tulku Rinpoche.

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

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

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



Become a member

Memberships are the lifeblood of our organisation.

You can become a member in two ways:

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

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

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



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

Committee 2014

Charles Chadwick – President
Guy Turnbull – Vice President
Madhu Lilley – Secretary
Kate MacNicol – Secretary
George Ramm – Treasurer
Roger MacLennan – Public Officer
Maria Grist – Committee, web & newsletter
Guy Turnbull – Committee, building project manager
Anna Burgess, Richard Bladel, Jill Wright, Christine Batten – General Committee

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