

Hobart Buddhist Meditation Centre

NEWSLETTER

Including Dorje Ling Retreat Centre
Tasmania

TCDF Newsletter

Summer/Autumn 2017 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.

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40th anniversary, 5 Feb 2017

We recently celebrated the 40th anniversary of Illusion Farm/ Dorje Ling Retreat Centre with food, music, dancing, and good company.

Old photos were passed around, stories were told, friendships were rekindled and new friendships were made.

The birthday cake, cooked by Cindy Schmidt from *All Things Nice* in East Devonport and decorated with ginkgo leaves, was cut by Rinpoche as the Lorinna valley children looked on. Mark van den Enden cooked the feast along with his kitchen helpers.

Rinpoche also announced our first ever life members: Kate MacNicol, Roger McLennan, and Guy Turnbull (see p. 6).

Music was provided by Seymour Turnbull-Biggs, Max Bladel, and Ngairé Green, while Richard Bladel got out the movie camera to record the proceedings.

Video of the dance, and more photos, are on our [web site](#) (under past events).



Above: Kate listening to a young enquirer at the "Charlie Brown" stand.
Photo: Andreas Hack.



Left: George Ramm at the celebrations with Wendy's stupa-style cake.
Photo: Roslyn Alexander.

PRESIDENT'S REPORT

Firstly I would like to deeply thank the wonderful members of the 2016 committee.

Charles Chadwick for guiding the process through another busy year and all our other invaluable committee members. A special thank you to our not-yet-retired treasurer...you know who you are...thanks so much for great continued number crunching.

And now a new (old) president, a new era..."we are going to build a wall to keep out the delusions!!"

How deluded is that? Delusions have a way of seeming repulsive and attractive to different parts of our mental and emotional population...the whole conflict surrounding them also contains the answer to the question of where they originate. No wall will keep them out, or in, for that matter. The duality at the root of our delusions needs to be understood and dissolved. That is pretty close to being the main challenge and possibility of awakening.

The recent Mahamudra retreat with our wonderful teacher The Venerable Zasep Tulku Rinpoche went a long way in helping the attendees to realise that aim. There were quite a few comments to the effect that this was such a clarifying teaching and practise retreat.

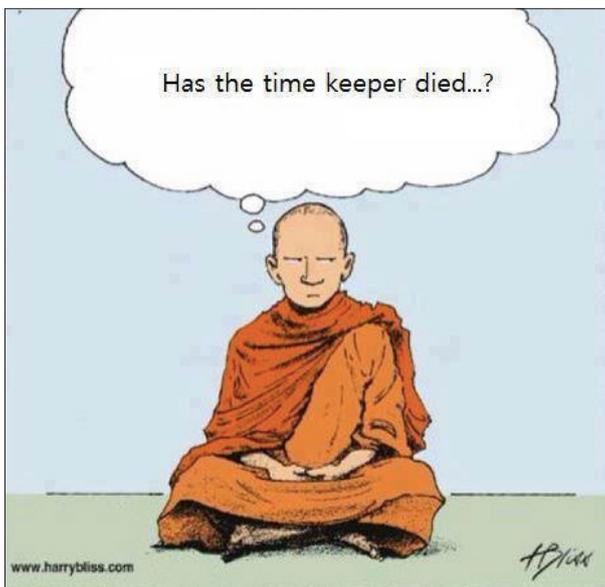
Thanks to everyone who assisted in supporting the whole process. We had a really full house of about 40 people with great appetites and various needs. The time was truly splendid and deeply appreciated by all.

The 40th anniversary celebrations were also wonderful and singing and dancing carried on into the evening after some recollections and stories were shared by the many people attending. On that note, it was heart-warming to see so many younger folk fully engaging with the centre and the teachings. It augurs well for the future of our beautiful jewel in the Lorinna valley.

Our focus for the coming year will be to continue facilitating retreats at Dorje Ling and our regular teaching and practice sessions at our Liverpool St rooms above Gould's. I encourage all to come along and enjoy that little oasis in the city of Hobart.

Thank you

Guy Turnbull



Upcoming meditation 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 at left between the two bamboo pots. Continue upstairs to the second floor. Suggested donation: \$5. All welcome.

MARCH:

Kate
MacNicol

APRIL: Guy

Turnbull/
Roslyn
Alexander

MAY:

Charles
Chadwick



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).

Tsog dates. Dates based on new moon being day one. Southern hemisphere calendar. Tsog is on Day 10 and Day 25. (See page 6 for explanation of Tsog.)

March: Wed 8, Thu 23. April: Thu 6, Fri 21. May: Fri 5, Sat 20. Jun: Sun 4, Mon 19.

ABOUT TSOG: Each month there are two days, the 10th and 25th, which are especially important for practitioners of Highest Yoga Tantra.

The tsog offering is very important for renewing commitments and averting obstacles. It is a special method through which we come under the care and guidance of the Dakas and Dakinis who bestow completion stage realizations. Our wealth, merit, and great bliss will increase through this practice. When we make a tsog offering we should regard both those to whom the offering is made and those who are making the offering as Heroes and Heroines. We offer the tsog offering to the Field for Accumulating Merit, which includes the entire assembly of Heroes and Heroines.

When we gather together in a group to do a tsog offering puja it is very important that we regard everyone as an assembly of Heroes (Dakas) and Heroines (Dakinis). If we do this puja alone we should visualize ourselves surrounded by all beings in the aspect of Heroes and Heroines.

Retreat report: Mahamudra and Medicine Buddha, Dorje Ling Retreat Centre, Jan-Feb 2017

Excitedly we anticipated the arrival of our precious Guru and Spiritual director Zasep Rinpoche for his biannual visit to Australia.

This year's program was full: a Public talk at The Friends Meeting House; Mahamudhra 6 day residential retreat @ Dorje Ling; Medicine Buddha initiation; 40th Anniversary Celebration of the Retreat Centre.

Besides being rich with teachings, inspirational stories and history we celebrated the launching of Rinpoche's remarkable autobiography: 'A Tulku's Journey from Tibet to Canada'.

The Tasmanian sangha with its small dedicated committee generously gave time and creative spirit for months - transport coordination; on-line communication; balancing the books; city; sewing machine whipping up a revival of the late 1970's rainbow windsock; bakers cooking.



A key role was feeding the people! Our awesome volunteer chef, Mark, was shopping and ordering masses of beautiful, quality food for a balanced vegetarian diet.

Meanwhile, behind the scenes, the precious caretaker with his off-siders was tweaking the essential systems that enable Dorje Ling to receive a large influx of dedicated new and returning Buddhadharma practitioners when our teacher comes.

Mark the smiling chef was stretched (at times beyond human capacity) when the call for volunteer sous-chefs turned out to be an obstacle/blessing. Mark's well planned menu (cooking for 45 people for a week) was



enhanced by culinary delights such as Max's creamy soups, and Priya's intuitive spices culminating in her secret ingredient Indian Curry. Kitchen Karma Yoga in Moana 'soft' silence was a dance to behold. Patience was called for when Prashant's old gas oven was taking forever to reach temperature, or we needed the generator to kick in when the solar batteries were pushed with the extra fridges needed for a summer retreat.

Thoughts from Megan Kimber a first time visitor to Dorje Ling:

When we arrived, I was blown away by the beauty and calmness of the Dorje Ling property. After I was settled in my camping place I walked to the lake and was quietly thrilled. I was able to swim most days. In between teachings, meditations, swims and the wonderful meals I would lie in my tent and look out at the trees and listen to the birds. It was deeply restful in the most nourishing way.

The silence was a wonderful gift. It wasn't severe - people spoke when necessary and also we all talked a lot in the teaching discussion / question times. But the silence allowed me to hold my attention to the teachings and what I was learning in the practices, without the distractions of other conversation topics. Among the silence I felt I still got to know the other retreatants. The warmth and sincere intentions of the group was evident in the discussions, which had a lot of consideration, listening and laughter.

The environment of Dorje Ling is beautiful, both naturally and also in the history of the property, which lives in the stories and buildings and people who have been involved with the site for so many years. I was really touched and really happy to be a part of the group this time.



The Medicine Buddha Intitation inspired more to attend including some families from the Lorinna community (see pictured in the group photo.) We all participated in a Healing sadhana/blessing for friends in need.



The following weekend we catered for everyone who came for the 40th Celebration.

The musicians, Max Bladel, Seymour Turnbull-Biggs and Ngaire Green spontaneously formed a band 'VIRTUALLY' through 6 days of sitting meditation then performed as one!

Inspiring everone to dance and sing....divinely.

Buddha, Dharma, Sangha.... Dorje LIING Dorje Ling



Up to 100 people from babies to 93 year old human beings ate, drank and danced and jammed til the moon rose.

The kitchen buzzed.....

Then there were the birthday cakes: Cindy's chocolate cake with Spring ginko leaf decorations; Wendy's fresh hazlenut 'Stupa towers', Lavinia's sought-after GF special! with more food offerings from the visitors and Valley folk.



Long term Dorje Ling community members, previous cooks, and caretakers, travelled from distant places and shared albums & personal stories with their friends, family and granchildren.

Reflections by Niels Petersen, Nelson B.C

....Setting equanimity aside for a moment, please allow me to de-regulate my breathing and indulge in some UNBRIDLED ENTHUSIASM for Dorje Ling!!!! Whew, that feels good after a week-long Mahamudra retreat, trying to cultivate calm-abiding, mindfulness of the breath, trying to make my mind a

limpid pool, where the silt of my disturbing thoughts has settled to the bottom and I can see the fish swimming by, in water clean enough to drink. Hey, that fish looks like Guy! There he goes, sweeping all the other fish along with his boundless energy and devotion, reverentially carrying our precious teacher Zasep Rinpoche's hat whenever Rinpoche enters and leaves the Gompa.

We throw together a most-fun party to celebrate Dorje Ling's 40th birthday. A dance, tents full of gourmet food, stories of how the place nearly didn't happen but then miraculously came to be. Did Buddhist deities intervene? Can they do that? All the fish in the consciousness-pond swim by, one by one, in pescatorial perfection, each one unique, fins swishing mindfully just so. Perhaps 40 of us sit together every day in the Gompa, an octagonal skylit meditation hall made from gum-tree logs dragged out of the forest by bullock-teams in the 1970s.

At 6:30 every morning, a wood stove crackles cheerfully with glowing orange heat (thanks Maria!) dispelling the pre-dawn chill. Paintings of Buddhas and photos of holy lamas preside over this scene in the Gompa, a scene repeated during retreats over the past 40 years. And at the same time a scene which is 2,600 years old, since spiritual seekers in ancient India took refuge in the Buddha, in his teachings of Dharma, and in each other's encouragement and inspiration, the precious Sangha. Watered by the Mahamudra -- this rarely-glimpsed (and more often imagined) purity of mind cognizing it's true nature -- the seeds of joyful Dharma have been cultivated, thanks to all my newfound Tassie friends. I hope to meet you all again some day! Yours in the dharma, Niels.

Following the traditional historical picture of the 2017 retreatants with Rinpoche there occurred a playful re enactment of the historical photograph of Zasep Rinpoche, Geshe Loden and Guy Turnbull taken in 1978. Scott from Uroke dressing up as Geshe-la created spontaneous joy.



We wish our beloved 'Ricochet Rinpoche' safe comings and goings....and eagerly anticipate his return to Australia.



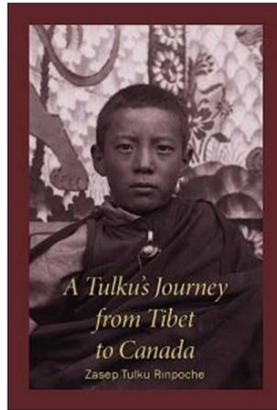
Roslyn Alexander

Book Review

A Tulku's Journey from Tibet to Canada by Zasep Tulku Rinpoche

There are many reasons to read this autobiography.

It takes the reader through a very personal journey. It is a journey that traverses many privileges, many travails and many turns along the way. It reveals for the first time to a Western audience in the most complete way the path a reincarnate lama, or tulku, has chosen in order to continue to propagate the teachings of Shakyamuni Buddha first given over 2500 years ago. Nothing is omitted.



I give thanks for all that has happened in my life, both the good fortune and the adverse condition that I was able to transform into the path. I hope my story of faith, steadfastness, and adaptability will encourage my readers both to persevere on their own spiritual quests and to bend to the winds of change. I hope they will say, "If Rinpoche can triumph over loss, pain and sorrow through the power of spiritual practice, then maybe I can learn from him and do likewise."

At the same time, this is an autobiography that allows others to speak and live in its pages. Zasep Tulku Rinpoche's autobiography is part anthropology: we gain an authentic and detailed understanding of the flora and fauna, customs and cultures of that country that holds such a mystical fascination for the West: Tibet. It is part sociology: we gain some insight into the life of a refugee child separated from his father for twenty five years, the gritty reality of their first reunion and then the love and admiration that reunion brought. It is in part an exquisitely detailed history of Tibet, its geography and its people seen through the eyes of the noble ponplo family into which Zasep Tulku Rinpoche was born. It is as much a family history as it is an autobiography too.

It is entirely the journey of one man born into the Dharma, schooled in the Dharma, whose life at every stage is suffused in the Dharma and who lives for the Dharma. With a very deliberate eye for detail, Rinpoche inducts his reader into his Buddhist studies program, his lineage of teachers, and the teachings he has received. In this way, the reader also becomes the silent subject of Zasep Tulku Rinpoche's autobiography.

This book takes the reader on a life journey that starts in Kham in Eastern Tibet where Zasep Tulku Rinpoche was born. It is a journey of many miles. Along the

way, the reader is taken to Zuru Monastery, one of two monasteries where Zasep Rinpoche was enthroned at the age of five. We follow him to Sera Monastery where he started his formal Buddhist studies. We follow his escape of the Chinese invasion of Lhasa in 1959 as a child of nine. The book takes the reader over the Himalayas to Nepal then to India, to Thailand as a forest monk, to Australia as an interpreter and translator and finally to Canada and to Mongolia. It is a fascinating and inspirational story written with all the lyricism of a former Dalhousie English language student. It is written with humanity and openness and rigour.

There are many reasons to read this autobiography. For me personally, the foremost reason is devotion.

Emilia Della Torre

News from Melbourne centre

Fresh from the wonderful Tasmanian teachings and retreat, Rinpoche led a well-attended group of initiations and teachings in Melbourne and country Victoria in mid February.



A public talk on the need motivate Mindfulness meditation with Lovingkindness, attracted a crowd of more than 80 at Melbourne's Abbotsford Convent, including eight deaf attendees and their two signing interpreters.

The event was hosted by Rinpoche's Melbourne students from the **Mahavairochana Meditation Group**.

Rinpoche explained the 4 mindfulnesses from Buddha's teachings: mindfulness of body, mindfulness of feeling, mindfulness of mind, and mindfulness of object of mind. He explained how much more powerful these meditations can be when motivated and dedicated to lovingkindness for all sentient beings.

The deaf group members were enthusiastic about Rinpoche's teaching - the signers appearing to enjoy communicating the complex concepts.

During his Victorian visit, Rinpoche also gave initiations and teachings at the Tibetan Buddhist Society's remarkable Temple on the outskirts of Melbourne, at Yuroke, as well as at Bodhidharma near Daylesford.

Amanda Buckley

Life Members of Tashi Choling Dharma Foundation Inc.

At the recent 40th anniversary celebrations, Zasep Tulku Rinpoche announced the first ever three life members of our organisation. Congratulations to Kate, Roger, and Guy!

Kate MacNicol

In early travels Kate first came into contact with Buddhism via the Tibetan Diaspora in Northern India. Along with many others, she was 'taken' by the incoming wave of Tibetans, who were homeless and traumatised yet strong and unwavering in their Buddhist faith and great love for the Dalai Lama. Kate's first retreat, as a 21-year-old in a remote farm house outside Dharamsala with just mountains and a wildly untamed mind, was certainly the beginning of a path.



Fast forward 40 years and here we are celebrating the evolution of Dorje Ling from commune to Buddhist retreat centre. Little did Kate know back then that seekers in a little hidden valley in remote Tasmania would be sowing seeds for Tasmania's own little patch of 'Pure Land'. Kate began visiting and retreating at Dorje Ling 30 years ago, firstly pre-babies, then with small kids in tow, and most recently retreating with her 25-year-old. The wheel turns. As the story goes, with the future of Dorje Ling hanging by a thread, a little band of people so committed to the vision and necessity of Dorje Ling being owned by the Sangha, simply refused to throw in the towel. How amazing for us all was their persistence, and how wonderful that an inheritance should come Kate's way when it did, to enable the property to be retained in Sangha ownership. And as they say the rest is history.

Roger McLennan

Ah.. Lobsang Rampa books, Dylan's music/poetry and the 60's invitation to open one's mind... A chance poetry reading from Beat/Buddhist poet Gary Snyder in Bellerive in 1973. Roger's first Tibetan teachings came in the form of an impoverished Tibetan Chai shop owner in India delicately saving the life of a fly which had flown into the tea. The first formal dharma teachings he received were emptiness teachings from Geshe Ngawang Dhargyey at the Library of Tibetan Works and Archives in Dharamsala. Later, he attended the Lam Rim teachings given at Illusion Farm by the



Ven Geshe Loden with translation by the Ven. Zasep Tulku Rinpoche in 1978.

From the Illusion Farm community to Hobart and the absolute joy of eclectic Sundays in the early 80s, where Hobart's Buddhists from all traditions met in each others' houses to share meals & meditation paths. Then followed regular meditation sessions in Guy, Mary, Jan and Roger's collectively owned house. The group re-located to the Gould's building (owned by Roger) in the late 80s. A concrete floor was initially laid in the rear building, then later the group moved upstairs to the current location. Our teacher, the Ven. Zasep Tulku Rinpoche, named our centre Tashi Choling, which more recently has become known as the Hobart Buddhist Meditation Centre.

Over the years our group has facilitated many visits to Tasmania by some wonderful teachers, including one of our Centre's past Spiritual Advisors, the Ven. Geshe Sonam Rinchen, along with his devoted student and translator Ruth Sonam. Also the group was involved with organising the first visit to Hobart in 1992 by His Holiness the Dalai Lama. As a "senior student," Roger's role has been in assisting teaching, meditation and discussion as part of HBMC and Dorje Ling's dharma activities.

Guy Turnbull

Born 1952, Guy came of age in the 60's during the mind-opening time that saw a significant meeting of East and West.

His first Teacher was Acharya Umeshwarananda Avadhuta, a yogi in the Ananda Marga group who started teaching in Sydney in the late 60's.

In 1977 Guy attended the first ever retreat at Illusion Farm which was led by Phra Khantipalo, and his life changed dramatically after that.

A subsequent retreat, with Geshe Thubten Loden teaching and Zasep Tulku Rinpoche translating, firmly cemented the bond with dharma in Tasmania for him.

Since then Guy has been continuously involved with supporting teachings and retreats at Lorinna and in Hobart, as well as managing many of the building projects.

How lucky are we!? Thanks. Guy





BUDDHA WEEKLY

Buddha Weekly

For those who are interested in going online, there is an excellent site called *Buddha Weekly* at buddhaweekly.com.

On this site you can find wonderful teachings and opportunities for further study. Many of Zasep Tulku Rinpoche's teachings are available here, both written teachings and videos.

Here are a few recent *Buddha Weekly* topics:

- Happy Dakini Day! An introduction to the wisdom of the female enlightened dakinis in Buddhism
- Illness and cancer advice
- The passing of Gelek Rinpoche
- Karma is not fate: Why karma is empowering

You can also find segments called "Advice from the Teachers" (short 5-minute recorded answers to students' questions) and "Interviews with the Teachers" (extensive interviews covering a wide range of topics such as karma, rebirth, dharma, Buddhist deities, meditation, healing etc.). The "Scientific Buddhist" section looks at how modern science might support ancient truths.

The *Buddha Weekly* editors are senior students of the Dharma who actively seek out and research the opinions of teachers on important Dharma issues, such as the implications of non-human animal sentience; or palliative care and assisted dying as we all grow older; alternative healing; practice overload in busy, modern lives; internet Dharma and more.

You can subscribe to *Buddha Weekly* so that you will receive weekly updates of the latest stories. There will be no spam or advertising sent as a result of your subscription.

Extract from one of the articles at the Buddha Weekly site:

Techniques for People With Unsettled Monkey Minds

Coping with the Monkey Mind — a meditation term indicating an "unsettled; restless; capricious; whimsical; fanciful; inconstant; confused; indecisive; uncontrollable" mind — is one of the biggest obstacles to meditation and mindfulness practice in Buddhism.

The monkey mind disturbs peaceful reflection and creates endless obstacles to mindfulness practice, and, although it sounds contradictory, mindfulness can be said to be the "cure" for the monkey mind. Coping with the monkey mind can be helped with different techniques:

- active meditation: Tai chi, Chi Gong, walking
- static meditations: standing, sitting, lying
- sensory meditations: focus on just hearing or feeling
- analytical meditation: analyze your anger or other feelings; or examine your body to find that which is "you"
- visualization meditations: really incorrigible monkey minds can best be settled with active visualization methods
- compassion meditation: meditating on metta and loving kindness
- voice meditations: if you're really unsettled, combine visualization with a mantra, a repetitive toneless sound.

One key to overcoming the monkey mind is to focus on clarity, not concentration. Don't concentrate on the breath, simply experience it with clarity. Don't concentrate on sounds, let yourself go and experience them, closing your eyes to remove visual distraction. Don't try so hard to visualize the Buddha or Merit Field — let your mind go and simply trigger the visualization with a clear mind.

This is only a short extract ... There's a lot more detail about how to deal with Monkey Mind in the full article, which is here: buddhaweekly.com/meditation-techniques-for-people-with-unsettled-monkey-minds/

Coming up: Easter working bee

Come along at any time during the Easter break for a working bee at Dorje Ling Retreat Centre, Lorinna.

BYO everything including food. We will share cooking duties. Cost of the weekend is free.

There will be a variety of jobs for all tastes, including small building jobs, cleaning, gardening, planning, track work etc.

Contact us if you need more information.



This retreat at Dorje Ling Retreat Centre is NOT organised by us. Please contact retreat organisers for more info.

Sound & Silence Retreat

MARCH 25 - 28 (2 or 3 day option)

Where: Dorje Ling retreat centre, Lorinna www.tashicholing.net

Fee: 2 day \$300 / 3 day \$400 'early-bird' (until March 1st);
\$350 / \$450 full fee.

Includes: simple delicious vegetarian meals, single or twin share accommodation

Program: mantra, music & song, sound meditation, mouna (silence), asana & pranayama, deep relaxation, free time

Contact: Satyamo Roberts 6265 7587 yogasoundsong@gmail.com
or Jera Conan 6224 8759

This retreat at Dorje Ling Retreat Centre is NOT organised by us.
Please contact retreat organisers for more info.

Zen Training in Tasmania

A pretty serious meditation retreat with Doko



Venue: Dorje Ling Retreat Centre, Lorinna

Dates: 31st March - 5th April 2017

Cost: \$550

Contact: Maddy 0408257751 or Justine 0401788820
silentzenretreats@gmail.com

Doko is the Abbot of Dochu-an Zen Temple in Northern NSW.

Dorje Ling news

The amazing Ross has finally been able to access the Lorinna valley with his large machinery, now that the road, which was previously washed out in the June flood, has finally been repaired. He has had no lack of work.

On his last visit to our Centre, Ross's first job was to removed a dangerous tree which was overhanging the track to the toilets.



In the past, our driveway has always run through a neighbouring property, which is currently owned by our friend Sue Willey. Ross's second job was to bulldoze a new access driveway, entirely on our property. This will make things much simpler for us, should the neighbouring property ever change hands.



Photos above by Andreas Hack

A great video of the removal of the tree overhanging the toilet track is available on YouTube here:

https://youtu.be/Z2_z8SMmCE0



Left: Ross.

Photo: Maria Grist.

Musicians at the 40th anniversary celebrations

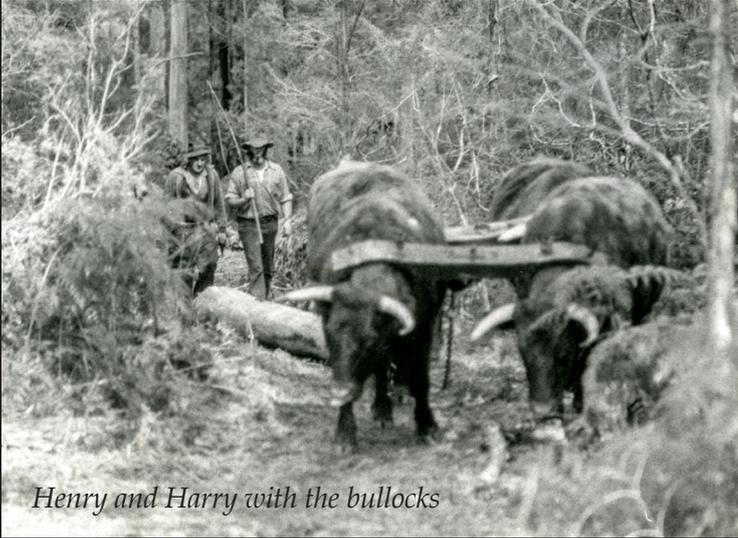


Top: Seymour (photo by Charles Chadwick). Centre: Ngaire (photo by Maria Grist). Bottom: Max (photo by Maria Grist).

History Spot

At our recent 40th anniversary celebration, several people brought along photos from the early days of Dorje Ling Retreat Centre, or Illusion Farm as it was called at the time. Among these photos were some showing the building of the gompa.

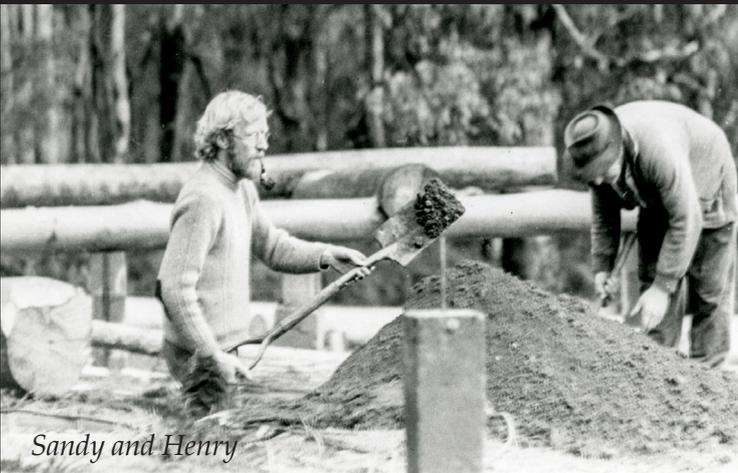
The gompa was built using bullocks to drag logs which were cut from the forest on the property. The bullock team was run by Harry Riley and Henry Steers, who were among the last of the original bullockies in Tasmania. Thanks to Arwen McCutcheon for these wonderful photos! More photos at tashicholing.net/building-the-gompa.



Henry and Harry with the bullocks



Henry Steers



Sandy and Henry



Harry Riley



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: \$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 2017

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

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