

SOUTHERN INSIGHT

Newsletter of Southern Insight Meditation,
Christchurch, New Zealand

Newsletter 50

November 2014

UPCOMING MEDITATION RETREATS 2015

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.

**Open Heart Open Mind -
With Subhana Barzarghi**

Friday 2nd (evening) – Thursday 6 January 2015

Glen Tui Camp
Cost \$370/200*

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. **IF YOU ARE COMING REGISTER NOW!**

Note: we are trialling E-mail registration for this event. See website for registration form.

Registration and Enquiries:

Email: Southern.insight.meditation@gmail.com **Phone:** Sarah 027 6693824 or Chrys 027 286 8653

Registration closes 21st of December (because of holiday period please make sure you register before this)

**Hardwiring Happiness
with Rick Hanson**

Saturday January 31st 2015

Living Springs, Christchurch

Cost: Earlybird - \$70 waged / \$50 unwaged After December 18: \$85 waged / \$65 unwaged
Vegetarian lunch provided. Please also bring dana for the teacher.

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.

Registration and Enquiries: (note registration closes Sunday 18th January 2015)

Email: Southern.insight.meditation@gmail.com **Phone:** Chrys 027 286 8653 or Di: 338 7070

Information about registration is inside the back cover of the newsletter and on our website.

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>



Enlightenment is like the moon reflected on the water.

The moon does not get wet, nor is the water broken.

Although its light is wide and great,
The moon is reflected even in a puddle an inch wide.

The whole moon and the entire sky
Are reflected in one dewdrop on the grass.

Dogen

Future retreat events:

Sharda Rogell – one day retreat
March 28th or 29th 2015 (depending on venue booking) – look out for future notices.

Dharma Gathering - 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,

People have started asking me “what will you be doing for Christmas?” It’s always about this time that I get a sense that the year is about to collapse. As if the days and weeks of November and December notice they are the only ones left on the calendar and make a sudden rush for the exit.

Really – what I will be doing this holiday season, this summer is what I am doing right now. Breathing in and out, heart beating (luckily – hopefully). The day will still be 24 hours long. The sun will come up – and the moon. Yay!

If you would like back to the real basics of being this Summer - a great way to do this is to join us for the retreat with Subhana Barzarghi at Glentui Camp near Oxford. It will start immediately after New year and is a fabulous way to begin 2015. Because it will begin on January 2nd please get your registrations in as soon as possible so we know you are coming.

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 of mind science, dharma and meditation. This will be a popular and rare event for Christchurch. Because it is likely to be a large event (and we have to pay for the booking in advance) we are encouraging people to register for this now. See inside for details.

Running retreats means planning meals, shopping and lots of other organization. The folks that help us do this are wonderful and we really appreciate what they do to make retreats happen. If you would like to lend a hand with this at any time just send us an E-mail. We would be glad to hear from you.

As usual - this newsletter has more information about our upcoming retreats as well as articles, poems and details about how to connect through southern insight’s newsletter, Facebook and website.

In joy - enjoy

Summer retreat – January 2015



Open Heart Open Mind - An Insight and Mindfulness Retreat

with Subhana Barzaghi

Friday 2nd (evening) – Thursday 6
January 2015

Venue Glen Tui Camp
Cost \$370/200*

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.

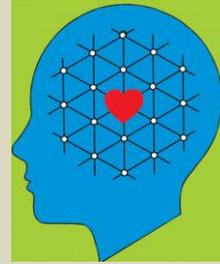
An open heart and open mind cultivates and awareness and clarity that is available in each precious moment and a profound ease and connection with all of life.

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 Chrys on 027-286-8653 or Sarah on 027 6693824 or find registration forms and info on our website <http://Southern-insight.org.nz>

**sliding scale is available down to \$200. "Top up fund" also available. Please ask.*

Hardwiring Happiness: A workshop and practice session with Rick Hanson



Saturday 31st January 2015, 9am-5pm,

Venue: Living Springs in Lyttelton Harbour.

Cost:

Early bird: \$70 waged / \$50 unwaged.
After December 18: \$85 waged \$65 unwaged
Vegetarian lunch provided
Please also bring money for dana*

Registration and Enquiries:

Email:

southern.insight.meditation@gmail.com

Phone: Chrys 027 286 8653 or Di: 338 7070

Registration closes Sunday January 18th

Southern Insight Meditation are delighted to be hosting Rick Hanson, the internationally renowned neuropsychologist and dharma teacher, for a one day workshop in Christchurch on 31 January 2015.

The Christchurch workshop will be largely based on his book *Hardwiring Happiness – the New Brain Science of Contentment, Calm and Confidence*. Rick will present the steps that turn passing experiences into lasting neural resources. He will help us 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.

Rick is running three workshops in NZ

(Auckland Tuesday 27th January

<http://www.nyima-tashi.org.nz/>;

Wellington Thursday 29th January

erin@originalnature.co.nz <http://www.originalnature.co.nz/> and

Christchurch 31st January

southern.insight.meditation@gmail.com

These are likely to be very popular so please register early.

***A note on Dana:** The registrations costs do not cover any payment to teachers for their teaching. They will receive only what you offer as Dana. Dana is a gift by each person in the spirit of generosity to reciprocate the teacher's sharing of their depth of knowledge and expertise. The amount given is up to the giver.

About the teachers

Subhana Barzaghi is an Insight and Zen meditation teacher with over thirty years' experience in Buddhist meditation. She 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)

Rick Hanson (Ph.D) is a New York Times best-selling author and a neuropsychologist at Senior Fellow of the Greater Good Science Center at UC Berkeley. His books include *Hardwiring Happiness*, *Buddha's Brain*, *Just One Thing*, and *Mother Nurture*.

Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, Rick has been an invited speaker at Oxford, Stanford, and Harvard, and taught in meditation centers worldwide. He has several audio programs and his free 'Just OneThing' newsletter has 100,000 subscribers.

When you are not hungry or threatened or in pain, your brain's natural state has these characteristics: It is conscious, calm, contented, caring, and creative.

Rick Hanson

Julie & Di spring into action!



Julie & Di – teaching their first full retreat together

This spring Southern Insight were delighted to have Di Robertson and Julie Downard offer their first full retreat together.

This retreat seemed to bend time. Only 3 days passed on the outside but the spaciousness and fullness of the days made it feel so much more. A great beginning for these two teachers. We look forward to more retreats in the future. Here are some reflections from others...

Two days after returning from the Southern Insight retreat.....

As I lay in bed this morning meditating with the dawn sun streaming through the window myself and my surroundings all seemed surrounded and suffused with radiant light. The discursive scientific part of my brain labelled this as an effect of partially closed eyelids.

Then I thought, why not believe exactly what I see? Isn't this pretty much what everyone else does most of the time?

So, thank you multiverse, for allowing me to perceive your omnipresent luminous beauty.

Bruce

My experience on Retreat.

My name is Warren and I went on retreat to connect with something I have come to value—a tradition of an open heart, of loving kindness and mindfulness. As I get older these values have become increasingly important to me and my spiritual growth.

The retreat was challenging for me on an emotional level. However, I feel wonderful for the experience. The wisdom and insight of the teachers and support of the group meant that I could open up my heart and know that I would be accepted and supported.

By the end of the retreat I felt like I had come home.

*Mt Somers
standing at ease
with open heart
inviting embrace
to conquer yourself*

Warren Williams.

I often feel that the most precious gifts I have been given in life are people's kindness towards me. The kindness flows into me as if it were a substance, surrounding the sorest and most devastated places in me, and making them bearable. I was offered much kindness on this retreat, and the powerful shyness, which with me stems largely from a deep-seated fear of being ostracized, eased more than is usual. As well as kindness from others, holding kindness towards myself brings a lot of ease. My mind is more inclined to befriend itself, rather than judge itself. My mind, when it brings itself back into this present moment, is more inclined to carry warmth than to be disappointed with itself. Whether the contents of this moment are pleasant, or unpleasant, or neither nor, when I with good will meet with this moment, all is well.

It felt somewhat momentous having Di and Julie teaching at Staveley, even though they have been informing my practice for years already. Di I have always found to be a giver of warmth and kindness and priceless instruction. Julie, as she often has, illuminated weird Buddhist concepts, brought them to life, threw in a good dose of love and humour, and left my mind a bit roofless.

Together they laid out a map of practice, encouraging us to bring the attention into the body, and soften into what there is there. Not too intricate, yet profound, inhabiting this astonishing body, in this remarkable world. Still alive. Still breathing.

Returning home from a retreat, the simplicity of that space can begin to break into a thousand yammering pieces. Sometimes it takes a great strength to pull myself out of it just enough to remember that, there, underpinning all that turmoil, are craving and aversion. With a great willingness not to continue creating my own suffering, I can fall back into the patiently fostered capacity for quietude of mind.

The great diary of silence.

Guy

A Thought that Occurred to Me on the Drive Home from the Retreat

In the seventies, Auckland Zoo wasn't as safety conscious as it is now, and it was possible to have illicit close-encounters with the animals, which is how I came to be bitten by an otter and a baby monkey on the same day. But that's a different story from the one I'm going to tell now. This story is about elephants, or parts thereof.

In the seventies, the elephants in Auckland Zoo were kept in a stinky, concrete, pseudo-Taj Mahal with a tiny outdoor part out the back. This part was closed off from the public by a thick, steel door too high to see over, but there was a gap under it just large enough for one of the elephants to squeeze the tip of his trunk underneath to scrounge for peanuts. Regular visitors knew about this and were happy to oblige him.

One day I came upon a family at the gate. They had a little girl aged about two-and-a-half, and she was fascinated by this great, grey, leathery, worm-like thing with a moist pink mouth that would appear in the gap and groped around for something. Her dad told her to put a peanut in it, which she did. The worm then disappeared for a few seconds, and then reappeared minus the peanut. It groped around again, so she put in another peanut, and once again it quickly

disappeared, only to reappear as before. And so it went on. The little girl thought it was marvellous, and jumped up and down laughing every time the strange big worm poked its head out from under the gate.

I asked her parents, “Does she know about the rest of this animal?” and they said, “No, we’re going to show her in a minute.” And so they did, and I went along to see her reaction. Well, it didn’t go well. She reacted with total disbelief, and wasn’t at all impressed by the rest of the elephant. In fact, she got upset and cried to be taken outside, I guess because her concept of her new-found friend was completely shattered.



Now I have to say, like the parents’ intentions, this story hasn’t turned out the way I had in mind when I started writing it. I intended to say that my understanding of life-and-the-universe-and-all-that is about as limited and flawed as the little girl’s understanding of the elephant. I intended to say when she saw the whole animal, the little girl was amazed and enlightened, just as I hope to be amazed and enlightened when all is revealed to me.

I could have written that anyway, and it would have been a good, uplifting, encouraging story for the newsletter, but it wouldn’t have been right. The little girl wasn’t amazed and enlightened; she was angry if anything, and didn’t want to know the truth, at least at that point in her life. I’m sure she’s fine about elephants now, after all she’s had about 40 years to grow into an understanding of the way they are. So my new conclusion is this: we’re all a bit like that little girl, we resist things that are different from how we imagine they should be and we don’t always react with grace, but that’s all right. We should just give ourselves time to grow into an understanding of the way things really are, even if it takes 40 years.

Lindsay

Christchurch Sitting Group



Sitting Group will take a short break over the summer.

Last meeting for 2014 will be Weds 17th Dec.
First meeting for 2015 will be Weds January 14th

Wednesday 17th of December – special sit.

This will be at Ferndale school and will be a special session focusing on “Awakening Joy”
All welcome

Normal schedule for 2015
Wednesdays 7.30pm – 9.15pm

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

- 1st Weds of the month:** Ferndale School
- 2nd Weds of the month** Opawa Zendo
- 3rd Weds of the month** Ferndale School
Facilitated session
- 4th 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)

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 there 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. Just in case you need some encouragement to take to your cushion regularly

An article by Emma Sepala provides 18 science-based reasons why metta meditation is good for us – many of these apply to meditation in general.

http://www.huffingtonpost.com/emma-seppala-phd/18-sciencebased-reasons-t_b_5823952.html

Climate change is something that Buddhist teachers and communities around the world are increasingly discussing and working to effect change. There are a number of articles posted on the subject of Buddhism and climate change. *Living with Wise Urgency* (<http://www.oneearthsangha.org/articles/wise-urgency/>) looks at the need for action on Climate change by Bhikku Bodhi, an American Buddhist monk. He argues that there is a natural human complacency that stems from a belief that bad things won't happen to us and that wise action depends on realising that we are all vulnerable to loss, illness and death. His article suggests we need to develop a sense of urgency in relation to climate change that comes from compassion for ourselves and for all things.

Likewise, James Baraz who visited us here in Christchurch last year, has posted this lovely, encouraging article on the contagion of goodness.

http://www.huffingtonpost.com/james-baraz/the-contagion-of-goodness_b_5839668.html

John Aske wrote a timely article about our desire for peace and the difficulty of the path to attaining it (and, of course, the short lived nature of it when we do!)

<http://buddhismnow.com/2014/05/14/the-real-way-by-john-aske/>

WHAT TO REMEMBER WHEN WAKING

In that first
hardly noticed
moment
in which you wake,
coming back
to this life
from the other
more secret,
moveable
and frighteningly
honest
world
where everything
began,
there is a small
opening
into the day
which closes
the moment
you begin
your plans.

What you can plan
is too small
for you to live.

What you can live
wholeheartedly
will make plans
enough
for the vitality
hidden in your sleep.

To be human
is to become visible,
while carrying
what is hidden
as a gift to others.

To remember
the other world
in this world
is to live in your
true inheritance...

Excerpt from 'What to Remember When Waking' From RIVER FLOW: New and Selected Poems Many Rivers Press. ©David Whyte

Thanks to Jeremy Logan for posting this on his Facebook page! It is shared on ours.

Happy ramblings
Chrys

Registration for Summer retreat – new E-mail option!

The world is moving on and we have increasingly been asked by participants on our retreats if they can register online or via E-mail. We are a voluntary group so we try to make our systems as simple as possible – not only for yogis but for the kind folk who volunteer their time to coordinate retreats. So far that has meant we stuck with paper registration forms sent by post. However, with the changes also to the postal system – making that less prompt than it used to be - we really do need to look at providing people with another option.

This summer we are having a trial of a new system that will enable people to E-mail their registration forms to us (Note if you want to continue with the print and post option that is still available). Instructions are below:

E-mail registration:

- Go to our website (<http://www.southern-insight.org.nz/>) and download a pdf or Word file of the Registration form.
- Complete this form by hand or by Word.
- Send a scanned version or Wordfile via E-mail to Southern.Insight.Meditation@gmail.com with the words “Registration for XXX retreat” in the title.
- Payment of \$50 deposit can be online (see instructions below) or by cheque posted to Southern Insight Meditation c/-Chrys Horn 265 Kennedy’s Bush Road, Christchurch 8025.
Note on your form whether you are paying online or by cheque.
- You will receive a response acknowledging receipt of your registration and with further information about the retreat

Postal registration

- Go to our website (<http://www.southern-insight.org.nz/>) and download a pdf of the Registration form. Alternatively call or text Chrys Horn on 027 286 8653 and request a form to be sent out to you.
- Complete the registration form and post to Southern Insight Meditation c/-Chrys Horn 265 Kennedy’s Bush Road, Christchurch 8025.

- Payment of \$50 deposit can be online (see instructions below) or by cheque posted to Southern Insight Meditation c/-Chrys Horn 265 Kennedy’s Bush Road, Christchurch 8025.
Note on your form whether you are paying online or by cheque.
- Make sure you include your return address for correspondence (a stamp addressed envelope is appreciated)

Call Chrys 027 286 8653 or Sarah 027 669 3824 if you have any questions about the retreat or would like to inquire about the sliding scale and top up fund retreat fee subsidies

Online payment instructions

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

When paying online use the following format:

In the *Particulars* box put the initials of the teacher followed by “rt” and the year (e.g. SBrt2015 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
SB RT 2015	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.

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.

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.

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



By letting it go it all gets done

Lao Tsu

If undelivered, please return to:
13 Dacre Street
Christchurch

