

SOUTHERN INSIGHT

Newsletter of Southern Insight Meditation,
Christchurch, New Zealand

Newsletter 30

Autumn 2008

UPCOMING MEDITATION RETREATS 2008/2009

All retreats are suitable for both new and experienced meditators and are accessible to people of any or no religious affiliation. The cost of each retreat covers all food and accommodation. Teachers receive donations.

Public Talk with Sharda Rogell	7.30pm Fri 14th March at Ferndale School, 104 Merivale Lane, Christchurch	Dana
All welcome. Please bring dana for the teacher and for the hire of the room.		
Awakening the Equanimous Heart with Sharda Rogell	Fri 14th - Sun 16th Mar 2008	\$125 (\$65*) Christchurch
A non-residential interactive weekend exploring how we can open our hearts, towards both ourselves and others. The weekend will include periods of formal sitting and walking meditation, guided meditations on equanimity, as well as group discussions about our real life issues.		
Dharma Facilitator's Programme with Jeremy Logan	Fri 18th – Sun 20th April	\$125 Christchurch
Insight and Compassion with Jeremy Logan	Thur 29th May - Mon 2nd Jun (Queen's B/day)	\$185 (\$85*) Governor's Bay
Through meditation our capacity to be compassionately present for our immediate experience grows. It enables us to be open to, and tenderly hold the most difficult parts of ourselves. It deepens and enriches our experience of life and also results in a spaciousness that enables us to respond creatively in situations we would otherwise react automatically from old conditioned patterns.		
Dharma Facilitator's Programme with Subhana Barzaghi and Jeremy Logan	Fri 24th – Mon 27th October (Labour w/e)	\$160 Christchurch
Attendance at one previous DFP required.		
9 day Insight Retreat with Yanai Postelnik	January 2009	\$to be decided

*The actual cost of the retreat is the higher figure, however it is possible to pay a subsidised rate anywhere from the actual cost down to the bracketed figure.

The Closing Date for registration is one week before the retreat starts.



Greetings, dear Sangha! It has been quite a summer here, with the major undertaking of offering the Gathering and the Dharma Facilitators Programme (DFP). Both were enthusiastically received, with much appreciation coming from the participants, and you can see photos and read about their experiences in the coming pages.

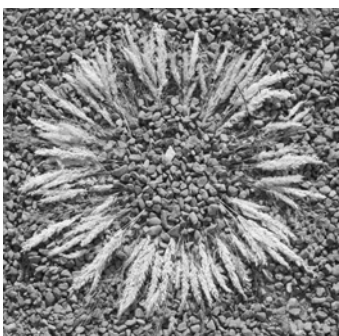
It is usual for DFP participants to commit to attending several sessions over the course of a year, and to enable this Southern Insight has decided to offer two more during 2008. Subhana has indicated that it will be possible for people who did not attend the January DFP to commence in April, and all participants will then be expected to commit to attending at Labour Weekend. If you didn't manage to make it in January but meet the criteria and would like to join, please contact Julie at angulijulie@gmail.com.



Because of these two extra events and out of respect for our organizing committee's limited energy and time, we have decided not to offer our usual long retreat in September this year. Instead we encourage people to look further afield for Insight Retreats – Te Moata in the Coromandel has much to offer, and also listed in this newsletter are some inspiring possibilities across the ditch in Australia. Many participants at the recent Dharma Gathering were disappointed to hear that we will not be offering one next year, however there is an Australian Gathering coming up in November 2008, and perhaps a group from NZ might want to converge on that!



We have a full year of events on offer - Sutta Study will recommence in March with Julie – please get in touch if you'd like to be part of that and deepen your knowledge and understanding of what the Buddha actually taught. In mid-March, Sharda Rogell will be returning to NZ to lead a series of retreats and workshops and we are fortunate that she is able to offer a weekend non-residential programme in Christchurch this time. Sharda is a senior insight teacher and highly regarded the world over. Some yogis share their experiences of working with Sharda in these pages. At Queen's Birthday Jeremy Logan returns to share his lovely qualities of warmth and humility: by popular demand he will be offering a slightly longer weekend of four days.



We also have a wonderful resource in the Wednesday evening sitting group. Practising together is an important part of the Dharma, and through the sitting group we have an opportunity to both offer our support to others and to receive that support ourselves. When the Buddha's attendant Ananda commented that 'Sangha (community) was half of the holy life', the Buddha's response was 'Do not say that, Ananda! Sangha is the *whole* of the holy life'. After a break over the summer, Russell Walker will be back offering guidance and inspiration on the third Wednesday of each month. Russell has a wealth of experience both in NZ and overseas and we are very fortunate to have him resident in Christchurch. Please come along and bring your friends!



So, in celebration of Sangha, welcome to 2008 and our thirtieth newsletter.

INTRODUCING SHARDA ROGELL:

Sharda was one of the teachers on my very first retreat in Bodhgaya, India, in 1990. Her warmth and insight impressed me. Our paths crossed many times over the next 10 years when I was living in Devon, living or working at The Barn Community Retreat Centre or at Gaia House. While I was at The Barn, she delivered workshops on mindful communication which I found very down to earth and valuable. Her insight and ability to gently but firmly challenge certainly contributed to my journey. She has an ability to respond to ultimate questions regarding our true nature as well as important issues such as relationships and livelihood. Although settled now in California for many years I knew her as a wanderer, travelling between the U.S, U.K, and India. I have always felt understood and accepted totally by Sharda. An enduring comment about her by a Gaia House manager fits her perfectly: 'Sharda makes everyone feel important'. She embodies the two wings of the dharma (teachings), namely wisdom and compassion. Anyway, don't just take my word for it, come along and find out for yourself.

Russell

Sharda is a wonderful teacher. Her teachings are broad ranging and have great warmth, depth and understanding. I think she was the first teacher who grounded me in the actual bodily experience of emotions - providing wonderful exploration and insight into the different physical sensations associated with different emotions and the layers of aversion, clinging and stories that can accompany them. Such understanding has increased mindfulness in daily interactions and

Sitting Group Haiku Evening

Reading through some of the very funny Haiku error messages printed in this newsletter inspired some readers to write their own, and it was so much fun we decided to dedicate a Wednesday evening sitting group to a bit of creativity. Come along on to Ferndale School (104 Merivale Lane) on Wednesday 23rd April (7.30 to 9.15pm) and allow your mind to move into Haiku space...

Time on Wednesday night?
Let your creativity flow -
Write your own Haiku!

It was easy to love God in all that was beautiful.
The lessons of deeper knowledge, though,
instructed me to embrace God
in all things.

St Francis of Assisi

provided a spaciousness that increasingly frees me from reactivity or story building - providing a greater intimacy with the present moment. Sharda also has a wonderful practice and teachings on mindfulness and communication another vital and challenging aspect of practice in daily life. At the retreat in Te Moata last year she illuminated some of the practices on specifically cultivating joy, a welcome reprieve from the sometimes suffering dominated retreat experience! I'm looking forward to sitting with Sharda and the non-residential retreat format will provide a great opportunity for integrating retreat and home life.

Di

Sharda is strong on kindness/gentleness, especially in your practice, something that comes through most strongly in personal interviews. Her dharma talks are some of the most enjoyable I've heard, in the same way that Jeremy Logan's are, because of a strong personal element and by avoiding being too formulaic, she takes her own line on things. The talks later in a retreat become quite inspiring, I think she's very good at communicating that the good results of the practice are possible for anyone. She provides some sort of inspiration that reaches upwards.

David

STEERING GROUP/RETREAT ORGANISATION COMMITTEE

On the recent DFP Subhana put out a very clear message that in any Sangha there needs to be a regular (bi-ennial) rotation of those organizing and running the retreat programme. The current members of the committee have now been doing this for 6 years, and would like to offer the opportunity and the encouragement for others in the Sangha to now take on this role. You need to have retreat experience and a good understanding of and feeling for the forms of the Insight tradition. If you feel you've benefited from what you've received and would like to help in making that available to others, we would love to have you on board. Please contact any member of the Steering Group to find out more.

SUTTA STUDY: PART TWO OF THE MAJJHIMA NIKAYA

Shaila Catherine has put together a three year study course on the Middle Length Discourses of the Buddha, which consists of 150 suttas. Each year fifty suttas are covered, and this year we will be looking at the second fifty. The suttas are not in any particular order in the Middle Length Discourses, so it's not necessary to have attended last year's course on the first fifty – all are welcome. We'll be reading and studying these suttas over a seven month period from March through October, meeting once a month to discuss our understandings. If you are interested to join in, please contact Julie on 348 1462. Cost is \$50 plus dana for Shaila, 6 participants minimum.

Shaila Catherine has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. She has been teaching since 1996, in the USA, India, Israel, and England. Shaila studied at the Sharpham College for Buddhist Studies in England, and dedicated several years to studying with masters in Asia, including Poonjaji, Buddhadasa Bhikkhu, Nyoshul Khen Rinpoche and Tulku Ugyen Rinoche. She completed a oneyear intensive meditation retreat in 2004 with the focus on concentration and jhana.

FIELD TRIP TO THE AUSTRALIAN DHARMA GATHERING, ANYONE?

The Australian Dharma Gathering will take place this year in late November, in coastal New South Wales. It will be led by Christopher Titmuss and Subhana Barzaghi, with many other Australian Insight teachers participating. This is a big event, with upwards of 100 participants, and as those of you who attended our recent Gathering at Staveley will know, very inspiring. Are you interested in a Dharma Field Trip? – a NZ contingent descending on our Australian neighbours! If you think you might be, contact Julie on 348 1462.

AFTER THE GATHERING...

Lost towels and leftovers
Calm shed in cleanup frenzy
Retreat and return

Place of not knowing
And worldly constructs dissolve.
But, intray immune.



AN EXPERIENCE OF THE DHARMA GATHERING

This was my first experience joining the Insight Group for a retreat. I had originally planned to attend another Family Retreat over New Year but was stuck down with the flu....and then I remembered reading the Insight Newsletter and hearing about the Dharma Gathering. I thought what I wonderful idea. It is so different to the usual retreat in the way that you can share journeys and discoveries. So I decided to take the plunge. I had been feeling that I needed to increase the sense of sangha in my life. Sometimes I have felt so isolated..... For me at times it has been difficult walking the Buddhist path in the craziness of everyday life. To be supported and to support is such an essential part of doing the work.

I joined the Dharma Gathering with a mix of emotions. A little fear and trepidation. I was exhausted from work overload. It was strange to return to the playground of my childhood for a Buddhist Camp. I grew up going to Bible camps at Staveley, tramping on Mt Somers and ice skating at Staveley. As soon as I arrived I realized I was in the right place, and an excitement took place in my heart and body. It was so amazing to connect very deeply to this special place again. To appreciate the beauty of Mid Canterbury with different eyes.

To camp in the paddock of long grass, and a view over the Canterbury Plains, and up to Mt Somers was a remarkable experience. Falling asleep listening to the sheep and cows in the distance and waking to the flies buzzing in the nearby silver birch. Nature, she was busy with her work early each day. One morning I woke to see the sun rising on the horizon. It was ablaze of bright red. It was a beautiful sight and reminded me of my

interconnectedness. I am not alone. I am not isolated. This land is beautiful - it supports me and others in our magical unfolding. We were spoilt to have four teachers resident to provide us with such an interesting variety of workshops. At times it was difficult to make the choice. There were so many wonderful teachings and thought provoking discussions which ensued.

The weather was superb. We made the most of the nearby stream to cool off. Some ventured to Sharplin Falls to take in the beech forest. It's funny how the walk was steeper than I remembered as a child! The food was yummy. We were blessed to have Christine preparing all those fantastic meals.

We constructed a wonderful labyrinth outside the bunk rooms from bits and pieces we collected from the environment around us. It was so beautiful to participate in the construction, and also to observe people as they so lovingly contributed. A beautiful mandala was created by all as an offering to the passing of Sir Edmund Hillary. In his famous words "It is not the mountains we must conquer, but ourselves we must conquer". Let his courage and humbleness live with us forever.

For me it is hard to describe the benefit of the week. I did some deep work and met some amazing people. I also had some light hearted, funny and joyous moments. Now I am integrating what I discovered.

To everyone on the Dharma Gathering I thank you for what you contributed. I feel a huge gratitude for this Gathering and everything that arose. To the organizers and teachers my heart felt thanks.

Sally

A WEEK OF SANGHA

Staveley Camp, cradled at the base of Mt. Somers, was home for the recent Dharma Gathering and Dharma Facilitator Programme. Both were filled with wisdom and joy and supported rich, deep connection with practice and community. Unlike the silent vipassana retreat model of alternating sitting and walking meditation, the gathering offered workshops each morning and afternoon, a dharma talk, and an evening programme woven through the daily schedule of sitting and walking meditation practice.

One of the gathering's highlights was the creation of the labyrinth in the camp courtyard. The

designers swept the gravel pathway and the group decorated its borders with bits of nature gathered from our surroundings over the week. It was a



delight to be part of this evolving creation. I sat in wonder experiencing a wreath of brown pods randomly exploding in a wild frenetic dance in the warmth of the sun. Jackie, the artist/creator commented, "It's like performance art." Indeed.

For some the day began at 5.30 with choice of Feldenkrais led by Dermot or yoga bathed in rising sunlight, followed by the first sit of the day. The daily workshops skillfully lead by the teachers Subhana Barzagli, Jeremy Logan, Geoff Simpson and Julie Downard explored a creative range of topics: finding your personal koan, inquiry into love, samadhi, sexuality, right view, metta, compassion, and death, to name a few. Russell Walker led integrating practice and family life. The workshop on inner and outer climate change co-facilitated by Sean Weaver and David Barzagli motivated the developing Karuna Aotearoa groups (see following articles). The engaging evening programmes included videos, heart moving one on one inquiry with Subhana, a candle light labyrinth walk, and even singing and dancing. Contrary to popular belief, Buddhists can rock out!

Wednesday Evening Dharma Talks

Every third Wednesday of the month teachings are offered on the practice of insight meditation. These are held at Ferndale school, 104 Merivale Lane, off Papanui Road). The evening, which includes a guided meditation, starts at 7.30pm and runs until 9.15pm.

All are welcome.

Donations are collected for the teacher and the hire of the room.

The family programme enriched the gathering and gifted us with six energetic young boys and two visiting babies. Jeremy offered meditation practice for the children with mindful listening and lots of bell ringing enjoyed by all. The "dharma-saurus," a creation from the children's tent, was a noble addition to the altar. I humbly had my rear kicked by our two young Connect Four masters, Rowan and Dylan.

Many thanks to Christine Dann for her fabulous cooking and to Chris for nourishing us during the DFP weekend. The vege choppers enjoyed supporting the magic of the kitchen.

It is always a delightful surprise when something is better than you expect. Both the Dharma Gathering and the DFP were gifts of discovery, connection and nurtured an open heart. That's as good as it gets! I offer my heartfelt gratitude to our wise and generous teachers and to Julie, Di, Russell, Rachel, Julie, Meg, Dermot, Paul and to all who worked so hard creating these fabulous events. Many thanks go to Christopher Titmuss for his vision that created the model for both the Dharma Gathering and DFP.

With an Open Heart,
Deborah White

FEEDBACK FROM PARTICIPANTS

"The blend of workshops and meditation was a really rich experience, and an excellent practice in moving from inner to outer experience and the integration of both. The workshop facilitators created material and content to match current the experiences of participants, and paced and led the process beautifully. Subhana's facilitation of the workshops, inquiry and meditation was so elegant and skilled, and yet grounded and beautiful to watch and experience. I found the peer feedback and discussion in the 'Dharma of Families'



workshop brilliant and inspiring and really enjoyed having kids around. The food was delicious, and the managers were so helpful, Di did everything with a smile – wonderful! For me it was more demanding than a silent retreat, and worth the extra effort and input. Brilliant job guys – thank you!"

"The Dharma Gathering was excellent – a true experience of Sangha, of community. So many wonderful workshops and new friends were made as I renewed my relationship to myself and the dharma. I especially enjoyed the involvement of the kids. See you at the next one and thanks so much!"

"The Gathering was a blissful journey – from uncertainty to warmth and connectivity and an opening of heart and mind. Enormous value for the cultivation of spiritual practice on a global level through community – thank you. Let's do it again! Here's to Southern Insight."

"I loved my first Gathering and made many connections with people there. I also discovered there is a group happening near where I live so I can continue to connect into the Dharma tradition - to learn more about it and to have people to ask questions of. I found the workshops, discussions and inquiries very helpful and learnt more than enough to take the next step in the evolution of my practice. I especially liked that I was able to join in or not, and thus take things at my own pace."

"Fantastic! I learned things about Buddhism I never even suspected. Samadhi FTW! I really enjoyed meeting Buddhists from other parts of NZ."

"I enjoyed it a lot, especially the opportunity to share experiences with others and to get very valuable feedback from insightful teachers."

"I thought the Dharma Gathering was excellent – a great opportunity to connect with others, to learn and develop personally. I found the mix of silent times and talking worked well. I loved having the children around - I believe this added to the experience. Thanks."

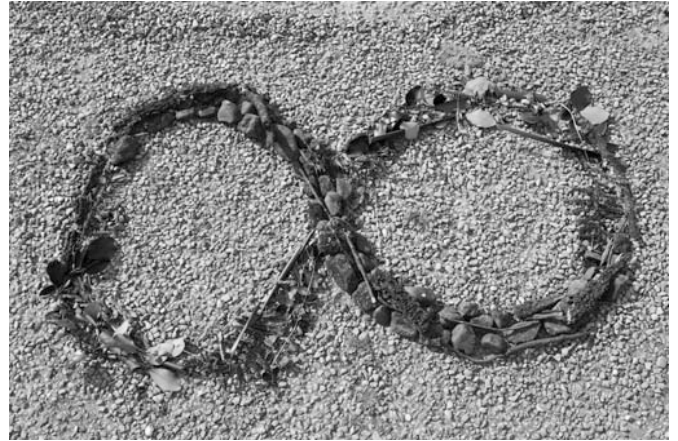
"A highlight for me was the singing and chanting on the last night. It was lovely to hear and great to be part of. Everyone was singing with their hearts as well as their voices. Another highlight was the setting up of the 'Engaged Buddhists Network', Karuna Aotearoa."

"I felt so enormously nourished by the gathering and can still hear Subhana voice in my ears..."

"I feel so blessed with deep connection having experienced the Dharma Gathering and DFP. It's all in an inner simmer and not soup yet."

Sangha

I've felt the deep caress of a sangha heart
Throbbing in unison
Shoes left at the door
Who you are or who you're not
It coaxed me in with a gentle wave
Soft and warm like a giant jelly
I melted in as salty tears
Seeped from my heart to my cheek
And I joined
That luminous soul



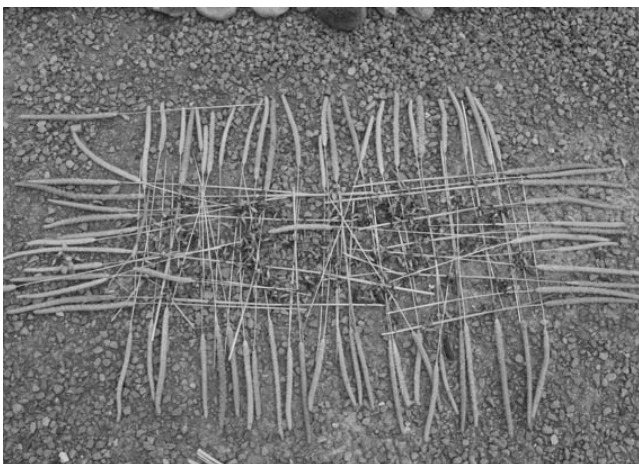
Created by Christopher Titmuss, the DFP was set up primarily for committed practicing yogis as an additional method of practice, to accompany the formal silent meditation retreat, offering another way of deepening inquiry into our true nature and understanding of the Dharma. Whilst still having scheduled times during the weekend for silent sitting meditation, the main focus was on facilitation/process work. We worked with three types of group facilitation processes: the Intimacy Circle; the Sutta Study Group; and the Inner Circle. We also had sessions of observing 'one on one' process work by Subhana with one of the group sitting in the 'hot seat'.

DHARMA FACILITATORS' PROGRAMME

If you've had five years of committed contact with the dharma, you are eligible to join this dharma facilitator's programme. These requirements are flexible, so if you are uncertain please make contact and we can talk about whether it would be suitable for you. Contact Julie on 348 1462.

ON THE FIRST DFP

Supplied with a very precise and instructive map of directions, I set out on Friday afternoon for my first trip on Highway 72, on my first visit to Staveley Camp and for my first Dharma Facilitators' Programme (DFP). I was excited and already interested in the concept of the programme and it was to be a stimulating (at times challenging) and inspiring weekend.



The Intimacy Circle involved groups of three rotating people, a facilitator, an interviewee, and an observer. Ten minutes facilitation with the interviewee on a given subject was followed with feedback from the observer on how they viewed the session, and also from the interviewee on their experience of the process.

The Sutta Study Group was primarily about learning facilitation skills with a larger group, whilst deepening our own practice by studying in depth the Satipatthana Sutta (the Four Foundations of Mindfulness), and again having a designated observer to give feedback to the person facilitating.

The Inner Circle offers a forum for a large group discussion on a theme, in this case 'The Meaning of Sangha'. It involves a large outer circle of observers, and a four person inner circle in which only one person may speak at a time (by picking up a stone) for a maximum of two minutes. You can only speak by being in the inner circle and picking up the stone.

Although these processes may appear structured, it was my experience that they were highly effective in developing listening skills, open-mindedness and empathy. One thing that continues to resonate with me is the importance of

allowing. Allowing a deepening of experience in the other person, allowing them to bring that experience into the present, because 'transformation can only occur in the present'. And granting the other person the space to discover their own awakening for themselves, respecting everyone's right to realize their own Buddha nature, recognizing that it is something that we all have.

The weekend was very intensive and the future intention is for participants to commit to meeting as a group three times over a period of a year to continue to develop their understanding of the Dharma, facilitation skills, to deepen the Sangha connections and for the growth of the group as a whole.

I would like to acknowledge and honour Subhana's authentic clarity and presence of being, I feel so grateful to have met another wonderful teacher who is so inspiring to be with. I would also like to thank everyone involved in the organizing for the hard work needed to bring the idea to fruition, as well as everyone present during the weekend. Thank you all for supporting my awakening.

Ramon York



AND ANOTHER PERSPECTIVE...

It is now ten days since I returned home from the Dharma Facilitators weekend at Staveley Camp. The effects of all the group work and informal interactions are still percolating through me. I had my eyes opened to wonderful new territories for exploration - within myself, in my community and in the vast realms of Dharma study.

Under the careful and caring guidance of Subhana we were introduced to several forms for facilitating Dharma inquiry. The "Intimacy Circle" required just three people, while other forms involved all retreat participants. In each form, whether the group was small or large, there was a wonderful feeling of spaciousness, empathy and trust. This allowed all kinds of treasures to be revealed – some beautiful, some painful, but always authentic.

I particularly enjoyed the "Inner Circle" process. This form has a large outer circle of silent witnesses within which there are four cushions facing each other: the "inner circle". There is a "talking stick" in the inner circle (we actually used a "talking stone"!) which allows one person at a time to speak. The speaker has no more than two minutes to address the given theme. The speaker may choose simply to pose a question. Anyone can move from the outer to the inner circle and back again, as space allows. Each person who enters the inner circle may stay there for as long or as short as they wish.

Subhana gave us the question "What is Sangha?" for discussion in the "Inner Circle". The dynamics of this group process were fascinating. The thoughts and feelings shared ranged from deep personal revelations to wise words of experience. The "Inner Circle" is a remarkably flexible way to facilitate a spacious, thoughtful discussion within a large group.

Prior to participating in this DFP retreat I was unaware of the solidity and depth of experience within the New Zealand Insight community. I was impressed by the dedication of the core members of Southern Insight whose determination and hard work have made the Dharma Facilitators Programme available in New Zealand. The joy of being on retreat with these clear-minded and generous people brought into focus my need to participate in a more active sangha in my own home town, Nelson.

Roger Wilde

SANGHA AND SOCIAL ACTION: INTRODUCING KARUNA AOTEAROA

The Eight Fold Path is a way of being and acting in the world, not just a way of sitting on one's chuff. Right Action, Right Speech and Right Livelihood are the parts of the path concerned with ethical behaviour and responsibility to one's fellow human beings, and indeed to all other beings. There are many ways to walk these parts of the path. Some of us feel especially called to go beyond realising them in our homes, neighbourhoods and workplaces, and to journey into the wider world to work for peace, social justice and ecological sustainability.

These are goals we share with other people, and many of us belong to at least one environmental or social action organisation or political party with these aims. Some of us also think it would be great to join with those who are walking the rest of the path, and make the whole path the grounding for our actions for social change.

The good news in that regard is that we now have a brand new Kiwi network for those who already think of themselves as 'engaged buddhists', plus everyone else who wants to be part of an activist group of those on the Eight Fold Path. The new network - Karuna Aotearoa – was formed out of the climate change workshop at January's Dharma Gathering. At this point it is still just a list of people who would like to get involved, plus an offer to convene a one day gathering of South Island members on Banks Peninsula at the end of March.

Basically, it will be and do what its members want it to be and do, once they have had a chance to meet and discuss the possibilities.

Karuna Aotearoa is a new initiative for NZ, but there are two major international networks of activist buddhists in existence already – check out the Buddhist Peace Fellowship at <http://www.bpf.org/html/home.html> and the International Network of Engaged Buddhists at <http://www.inebnetwork.org> to see the sorts of activities we could be engaged in.

As Karuna Aotearoa develops, Southern Insight will bring you the news of what we are thinking and doing. Watch this space...

Christine Dann



DHARMA RESOURCES FOR COMPASSIONATE ACTION

Imagine a network of mutually supportive people who want to share the experience of taking our practice off our cushions and into social and environmental action. For many of us it is not enough to just practice being awake: we want to take our learning and our insights into our lives and beyond - into the domain of actively helping the world around us.

Compassionate action is cultivated the same way that concentration and mindfulness are cultivated: by practicing. And with practice we become ever more intimate with our compassionate action, and through this gain insights that can help us back on the cushion. Of course, our practice on the cushion is also a wellspring for the cultivation of right view, right thought, right speech, right action and on the cycle goes in the yin and yang of stillness and action.

Among the many jewels of practice that can bring great power and effectiveness to right social and environmental action, one stands out for me: learning to skillfully transform the enormously valuable energy of anger into constructive "emotional solutions" like enthusiasm, motivation, perseverance, and forgiveness is a great practice on and off the cushion, and hugely potent in social and environmental campaigns.

The emotional politics of compassion is truly powerful in a world that needs power for saving the planet. The practice of the politics of compassion is also a great way to provide a warm emotional hearth for building a community around a common goal of caring for each other and the world around us.

INTRODUCTION TO MEDITATION
An evening course for beginners with Di –
phone 338 7070 for information.

Not knowing and not seeking to control outcomes helps us to avoid the delusion of attainment: there is nothing to attain after all. The goal is the path - in this case the path of sustainable living, the path of transforming earth damaging conduct, the path of engaging in compassionate listening to the perspective of a political opponent, the path of letting go of a view of ourselves, and instead simply returning and returning and returning to the path itself.

Sean Weaver

Karuna Aotearoa Meetings:

North Island gathering: Wellington, Saturday 8 March (9.30-12.30 with a potluck lunch), at 81 Severn St, Island Bay, Wellington. Please email (with Karuna Aotearoa in the subject line) seanandjo@ihug.co.nz or ph 04 383 6898.
South Island gathering: Port Levy, Banks Peninsula, late March – Easter Sunday or Sunday March 30 are the proposed dates. Tent space and indoor accommodation for up to 4 available. Contact Christine Dann at christine@horomaka.org to join Karuna Aotearoa and to find out more.

DHARMA EVENTS/RETREATS IN NZ:

Tramping & Meditation Retreat:

21-23 March (Easter) with Arthur Wells Sensei in the Mt Somers region, mid Canterbury.
Contact: John Campbell 455 3754, jcampbell@actix.co.nz or holger.korth@otago.ac.nz

Retreats at Te Moata, Tairua, Coromandel:

21-30 March, *Insight Meditation* with Sharda Rogell and Jeremy Logan
Contact temoata@xtra.co.nz
13-19 Apr, *Relational Mindfulness* (insight dialogue) for health professionals with Gregory Kramer
Contact Dianne May 09 832 4168 d.may@xtra.co.nz or Bev Silvester-Clark 09 833 9853 bev.s-c@clear.net.nz

LOST AND FOUND!

Left behind at the Gathering...

3 towels – cream, blue/white, red
2 facecloths – orange/green
Hitec Shoes
Grey Shorts
Blue/Black Light Cotton Trousers
Green/Black Designer Cardigan
Kathmandu Toilet Bag
Phone Di 338 7070 to retrieve!

**DHARMA EVENTS/RETREATS IN AUSTRALIA:
(some information is not yet on these websites)**

Insight Retreats (www.dharma.org.au):

6-13 March, Byron Bay, with Subhana Barzaghi & Ellen Davison
11-13 April, Rockhampton, with Ellen Davison
9-14 May, North NSW, with Radha Nicholson & Ellen Davison
6-9 June, Rockhampton, with Ellen Davison
7-14 June, Byron Bay, with Subhana Barzaghi & Carol Perry
1-7 August, Byron Bay, with Radha Nicholson & Will James
7-12 November, North NSW, with Christopher Titmuss & Radha Nicholson
4-6 October, Blue Mountains, with Michael Dash, www.meditation.asn.au

Stillness in Action Retreat:

5-12 April, North NSW, with Bobbi Allen & Simon Clough
www.stillnessinaction.net.au (not yet on site)

Women's Retreat:

5-8 Sept, North NSW, with Radha Nicholson & Judy Baderle, www.dharma.org.au (not yet on site)

Yatra (Pilgrimage/Walking Retreat):

11-18 Oct, Northern NSW, with Victor von der Heyde, Carol Perry & Ronny Hickel, www.dharma.org.au

Dharma Gathering:

21-28 Nov, North NSW with Christopher Titmuss & Australian teachers, www.dharma.org.au

Insight Retreats with Patrick Kearney:

4-16 Apr, Perth, www.pimg.org/retreats.htm
24-25 May, Lismore, www.buddhanet.net/bodhi-tree/schedule.html
4-13 July, Lismore, www.dharmasalon.net
25 July- 3 Aug, Adelaide Hills, www.dharma.org.au
27 Aug – 4 Sept, Byron Bay, www.dharmasalon.net
12-21 Sept, Blue Mountains, www.dharmasalon.net
3-12 Oct, Sydney area, www.wbd.org.au/schedule.htm
31 Oct – 9 Nov, Lismore, www.dharmasalon.net

Recollective Awareness Retreats

(www.siminc.org.au and www.dharma.org.au):

14-21 Mar, Sydney, with Jason Siff
10-15 Apr, Adelaide, with Jason Siff, Anna Markey & Greg Bantick
7-9 June, Sydney, Winton Higgins and Jenny Taylor

Insight Dialogue Retreats with Gregory Kramer

(www.dharma.org.au and www.siminc.org.au):

24-27 April, Melbourne
5-14 May, Sydney (experienced only)
15-19 May, Sydney

Dharma Facilitators' Programmes with Radha Nicholson & Will James (www.dharma.org.au):

Session 1: 28 Mar – 1 Apr, Northern NSW
Session 2: 25-29 July, Northern NSW
Session 3: 28 Nov – 2 December, North NSW (with Christopher Titmuss)

Booking procedures

Please phone **Paul** on **381 0444** for a retreat registration form. The completed form and a deposit of \$50.00 should be sent to **6 Trent St, Christchurch**. Please make cheques payable to **Southern Insight Meditation**. Stamped addressed envelopes are appreciated when booking. Further information will be sent to you on receipt of your deposit.

Refunds of deposits

The deposit for retreats is refundable up to the closing date of the retreat booked, less a \$5.00 charge for administration costs. Deposits cannot be refunded after the retreat closing date, and the money will be put into the Top-Up Fund.

Top Up Fund

The top-up fund is for those who are unable to afford the cost of a retreat. Southern Insight aims to make retreats as accessible as possible to all, and it is possible to pay less than the lower amount in the sliding scale for a retreat. We encourage people to make use of this fund, which, thanks to the generosity of others who attend our retreats, is currently in a healthy state.

Contact Details for Southern Insight

E-mail: southern.insight.meditation@xtra.co.nz

Post: 16 Ward Street, Christchurch

Website:

<http://southern.insightmeditation.org.nz>

If you would like to ask about our retreats, sitting days, or would like some general information about the group and insight meditation (including lots of opportunities to help with our work) the following are the contact details of the Steering group – all of whom would be happy to talk with you:

Di **338 7070**

Meg **328 8052**

Julie **348 1462**

Dermot **381 4617**

Rachel **379 2548**

Russell:

southern.insight.meditation@xtra.co.nz

Insight Aotearoa

Insight Aotearoa is an e-newsletter for New Zealand's insight meditation practitioners and communities. Posted monthly, it includes articles by and interviews with dharma teachers from around the world as well as a comprehensive listing of events in the insight meditation network across New Zealand. To subscribe (free) visit:

newsletter@insightaotearoa.org

or write to PO Box 6626, Wellington 6041, Aotearoa New Zealand.

In Japan, they have replaced the impersonal Microsoft error messages with Haiku poetry messages. Here are some actual error messages - aren't they better than "your computer has performed an illegal operation?"

Yesterday it worked.
Today it is not working.
Windows is like that.

Three things are certain:
Death, taxes and lost data.
Guess which has occurred.

A crash reduces
Your expensive computer
To a simple stone.

Serious error.
All shortcuts have disappeared.
Screen. Mind. Both are blank.

Out of memory.
We wish to hold the whole sky,
But we never will.

Chaos reigns within.
Reflect, repent, and reboot.
Order shall return.

Program aborting.
Close all that you have worked on.
You ask far too much.

Windows NT crashed.
I am the Blue Screen of Death.
No one hears your screams.

Your file was so big.
It might be very useful.
But now it is gone.

Stay the patient course.
Of little worth is your ire.
The network is down.

First snow, then silence:
This thousand dollar screen
dies so beautifully.

Receiving our newsletter

If you did not receive this newsletter by mail and would like to be on our mailing list, please phone Dermot on 381 4617. Any donation towards the cost would be appreciated.

If you would like to receive this newsletter and retreat information electronically just contact us at southern.insight.meditation@xtra.co.nz

Write 'SUBSCRIBER' in the subject box.

Meditation Group at Diamond Harbour

Tuesdays 7.30pm

Contact Christine 03 329 4067

christine.dann@clear.net.nz

Christchurch Meditation Group

Ferndale School

104 Merivale Lane

Christchurch

If undelivered, please return to:

13 Dacre Street

Christchurch