



Hobart Buddhist Meditation Centre

NEWSLETTER

Including Dorje Ling Retreat Centre

Tasmania

TCDF Newsletter

Spring/Summer 2017-18 edition



Our Spiritual Director

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

In this issue ...

President's report	Page 2
Upcoming program	Page 2
2018 calendars for sale	Page 2
AGM: New office-bearers	Page 3
Loving-kindness meditations	Page 3
Susan Roshi Murphy retreat report	Page 4
Les Sheehy retreat, Victoria	Last page

January retreat/working bee

January 15-21 2018

We are planning a retreat at our beautiful Dorje Ling Retreat Centre in January 2018.

Come along and refresh yourself after the busy Christmas season in the magnificent natural surroundings of our bush retreat centre. Start the new year with a new outlook. This meditation retreat will be aimed at beginners and will also include work sessions in order to improve the property and keep retreat costs down.

There will be meditation sessions each day plus at least one teaching and discussion session. Sessions will be led by senior students from our group.

The jobs to be done in the working bee range from building (erecting a new tool shed) through to various land care and gardening jobs, or you might like to lead or assist in the kitchen with cooking duties. If you have catering experience we would particularly like to hear from you.

Food (vegetarian) will be provided and is included in the cost, but we will be mostly cooking for ourselves.

- Dates: Monday January 15 to Sunday January 21, 2018
- Accommodation: Some beds/huts are available on a needs basis. Otherwise tents (please bring your own tent if you are tenting).
- Cost: \$50 per day (minimum 2 nights)
- Direct deposit or cheque preferred. Direct deposit: Commonwealth Bank BSB: 067-000 Account Number: 28042904 Account name: Dharma Foundation of Tasmania. Cheque to "Dharma Foundation of Tasmania", and mail to TCDF Inc., PO Box 593, North Hobart, TAS 7002.

We welcome your enquiries. Email address at the bottom of page, or phone enquiries to Kate on 0432 630 796.

TASHI CHOLING PRESIDENT'S REPORT 2017

As you are reading this it is fair to think that you are possibly interested in the work of the Tashi Choling Dharma Foundation and also the Dorje Ling Retreat Centre.

2017 started with a really significant milestone event. In February of this year we celebrated the 40th anniversary of the first retreat held at (then) Illusion Farm...now know as Dorje Ling for short. That happened in 1977.

The gathering was very large and drew many past, present and possibly future retreatants and fellow travellers. Our Spiritual Director and main teacher The Ven. Zasep Tulku Rinpoche was in attendance and partied on into the night with the rest of us. Marvelous food and music followed the many heartfelt speeches that were shared that day. It was truly a wonderful event. 40 years on the environment is physically and emotionally in really great shape. With so many years with so much love and nurturing the 'vibes' are definitely established firmly in the positive.

This is the result of so many people's work, both on the ground and behind the scenes in committee meetings and in the cyber realm of communication. I could not possibly mention and thank all the people involved but would like to just name a few indispensable players. Others know who you are!

Maria Grist for your dedication to keeping us active in the cyber realm and keeping this newsletter alive as well. George for your continued attention to the numbers. Kate and Madhu for the sometimes difficult secretarial process and Jack for just being there...literally!

Then there are all the participants in our working bees and the retreat participants who keep polishing the floors and maintaining the tracks merely by walking on them.

So, from a tenuous beginning through some very chaotic and variable growth periods we now have a most beautiful property that is there for present and future generations of spiritual seekers to be able to spend the important and precious time it can take to settle into our natural clear mind space.

In the sixties the mantra was "Turn on, tune in, drop out".

Nowadays I believe it may be more appropriate to go with " Turn off (mobile phones), tune out (of internet connection) drop in (to the vast and deeply rich realm of simply being aka meditation)"

I wont go over all the other events from this year just ending...you can probably find reports and stories relating to them in the pages of this and previous newsletters. What I will say is that in order to maintain this special unique state of balance known as Dorje Ling we continually need contributions from all you out there reading this article.

Some do so as part of our regular monthly contributors list . People who set up that essential monthly direct deposit of whatever they can afford are the ones paying off our loan. This is well on the way to completion by the way, but we really need to keep this going. If you feel inspired to join us on that list please contact George or Maria and the simple process will be explained. \$20 a month is a great help and \$100 is very generous. This also gives you the annual membership to the association which carries benefits when it comes to retreat costs. Thank you and we wish you a beautiful present and a continuing future beauty...

Guy Turnbull

Program

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

Please watch your emails to get updates to our meditation and discussion program, and other events as they are finalised. If you are not on our email list you can join via our website, or email us (see bottom of page).

January 2018. Tuesday evening in recess.
15-21 Jan: Dorje Ling retreat (see p. 1)

February 2018. Regular Tuesday evening meditation resumes on 6 February.

Tsog dates. Dates are based on new moon being day one. Southern hemisphere calendar. Tsog is on Day 10 and Day 25.

ABOUT TSOG: www.tashicholing.net/hobart. Click on the "Tsog" tab.

2018 Calendars now available

Our popular Dorje Ling Retreat Centre calendar is available now. Proceeds go to the Centre. Purchase direct online from redbubble.com/people/tashicholing/calendars/15254085-dorje-ling-retreat-centre or pick your copy up at the Centre. You can also contact us (email address below) to arrange alternative delivery and/or payment.

Each month's photo shows the natural beauty of the Centre and includes an inspirational quote from Rinpoche or from HH the Dalai Lama.

The calendar is A3 sized and beautifully produced. It would make an excellent gift.



2017 AGM

AT the December 2017 Annual General Meeting of Tashi Choling Dharma Foundation Inc. the following people were elected:

PRESIDENT Guy Turnbull

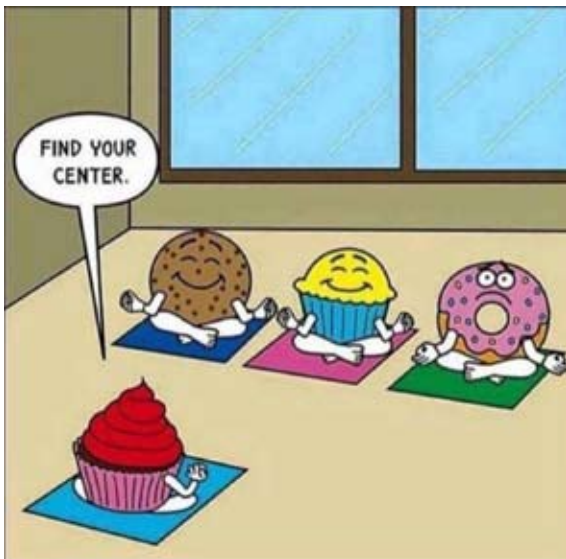
VICE PRESIDENT Jill Wright

SECRETARY Kate MacNicol

TREASURER George Ramm

PUBLIC OFFICER Roger McLennan

General committee: John Grist, Maria Grist, Madhu Lilley, Charles Chadwick, Michaela Guest.



MEDITATION

From 'Teachings on Love' by Thich Nhat Hanh

"Until we are able to love and take care of ourselves, we cannot be of much help to others."

We begin practicing this love meditation on ourselves

May I be peaceful, happy and light in body and spirit.

May I be safe and free from injury.

May I be free from anger, afflictions, fear and anxiety.

After that we can practice on others (he/she)

May he/she be peaceful, happy and light in body and spirit.

May he/she be safe and free from injury.

May he/she be free from anger, afflictions, fear and anxiety.

After that we can practice including our selves with others (we),

May we be peaceful, happy and light in body and spirit.

May we be safe and free from injury.

May we be free from anger, afflictions, fear and anxiety.

New front gate

Our amazing caretaker has just created this wonderful new gate for the Dorje Ling property. We are very much looking forward to seeing it "in the flesh" at our January retreat (see p. 1).



Loving Kindness and Compassion Practice for Manus Island Refugees.

May you be free from suffering

May you be free from persecution

May you be free from isolation

May you be free from being unwelcome

May you be free from inhuman treatment

May you be free from fear

May you be happy

May you be at peace

May you be well

May you be cared for

May you be free

May you be reunited with family

May you be welcome



Retreat report: Susan Roshi Murphy retreat

Two visits to Tasmania in 2017 by Roshi Susan Murphy.

Susan's next visit to Tasmania will be 16 - 23 March 2018.

Part 1: 10 - 14 March 2017 visit.

Roshi Susan Murphy visited Tasmania early this year after accepting an invitation from the Australian Christian Meditation Community (ACMC) to present a talk and to be a facilitator at two events that that community had organised. Over that same long weekend in March the Mountains and Rivers Zen Sangha (MRZS) organised a two day zazenkai (zen intensive) held at Kunanyi House, Fern Tree. Susan interweaved her time between the ACMC and Zen programs. Susan attended the zazenkai except for the daytime period from 8am to 4pm on the Saturday when she attended the program organised by the ACMC.

On the Saturday the ACMC organised "A day of inspiration, connection and meditation with an inclusive community, awake to the wonder of creation" at the Sustainable Learning Centre, Mount Nelson, with the theme "meditation and the environment - responding to the call of the earth". Susan was one of three speakers to present a talk. The other notable speakers were Professor Jamie Kirkpatrick, a distinguished geographer and conservation ecologist and the Reverend Linda Chapman, who established Open Sanctuary, a place of contemplative ecumenical gathering and creation spirituality, on the NSW South Coast. The day was well attended by folk from various walks of life.

Zazenkais organised by Mountains and Rivers Zen Sangha are held three to four times through the year at Kunanyi House. This one was a special occasion as it included, on the last day, a Jukai Ceremony. Jukai means "receiving" [ju] the precepts [kai]." It is the reception and acknowledgement of the Buddhist precepts through which one formally enters upon the Way and receives a dharma name to mark that fact. This is the completion of a process undertaken by the preceptors (initiates) some three months prior to the Jukai Ceremony. It involves working with sixteen precepts through personal contemplation, through sharing of contemplations, readings, poems, images, and inspirational quotes with the Roshi and other preceptors mostly via email, but also through private meetings or phone conversations. In the Diamond Sangha lineage the sixteen bodhisattva precepts are the Three Vows of Refuge, the Three Pure Precepts and the Ten Grave Precepts. This can be an intense personal exploration into one's own being to come up with one's own personal responses to each precept. It is a rich and rewarding process and one of committing and

deepening into the Way of Zen.

Also, as part of this process, each preceptor makes a rakusu from a given set of sewing instructions. The rakusu is a rectangular piece of fabric composed of "patches" with halter straps and is worn around the neck. It symbolises in miniature the patchwork robe of Shakyamuni Buddha and his disciples and is worn by those followers of Mahayana Buddhism who have received the Precepts.

On this occasion four people received the Precepts with Roshi Susan Murphy. At the Jukai Ceremony the initiates take turns reading their vows. With each response they repeat the traditional vow, and then they read the words they have composed as their own vow. Each initiate is heard and witnessed by the Roshi and the gathered Assembly of practitioners. At the completion of the ceremony Susan talked about the nature of the rakusu before presenting each Preceptor with their rakusu inscribed with, amongst other things, their dharma name and a dharma poem.



Above: Kunanyi House dojo: Roshi's seat for the Jukai Ceremony.

Following the zazenkai Susan and two others drove to Mt Field National Park to rejoin the Christian Community who were in the midst of a three day retreat at the Government Huts near Lake Dobson. Susan presented a workshop on haiku which included reading from a wide range of haiku poets including an extensive reading from our own Ron Moss' latest book *Bushfire Moon*. We then went on our own silent walk around Lake Dobson gathering haiku or scraps thereof which were then shared over a cuppa. Later on we wrote our haiku on small

pieces of paper which were put on the cabin wall for others to read.

That evening Susan facilitated a Council Of All Beings where we entered in meditation to allow a voice of another being speak through us to address their issues with the two-legged beings. In the dark room with flickering candlelight impassioned heart-felt speeches were given by Tree, Fish, kunanyi, Planet Earth, Fruit Bat. Everyone listened intently with respect to each being as they spoke. Pandani's voice, filled with deeply held sorrow, was heard the next morning after a period of group contemplation. Everyone felt honoured and privileged by hearing the words spoken by Pandani.

walking their timeless way
fallen leaves
step into the earth.



Above: Zen students and Roshi Susan Murphy at completion of Jukai Ceremony

Second visit to Tasmania in 2017 by Roshi Susan Murphy.

Part 2: 7 - 15 September 2017

We were delighted to welcome Susan to Hobart again in September. This time she was accompanied by Kirk Fisher, an apprentice teacher in the Diamond Sangha lineage, who came to assist Susan and to take on the role of Tanto, the leader in the dojo.

Susan gave a talk at Fullers Bookshop which was well attended. It was the Hobart launch of her third and latest book red thread zen - "love, attachment, the passions, gender, carnality, birth, bodily being, mortality, belonging, suffering, hope, despair, personhood, imagination, vitality, the struggle to be fully human – how do these things dwell wholly in emptiness, how do we reconcile their vivid

life with 'no-thingness'?" After the talk a lively dinner at Sapa Rose was enjoyed by a number of retreatants and their partners.

The "walking with mountains" spring zazenkai was held at Kunanyi House, Fern Tree from 8 - 14 September broken by an overnigher at the Government Huts, Mt Field National Park.

The weather dictated the flow of this zazenkai. Two nights were planned for the excursion to Mt Field but changed to one night because of the forecast of snow to levels that could have impeded our departure from the Government Huts.



Right: outside kinhin in the forest

The dojo was at capacity on the first day with a number of people coming for just one day of practice. The numbers lessened by 5 or 6 people for the remainder of the zazenkai. This place is one of infinite beauty and we are blessed to be able to hold practice periods at Kunanyi House.

The immanence of the dojo is stillness – this was palpably felt when twenty plus people were sitting in this space with natural sounds, inside, outside – the backing soundtrack for their minds, their hearts.

After three days of intensive practice a road trip was undertaken to the Government Huts – some people left the journey after one, two or three days – some new people joined in for the high country adventure – shortened from a two night to a one night stay based on the snow forecast for the Lake Dobson area.

The travelling group enjoyed a hearty lunch of pumpkin soup and mixed sandwiches provided by the local cafe at the Visitor Centre meeting room. After lunch most of us took the short stroll through the forest under leaden skies to view Russell Falls in full splendid flow and then, further up the road we stopped for an amble around the Tall Forest circuit walk drinking in the damp earthiness smell of tree, earth, fern, leaf litter, currawong sound.

High up the road was clear of snow but the surrounding country was covered in a thick blanket of snow. We settled in to our huts for the evening. After a warming delicious supper several passages were read from the Mountains and Waters Discourse by Dogen. We sat with these verses for a short while before a period of open enquiry was introduced where we discussed and explored aspects of the verses we had just listened to.

The next day, overcast but fine – a morning silent walk was taken around the shores of Lake Dobson through the Pandani Grove to Eagle Tarn. The track was covered in thick snow – there were frequent stops when haiku and other short poems mostly of a mountain nature were read to the wanderers. Conditions were cold – Eagle Tarn, shallower than Lake Dobson, was completely frozen over.



Above:

*valley mist . . .
running my finger over
the curve of a twig*

– artwork & haiku by Ron Moss

Interspersed, from time to time, with the activities we were engaging with in this snowy landscape were short periods of sitting.

We packed up and left by late morning with the onset of a shower or two. A lunch stop at the Possum Shed, Westaway, was enjoyed in the sun with the fast flowing Tyenna River full of snow melt just below us. That evening we arrived back at Kunanyi House for supper and a period of sitting with thirteen people deciding to overnight – the women shared the bedrooms, the men slept in the dojo.

Thursday – the last day of this practice week – up early sharing coffee with Kirk and Andy and a quiet chat before the wake-up bell and first sitting. After breakfast short passages from the Mountains and Waters Discourse were spoken into the dojo by Susan and from each passage a particular phrase was repeated. We sat with each phrase for a few moments then Susan invited us to share any of our responses to these phrases. This was followed by a Closing Ceremony then a Sharing Circle.

A celebratory lunch was enjoyed at the Veggie Hut in North Hobart. All in all another great practice week with Roshi Susan Murphy, Apprentice Teacher Kirk Fisher and the Mountains and Rivers Zen Sangha.

in this mountain hut
we sit warm
drink tea, drink haiku

~ Ross Coward

Worrying does not accomplish anything.
Even if you worry twenty times more,
it will not change the situation of the
world.
In fact, your anxiety will only make things
worse.
Even though things are not as we would
like,
we can still be content, knowing we are try-
ing our best and will continue to do so.
If we don't know how to breathe, smile,
and live every moment of our life deeply,
we will never be able to help anyone.
I am happy in the present moment.
I do not ask for anything else.
I do not expect any additional happiness or
conditions that will bring about more
happiness.
The most important practice is aimlessness,
not running after things, not grasping.
~Thich Nhat Hanh

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



*2017 committee.
Charles and Jill missing from this photo.*

Become a member

Memberships are the lifeblood of our organisation.

You can become a member in two ways:

- Become a regular member: \$50 per year.
- Donate to Dorje Ling Retreat Centre and automatically become a member.

To join, go to our [web site](http://www.tashicholing.net).



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, making a bequest, or simply attending retreats or coming along to our regular meditation meetings in Hobart on Tuesday evenings (see p. 2).

Committee 2018

Guy Turnbull – President
Jill Wright – Vice President
Kate MacNicol – Secretary
George Ramm – Treasurer
Roger Mclennan – Public Officer
Charles Chadwick, Maria Grist, John Grist, Michaela Guest, Madhu Lilley – General Committee

Mailing address

PO Box 593
 North Hobart
 TAS
 Australia 7002

Online

www.tashicholing.net
www.hobartbuddhistmeditationcentre.com
info@tashicholing.net
 Facebook: <http://fbl.me/hbmc>
 Twitter: [@tashicholing](https://twitter.com/tashicholing)

We thank Senator Andrw Wilkie for his kind assistance with printing this newsletter.



Mahamudra Meditation Retreat

MINDFULNESS OF MIND

20 to 27 January 2018

Our New Year meditation retreat from Saturday 20 to Saturday 27 January will be on the powerful, simple practice of mahamudra meditation.

Mahamudra is known for its power to reduce stress, ease suffering and difficult mental states, generate joy, and as a healing practice.

In this retreat we will practise meditation on our natural clear state of mind and progress to meditation on the ultimate nature of our mind and ourselves, which is the actual mahamudra, ultimate reality.

About the retreat

This practice allows us deep insight into our mind and is a special way to welcome in the New Year.

The retreat is suitable for new and experienced meditators and anyone who meditates can realise the benefits of this practical method.

It is held over eight days including the Australia Day holiday, with the option to stay at the Peaceful Land of Joy Meditation Centre in Yuroke or to attend each day.

There is plenty of time to enjoy the beautiful peaceful environment of the temple and gardens, delicious home cooked food and to meet other meditators in a welcoming community.



The retreat will be led by Les Sheehy, long-term student of the Tibetan Buddhist Society's Founder, Venerable Geshe Acharya Thubten Loden, and teacher and director of the Tibetan Buddhist Society in Perth.

Les received these mahamudra teachings over 35 years ago from his Gurus, Geshe Acharya Thubten Loden and Zasep Tulku Rinpoche, and has taught and led mahamudra retreats for many years.

For more information please call Jean on (03) 9333 1770 or email contact@tushita.org

TIBETAN BUDDHIST SOCIETY

1425 Mickleham Rd (access from Cookes Rd), Yuroke, Vic 3063
10 minutes from Tullamarine Fwy exit - Melways 385 J8

www.tibetanbuddhistsociety.org T: (03) 9333 1770 E: contact@tushita.org  [tibetanbuddhistsociety](https://www.facebook.com/tibetanbuddhistsociety)  [@TibBuddhistSoc](https://twitter.com/TibBuddhistSoc)