

SOUTHERN INSIGHT

Newsletter of Southern Insight Meditation,
Christchurch, New Zealand

Newsletter 42

Autumn 2012

UPCOMING MEDITATION RETREATS 2012 - 2013

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.

Queen's birthday retreat Friday 1st June^{evening} – Weds 6th June^{midday} 2012 **\$220(*110)**
The Spacious Heart with Jeremy Logan **Staveley Camp**
 Limited places for weekend only option – 125 (*65)

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.

Jeremy is a warm and grounded teacher with great capacity to help us find the wisdom to work in daily life. His June retreats are a regular and popular event – for beginners and experienced practitioners alike.

Spring retreat **October/Nov 2012** **\$TBA**
Teacher TBA **Staveley Camp**

A change of plans (see note about Eric Kolvig in this newsletter) means this retreat will follow a different format than previously advertised. See our website and future newsletters for more information.

January retreat **Friday 25th Jan^{evening} - Sat 2nd Feb^{midday}** **\$295(*150)**
With Yanai Postelnik **Staveley Camp**

New Zealand born Yanai Postelnik (living & teaching in the UK) brings a warm hearted insight into meditation and life. This will be an opportunity for both beginners and those with experience to undertake sustained insight meditation, deep inquiry and loving-kindness practice to discover the profound and transforming depths of peace and clarity to which our heart and mind can awaken.

***Sliding scale:** *the actual cost of the retreat is the higher figure, however it is possible to pay a subsidised rate for those on limited income anywhere from the actual cost down to the bracketed figure. See also "top up" fund information in this newsletter.*

The Closing Date for registration is one week before the retreat starts. Information about registration is inside the back cover of the newsletter.



Thoughts for the 'ending season'

When Death Comes (excerpt)

And therefore I look upon everything
 as a brotherhood and a sisterhood
 and I look upon time as no more than an idea,
 and I consider eternity as another possibility,

 and I think of each life as a flower, as common
 as a field daisy, and as singular,

 and each name a comfortable music in the
 mouth,
 tending, as all music does, toward silence,

 and each body a lion of courage, and something
 precious to the earth.

 When it's over, I want to say: all my life
 I was a bride married to amazement.
 I was the bridegroom, taking the world into my
 arms.

Mary Oliver

Greetings all,

Autumn – the season of endings is here - and 2012 has already been a busy year for Southern Insight folks. The Dharma Gathering in January had record number of attendance and was widely considered a wonderful and energizing event. Our sincere thanks to the organizing group from Southern Insight and from the Diamond Sangha Zen group for their tremendous efforts.

In March we were lucky to have Sharda Rogell a visiting teacher from Spirit Rock in the USA come to Christchurch and offer a one day – non residential retreat. Sharda's teachings were both profound and practical – showing us the simple wisdom of learning to see clearly ourselves and our relationship to the world.

In June – over the Queen's birthday weekend we will again have our winter retreat with Jeremy Logan. Stavely is a chilly place in winter but we do a lot now to keep it cosy. It can actually be a treat to come away in winter to a place where life is simple, quiet and nurturing. All are welcome.

In spring we had hoped to be joined again by Eric Kolvig and while his plans have had to change (see article in this newsletter) we still hope to run a spring retreat – keep your eye on the website for updates.

May you be well and happy and may your practice bring you peace and fulfillment

Enjoy

Southern Insight Meditation is a non-profit, non-sectarian group run by volunteers with the aim of making available the teachings and practice of Insight (Vipassana) Meditation through retreats, courses and talks.

We are also a charitable trust and donations are tax exempt.

Our website is <http://Southern-insight.org.nz>



The Spacious Heart

With Jeremy Logan (NZ)

Friday 1st June – Wednesday 6th June
2012

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.

Jeremy is a warm and grounded teacher with great capacity to help us find the wisdom to work in daily life. His June retreats are a regular and popular event – for beginners and experienced practitioners alike

When: Friday 1st June – Wednesday 6th June 2012
There are limited places for Friday – Monday only option

Where: Staveley Campsite, Inland Canterbury

Cost: \$220 (see information on sliding scale)

Closing date for registration: 25May 2012

How to book: Download a registration form from our website at <http://southern-insightmeditation.org.nz/RegistrationForm.html> or phone Paul on 03 381 0444 for a paper copy. Send completed form and \$50 deposit to Paul at 6 Trent Street, Linwood, Christchurch

Getting there: We may be able to help arrange transport or put you in touch with others in your area so that you can share rides.

Info: Dermot . (03) 381 4517

Jeremy Logan has been involved in insight meditation for the last twenty-three years, spending several years in the east and in Europe learning and practicing meditation. He has been teaching retreats since 1991 in New Zealand and has taught in India. He lives in the Wairarapa, working as a counsellor and facilitating Stopping Violence programmes for men.

Beginners Meditation Course

Thursday nights: 3rd May – 24th May
7.45-9.15pm

Cost: \$25. Opawa, Christchurch

This 4-week course will provide instruction for insight meditation. Beginning with focusing the attention on the breath, the mindfulness practice calms and concentrates the mind, allowing us to live more fully in the present moment.

The course is suitable for beginners or those wanting a refresher.

Di Robertson will teach the course. She has been meditating since 1994, has undertaken many meditation retreats and taught beginners' courses since 2001. She is a trustee of Southern Insight Meditation (<http://www.southern-insight.org.nz/>) .

For further information and registration Contact Di on 338 7070 or email diana.r@xtra.co.nz

Location: is the Garden City Zen's Group Meditation Room

4 Kennedy Place, Hillsborough (cnr Opawa Road).
Follow the pathway along the side of the garage. The meditation room is behind the cottage.

Getting There By Bus: Take the #28 Lyttelton Bus from the Bus Exchange and get off at the Grange Street stop. Walk along Opawa Road towards the Port Hills to the next side street which is Kennedy Place.

Getting There By Bike or Car: Travel east on Brougham Street to Garlands Rd. Continue straight through at the lights onto Opawa Rd and past Grange St. Kennedy Pl is the next street on the left and is opposite Hillsborough Park.

Spring Retreat – with Eric Kolvig –changes

We are sad to be cancelling Eric Kolvig's retreat in October. We know this will be disappointing to many who enjoyed his day workshop last year and were looking forward to his retreat. Eric was very keen to return to NZ this year but his health has dictated that he (regretfully) reduces his travelling and teaching schedule and therefore his trip to NZ. As Eric said in his email: *It has been a hard decision, because I was surprised and delighted last year to feel such immediate, deep, intimate rapport with your land, your people, and your culture.....*

He also expressed the following wish: *If you decide to uproot suffering and the causes of suffering, you will do it with or without my guidance. That end to suffering, and with it the flowering of unshakable happiness, is what I wish most for you.*

We are currently planning a replacement retreat for spring.

Steering Group news - & getting involved with Southern Insight

On April 14 Southern Insight held our Annual general meeting. The charitable trust steering group formally meets four times a year.

At the AGM we review our finances as well as plan our retreat management for the future year. We noticed that with the rise in cost of so many things - our budgets ran very close this year. Rather than raising retreat fees we have decided to look into ways we can be more efficient in our spending.

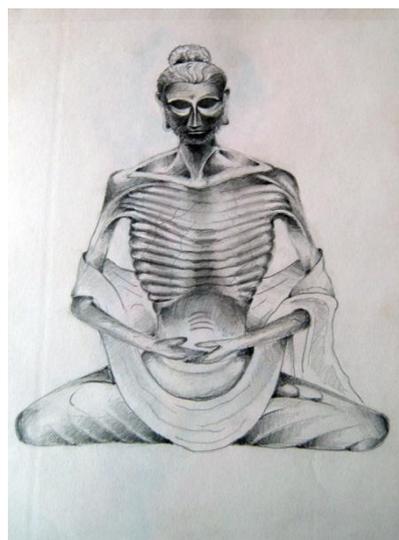
The steering group has 6 people who volunteer their time to run the organisational end of southern insight. There is also a number of folk out there who help us in many ways – thanks very much to all of you. If you feel you would like to get more involved – there are lots of little (and medium sized) jobs that we would very much appreciate a hand with. It is a tremendous group of people – very welcoming!

If you have any questions about retreats or other events, or would like to get more involved - here are the contact details of the Steering group, all of whom would be happy to talk with you:

<i>Di</i>	338 7070
<i>Meg</i>	328 8052
<i>Dermot</i>	381 4617
<i>Rachel</i>	379 2548
<i>Sarah</i>	027 669 3824
<i>Chrys</i>	338 0313

E-mail: southern.insight.meditation@gmail.com

Look out – our menus are changing!



As part of looking into the costs of running our retreats we decided it was time to give the menu an overhaul. It hasn't much changed in the 14 years we have been running these retreats! We will try to keep some of the favourites but this should be good news to those to those not so fond of celery! In the insight tradition the idea

of simplicity in life is fostered in many ways. We try to keep our meals wholesome, nourishing, and ample yet simple – as part of creating a supportive retreat environment. We certainly aren't encouraging people to fast on our retreats – but to find delight and encouragement in good basic food.

If you have any favourite vegetarian recipes (preferably vegan – or easily modified for those who do not eat dairy) - that you think might fit we would love to hear from you. Remember they need to be easy to cook for 40 people or more, and involve low cost, simple ingredients).

Drop us a line at southern.insight.meditation@gmail.com

We look forward to trying these out!

International Teachers - talks available online

Video talks by well known teachers are being made freely available online by *Secular Buddhism*.

Secular Buddhism is a nonprofit organization in New Zealand whose aim is to help support Buddhist teachings and practice in New Zealand.

You can visit their website at <http://secularbuddhism.org.nz/>

The first two in a series of New Zealand dharma videos are now online at <http://s.coop/sbnzvideos/>

- ❖ Stephen Batchelor - *Living With The Devil*, a talk given in Wellington.
- ❖ Lloyd Geering and Stephen Batchelor in conversation - *Can Christianity and Buddhism Remain Relevant in the 21st Century?*

More to come during the course of 2012, so do subscribe.



Just a Cup of Tea

Just a cup of tea. Just another opportunity for healing.

Just the hand reaching out to receive the handle of the cup.

Just noticing hot. Noticing texture and fragrance.

Just a cup of tea.

Just this moment in newness.

Just the hand touching the cup. Just the arm retracting. The fragrance increasing as the cup nears the lips.

So present.

Noticing the bottom lip receiving heat from the cup, the top lip arched to receive the fluid within.

Noticing the first taste of tea before the tea even touches the lips. The fragrance and the heat rising into the mouth.

The first noticing of the flavour. The touch of warm tea on willing tongue. The tongue moving the tea about in the mouth.

The intention to swallow. The warmth that extends down into the stomach.

What a wonderful cup of tea. The tea of peace, of satisfaction. Drinking a cup of tea, I stop the war.

Stephen Levine

What Is, As It Is

You are life and that is all you are. You are the infinite expression, and even as you ask the question, it is possible that you can see the answer in the question. Drop asking "why" and simply become totally involved in the absolutely wonderful miracle of life just as it is, right here, right now. Can you not see that whatever has just happened for you at this moment has never happened before and will never happen again? It is totally unique and fresh and innocent, and it is here and then it isn't. Isn't that great? And there, it's happened again, and you have just missed it because you want to ask another question about consciousness and its purpose for little old you. Just drop the head game and let it all be. The question and answer syndrome can be endless, and the mind often persuades us that the next answer that's on the next page might do it for us.

You don't need this imaginary person any longer, you know. This person that goes on and on and on asking questions, judging everything, calculating everything - just drop it. You have never needed that person, except that it brings you to this moment sitting here, hearing that you have never needed that person. Now drop it forever and simply allow life to happen without there being any illusory central datum or fixed point. Give up control and live in chaos. Fall in love with this, right here, right now...

Tony Parsons

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.



Sitting Group

Wednesdays 7.30pm – 9.15pm

Our “two venue” format for Sitting Group is working well. All are welcome to join us.

First Weds of the month: -Ferndale School
Second Weds of the month Opawa Zendo
Third Weds of the month - Ferndale School
 (facilitated session)
Fourth Weds of month: Opawa Zendo

If there are **five Wednesday's** in a month – the default for the 5th Wednesday will be Ferndale School.

Addresses:

Ferndale School , 104 Merivale Lane in the school staffroom

Opawa Zendo is located at 4 Kennedy Place, on the corner of Opawa Rd opposite the Hillsborough Domain.

There are two ways to live your life.
 One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein

Getting our newsletter and hearing about local events

If you did not receive this newsletter by mail and would like to be on our mailing list, please phone Dermot on (03) 381 4617. Any donation towards the cost would be appreciated.

Get it by e-mail!

In addition to the regular mail-out of the newsletter we send out the newsletter as a PDF attached to E-mail. If you think you would like to be on our e-mail newsletter circulation list all you need to do is send an e-mail to

Southern.Insight.Meditation@gmail.com with the words "**subscriber**" in the title.

If you would like to replace your hard copy with this E-version – include your name and address in the body of the e-mail and state "**remove from hard copy list**".

Hear about local events!

If you would also like to go on the local sangha contact list to receive updates of local events in the Christchurch area – also state "**add to local list**" in the e-mail.

Unsubscribe

If at any time you want to be removed from our e-mail contact list – just send us an e-mail with the words "unsubscribe" in the title.

Retreat Booking Procedures

Please phone **Paul** on **381 0444** for a retreat registration form – or download a form from our website. **The completed form and a deposit of \$50.00 should** be sent to **6 Trent St, Linwood, 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. Please note that retreats will only run if there are sufficient registrations.

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.

Location

Our retreats are generally held at Staveley campsite at the foot of Mt Hutt. This is approximately 1.5 hours south west of Christchurch. For directions see our website

Contact Details for Southern Insight

E-mail: southern.insight.meditation@gmail.com

Post: 16 Ward Street, Christchurch

WebSite: <http://southern-insight.org.nz>

E-mail is generally checked weekly. For a more immediate response call one of the numbers of the steering group members listed above.

If undelivered, please return to:
13 Dacre Street
Christchurch