



Tashi Choling Dharma Foundation Inc. Newsletter September 2003

Hello friends

Welcome to the new incarnation of the Tashi Choling newsletter. We now have a newly elected committee and editors and we invite you to enjoy these offerings which we intend to send you quarterly, according to the seasons. In this marathon run we are on, the baton has been now passed to me and I would like to thank our outgoing President, Sue Willey, for her hard work and leadership during the past few years. Sue was a key person in our efforts to facilitate the visits of the Gyuto Monks to Hobart amongst many other projects. Sue is still a hard working member acting in the more laborious and less glamorous role of secretary...and dreaming of that long retreat in the sky!! Thank you Susie.

Probably the reason that I gravitated to this role has been my passion for a particular project, the continuing role of Dorje Ling, in Lorinna, as a Teaching and Retreat Centre. In this context I would like to share with you some reflections about the transformation process undergone by Dorje Ling Retreat Centre over the past 18 months.

As many of you are aware, after over a year of fundraising and near hit and miss solutions in our quest to raise the money to purchase the property known formerly as "Illusion Farm", Tashi Choling Dharma Foundation is now actually the owner of this beautiful and these days historic property. This is due in large part to the continuous efforts of a small and dedicated crew from our local sangha, together with the generous support from many of the sangha at large who have offered a regular pledged donation which has enabled us to borrow the amount needed (well almost - see below). Now none of this would have availed if we had had to rely on regular financial channels for the loan...believe me, we tried many avenues before coming to what seemed like the end of the road. The phone call from Katie which changed everything came completely unexpectedly and with no fanfare. Her offer to lend the sangha almost all the remaining money needed was so simple and unassuming that I must say I could at first not quite believe it. Since that day I have felt wonderfully lighter and it is with great joy that I now approach the work of encouraging all the sangha to support this project that, to paraphrase Zasep Rinpoche's words, will gather energy and one day flow like 'the mighty Mekong'.

I would like to take this opportunity to thank every single person who has supported this effort so far, in offerings of time, money, positive mental states and good wishes! And I would also like to invite you all to join us at Dorje Ling for a truly well due celebration when Zasep Tulku Rinpoche returns for a visit during Easter 2004.

I would like to also take this opportunity to thank Karen Johnson for her very hard work in bringing the farm into the 21st Century. We now have an amazing 240 volts electric solar charged system affording us the luxury of power without regular Hydro bills. The old farmhouse has been completely renovated and much unseen effort has been put in I am sure. It must have been quite difficult for Karen to part with her life at Lorinna and we wish her well in her new life in Hobart. On the 13th of September, during a recent weekend visit to Lorinna, the 'handing over of the keys and how to avoid having a muddy cup of tea' ceremony was held with rain falling hard on the roof and the daffodils blooming.



Talking of life in Hobart, the regular weekly Tuesday evening sessions at Tashi Choling are being well attended with a rotating program of teaching and meditation evenings. We recently hosted a visit from Bonnie Ross and her teachings were at once approachable and profound...surely the mark of a great teacher. Thank you Bonnie and the organisers of that visit. So, once again, thank you all for the ongoing support you give and in reference to the above paragraph, I must make known to you that we are still in a position of being \$20,000 short of our purchase price and we have agreed to try to pay this as soon as possible. In this context I am once again asking you to consider if you are able to make an offering to this one off need, or contribute with your creativity to fundraising activities. Our vision is that we will one day be running a thriving centre that will be self-funded. However, it is in this early stage that we need to act as mid-wife and ensure a successful and healthy rebirth.

Wishing you peace

Guy Turnbull, President, TCDF.



REGULAR MEETINGS.

Our regular meetings are held at the Centre, above Gould's Pharmacy, on Tuesday evenings, from 7.30 to 9 pm. Currently we are alternating weeks of meditation with weeks of studying the Lam Rim.

OUR CONSTITUTION.

The Constitution of the Tashi Choling Dharma Foundation Inc. is now available on our web site. Go to www.dorjeling.go.to and click on the About page. Here you will find the link to the Constitution.

(At left: Zasep Tulku Rinpoche. Caption on t-shirt: "Make me one with everything.")

MEMBERSHIP.

Become a member of Tashi Choling Dharma Foundation. Membership costs \$30/\$15 p.a. Memberships fall due 1 December annually. If you donate more than \$50 annually to Dorje Ling, you are automatically a member and need not apply. (But please still notify us if you wish to receive your newsletter by email!) Fill in the form below:

NAME
ADDRESS

PHONE
EMAIL

I would prefer to receive these newsletters by email.

I do not want to be a member or receive the newsletter, but I would like notification of visiting teachers.

(Send with your payment to Tashi Choling Dharma Foundation Inc., PO Box 593, North Hobart. TAS, 7002.)

WASHING DISHES - by Thich Nhat Hanh.

To my mind, the idea that doing dishes is unpleasant can occur only when you aren't doing them. Once you are standing in front of the sink with your sleeves rolled up and your hands in the warm water, it is really quite pleasant. I enjoy taking my time with each dish, being fully aware of the dish, the water, and each movement of my hands. I know that if I hurry in order to Eat dessert sooner, the time of washing dishes will be unpleasant and not worth living. That would be a pity, for each minute, each second of life is a miracle. The dishes themselves and the fact that I am here washing them are miracles! If I am incapable of washing dishes joyfully, if I want to finish them quickly so I can go and have dessert, I will be equally incapable of enjoying my dessert. With the fork in my hand, I will be thinking about what to do next, and the texture and the flavor of the dessert, together with the pleasure of eating it, will be lost. I will always be dragged into the future, never able to live in the present moment.

Each thought, each action in the sunlight of awareness becomes sacred. In this light, no boundary exists between the sacred and the profane. I must confess it takes me a bit longer to do the dishes, but I live fully in every moment, and I am happy. Washing the dishes is at the same time a means and an end --- that is, not only do we do the dishes in order to have clean dishes, we also do the dishes just to do the dishes, to live fully in each moment while washing them.



View from "Villa". Dorje Ling.

Tashi Choling Retreat: Gaden Gompa at Nelson British Columbia Canada A story of one travelling Yogini, Roslyn Alexander. Satyamukhi (Rosie-Mukhi)

My intention to sit a Vajrayogini retreat in Canada with Zasep Tulku Rinpoche and the Canadian Sangha was seeded 2 years ago and came to fruition in November 2002.

Now I reflect.... After the long plane ride from Melbourne to Vancouver I was met and warmly welcomed by Daphne, a Tara like member of the Zuru Ling sangha. Then Chuck drove us 12 hours to Nelson. Our journey overland was blessed by 3 white tailed deer crossing our path, a red headed woodpecker and a grey wolf carrying a frozen cat dinner across the road. Winding up the country road to the Gompa fully lit appearing as a celestial mansion, nestled into a forest of stately pine and Cedar trees and the background sound of a rushing waterfall, it felt like a dream. The Gompa dining area warmed with sounds of family reunion chatter and then the well known chuckle of my dear teacher Zasep Rinpoche, looking exceedingly well and strong after his 3 month long solo retreat. We enjoyed a light meal and began our retreat with organizational details, and Vajra Yogini Tsog celebrations. We established our seat, placed and set for 3 weeks. Our formal program began at 7am and ended at 9.30 pm with additional sessions after or during

Vajra Yogini Tsog Dates

Sun. 5/10 Mon. 20/10

Mon. 3/11 Wed. 19/11

Wed. 3/12

*Thurs. 18/12 Lunch Tsog & Guru Puja 1 pm@ Tashi Choling
Thur 1/1/2004 Sat 17/1 Sat 31/1

the lunch break. Rinpoche conducted 2 sessions daily, the long sadhana and a commentary richly woven with stories, laughter, questions and clear instructions on the tunes of Tibetan songs and prayers. The other sessions included intensely counting the mantra and visualizations. Some students, like me, had the goal to say 110,000 mantra. Others had already completed a counting retreat and used the time to study texts and practice visualizing the mandala, feeling more deeply into the practice. Following Zasep Rinpoche's teaching sessions we were able to contemplate that aspect and allow the meanings to unfold. Unused to sitting still for 1.5 hours inside gazing out at magical mists and rain through Northern hemisphere forests at morning tea breaks, this Tassie yogini took a quick exit. With coat, hat and boots donned as legs were stretched, muscles released fresh air breathed deeply as I walked the bronze leaved forest trails amidst young cedar, pine and natural garden. A half hour loop to the waterfall. Icicles hung from branches where pipes had burst, appearing like tall protectors above our path. Challenged by unusually cold weather the springline pipes froze! Some retreatants bravely bathed in the thawing creek water while others bucketed water up to the gompa. The Tashi Choling Sangha brought us water from town in containers and I felt the support of the Nelson group besides those in retreat. These wonderful dakinis and dakas appeared again at the fire puja attending us wholeheartedly. More resourceful and skilled people managed to juggle the practice and buy new pipe and successfully lay a new water line from the creek to the Gompa. The harmony and flow continued.

The Vajra Yogini retreatants were Rinpoche's students from other teaching centres across Canada and Australia. . Some stayed inside the house or on site in vans while others commuted 10 minutes from Nelson daily.

Excitement and relief rippled through my practice after the 14th of November Tsog day as I received a note to the effect that Dorje Ling is finally to be owned and managed by the Tashi Choling Dharma Foundation of Tasmania-

Now we have a Centre to which we can invite this most gracious Canadian Group-so dedicated to Zasep Rinpoche's teachings. ..a privilege to sit amongst. Vajra Yogini had helped remove obstacles and bless our dream. Rinpoche was so delighted to share the news with me. Since we were holding the energy through silence all communication was through notes. It really helped my practice and conservation of energy to be quiet. This Gompa and sangha owned Centre just one year old and renovated to house the caretaker/builder and 17 and the chef. The establishing of the centre here is an inspiration and wonderful example of Dharma in action. The culmination of the fire puja ceremony took me into ancient rituals as we chanted prayers for clarity of mind, healing of dis-ease and protection. As always joyfully dedicating the merit to the benefit of all mother sentient beings.

The whole experience is beyond these ordinary words, yet I have done my best to share a little of the precious time with you. Love in Peace, Rosie

VISHI aka **VISHWANANDA** and **GRAHAM BAVERSTOCK**

Sometimes we don't realize how precious something is till we lose it. Sometimes we don't realize how precious someone is till they have left us. My connection with Vishi was through Dharma Practice, and I didn't see him that often but I held a deep affection for this stocky, affable man with a cheeky grin who loved to have a yap. A man who loved to be with his teachers, with his students and with his friends. A man who loved to meditate. A man who loved to talk about life and about Dharma. A man with a big affectionate heart full of bliss and love. A man who would help anyone and did help everyone, a bodhisattva. He offered me affection and friendship. He offered me deep encouragement with aspects of Dharma Practice and of Life. So, when I learnt of his death I felt a gap begin to open up.

With deep gratitude

O VISHI, Dharma Friend,
I wish to say this.

Not knowing that you had gone
I came to say hello.
Almost noon, on the day you left us,
I climbed the stairs at Tashi Choling
Where you said you sometimes spent Saturdays
With your mahamudra students, wanting to see you.
But the doors were shut.

O VISHI, Dharma Friend,

On the night I learnt of your death,
I said your name over and over, surprised.

O VISHI, Dharma Friend,

My friend, the bearer of your news,
And I sat at Tashi Choling
Carrying your name,
O VISHI,
Between us, in meditation.

O VISHI, Dharma Friend,

A long incense stick was lit for you,
The smell of the smoke your essence.

O VISHI, Dharma Friend,

A candle was burning for you,
It's buttery light your radiant light.
And in the darkness light
Of two candles
We sat
Holding you on our breath.

O VISHI, Dharma Friend,

On the in-breath
Your first syllable, VISH
On the out-breath
Your last syllable, I

O VISHI, Dharma Friend,

Carrying you lightly,
We sat.

O VISHI,

In our bewilderment,

O VISHI, We sat.
In our forgetting of
your name,
We sat.
O VISHI, In our not-knowing
knowing,
We sat.
O VISHI, We sat
Till the last of the
incense
Burnt out.
O VISHI, We sat
Till the candles
Were extinguished.
O VISHI, We sat
Till it was time
To return home.
O VISHI, Wherever you are,
Rest in natural great
peace
This exhausted mind.

Wherever you are,
Rest in natural great
peace
This exhausted mind.

O VISHI, Wherever you are,
Rest in natural great
peace
This exhausted mind.

OM VAJRASATTVA HUM

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For the last stanzas many thanks and gratitude to Guy Turnbull for the line, "Wherever you are", and to Nyoshul Khenpo for the first two lines from his poem

*Rest in natural great peace
This exhausted mind
Beaten helpless by karma and neurotic thought,
Like the relentless fury of the pounding waves
In the infinite ocean of samsara.*



Books by Tarchin Hearn



Tarchin is a skilled teacher of meditation and the practices of awakening. He has 25 years experience in various schools of Buddhism and was ordained as a monk in the Tibetan Karma Kargu tradition for 12 years. He combines Eastern and Western traditions with psychology and science to teach in a way that speaks directly to the interests and needs of people today.

I have stocks of some of Tarchin's books - ring or email me (Margaret Steadman, 6231 4751 or msteadman@trump.net.au) if you would like to buy a copy. (I forward the money to Mary Jenkins who transfers it to the Wangapeka Trust). Wangapeka Study and Retreat Centre is owned and operated by the Wangapeka Educational Trust as a place of healing and meditative unfolding. Tranquil and ruggedly beautiful, it is about an hour and a half from Nelson in the foothills of the Southern Alps of New Zealand

Payment: Cheques should be made payable to Mary Jenkins

Natural Awakening - The Way of the Heart

Natural Awakening is a book of great inspiration and beauty. The teaching is direct and profound without being complicated. It encourages us to develop friendliness and interest towards every moment of life and to immerse ourselves in what Tarchin calls "the practice of already here." Throughout its pages travel interweaves with poetry, philosophy weaves with meditation techniques and science merges with

mysticism. Twenty-two practical exercises are included, making a book of great clarity and immediate relevance to all who are interested in health, awakening and the well being of the world.

240 pages \$25.00

Breathing - The Natural Way to Meditate

This book combines the step-by-step details of an instruction manual with an overview to meditation which can be usefully applied to any type of contemplative practice. It was written for people who really want to meditate or who actually do meditate.

88 pages \$20.00

Daily Puja

This booklet is a collection of reflections or mini-contemplations inspired or taken directly from the Buddhist tradition. They are presented in a way that will speak to the universal nature of everyone, regardless of their religious beliefs. Puja means to honour or to venerate. With these contemplations we honour the mystery of life and refresh our intention to live in a sane, healthy and compassionate manner.

40 pages It contains the prayers and meditations that we use often in Tashi Choling, Tuesday nights. \$12.00

Walking in Wisdom

Simple yet profound, Walking in Wisdom is a beautiful little book that teaches us to be awake and compassionately present in the midst of all comings and goings. It reawakens interest in much of life we have learned to take for granted and touches some of the deepest themes of Buddhist teachings.

65 pages \$13.00

Our summer newsletter will feature stories from the 'younger sangha'. Those who once were kids at Dorje Ling are invited to write a short piece encapsulating their current life situation and a memory of Dorje Ling. Please send at any time.

GARAGE SALE

9 am, 1st November, 64 Princes Street, Sandy Bay.

Let your unwanted goodies work for us. Please find what you can to contribute to our Fundraising Garage Sale. All proceeds will go towards the Dorje Ling project.

Ring Cathy on 6224 6487 or 0419 565 081 during the previous week to arrange drop-off. Please attach recommended price tags where possible.

Or, just turn up on the day and buy what you can!

BONNIE ROSS.

I had a strange time coming up to Bonnie's arrival and teachings. I had enjoyed the teaching she gave the last time she was here but felt reluctant to commit to workshops for her recent visit. As it was I attended all the evening sessions and weekend retreats and would not have missed them for anything.

Bonnie's weekend on Death and Impermanence was once again her special mix of talking, dancing, painting and contemplation which integrates the Dharma into our lives.

I realised again how all the teachers we are fortunate to work with in this lineage: Bonnie, Tarchin and Cecilie offer us profoundly ordinary yet exciting ways of bringing the Dharma into our lives as living explorations.

Bonnie's exercise using our precious belongings to develop a story of our lives with an abrupt interruption as an example of reality, brought those of us at the workshop (we lucky nine) into a new perspective of how life might cease! I always love the music Bonnie uses in her workshops and this time was no exception.

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The weekend at Camp Coningham was great.

Bonnie brought us to the heart of the matter with an exploration through senses, meditations, walking and creative play.

She took us back in time through our ground of being and forward into the openness of space. The food was exquisite (Thanks Suze) and sleeping a joy. The "coven", (there were thirteen participants) was linked at the heart to explore the Jewels of Indra's Net of form and space, in their own unique ways. Bonnie blends a deep understanding of formal Buddha Dharma with playful investigation.

I realised after the weekend that Bonnie is one of my teachers, a great spiritual friend and sister and how fortunate I am to have such teachers.

I felt blessed by her visit. The proof of the pudding is in the eating. If she comes back folks, don't miss her!

Tony Dix



(Left: Rinpoche teaching children)



POSITION VACANT
LIBRARIAN (voluntary).
(For Tashi Choling Library)
Contact us if you are able to help.

RED LIGHT LAMA

Car starts running late
traffic frantic just cant wait
get across town as fast as we can
ducking and weaving
through gaps in the traffic
to make it on time
for that oh so important
future meeting with...
amber light/ red light / now have
to stop
remembering to breath
remembering this is now
life amazing life
teachings of impermanence
and death
liberating me from hurrying
the counterflow of traffic
streaming to the left and right
ah my heart rejoices
thanking you red light lama
found at almost every corner
teaching patience
teaching stopping
teaching flow
(by Guy Turnbull)

UPCOMING EVENTS.

- Art Auction - fundraiser for Dorje Ling. Date and location to be announced. Nibbles and drinks provided. Please consider donating an art work - contact us.
- Karma Yoga work/retreat at Dorje Ling in January - date to be announced. This will be a combination of work on the Dorje Ling property, and a retreat led by senior students of Tashi Choling. There is plenty of work for both handy and non-handy people.
- Roslyn Alexander (Satyamukhi) will teach a Yoga and Meditation Retreat at Dorje Ling on December 5,6,7. For more information and bookings please phone 62 535354.
- Zasep Tulku Rinpoche will be in Tasmania to teach and conduct a retreat at Dorje Ling during March 2004 and April (Over the Easter Break). He wishes this to include a celebration for the collective efforts made by the sangha to secure this as a sanctuary for future generations. Currently he is in Mongolia studying with one of his teachers, and unable to be reached by electronic mail.