

SOUTHERN INSIGHT

Newsletter of Southern Insight Meditation, Christchurch, New Zealand

Newsletter 49

August 2014

UPCOMING MEDITATION RETREATS 2013-2014

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.

Discovering true wellbeing – Thursday 2nd (evening) – Sunday 5 October 2014
With Julie Downard and Di Robertson

Staveley Camp
Cost 160*

Part of being human is our heartfelt wish for wellbeing and ease, but often society points us in directions that only bring a temporary happiness. Insight practice uncovers the innate wellbeing that we all have within us and allows us to live our lives from this place. This retreat is suitable for those new to meditation and those with an established practice. See information inside newsletter or phone Paul to register on Tel: 381 0444.

Open Heart Open Mind - Friday 2nd (evening) – Thursday 8 January 2015
With Subhana Barzarghi

Glentui Camp,
Cost \$255*

Insight meditation allows us to examine and transform the habitual limited patterns of mind that create confusion, anxiety, reactivity and suffering. The retreat offers an ideal opportunity for established meditators to deepen their practice. Those new to meditation can experience a valuable and gentle introduction to silent meditation and the dharma teachings in a welcoming supportive environment. There will be opportunities for creative expression to enhance and bring new dimensions to practice.

Hardwiring Happiness Saturday January 31st 2015
with Rick Hanson

Living Springs, Christchurch
Cost: Waged \$70 – unwaged \$50

Rick Hanson is an internationally renowned neuropsychologist and dharma teacher. He will be visiting New Zealand for a series of one day workshops. Based on his latest book, *Hardwiring Happiness*, this workshop will present the four simple HEAL steps that turn passing experiences into lasting neural resources. We'll explore how to use these methods to lower anxiety and stress, lift mood, grow confidence, calm, and contentment, and fundamentally, hardwire happiness into the brain. See information inside newsletter or visit Southern-Insight.org.nz

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

Costs: Retreat costs are set to be as affordable as possible and longer retreats include a sliding scale:

***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>



Viewing Peach Blossoms and Realizing the Way

In spring wind
peach blossoms
begin to come apart.
Doubts do not grow
branches and leaves.

- Dogen

Future retreat events:

Dharma Gathering - January 2016

Unfortunately we have been unable to secure a suitable venue for the fourth Dharma Gathering event in 2015 – so this is now going to be postponed until January 2016. The Dharma Gathering 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 2016.

Enquiries:

Southern.Insight.Meditation@gmail.com

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,

Spring is around the corner and almost here already in Christchurch. It is a good time to open up the doors and windows – not only of the house but of the mind!

We have several events to welcome in the change of season. At the beginning of October we have a spring retreat that will be held at Staveley Camp. This retreat will be led by long time Southern Insight organizers Julie Downard and Di Robertson. Over many years Julie and Di have been strengthening their practice and increasingly leading and teaching Insight events. This will be a great retreat and we hope many of you will be able to join us.

There is more information about this retreat inside the newsletter. For those getting the hard copy there is also a poster. It would be wonderful if you could stick these up in cafes, community notice boards, schools or workplaces near you. It could be a real gift to someone.

Also beginning in October there will be a new beginners' course run here in Christchurch. Information about this is inside the newsletter. Feel free to pass this on to interested friends or colleagues.

There is also some information about our summer retreat with Subhanna Barzarghi, we are delighted she is teaching a retreat with us this summer. We will be holding this retreat at Glentui camp (Waimakariri district). It will be immediately after New Year and a fabulous way to start 2015.

In January we will also host a visit and one day workshop with Rick Hanson - renowned neuropsychologist and dharma teacher. He offers a unique combination neuroscience, dharma and meditation. This will be a popular and rare event for Christchurch, and popular to a wide range of people – keep an eye out for details.

In joy – enjoy



Discovering true wellbeing

With Julie Downard & Di Robertson

Thursday 2nd (evening) – Sunday 5 October 2014

Venue: Stavely Camp
Cost: \$160*

Part of being human is our heartfelt wish for wellbeing and ease, but often society points us in directions that only bring a temporary happiness. Insight practice uncovers the innate wellbeing that we all have within us and allows us to live our lives from this place.

This long weekend retreat is a great opportunity to take a rejuvenating break as spring begins in earnest. Teachers Di Robertson and Julie Downard have run many one day retreats and beginner courses over the past decade or more. They are both well-known and respected as generous and thoughtful teachers, and long term practitioners of insight meditation.

This retreat will be highly suitable for those new to meditation and will be a welcome and familiar space for those with existing practice.

To register phone Paul on 03 381 0444 or check out registration forms and information on our website <http://Southern-insight.org.nz>

**sliding scale is available down to \$80. "Top up fund" also available. Please ask.*



Mindfulness and Insight Meditation Course

Starting Monday 13th October
6 week course
7:15 - 8 :45pm

This 6-week course provides instruction for mindfulness and insight meditation, with an emphasis on wellbeing and integration with daily life. Cultivating awareness the practice begins with focusing the attention on the breath and body. This calms the mind, and relaxes the body, and allows 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 2000. 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

Venue: Addington Haven,
(19 Church Square, Addington).

Costs: \$60

Contact Di Robertson diana.r@xtra.co.nz or phone 338 7070.

About the teachers:

Julie Downard has been practising meditation since 1991 when she was living in England. Over the past twenty three years she has done intensive practice with teachers in both the Insight and Zen traditions in India, England and California. Julie has been teaching on retreats and Dharma Gatherings for the past seven years. She lives in Christchurch and is a co-founder and trustee of Southern Insight Meditation.

Di Robertson has 20 years' experience in insight meditation, with intensive retreats and daily life practice in England and New Zealand. She has taught beginners' courses since 2000 and led several half day retreats. She lives in Christchurch and is a co-founder and trustee of Southern Insight Meditation.

Subhana Barzaghi is an Insight and Zen meditation teacher with over thirty years' experience in Buddhist meditation and leads intensive retreats in Australia and overseas. She is a guiding teacher for the Insight Tradition in Australia and a Zen Roshi for Sydney Zen Centre. Subhana is a psychotherapist in private practice, a clinical supervisor and conducts regular workshops in Sydney. (www.subhana.com.au)

Why do I meditate?

I find meditation invaluable in helping me to remember to pause before reacting to my children (—or to anyone else for that matter) when their behaviour is flying in the face of my views of what proper behaviour is.

Pause and perhaps open my field of vision.

Guy

Upcoming retreat – January 2015.

This year's summer retreat will start right after New Year. So here is some advance information so you can plan your summer holidays (yes a retreat really is a holiday like none other!)

Open Heart Open Mind - An Insight and Mindfulness Retreat

with Subhana Barzaghi

Friday 2nd (evening) – Thursday 8
January 2015

Venue Glentui Camp, North Canterbury

Cost \$255*

Insight meditation allows us to examine and transform the habitual limited patterns of mind that create confusion, anxiety, reactivity and suffering. The Dharma teachings, practices of mindfulness and the spirit of inquiry cultivate insight into the true nature of the open heart-mind, which is essentially free, intrinsically empty, naturally radiant and ceaselessly responsive.

An open heart and open mind cultivates and awareness and clarity that is available in each precious moment and a profound ease and connection with all of life.

The retreat offers an ideal opportunity for established meditators to deepen their practice. Those new to meditation can experience a valuable and gentle introduction to silent meditation and the dharma teachings in a welcoming supportive environment. There will be opportunities for creative expression to enhance and bring new dimensions to practice.

To register phone Paul on 03 381 0444 or check out registration forms and information on our website <http://Southern-insight.org.nz>

**sliding scale is available down to \$125. "Top up fund" also available. Please ask.*

Awakening Joy

Southern Insight folk try Awakening Joy

Just how joyfull are we now?



Awakening Joy is an internationally recognized Internet course created by teacher and author, James Baraz. The course is designed to awaken joy through a curriculum of principles and practices that incline the mind toward well-being, happiness and ease. Led by James, the course features a range of speakers and fosters a supportive community of fellow participants.

Here in Christchurch 20 would be joyful folk signed up with the online course. Julie Downard and Di Robertson provided a fortnightly structured support group for the entire length of the course (they were fantastic).

Are we happier – more inclined towards the positive? - for me I would say *yes – no doubt!* I learnt something very powerful - that seeking my own happiness - based on contentment, gratitude, delight in simple, everyday things, forgiveness and generosity - was not selfish but one of the best gifts I could give to the world around me. It was not radical changes to my life but simple inclination of the mind that made the difference. And it felt good.

Meg

My thoughts on awakening joy...

I was a little uncertain about the awakening joy course and whether the money and the time investments would be worth making. In retrospect, it waswell... worth both. Why? Well:

The information that we were given was useful and practical and surprisingly easy to put into practice in most cases and most of the time. I still slip back to my bad habits or get confused about how to interpret what is going on in my head or body quite often, but now I have some great tools that stop me going very far with this. I'm still enjoying my new found facebook gratitude practice and get lots of nice feedback from people about it. A few others I know (not in the Joy group) have even chosen to take it on so it is nice to know that these practices can be contagious and are useful to others.

The group that formed in Christchurch to support the 20 or so people who did the course here was fantastic. It was really helpful to hear the stories of others and knowing that we had a group meeting coming up provided excellent incentive to engage with the material, even when it took some effort to find the time.

Julie and Di who took on a leadership/ teaching role in the course were wonderful, insightful and honest in using their own experiences and knowledge of the Dharma to help us all put the ideas in Awakening Joy into practice. Their taking on the teaching and the considerable work involved with that is very much appreciated!

For me also, the joy framework was a very pleasant and practical way to engage with many Buddhist teachings and to think about how to put them into practice. I'd really recommend the course to anyone who is interested in being more consistently happy or even just more consistently OK.

Chrys

Awakening Joy – online course

This course is an annual event. It is over now for 2014 but you can go online to sign up for next year. <https://www.awakeningjoy.info/index.html>.

And Southern Insight again may provide support for the 2015 group (watch out for notices).

Dear you,
you who always have
so many things to do
so many places to be
your mind spinning like
fan blades at high speed
each moment always a blur
because you're never still

I know you're tired
I also know it's not your fault
The constant brain-buzz is like
a swarm of bees threatening
to sting if you close your eyes
You've forgotten something again
You need to prepare for that or else
You should have done that differently

What if you closed your eyes?
Would the world fall
apart without you?
Or would your mind
become the open sky
flock of thoughts
flying across the sunrise
as you just watched and smiled

Kaveri Patel, "The Voice" – 2014
<http://www.wisdominwaves.com/books.html>

*We struggle, we grow weary, we grow tired.
We are exhausted, we are distressed, we
despair. We give up, we fall down, we let go.*

*We cry. We are empty, we grow calm, we are
ready. We wait quietly.*

*A small, shy truth arrives.
Arrives from without and within.
Arrives and is born. Simple, steady, clear.
Like a mirror, like a bell, like a flame. Like rain
in summer.
A precious truth arrives and is born within us.
Within our emptiness.*

*We accept it, we observe it, we absorb it.
We surrender to our bare truth. We are
nourished, we are changed. We are blessed.*

*We rise up.
For this we give thanks.*

Amen.

From "Short Notes on a Long History of
Happiness" Michael Leunig

Walk Slowly

It only takes a reminder to breathe,
a moment to be still, and just like that,
something in me settles, softens,
makes space for imperfection.

The harsh voice of judgment drops to a
whisper and I remember again that life
isn't a relay race; that we will all cross
the finish line; that waking up to life is
what we were born for.

As many times as I forget, catch myself
charging forward without even knowing
where I'm going,

that many times I can make the choice
to stop, to breathe, and be, and walk
slowly into the mystery

Danna Faulds

Internet ramblings

All the links outlined below can be found on our facebook page at

(<https://www.facebook.com/SouthernInsight>),

which **even non-facebookers can access**.

This allows anyone to use the links rather than having to type or paste them into your web browser! You may also find a few other links of interest while you are there.

For those with an interest in the state of the planet and climate change, check out these posts.

(http://www.huffingtonpost.com/2014/06/07/niels-bugge-cartoon-award_n_5455509.html?utm_hp_ref=arts&ncid=fcblnkushpimg00000010) shows 9 quite hard hitting climate change cartoons.

This article

<http://www.paulloeb.org/articles/rosaparks.htm> is a good read about how important behind the scenes work is for creating change. It discusses how Rosa Parks' actions only worked because they came after a lot of activism, planning and strategy.

A thought provoking article in the Guardian <http://www.theguardian.com/commentisfree/2014/apr/07/climate-change-violence-occupy-earth> discusses how

.If you're poor, the only way you're likely to injure someone is the old traditional way: artisanal violence, we could call it – by hands, by knife, by club, or maybe modern hands-on violence, by gun or by car. ..But if you're tremendously wealthy, you can practice industrial-scale violence without any manual labour on your own part.

It then argues well that this form of violence is being practiced by the rich and powerful who are refusing to take action on climate change.

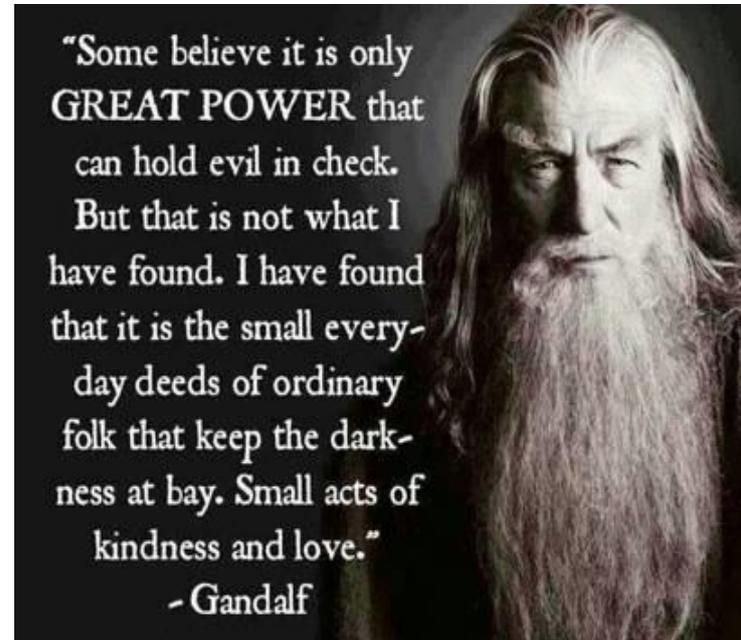
Charles Eisenstein, in this video suggests the importance of stopping, and looking at the patterns to find a new path through the complexities of climate inaction and our own activist responses to what is happening.

<https://www.youtube.com/watch?v=eNZ-bh2PXQ8>

Pavi Mehta explains how the concept of gifting (or dana) works, and shows how people throughout the world are working with the concept to supply a number of services.

http://www.youtube.com/watch?v=p_QLGvp_stl

And finally a wee bit of wisdom from Gandalf!



Chrys



Buddhist - lightenment

- Accept misfortune as a blessing. Do not wish for perfect health, or a life without problems. What would you talk about?

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:

Di 338 7070
Meg 328 8052
Dermot 381 4617
Rachel 382 2019
Sarah 027 669 3824
Chrys 338 0313

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



Registration address change

Paul is a pillar of Southern Insight. He collects your completed registration forms, posts forms out and responds to phone enquiries for every

retreat. We couldn't run our retreats without him. In all this time the address has never changed. Now Paul and his family have moved – but lucky for us he will still keep doing this job.

The new address to post registration forms is **179 England Street, Linwood, Christchurch 8011.**

Paul's phone number stays the same: 381 0444

Thanks Paul!

Christchurch 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, staffroom
Opawa Zendo 4 Kennedy Place, (off Opawa Rd)

Alexandra Insight Sitting Group



We are an enthusiastic group of people that meets weekly at the Alexandra Community Centre (currently Mondays at 7.30pm) to practice insight (mindfulness) meditation and explore Buddhism in a non-sectarian contemporary way. Our weekly session begins with meditation followed by tea and coffee and discussion around a Buddhist topic.

For more information, please contact Jonathan 03 4487871 or email alexinsight@outlook.com

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. <http://Southern-insight.org.nz>

The completed form and a deposit of \$50.00 should be sent to 179 England St, Linwood, Christchurch 8011

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. SB rt2015 for Subhana Barzarghi 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

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

