



Hobart Buddhist Meditation Centre

Including

Dorje Ling Retreat Centre

Lorinna, Tasmania

TCDF Quarterly Newsletter

Winter 2018

Coming up 2019

Rinpoche coming to Tasmania

Our spiritual director Zasep Tulku Rinpoche will be coming to Tasmania again in January, and offering a retreat at Dorje Ling. Dates: 19-22 April 2019 (Easter)

There may also be the opportunity to stay on for a longer retreat after Rinpoche has gone.

N.B. Change of earlier advertised dates!

Bookings will be open as soon as details are finalised. To be notified of details please subscribe to our email list here: <http://eepurl.com/wKfgv>

If you would like to be involved in assisting with the organisation of this retreat, we would love to hear from you soon.

Dorje Ling Retreat Centre has been operating as a residential Buddhist retreat centre for over forty years. It is located in Lorinna, Tasmania.

In this issue ...

President's report	page 2
Upcoming program	page 2
Leander Kane retreat report	page 3
Sound and Silence retreat report	page 3
Doko-San retreat report	page 4
Working bees	page 4
Rinpoche's Canadian-Tasmanian Sangha connection	page 5
Linda Abraham woodcarving	page 6
Meditation practice by Pema Chödrön	page 7
History Spot and Zen connections	page 8
About us	page 9
Become a member	page 9

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

Hello friends

This year is rolling along and we will soon hit that lowest ebb of light, the Winter Solstice.

Then the light starts to increase again, though as a true Tasmanian would say..." the days get longer and the cold gets stronger!"

Enough of the weather report...now the news...

Well, our two main areas of activity, the Hobart Meditation city centre and Dorje Ling in Lorinna have both been very well patronised of late.

The numbers at the city centre have been encouragingly high and the efforts of the leaders appreciated by people voting with their feet up the stairs, bums on cushions...and hearts and minds.

At Dorje Ling there were retreats and also our usual Easter Working Bee. This at the tail end of a very busy summer for our caretaker and we now wish him a restful and replenishing winter.

It is not too early, however, to announce the return of our main Dharma teacher, The Venerable Zasep Tulku Rinpoche, in early 2019. For those who are new to our centre and also to old friends, this is a rare and wonderful opportunity to connect again with his clear and joyful presence and teaching. Keep the dates January 5th to 12th 2019 clear if you are wishing to attend the retreat at Dorje Ling next summer.

There will be more information about the retreat in this and the next newsletter.

I usually like to end these reports with something heartfelt and meaningful.

So, without slipping into cliches, I would like to encourage everyone to feel their heart's connection with the deep pulse of our planet earth and there to find the meaning we all share. Whether it's the Tao, the word of Jesus, Buddha's dharma, Koran wisdom or being in the flow of scientific information...in the non-conceptual reality we are all ...

Guy

Tuesday 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, including beginners.

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://eepurl.com/wKfgv>

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

Friday June 8th, Saturday June 23rd

Sunday July 8th, Sunday July 22nd.

Monday August 6th

Monday August 20th

Tuesday September 4th

Wednesday September 19th

Thursday October 4th



Hobart rooms, Floor 2, 73 Liverpool St, Hobart.



Leander Kane retreat report

It's all about making connections

“OK I want you to lie on your back on the floor and just feel into your body as it rests there.... Notice what it's like.... Now in your own time come to standing and again connect to the feeling of standing still.... Anyone care to share their observations with the group... any other comments.... Try walking and notice how this feels, then stop and see what that does.....”

And so over 4 days Leander Kane led us through various body movements and amazing one on one sessions to help draw our attention into an embodied experience of lying, moving, standing, walking, talking, and even skipping across the room. As she said, it's not the specific movements she asked us to do that reveals the core of this powerful transformation; it's the experience of stopping and noticing and then moving again with a deeper connection to being present.

Of course it was a bonus that we were practicing in the beautiful Atma Darshan Yoga Centre, being fed delicious meals and feeling the calm support of Kristina and Laurie. Their stunning property sits at the base of the Western Tiers and has the pure waters of Western Creek running through the middle. This particular workshop was as much about practice outside the studio as in the classroom. The sunshine filtered through tall trees beside quiet country lanes as we walked, stopped, brought attention back and then walked on in deepening presence. This was meditation in action. Practice beyond the cushion. A straw poll of other participants showed that I wasn't the only one saying WOW this is

the missing link! Words and phrases kept popping up such as transformative, grounded, centred, wholesome in the full sense of that word, bringing all the concepts into reality, integration, felt fresh and alive, can see myself doing this through the day etc.

And so we headed back into the everyday world after this deceptively simple yet powerful experience. It's all about recognizing the many natural stops during the day and remembering to refocus awareness – waiting for the lights to change; watching the kettle come to the boil; sitting on the loo...STOP, NOTICE, BE HERE, RECONNECT WITH REAL LIFE. If you ever get the chance to do a workshop with Leander Kane please don't hesitate to book. It was profound.

Jill Thiele



Contact Atma Darshan centre:
e. kristinakm@bordnet.com.au or ph. 6367 8241

Sound and Silence

Autumn in April at Dorje Ling –

What a beautiful, serene and spacious place to be. Our third Sound and Silence Retreat, this year extended to 5 days, was indeed a treat:– warm, sunny days, crackling gumpa fires accompanying our early morning and evening meditations, no burnt food, hours of singing and Silence, reflective walks, tree pujas and nature mandalas amongst the daily changing ginkgo trees. Each one of us absorbed the joy of this extraordinary place. We'll be back !!

Next year's retreat dates: 2019 March long weekend Friday 8th to Wednesday 13th: a choice of 3 or 5 days.

OM's... Satyamo and Jera





DOKO-SAN does it again.

You know that feeling you get when something that had never made sense is finally presented in such a way that you GET IT. So it was with me and Metta.

Now don't laugh – I know metta isn't exactly a difficult concept to grasp, but I've had a resistance to this practice for the past 18 years so getting through that tough outer barrier was in fact a big deal. My introduction to metta simply didn't land in fertile soil that first time. Quite the opposite. I set up a resistance to it because metta instruction came in the form of a ritual practice, and as my close friends know, anything that smacks of ritual just leaves me cold. So it took the skill and down-to-earth teaching of Doko-San during the 8-day Zen retreat in March to finally break through my fortress of resistance. And he did this by making metta personal and a practice to use during the bustle of everyday life. By talking about how he himself uses metta during his daily experiences – people watching with his son at a supermarket cafe or waiting not so patiently at the drive through school pick-up lane – he made metta a real practice. It was such a gift! It freed me to try doing metta in my own way and thus the evening practice was transformed into a creative, flexible and heart opening expression of deep metta.

So much was good about this retreat. My choice of samu (karma yoga/ dana to the land) this year fitted seamlessly into the Zen meditation. Chop wood... stack wood.... wheelbarrow wood to the purple house.... maintain silence, maintain focus. Delightful. And so, working alongside Ando (one of Doko-San's ordained monks) the woodshed was filled to the roof. Practice in action has always made a lot of sense to me. And now, thanks to Doko-San's skill at transmitting the dharma, I will be able to move forward and put metta into practice with all my heart.

Jill Thiele

Working Bees

During Easter our band of volunteers added a roof to the new shed. It's wonderful to have a roof finally over the slab, and there's only finishing the cladding to go.

The roof was also connected up to our new huge water tank which will help us become more self-sufficient in our water needs.

Since the block next door (the side with the dam paddock) has now been sold, we marked the border of the property with some stakes, and we plan to plant out some small trees as a more permanent solution. We also planned out a pathway to go between Rinpoche's house and the Gompa.

Other small jobs such as signage, gardening, track clearing, etc. were also carried out.

Meal preparation and food was shared, providing a variety of yummy choices to our hungry participants.

Our next working bee will be held during the October Hobart Show weekend in spring, and we welcome all who would like to come. Please put these dates in your diary: Thursday October 25 to Sunday October 28.



*Photos by Andreas.
Top: Maintain silence.
Bottom: Chop wood.*





Rinpoche's Canadian -Tasmanian Sangha Connection

Neils Petersen painting

Those who attended Rinpoche's 2016 teachings at Dorje Ling would remember Neils who travelled from Canada for the Retreat. He asked Rick and Sue (see below) to deliver a gift of one of his paintings to Dorje Ling.

The dedication on the reverse reads:

WHITE MAHAKALA

Painted with devotion for my Guru, Zasep Rinpoche.

May all beings be happy!

Neils Petersen. 2018.

For the precious sangha at Dorje Ling Retreat Centre in Tasmania, with love & gratitude, from a Canadian dharma brother.

Sue and Rick

Sue Forster and Rick Rova are members of the Tashi Choling Society in Nelson, BC—home of Zasep Tulku Rinpoche. Sue is the Treasurer for the local society and Rick teaches meditation and Lam Rim classes weekly for the members. They both met Guy at the Nelson Temple consecration in October, 2012.

In February 2018, Sue and Rick flew to Brisbane, Australia and visited with Fern and her partner Joan in Birtanya, Queensland. Fern was in hospice care with bone cancer and they were very happy to see that she was doing better than expected, having had radiation and hormone therapy to help her slow the progression of the disease. She returned to her home in Canada in early March.

Sue and Rick were able to visit other areas of Australia: Perth, where they visited the Tibetan Buddhist Society temple and visited with Les and Marg Sheehy. They saw



the temple near Melbourne and had a chance to attend a Lam Rim class with Amanda Buckley. Upon the high recommendation of Pamela Graham and Wayne, they also flew to Tasmania for a whirlwind tour down the Eastern coast. They had a chance to stay in Bream Creek and enjoy the gracious hospitality of Guy and Roslyn. It was a wonderful, comfortable Dharma connection.

Left: Rick & Sue.



Thank you from Fern

"Joan and myself are very happy back in our wonderful Island home, watching sunsets every evening across the water. I am still here, I am sure, because of Joan's love and care. But also the incredible 'hands on' and moral support from family, friends, Rinpoche and his dharma family. The prayers and blessings from all parts of the world, have given us the miracle of extra time, to leave my body with dignity and the opportunity to thank and reconnect with friends, family and Sangha, along the way. MEGA THANKS and HUGS, TO ALL!!! Fern & Joan"



Right: Joan and Fern.



Linda Abraham

Linda Abraham is a Hungarian artist who lives in Hobart, Tasmania with her husband and two children.

Linda studied traditional Hungarian woodcarving from the age of 19 and has developed an interest in archaic cultures including their religions, life, art and craftsmanship. Seeking to connect with traditional spiritual systems she discovered the teachings of Buddha and soon after she enrolled in the Dharma Gate Buddhist College in Budapest. She studied Tibetan language, philosophy and culture. Her long-term dream manifested in practice when under the guidance of Andy Weber Thangka painter she started to learn Buddhist art and her interest in Buddhist iconography finally shared a common path with her fine wood carving skills.

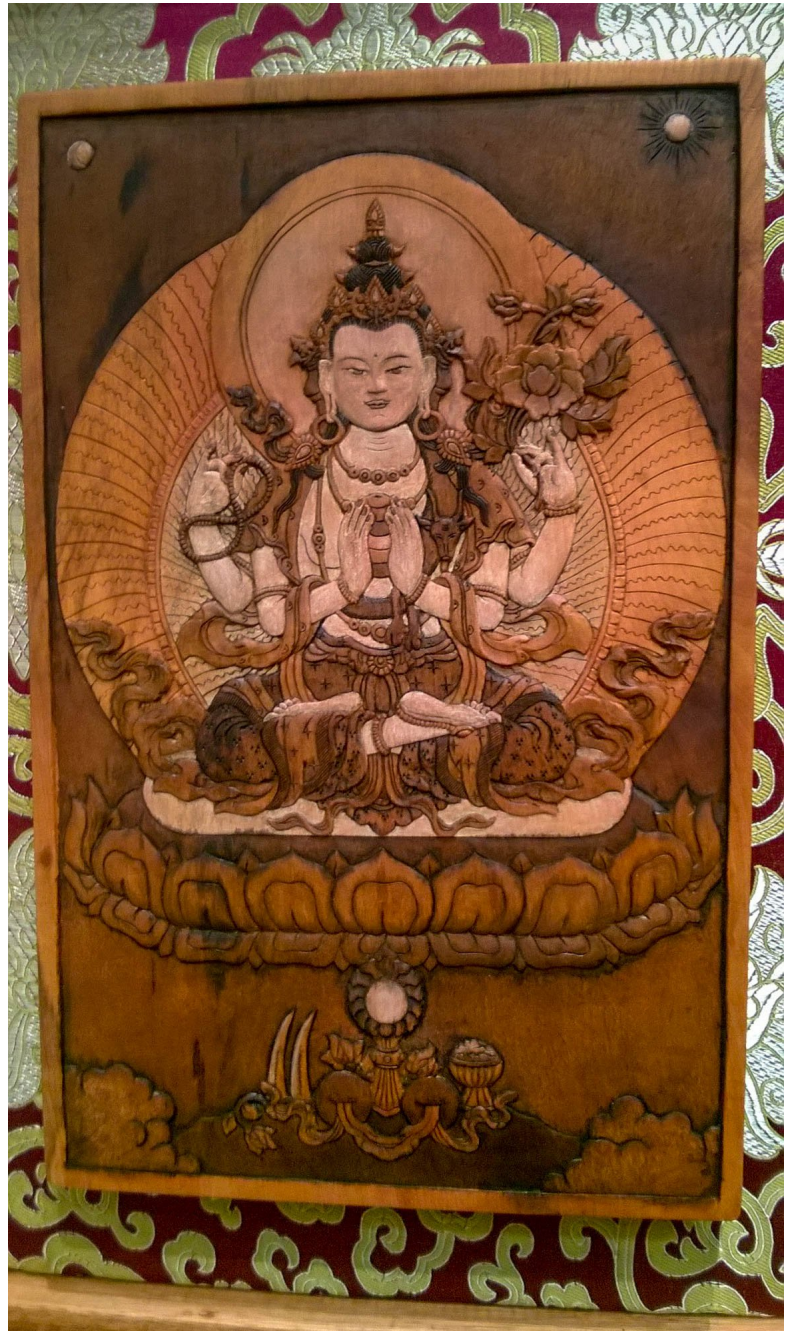
In 2017 she started the Bardo Garden project that is a collective space of spiritual creativity. In Tibetan Buddhist tradition Bardo is a kind of liminal stage, an in-between situation where things go through a transformation from one form to another. For Linda's initiative, Bardo means the conscious transition of any materials to new and higher sacred forms. It can happen in manifold ways, just as life found in a garden that provides space for manifestations of life in all its forms. A piece of timber turns to the visual representation of Buddha or an old piece of furniture shifts functionally and aesthetically to a sacred object. Bardo Garden is the space of transformation.

She uses Tasmanian timber for her artworks: myrtle and Huon pine. All of her works' creation follows the traditional way: measuring up a grid, then hand-drawing the motives, transforming the drawings to the timber panel, carving with chisels and knives and finally finish them with wood stain and natural orange oil.

When visiting Linda's recent exhibition at Kickstart Arts Center in Hobart Geshe Tenzin Zopa said: *"Linda's artwork is unique in its beauty and in the level of its details. The beauty of her artwork is two fold: it shows the natural beauty of the Tasmanian timber and above that it bears the beauty and perfection of the holy image of Buddha. To see them, touch them or have them is of great benefit."*

Linda participated in Zasep Tulku's 2017 retreat at Dorje Ling.

For more information visit her webpage: <https://bardogarden.com/>



Savage Chickens

by Doug Savage





The Key to Knowing Ourselves is Meditation

by Pema Chödrön

Meditation practice awakens our trust that the wisdom and compassion that we need are already within us. It helps us to know ourselves: our rough parts and our smooth parts, our passion, aggression, ignorance and wisdom. The reason that people harm other people, the reason that the planet is polluted and people and animals are not doing so well, these days is that individuals don't know or trust or love themselves enough. The technique of sitting meditation called shamatha-vipashyana ("tranquillity-insight") is like a golden key that helps us to know ourselves.

In shamatha-vipashyana meditation, we sit upright with legs crossed and eyes open, hands resting on our thighs. Then we simply become aware of our breath as it goes out. It requires precision to be right there with that breath. On the other hand, it's extremely relaxed and soft. Saying, "Be right there with the breath as it goes out," is the same thing as saying, "Be fully present." Be right here with whatever is going on. Being aware of the breath as it goes out, we may also be aware of other things going on—sounds on the street, the light on the walls. These things capture our attention slightly, but they don't need to draw us off. We can continue to sit right here, aware of the breath going out.

But being with the breath is only part of the technique. These thoughts that run through our minds continually are the other part. We sit here talking to ourselves. The instruction is that when you realize you've been thinking you label it "thinking." When your mind wanders off, you say to yourself, "Thinking." Whether your thoughts are violent or passionate or full of ignorance and denial; whether your thoughts are worried or fearful; whether your thoughts are spiritual thoughts, pleasing thoughts of how well you're doing, comforting thoughts, uplifting thoughts, whatever they are—without judgment or

harshness simply label it all "thinking," and do that with honesty and gentleness.

The touch on the breath is light: only about 25 percent of the awareness is on the breath. You're not grasping and fixating on it. You're opening, letting the breath mix with the space of the room, letting your breath just go out into space. Then there's something like a pause, a gap until the next breath goes out again. While you're breathing in, there could be some sense of just opening and waiting. It is like pushing the doorbell and waiting for

someone to answer. Then you push the doorbell again and wait for someone to answer. Then probably your mind wanders off and you realize you're thinking again—at this point use the labeling technique.

It's important to be faithful to the technique. If you find that your labeling has a harsh, negative tone to it, as if you were saying, "Dammit!," that you're giving yourself a hard time, say it again and lighten up. It's not like trying to shoot down the thoughts as if they were clay pigeons. Instead,

be gentle. Use the labeling part of the technique as an opportunity to develop softness and compassion for yourself. Anything that comes up is okay in the arena of meditation. The point is, you can see it honestly and make friends with it.

Although it is embarrassing and painful, it is very healing to stop hiding from yourself. It is healing to know all the ways that you're sneaky, all the ways that you hide out, all the ways that you shut down, deny, close off, criticize people, all your weird little ways. You can know all of that with some sense of humor and kindness. By knowing yourself, you're coming to know humanness altogether. We are all up against these things. So when you realize that you're talking to yourself, label it "thinking" and notice your tone of voice. Let it be compassionate and gentle and humorous. Then you'll be changing old stuck patterns that are shared by the whole human race. Compassion for others begins with kindness to ourselves.

From *Start Where You Are: A Guide to Compassionate Living* by Pema Chödrön





History spot ... And Zen connections today

Hogen-San and Doko-San.



Above: Hogen San at Dorje Ling.


A quote from Hogen's book, *On the Open Way*:

"What is the real wish in Life?

The original wish of life itself is Here-Now, sitting on the doorstep – without being haunted by any daydreams, ideas or empty theories."

Hogen (Daido) Yamahata

ZEN



A Talk for Newcomers to Zen
with Doko-san
- Abbot and Head Teacher, Dochu-an Zen Temple

Come along and learn the basics of Zen practice from Zen Master
Doko-san, a regular visiting teacher to Hobart.
All welcome.

When: Thursday 28th June at 6.30pm - 8pm
Where: Hara Studio. 25 Weld St, South Hobart
Cost: By donation
Contact: Maddy on 0408257751 or
info@harayoga.com.au



Above: Group photo with Hogen-San at Dorje Ling circa 1990.

Back row Roslyn Alexander, Guy Turnbull, Hogen-San, Old Jim, Prashant (Paul Grover),

Front row: Japanese woofers, Taj Alexander, Seymour Turnbull-Biggs, Rime Turnbull (in mask), dog, Darshan, Vichara and Fern.

"This ragtag group of sentient beings are actually super-heros in truth...Hogen's Heroes!!"

Doko-san has been practicing Zen since 1989 and met Hogen-san in 1991. He became a monk in 1994, with dharma heir transmission to teach in 2008. He became Hogen-san's "fully transmitted successor and a new ancestor in the lineage" in 2009. He is head monk of the sangha, Abbot of Dochu-an Zen temple and lives in Mullumbimby, NSW. Doko-San began coming to Tasmania three years ago, teaching Sesshin at both Tara Nivas in Koonya and Dorje Ling, both places where Hogan-San taught some years ago. Doko-San continues to return to Tasmania frequently.

More information: Maddy 0408257751.



Photo by the Caretaker, taken from our calendar.



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 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 2018

- President – Guy Turnbull
- Vice President – Jill Wright
- Secretary – Kate MacNicol
- Treasurer – George Ramm
- Public Officer – Roger McLennan
- General committee – Maria Grist, Madhu Lilley, Michaela Guest, John Grist

Mailing address

PO Box 593, North Hobart, TAS,
Australia 7002

Online

www.tashicholing.net

www.hobartbuddhistmeditationcentre.com

Facebook: <http://fbl.me/hbmc>

Twitter: @tashicholing