

Regular meditation meetings are held at 73 Liverpool St. Hobart, above Gould's, on the second floor.

Meetings are held on Tuesday evenings between 7.30 pm and 9 pm.

Normally, meetings will include one or more meditation sessions, some teaching, and some discussion.

Meetings are led by senior students of the group.

Beginners are most welcome.

A suggested \$5 donation per session is appreciated to cover costs.

Hobart Buddhist Meditation Centre



Dorje Ling Retreat Centre is located in the beautiful and secluded Lorinna Valley in the heart of Tasmania, not far from the Cradle Mountain World Heritage Park.

The Centre is situated on 48 acres of native forest and parklands, and includes a beautiful hexagonal log meditation building, a kitchen/dining building, a caretaker's/manager's house, a self-contained long-term retreat house/teacher's residence, a solar-powered shower system, and several retreat huts. Walking and meditation tracks give access to the surrounding bushland and lake. Many native birds provide a wonderful soundscape backdrop to the walking trails.

This peaceful sanctuary has a healing power which has been recognised by all who have meditated here.

Dorje Ling Retreat Centre



PRECEPTS

The five training precepts

1. I undertake to train myself to abstain from taking the life of any living being.
2. I undertake to train myself to abstain from taking that which is not given.
3. I undertake to train myself to abstain from sensual misconduct.
4. I undertake to train myself to abstain from unskillful speech.
5. I undertake to train myself to abstain from taking substances that cause intoxication to the point of heedlessness.

Precepts in positive expression

1. I will train myself to support and appreciate the life of all living beings.
I will live with a sensitive and responsible awareness for the whole ecology of life.
2. I will train myself to dwell more and more in the mind of spontaneous generosity.
Daily I will give material support, emotional support, and an example to others of awakening in action.
3. I will train myself to use the senses to further awakening, explore Dharma, and to come to know the world more profoundly and more compassionately.
4. I will train myself to communicate in a skillful and compassionate manner.
5. I will train myself to be ever more directly aware of how nutriment affects the mind and body.
I will eat and drink and nurture myself and others, in a way that supports awakening.

Tarchin Hearn

Tashi Choling Dharma Foundation



Tashi Choling Dharma Foundation Inc. is located in the island state of Tasmania, Australia. We are committed to the non-sectarian and generous presentation of the teaching of the Buddhadharma.

Our Spiritual Director is Zasep Tulku Rinpoche, who is based in Canada.

We run the Hobart Buddhist Meditation Centre, in Liverpool St. Hobart, and Dorje Ling Retreat Centre, located at Lorinna, Tasmania.

Members receive our regular newsletter, discounts to our retreats, and have access to our extensive Buddhist library, as well as becoming supporters of the Centre and of the promotion of the Buddhadharma in Tasmania.

Our web site is at www.tashicholing.net and our email address is info@tashicholing.net. Facebook: <http://fbl.me/hbmc>