



Hobart Buddhist Meditation Centre

Including

Dorje Ling Retreat Centre

Tasmania



TCDF Quarterly Newsletter

Spring 2015 edition

October working bee @ Dorje Ling

We are holding another of our working bees during the Hobart Show weekend in October (22-25).

During this working bee we will be tackling a variety of jobs, including planning sessions for the future. We usually don't have a meditation program as such but people can meditate at any time. Most will do some meditation in the morning in the Gompa at least.

Our working bees are always enthusiastically attended. You would be most welcome!

Bring what you normally would for a retreat, e.g. sleeping bag, linen, personal items, torch etc.

For working bees, what we normally do for catering is to each bring enough food for ourselves and when we get there we pool the food and somebody volunteers to cook for each meal. It's very relaxed and ad-hoc. Let us know if you are coming by emailing us (see email address at bottom of page), phone Guy on 0409 713 813, or tell us at one of our meditation sessions.

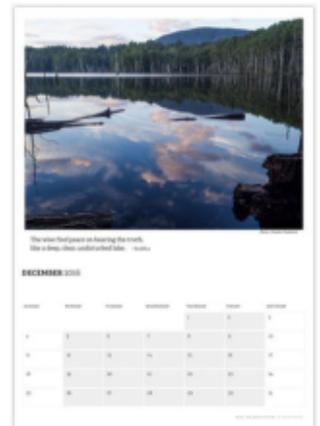
2016 calendars now for sale

We have produced another calendar for 2016, featuring the best photos of Dorje Ling Retreat Centre taken over the past year. It has a photo of Rinpoche on the cover.

These calendars are large (A3 sized) and digitally printed on 200gsm satin art paper with a tougher cover and strong wire binding and hanger. They make a very attractive Christmas gift.

You can [preview or order the calendars here](#).

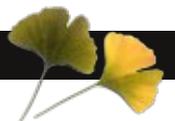
We have ordered a quantity to sell at our meditation meetings for those who prefer not to purchase over the Internet. The cost will be \$39.95. Let us know if you would like to purchase one by email (below) or at one of our meetings.



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.



President's report

Spring has arrived, warmer weather, more sunshine and daffodils in the garden and at Dorje Ling. We look forward to a rewarding, and productive summer season including our annual October, [Show Weekend,] Working Bee at Dorje Ling, the Reflect and Refresh retreat we will be running in early January and several other retreats being organised at Dorje Ling.

On Tuesday evenings we continue to study Geshe Rabten's Treasury of Dharma and will soon be looking at the chapters on the development of the Heart, the Mahayana Path and the Exchange of Self for Others.

Thanks again to the hard working committee, Jack the caretaker and his summer assistant and cook, Mark, Tuesday evening leaders and all who contribute to, work for or participate in the activities at Dorje Ling and in Hobart.

Wishing everyone an inspiring and fulfilling Spring season. May we engage in joyful effort!

Charles Oct 1 2015



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Upcoming meditation and study 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.



On the advice of our spiritual director, Zasep Tulku Rinpoche, we are studying Geshe Rabten's Treasury of Dharma as our source of teachings on Tuesday evenings.

Treasury of Dharma is taken from a month long course given by Geshe Rabten to Westerners. It contains teachings and meditations that Geshe La thought most relevant for Westerners. It includes chapters on mental factors and the 12 links as well as most of the Lam Rim starting with suffering. Rinpoche was using this book as a source during the recent Dorje Ling Lam Rim retreat. Here is a description:

'A complete Tibetan Buddhist Meditation course and a true classic of contemporary Buddhist literature. It contains the essence of the entire path of Buddhism, explained out of the personal experience of one of the most outstanding Buddhist meditation masters of our time, the Venerable Geshe Rabten Rinpoche. Its clear and practical presentation make Buddhist thought and practice easily accessible to anyone who is seriously interested.'

OCTOBER: Roslyn Alexander

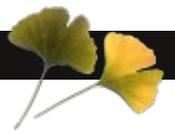
NOVEMBER: Madhu Lilley

DECEMBER: Maria Grist

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 here: <http://tashicholing.net/about/join/>

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

October: Wednesday 4 and Thursday 22. November: Friday 6 and Saturday 21. December: Sunday 6 and Monday 21. January: Tuesday 5 and Wednesday 21. February: Thursday 4 and Thursday 18.



Rinpoche projects connect the old with the new

In July, Rinpoche's Australian and Canadian students (with a bit of help from the USA and the UK) teamed up again for a new building project near Nelson, British Columbia.



This time the team came together to build a walkway between the new Temple and the Tashi Choling centre's accommodation buildings at the beautiful Sproule Creek complex, as well as installing Korean under-floor heating for the Temple. As a result the Temple has now become a truly all-weather facility.

The old building, with its view of the mountains and forests, is made up of accommodation, kitchen, dining and sitting areas and the old downstairs Gomba which hosted many retreats and teachings over the years until the new Temple was completed by Rinpoche's students and helpers in 2013.

Rinpoche's projects draw people together from many different places, and backgrounds.

Central to the building project has been Rinpoche's connection with Australia's Tang Soo Tao martial arts group. In the mid 1970s Rinpoche met the Tang Soo leaders when he was translating for Geshe Loden at the Chenrezig Institute in Queensland.

He formed strong connections with the group, which Master Robert Caputo started in the Northern Territory by Master Robert Caputo, based on Korean and other Asian martial arts styles. Rinpoche has long been the group's spiritual guide. Throughout Asia, monks have learned martial arts for fitness and self-defence. Many Buddhist practitioners find Tang Soo a wonderful expression of the Dharma, achieving oneness in group practice,



and sharpening meditation focus.

Attracting more than forty people to the Tashi Choling project in July was the promise of Rinpoche's teaching on the Heart Sutra at the end of each day of construction or support work.

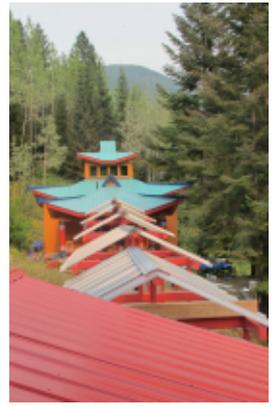
After manipulating glass into the pre-fabricated metal frames, or devising meals to nourish the workers, or painting the beautiful red columns at the Temple's entrance, people would gather in the wonderful Temple space built by a similar team a few years back. Rinpoche taught on the emptiness of all phenomena with the long windows framing Copper Mountain, its foothills and forests.

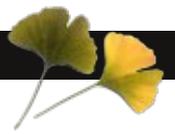
Rinpoche's Canadian and Australian students over the years have learned to speak each other's language, laugh at each other's jokes, put up with each other's differing building codes and recipes.

A high point at the end of the ten days working retreat was a martial arts demonstration by the Tang Soo crew, led by chief (Sabom Nim) Anthony Brown, and including at least one under ten, and several over 50s' practitioners. Rinpoche joined the crew for photos dressed for Akido (the Japanese martial arts practice).

Rinpoche said one of his dear mentors had revealed that the secret of long life was to continually undertake new projects – so long may he continue to invite us to participate!

Amanda Buckley
(Vic Sangha)





Nepal Earthquake

In May 2015 a devastating earthquake hit Nepal killing over 11,000 people and destroying numerous homes and villages.

In response to Tents for Peace (Nepal) request for assistance Tashi Choling sangha in Tasmania, Tarchin Hearn and sangha from New Zealand and Canada, the Burmese Buddhist Community, many individual schools and colleges throughout Australia, the University of Tasmania and many individual donations from people within Tasmania and throughout Australia, raised over \$150,000 over a period of four to five weeks. These funds supplied over 1000 tents, medical equipment, blankets and food to remote villages in Nepal, where aid had not been delivered by the larger aid agencies.

Dechen Llama from Neydo Monastery in Nepal took five convoys into the remote parts of Nepal towards the Nepalese /Tibetan border often travelling 13 hours a day over rough terrain to get to the sick, wounded and homeless. Dechen and her team hardly slept for a period of four weeks in their desperation to get to these remote areas. For example, her last convoy was able to deliver life saving equipment to over 100 nuns left homeless and trying to survive in terrible conditions (many elderly and sick) within kilometres of the Tibetan/ Nepalese border.

Samden Sherpa and his team of Sherpas took four convoys of our tents and food into the Langtang and Gorkha regions of Nepal which essentially could only be reached by helicopter. They however managed to tackle almost inaccessible terrain to save the lives of hundreds of people.

Anna Crotty the founder and Director of Tents for Peace International states: "As usual when a request was made for assistance our sangha in Tasmania and New Zealand were among the first to respond with not only generous donations, but with a concerted effort to get the word around through their network."

Anna states that since Tents for Peace International was formed in 2005, assistance to marginalised and homeless people within Afghanistan, Pakistan, Yushu in Tibet, Burma, the Central Desert of Australia, and Nepal has been provided and Tents for Peace has raised over 1 million dollars.

She states: "Without the support of Tashi Choling Sangha, and our Sangha in New Zealand and Canada, this would not have been possible and again, I extend our gratitude for the continuing support and trust placed in Tents for Peace International by our Sangha."





Susan Murphy Roshi at kunanyi House

not-knowing is most intimate ...

first evening

the beginning of this

gathering of 17 souls – 16 retreatants and the *Roshi* (venerable teacher).....

arriving in the dark somebody is walking up the switchback driveway spotlighted in the headlights.

seeing the shoes lined up along the path outside the front door

The *Roshi* has arrived, walks into kunanyi house, greets people.

people are sitting around, some standing, some sipping hot drinks ... soft voices & a palpable quietness, stillness already! it feels really settled ... people quietly expectant – filling the space with their being ... the kitchen/dining *dojo* (training centre) ... sheets of paper are pinned to a noticeboard - sitting positions in the *zendo* (training centre for zazen), the weekend schedule, roster for jobs ... people gather in ones and twos to see ...

flowers are evident ... both outside and inside in vases, pots - beautiful arrangements of colour - daffodils, jonquils and daphne, orange clivia ... and on the tables pink & red cyclamens and red camellias ... and outside the exquisite beautiful gardens ...

down some steps is kunanyi house *zendo*, black *zabutons* (mats), black *zafus* (cushions), black chairs – the fire is burning brightly offering its warmth around the edges of this darkened room softly lit there is a palpable stillness already!

Quan-yin (Bodhisattva of compassion) stands gloriously on the altar table beside an exquisite white marble paper-crumpled-like vase holding a few just right red hot pokers ... two candles are lit, an incense stick offers its scent, a small bowl of water everything looks beautiful ... *is* beautiful.

Everyone gathers in the *zendo* and take up their rightful seats – all of us, we welcome this with everything of us, with all of us. ... *Jiki-jitsu* (time-keeper) strikes the bell three times ... we sit *zazen* (meditation) for one period ... then Susan welcomes



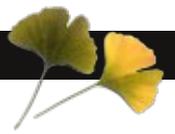
us & everything, all is included here, in this place. She acknowledges the traditional custodians, the Mouheneener people, says a few words before offering opening words for this retreat ... *Sesshin* (Zen retreat) guidelines are read out ... we end the first evening with a playful then a more considered *kinhin* (walking meditation).

we depart for home ... three caretakers (givers) stay overnight, sleep soundly, stoke the fire ... (& overnight the second night, continue *zazen* into that evening after their supper).

6am ... first morning darkness in the *zendo* ... before the *Roshi* enters the sound of frogs from the ponds outside the *zendo* windows ... just like the frogs the *Roshi* coughs and scatters a few more words amongst us ... *zazen* ... *Dokusan* (interview with the teacher) begins ... *Jisha* (teacher's attendant) taps us on the shoulder when it's our turn to go and meet with the *Roshi* privately in another room ... we wait at the top of the stairs in *zazen* position for the *roshi* handbell to ring to call us in ... when you hear this bell she says move with alacrity ...

Breakfast – prepared by the *Tenzo* (head cook) & assistant ... and finally we hear the *accelerando* sound made by a wooden spoon hitting a pot lid (*umpan*) ... the *Jiki* responds with the bell ... we gather hold hands chant the informal meal *sutra* (verse) & one by one help ourselves to what's on offer ... porridge, fruit, bread/toast ... coffee, tea ... and eat.

The first sound of the *Han* (wooden board instrument) calls us back to the *zendo* after the breakfast break. The woodblock *Han* is struck by the *Jiki* with a wooden mallet. It hangs outside the kitchen *dojo* from a rafter. Everything shakes on each strike, a



pattern of strikes that lasts for ten minutes ... The third and last accelerando leaves just a handful of seconds left to be seated in the zendo! This Han has brushwork inscribed on it – two characters – *Enso* (circle, with many meanings, eg emptiness) & the second *Sadmaru* or *Jo*, two translations ... *Sadmaru* meaning “settled” or *Jo* meaning “tranquil meditation” ... *Ino* (chant leader) leads us through sutra chanting ... *zazen* continues ... *dokusan* continues ...

then lunch ... another exquisite offering ... *zazen*, outside *kinhin*, *zazen*, inside *kinhin* *dokusan*, *teisho* (dharma talk) ... I find Susan’s *teishos* keenly honed with a rich tapestry & weaving of old tales and new, intermixed with koans and poems and everything else ... in just about every *teisho* there’s nothing of Susan to be seen ... continue on with it ... it’s okay to make mistakes, it’s just mind ... respond to this, & this ... a flow of the next thing, the next thing, just this ... a seamless flow through this day, that evening, the next day ... then its done ... complete with a circle sharing of our experience & the obligatory group photo shot!

... for some this was a new form of practice, a taste of zen ... with a *Roshi* ... & for me it was falling back into a familiar and comfortable place & yet, also, uncomfortable ... I love it! ... and the inner landscape is still most mysterious ...

... it gladdens my heart ... somebody says ... I love the phrase “not-knowing is most intimate” ... it’s a koan and has been a frequent companion lately ... I breathe it in, on the in-breath, “not-knowing is most intimate” ... it points the way ... more than that it shows the way ... more than that it is the Way ... into everyone and everything ... just as it is ...

... on the out-breath there is no – thing.

sesshin –
when the teacher approaches
frogs croak

... *Ross Coward*

About Susan Murphy Roshi:

The Zen Open Circle group was established in 2000 with Susan Murphy Roshi as their teacher. You can find their website here: <http://zenopencircle.org.au/>

Dorje Ling news

Gompa roof. The guttering and drainage is now complete, and leaf guarding is being installed.

Come to our working bee to inspect it!



Vishi's plaque will be installed at the working bee 22-25 October. Much gratitude to all who contributed towards the cost.



The Milking Bail.

Dorje Ling (previously Illusion Farm) has been a residential community since 1977. In 2003 it was purchased by the Sangha, and is currently being paid off through the generosity of monthly donations by a large group of sangha.....

Turiya (Julia Broome) has been part of this community from the early days and continues to study and teach at the Victorian Branch of Zasep Tulku Rinpoche's students.

In this article, Turiya recalls the historical significance of the building proposed to be renovated at our October working bee.



warm rump to rest one's head against when milking on frosty mornings, good mum, steady as she goes, and a powerful expression of desire when bulling that enabled her to tear through fences and march, unstoppable, to top of the valley in search of a delectable bull.

Then Vanessa arrived,

To start with, this building was known as "The Milking Bail". The goat house is the structure half way towards the creek, past the veggie garden and orchard. The goats were put to bed there each night. It had a front and back section and also a yard attached.

The animals played a very important part in life at the retreat centre, which was a beautiful bit of land with a big family of cows, sheep, goats, draught horse, donkey, peacocks, chooks and ducks, and a few humans thrown in for good measure.

The animals (including the humans) also played a significant role in our learning and growth. Most of us "townies" had lots to learn about animal husbandry, a wonderful ground for our Dharma practice. Patience, tolerance, caring for others, compassion, moving out of one's comfort zone – lots of time to observe one's mind, attachment, anger, and of course stupidity and ignorance both. Also lots of opportunity to learn about birth and death, pain and suffering – witnessing the animals (including humans!) living through difficult experiences and also that simple suffering of damn hard work.

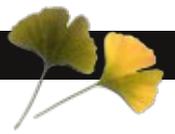
The milking bail was a place of morning and evening rituals, important for humans, cows and goats alike. Centre stage was Rosie the cow, great noble beast that she was. Rosie was at the farm when I arrived in 1977, queen of the animals, a blunt and direct character, knew her own mind (in a cow sort of way), generously gave her milk to feed so many people,

a somewhat nervous and flighty beast who was terrified with her first calving in the dark of night and managed to end up in the gorge with torn teat... she needed lots of kindness and patience during her recovery and beyond. We were using the old original milking bail then – it used to be down in the gumpa paddock just above the macrocarpas; it disappeared long ago.

And the goats, such wonderful creatures – I did love the goats! Again they were a varied bunch of characters, all with their own curious personalities and names, and a clear pecking order that also played out at milking time. There were generally at least three being milked each season.

The "new" milking bail was built in 1978 / 79, the first summer after Geshe Loden and Zasep Tulku Rinpoche first came to give teachings I think, or maybe the following year. It was built after the kitchen was built at least. I know there were quite a few of us living there and I remember Phil, Chrissy, Susie, Pete, Mark, Jock etc. being around and helping with the building (Susie may be able to correct me on these details). And it was when we were having a break from building for morning tea, sitting on that hill, that Damien arrived up the driveway the first time.

Anyway, despite very limited funds, someone had developed a classy design! It was built with an attached space for the cow's bucket of bran to rest and to accommodate Rosie's head, held in place by the bails as she was milked. The goats had a "sort-of" ergonomically designed raised platform to stand on



and they also rated a special half-size door! In one corner stood the separator, used to remove cream for making butter. I think the bolts to hold this are still there.

Animal tales from those days are endless! For now I would simply like to express great appreciation for all that those wonderful creatures gave to us. To this day, Michael Adamek's voice takes a particular gentle loving tone when he speaks of Rosie! I am sure many feel the same.

As well as giving milk, the animals gave us unconditional acceptance, darn good company, appreciation and friendship, gratitude for that bucket of bran and molasses, warm udder for your hands on cold winter mornings, challenges, lots of rich learning and plenty of exercise, especially when they went AWOL.

It was quite a unique space and opportunity for learning (in many domains) that existed at Illusion Farm, as we attempted to live within the frame of Lam Rim teachings as best we could. While there were plenty of rough edges and difficult times, we certainly learned a lot about life and death, and how to live well, developing wisdom and compassion, the heart of Dharma practice. Then time passes and the journey continues...

When I reflect on observing my mind back then, it is a bit daunting to notice that nearly forty years later I continue to observe those same mental factors, ignorance, attachment and aversion still manifesting while endeavoring to live each day as best I can. I don't feel discouraged, as thankfully I can see some things are clearer, some "good bits" developed, and still plenty of "mud" to grow from!! Life is rich... and short, precious, impermanent.

So it is with feelings of deep gratitude to the animals we all knew then, (including the humans!) that I write this little piece and ponder on past experiences. And I wish to extend this gratitude to all animals and all mother sentient beings, may all beings be happy, free from suffering, live in a state of joy and equanimity. Also, for everyone who might dwell in the refurbished Milking Bail that is soon to be created, may they have dreams of appreciation for mother sentient beings, and of giving, warmth, love, compassion and deep wisdom that walks hand in hand with understanding impermanence.

Turiya Broome

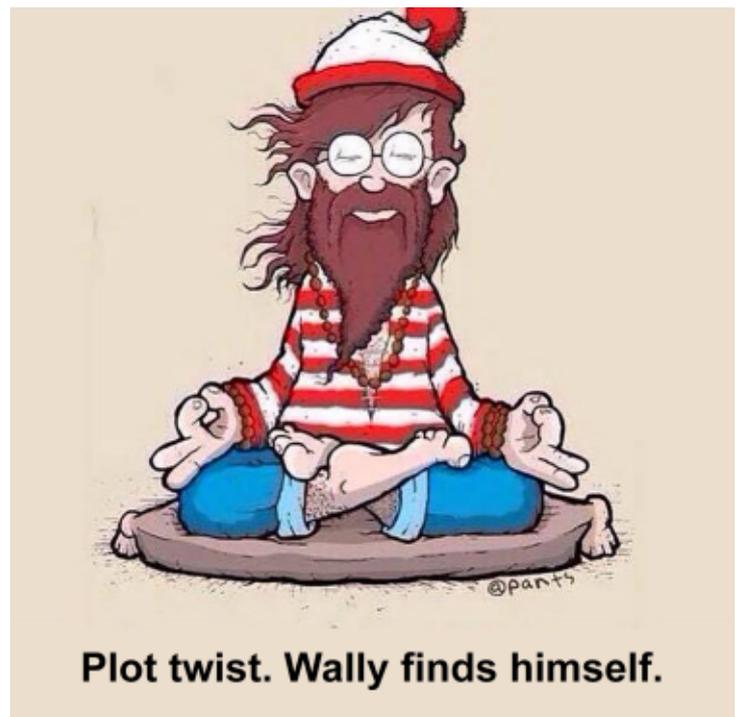


Zasep Tulku Rinpoche, Lama Thubten Yeshe, and Ven. Geshe Thubten Loden, pictured above in Australia in 1977.

We would like to include interesting Internet links into our newsletter for inspiration. Here is one from Vichara:

Delta Beta Om: Buddha Comes To San Diego's Greek System

<http://www.npr.org/2015/09/26/443718282/delta-beta-ohm-buddha-comes-to-san-diegos-greek-system>



Hobart Buddhist Meditation Centre

JANUARY 2016 RETREAT

@Dorje Ling Retreat Centre, Lorinna, Tasmania

Reflect and refresh

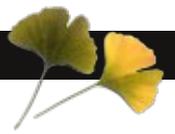
A close-up photograph of a hand holding a small, clear glass globe. Inside the globe, a small white daisy flower is visible, along with some green leaves. The background is a soft, out-of-focus green, suggesting a natural setting.

Bookings and enquiries

- www.hobartbuddhistmeditationcentre.com (Events page)
- email info@tashicholing.net
- phone enquiries (not bookings) to Charles on 6223 5023

Jan 8 (evening) – Jan 16 (afternoon)

- Full: \$480 (members)
- \$525 (non-members).
- \$400 (concession, members)
- \$445 (concession, non-members)
- \$240: Youth scholarships (please apply)



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.



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 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).

Thanks to Andrew Wilkie's office for their assistance in printing this newsletter.



Committee 2015

- President – Charles Chadwick
- Vice President and building project manager – Guy Turnbull
- Secretary – Madhu Lilley
- Secretary – Kate MacNicol
- Treasurer – George Ramm
- Public Officer – Roger MacLennan
- General committee – Maria Grist, Jill Wright, Christine Batten

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