

# SOUTHERN INSIGHT

Newsletter of Southern Insight Meditation,  
Christchurch, New Zealand

Newsletter 44

Summer 2012

## UPCOMING MEDITATION RETREATS 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.

<b>A Heart of Peace &amp; Clarity</b>	<b>Friday 25<sup>th</sup> Jan</b> evening - <b>Sat 2<sup>nd</sup> Feb</b> midday	<b>\$295(*150)</b>
<b>With Yanai Postelnik</b>		<b>Staveley Camp</b>
<i>Weekend only option</i>	<i>Friday 25<sup>th</sup> - Sunday 27<sup>th</sup> Jan</i>	<i>\$130 (*65)</i>

New Zealand born Yanai Postelnik (living & teaching in the UK) brings a warm hearted insight into meditation and life. This will be an opportunity 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.

**Half day- non-residential retreats:**                      **March, June & August 2013**                      **Christchurch**

Due to the popularity of these Southern Insight will be organising more. These half day retreats are a chance to take a break in the midst of business and to connect with what the practice of meditation can really bring to our lives. There will be three half day non-residential retreats held in Christchurch in the months of March, June & August. Go to our website or register for local update E-mails to find out more.

**Beginner's Course in Insight Meditation**                      **April 2013**                      **Christchurch**

Throughout the year Southern Insight offers courses for those wanting an introduction (or a refresher) to insight meditation. Each course is 4 weeks long and costs \$25.00. The instructor is Di Robertson, who has been meditating since 1994, has undertaken many meditation retreats and taught beginners' courses since 2001. Timing of the course varies due to teacher availability and participant interest. For further information, contact Di on 338 7070 or email [Southern.Insight.Meditation@gmail.com](mailto:Southern.Insight.Meditation@gmail.com)

**Spring retreat**                      **September-November 2013 ( dates TBC)**

We will be running a retreat in spring this year. Dates and arrangements for this are to be confirmed so watch this space!

**The closing date for registration is one week before the retreat starts.** Information about registration is inside the back cover of the newsletter.

**\*Sliding scale:** *the actual cost of the retreat is the higher amount, 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.*

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



### Future retreat events:

#### Dharma Gathering - January 2014

Plans are underway to run our third bi-annual Dharma Gathering event. This is offered by Southern Insight in conjunction with the Diamond Sangha Zen Tradition. The format of the Dharma Gathering melds meditation with more interactive practices – workshops, bodywork, poetry, art, movement, debate and discussion. The event has been very popular – so look out for it again in early 2014.

#### PLEASE POST OUR POSTER

Please place the poster for the upcoming retreat (included in your newsletter) on a notice board near you.

Someone who sees it might be looking for just this kind of opportunity – what a gift!

Many thanks

**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>

Greetings all,

As we come to this time of year we are often drawn into plans and thoughts about the summer. It is easy to rush past what's going on right now.

So what IS going on right now? At our recent half day retreat Julie helped us explore this – asking us to step “out of our minds” and instead locate ourselves in the here and now, through the direct experience of what our bodies feel and sense. These half day retreats have been very popular and a welcome reminder that when things are most busy - this is really the best time to make the pledge to practice – find a moment and a space every day to let go of all those expectations and experience what is.

However, it is important to make a few plans for the future and one of those might be to attend our summer retreat. This 8 day retreat is a rare opportunity for beginners and experienced meditators to undertake deep and profound practice. It will be run by Yanai Postelnik – a New Zealand teacher now resident in the UK. Yanai has a wonderful sense of humour, warmth and insight and this promises to be a very special retreat.

The newsletter has more about our retreats as well as useful contact details, poems and articles. The thoughtful comments on “*why do I meditate*” came from participants at our August half-day retreat.

*Enjoy*



*Sitting Group in Christchurch – takes a break over Xmas & New Year*

*Last Sit 2012 – Wednesday 19<sup>th</sup> December*

*First Sit 2013 – Wednesday 9<sup>th</sup> January*

*All welcome*

*(See inside for more information)*



## A Heart of Peace & Clarity Summer Retreat With Yanai Postelnik

Friday 25<sup>th</sup> Jan <sup>evening</sup> – Sat 2<sup>nd</sup> Feb <sup>midday</sup>

Stavelly Camp

Cost \$295 (sliding scale down to \$150)

Weekend option Friday 25<sup>th</sup> Jan – Sunday 27<sup>th</sup>

(\$130 down to \$65)

At the heart of the Buddha's teachings is the real possibility of Awakening: our innate potential to discover inner peace and freedom, and to embody the unobstructed openness that is our deepest truth. This silent retreat will explore the art of Insight Meditation as an invitation to be authentic with our experience, to relax into an intimate relationship with the depth of our being, and to cultivate a genuine kind-heartedness towards ourselves, and all of life. In learning to trust our experience in each moment, we can come to abide in the warm, spacious presence of the awakened heart, and see ever more deeply into the mystery and beauty of life. There will be full instructions for sitting, walking and standing meditation, Dharma teachings, Loving-kindness practice and regular meetings with the teacher. This retreat is suitable for both new students and experienced practitioners.

**Yanai Postelnik** has practiced and studied Insight Meditation and Buddhist teachings since 1990 and has been teaching retreats around the world for 20 years. He is much inspired by the Forest tradition of Thailand, and in the natural world, and regularly leads courses outdoors in nature and wilderness. He grew up in NZ, and lives in Devon, England, with his wife Catherine. He is a member of the Guiding Teacher Council of Gaia House, in Devon, and a Core Faculty member of the Insight Meditation Society in Barre, Massachusetts

### A Retreat With Yanai

In a room filled with people sitting on cushions, on mats almost touching each other, there is no sound or movement.

Yanai sits at the front of the crowded room, an arm's length away, his presence generating a feeling of calm infused with anticipation and interest – anything is possible..

I, and I suspect many others, have been given an individual quest, a small task that challenges my comfort zone. Not great in itself, but if I can do this, I can do anything.

Dermot

### Scared about doing an 8 day retreat? This is why it's for you.....

The January retreat this year offers something a bit unusual – it really is a rare opportunity—and one experienced yogi tells us why you should give yourself this gift...

#### My Precious...why sit an 8 day retreat?

Most insight retreats offered in New Zealand are for 7 days or shorter. So you may be wondering why we've asked Yanai to extend the length to 8 days, and whether that's something you'd like to try.

Those who've sat a retreat 4 days or longer will most likely have experienced a settling in that tends to happen around the third day – when the busyness, the planning and remembering that goes with our fast-paced daily lives kind of runs out, because we haven't been fuelling it with our usual activities and reminders. We often sit the first couple of days with a lot of tiredness and agitation as all of this is allowed to settle and ebb away. It's worth it, because when we settle into the moment we find ourselves in a more peaceful state, more able to see clearly our patterns and the things we do to make

ourselves miserable, and thus more able to stop them. Life gets just a bit easier.

My experience is that something similar happens again at around day 6 or 7, provided the mind hasn't already moved into thinking about the future – planning the trip home, starting to think about the things we have to do when we get there, and what we need to say to the various people in our lives.

There's a good reason why we have a further settling in at this point. On an insight retreat, we are encouraged at the beginning to limit our attention to quite a narrow focus – initially just the breathing, and the experience of being embodied. We do this because leaving our attention to rest wherever it wants to, when the mind is scattered and busy, results in the mind going all over the place and we don't have the concentration yet to see it without getting caught up in all the thoughts and emotions.

### **"... a place of huge possibility"**

Over the first 6 days or so, as the mind stills, we can expand our awareness out to include more and more of our experience – sounds, emotions and feelings, and thoughts. Finally we arrive at the point where we can practice 'choiceless awareness', or 'bare attention', which means we are still enough to allow the attention to move where it will, but we are right there with it, knowing the experience, and not getting lost in it. This is a place of huge possibility in our practice. Finally we really get to see what is going on. What it is to be a human being, to be this individual human being with its unique set of patterns. We see how our experiences arise, unfold before us, and then flow into the next experience.

We see that this happens without any input from ourselves.

Light begins to shine through the cracks we've been fostering all week. The heart starts to truly open. We start to truly practice, to deepen in our practice, and the potential for insight increases. The longer we can continue to practice intensively - once we have arrived at choiceless awareness practice, having done the real hard yards of training the mind to be one-pointed, - the more benefits of practice we experience.

So I've often wondered why on earth we go home at this point! Seeing this has led me to take the opportunity to sit longer retreats – two weeks. A month. Three months. While that may not be for everyone, the opportunity to sit a longer retreat is truly a blessing. Don't miss it.

*Julie*

### Why do I meditate?

Meditating brings me to a place away from my sense of being separate to one of being connected and expanded into a broader sense of being.

Here the anxieties I hold weaken and I feel a sense of peace and loving connectedness.

### Change change change...

The essence of our experience is change. Change is incessant. Moment by moment life flows by and it is never the same. Perpetual alternation is the essence of the perceptual universe. A thought springs up in your head and half a second later, it is gone. In comes another one, and that is gone too. A sound strikes your ears, and then silence. Open your eyes and the world pours in, blink and it is gone too. People come into your life and they leave again. Friends go, relatives die. Your fortunes go up, and they go down. Sometimes you win and just as often you lose. It is incessant: change, change, change.

Bhante Henepola Gunaratana, *Mindfulness in Plain English*



**\*\*Minding the Earth, Mending the World  
'The offer we can no longer refuse'**

A Dharma Convergence  
Summer Retreat

with

Susan Murphy Roshi (Aust)  
Jeremy Logan (Insight trad.)  
Arthur Wells Roshi

Tues 15th<sup>midday</sup> – Sat 19th<sup>midday</sup> January  
2013

Waihōanga Centre 32 Waihōanga Rd, Otaki  
Gorge Kapiti Coast New Zealand  
(See [www.waihoanga.co.nz](http://www.waihoanga.co.nz) for directions and centre info)

**\*\* Note this retreat is not organised by Southern Insight**

**About this retreat:**

The theme of this retreat explores the Dharma (teaching) of environmental crisis & change and how we respond. Susan Murphy invites us to rethink the crisis we face, radically re-imagining the stories we tell ourselves about the world, and illuminating the ways humanity might become the solution, rather than the problem.

This Dharma Convergence provides a wonderful opportunity to come together for a time of; Meditation, Mindful Enquiry, Renewal, Community, Celebration, Nourishment, Dialogue, Creativity and just Being.

Dharma teachings daily by three wonderful teachers, with meditation in Zen and Insight (Vipassana) Tradition. Workshops: writing, ekodo, yoga, art practice, ecotherapy, and special workshops for children. There will also be a film night.

**Costs:** 5 days/4nights/food/accommodation  
\$250-275 Shared room (sliding scale) + Dhana\*  
\$190-225 (Camping option) + Dhana\*  
Cost for Children \$15 / Day

(\*Retreat fees cover accommodation/ and food .  
Dhana is a 'gift from the heart' to acknowledge and reflect the teachers generosity of teaching.

\*Register by December 15th

**Contact & Info.**

Aladdin Jones & Tessa Priest-  
email: [aladdinjones@gmail.com](mailto:aladdinjones@gmail.com)  
51 Bedford Ave, Whanganui 4501  
Phone: 06 3454464 or 02102726046

**About the teachers:**

**Dr Susan Murphy Roshi:**

Susan was appointed to teach in 1998 and became a Roshi in 2001. She is founding teacher of Zen Open Circle Sydney, ([www.zenopencircle.com.au](http://www.zenopencircle.com.au)) and co-teacher of the Melbourne Zen Group. Susan is a writer, radio producer and film director, as well as teaching and mentoring writing in private consultation and occasional meditation and writing retreats. Susan's recent book "Minding the Earth, Mending the World – The offer we can no longer refuse". (Picador) is out now and prior reading is recommended.

*"For what is realisation or enlightenment but the earth speaking to us directly, with our own noise no longer overwhelming the signal"*

Susan Murphy – from her recent book "Minding the Earth, Mending the World"

**Jeremy Logan**

Jeremy has been involved in Insight Meditation for the last eighteen 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 currently lives in the Wairarapa working as a Counsellor and facilitating Stopping Violence programmes for men.

**Arthur Wells Roshi**

Arthur Wells is a Christchurch based counsellor and social worker, and has worked in Lifeline, the Family Mental Health Service and Stopping Violence Services. He began meditation practice in Hindu traditions in the 70's, and in the early 80's took up Zen, becoming a student of John Daido Looi Roshi and later of Ross Bolleter Roshi, who authorised him to teach Zen in February 2008. He has a university teaching background. Arthur has been leading Zen Wilderness retreats for several years.



## How about connecting up with our Facebook page?

<https://www.facebook.com/SouthernInsight>



There are some great pictures and articles linked to the Southern Insight facebook page. For example, find the link to a TED talk by Matthieu Ricard, called *The Habits of Happiness*, or a video about the transformation of an American school with major violence problems and stress using meditation.

There are links to articles by Richard Wagamese, a wonderful Ojibway author from Canada who has some great reflections on life, on being a first nations' person and on nature amongst many others. His blog, the World of Wonders is a fantastic place to explore. There's also a gripping story told by the neuroscientist who suffered a major stroke at a young age and describes how it felt. Check out these and other posts.

### What have you got to share?

It would be great to see things that others have found in their travels across the internet.

You might also like to use the Facebook page for other things. Are you looking for a new flatmate?, would you like to find some people to sit with? Are you looking for information? This page is a place where you can put these things out.

Check it all out at:

<https://www.facebook.com/SouthernInsight>

Why do I meditate?

To open my heart, and to be blissfully aware.  
To notice deeply.

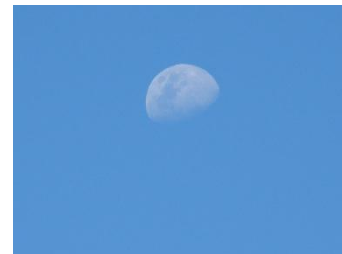
## Southern Insight Steering Group

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>	382 2019
<i>Sarah</i>	027 669 3824
<i>Chrys</i>	338 0313

**E-mail:** [southern.insight.meditation@gmail.com](mailto:southern.insight.meditation@gmail.com)



## Sitting Group

Wednesdays 7.30pm – 9.15pm

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

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

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

Addresses:

**Ferndale School** , 104 Merivale Lane, staffroom  
**Opawa Zendo** 4 Kennedy Place, (corner of Opawa Rd opposite the Hillsborough Domain).

## 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](mailto: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. <http://Southern-insight.org.nz>

**The completed form and a deposit of \$50.00 should be sent to 6 Trent St, Linwood, Christchurch.**

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. Please make cheques payable to **Southern Insight Meditation**.

## Online payment instructions

The account to pay into is Southern Insight Meditation... [.ASB] **12-3148-0078078-00**

When paying online please use the following format:

In the *Particulars* box put the initials of the teacher followed by rt and the year (e.g. YP rt2013 for Yanai Postelnik retreat. In the *Code* box put how many people are included in the retreat deposit (e.g. 1 person). In the *Reference* box put your name

E.g.

Particulars	Code	Reference
YP RT 2013	2 people	J Smith

**Please note on your registration form that you have paid your deposit online and state the amount you have paid.**

### 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](mailto: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

