

# SOUTHERN INSIGHT

Newsletter of Southern Insight Meditation,  
Christchurch, New Zealand

Newsletter 32

Summer 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.

<b>The Heart of Wisdom &amp; Compassion with Yanai Postelnik</b>	<b>Fr 30<sup>th</sup> Jan – Sun 8<sup>th</sup> Feb 2009</b>	<b>\$350 (*\$175)</b>
	<b>Fr 30<sup>th</sup> Jan – Sun 1<sup>st</sup> Feb 2009</b>	<b>\$125 (*\$65)</b>
		<b>Staveley Camp</b>

Through cultivating our capacity to be present with a warm-hearted attention to our immediate experience, this retreat will be a time to reconnect with our natural wisdom. Entering into a calm and centred awareness is the ground for realising what it means to be alive. Practising sustained insight meditation, deep inquiry and loving-kindness practice, while sitting, standing and walking, we can discover the profound and transforming depths of peace and clarity to which our heart and mind can awaken. In the Buddha's teaching, the heart of wisdom reveals a natural freedom and a genuine love and compassion for others, ourselves, and all of life.

<b>Discovering Happiness with Russell Walker</b>	<b>Fri 29 May – Mon 1 Jun 2009</b>	<b>\$160 (*\$80)</b>
		<b>Governor's Bay</b>

Kindness, along with Compassion, Sympathetic Joy and Equanimity are some of the most precious and beautiful qualities of the human spirit. When present they transform our relationship with others and the world. They also transform our inner life and lead to the discovery of an enduring happiness which is not dependant on changing conditions. In this retreat we will explore how they are inter-related and how they can be nurtured through meditation practice.

<b>September Retreat with Jeremy Logan</b>	<b>Fri 2 Oct to Wed 7 Oct 2009</b>	<b>\$220 (*110)</b>
		<b>Staveley Camp</b>
<b>Dharma Facilitator's Programme with Subhana Barzagli &amp; Jeremy Logan</b>	<b>Wed 7 Oct – Sun 11 Oct 2009</b>	<b>\$180</b>
		<b>Staveley Camp</b>

New series. Criteria apply and participants must commit to attending all three DFPs (Oct 2009, Feb 2010 and Oct 2010).

**\*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.**

Information about the teachers is now inside the back cover of the newsletter.

It's that time of year when the mind turns to thoughts of holidays, relaxing, doing nothing, and taking time out from the busy daily schedule. If that thought is in your mind, then we have just the thing for you – a nine day retreat with Yanai Postelnik. Despite the exotic-sounding name Yanai is a kiwi lad from Darfield. He is in demand internationally, and it is largely due to his links to Canterbury that he continues to offer teachings here. Yogis who have spent time with Yanai share their impressions in the coming pages.

Also in this newsletter are some words from participants of the recent DFP, which was a time of deep sharing and much laughter. We are happy to be able to announce that we have decided to offer a second series of DFPs, starting in October 2009, and led by Subhana Barzaghi and Jeremy Logan. Information on how to apply inside.

The Steering Group has been busy, and... Dharma Gathering Number Two is on it's way! In collaboration with the Christchurch branch of the Diamond Sangha Zen tradition we will hold a five day Gathering in late January 2010. There will be both Insight and Zen teachers leading the Gathering and we're sure this will be a rich and rewarding week. Mark your diaries now!

We are also very happy to welcome Sarah Tritt onto the Steering Group. Sarah hails originally from Auckland and has a wealth of dharma experience. Over the past year she has become involved in organizing and managing retreats and we consider ourselves very fortunate to have her – welcome Sarah!

The sitting group continues to meet every Wednesday evening for anyone who would like to bring a communal aspect to their practice, and Russell has been giving some great talks on the Four Noble Truths. He has finally reached the good news part – there is an end to suffering! So if you need some good news in these troubled times, come along and hear the gems he has to share.

Finally, we're looking forward to seeing many of you at coming events, two of which are listed opposite. If you live locally please let me know if you'd like to be on our email list for local events: [angulijulie@gmail.com](mailto:angulijulie@gmail.com). And a very big thank you to all those who contributed the articles that make this newsletter possible – keep them coming in, everyone!

## DVD Night!!!

Len West has kindly offered us the loan of his DVD on the life and music of Leonard Cohen. Some of you may be aware that Leonard spent 7 years living in a Zen monastery in California. If you're a fan or want to find out more about the man come along to the Community Room at 179 Peterborough Street at 7.30pm Saturday 29th November.

Contact Rachel on 379 2548 for more information.



## PICNIC

It's Summer! Time for a community picnic. Please join us in the Botanic Gardens next to the children's playground on Sunday February 22<sup>nd</sup> from midday onwards.

Phone Edel on 388 8951 for more information.



Admit something:  
Everyone you see, you say to them,  
"Love me."

Of course you do not do this out loud, otherwise someone would call the cops.

Still though, think about this, this great pull in us to connect.

Why not become  
the one who lives  
with a full moon in each eye  
that is always saying,

with that sweet moon language,  
what every other eye in this world  
is dying to hear?

*Hafiz*

## INTRODUCING YANAI POSTELNIK

**Yanai Postelnik is coming to New Zealand to teach a 9-day retreat this summer.**

Yanai is being hosted by Southern Insight Meditation in Christchurch and will lead a 9-day Insight Meditation retreat at Staveley Camp from Friday January 30<sup>th</sup> until Sunday February 8<sup>th</sup> 2009. He last visited New Zealand in 2005, so this is a precious and wonderful opportunity to sit with him. He is originally from New Zealand, is based in the U.K and teaches internationally.

*Meditators who have sat with Yanai (some of whom have known him for many years) share their thoughts below:*

Yanai and I met at Canterbury University in Christchurch and formed a strong friendship which continued as we both embarked on our respective careers in law and engineering. We each left our careers for our OE and traveled together backpacking in Thailand, Nepal, and India in the late 1980's. For both of us this was a formative period of our lives. We were questioning our beliefs and searching for meaning and inner fulfillment. Since I have known Yanai he has displayed an attitude of inquiry and clarity of mind. He demonstrated this clarity and an ability to articulate himself in his work as a lawyer. After one of our numerous discussions while traveling I reflected in my journal that 'the person Yanai questions the most is himself'. He had also shown a genuine caring and concern for others and being exposed to the poverty and hardship experienced by people in India affected him greatly. Searching for a response to life's dilemmas was a key focus of his travels. While in India in 1990 we ended up on our first 10-day silent retreat in Bodhgaya (where the Buddha was awakened 2,500 years ago). For Yanai it seemed that he had found his true home and a path that resonated with his inner journey. Yanai sat further retreats in India and in the U.K. and then worked at Gaia House, an international retreat centre in Devon. In an unusually short time his understanding and ability to communicate the teachings was acknowledged by the senior teachers at the centre and he began teaching retreats. During 1995 and 1996 he was the Resident Teacher at Insight Meditation Society in Massachusetts, U.S.A. He was invited to begin teaching internationally and has taught in India, France, Israel, Sweden, Ireland, New Zealand and the USA. He lives in Devon in England and as well as teaching internationally he is now the Spiritual Director at Gaia House.

Yanai brings clarity from deep inquiry to his teaching, which is underpinned by compassion

### Please support Te Moata...

Some of you know of Te Moata, a beautiful retreat center in the Coromandel that offers Insight Meditation retreats. Te Moata (which means 'first ray of the new light') is currently in private ownership. The owners now wish to sell, and have allowed the sangha until December this year to raise the \$2.5 million needed to ensure that it remains a retreat center into the future. This valuable resource – the only Insight center in New Zealand - is worth supporting. If you wish to donate money or would like more information, please check out the website at [www.temoata.org](http://www.temoata.org) and make contact.

and concern for others. He demonstrates an ability to assist people in realising what they are holding on to and guide them on their own inner journey with insight, humour and compassion. He has not forgotten his love for New Zealand and I know he treasures being able to nourish the development of wisdom and compassion here.  
*Russell*

The first time I went to a dharma talk given by Yanai Postelnik I was immediately struck by how personally relevant it was to me. I was even slightly self-conscious – could he possibly have known what I was struggling with? When I tackled him on this he just laughed and said that this was the universality of the dharma in action. I think there is something more to this though. Yanai has a unique teaching style, funny, and profound, sincere and deeply grounded. His combination of great experience in the dharma and home-grown practical wisdom is as enjoyable as it is insightful. I come away from time spent with Yanai both uplifted and practically prepared for life beyond retreat!

*Meg*

I have sat with a lot of great teachers with Southern Insight, but the one who has helped me to get the most out of the retreat experience has been Yanai. And from what I've witnessed in the small group sessions I've been to, he has that ability with others too. Whenever I've been stuck he's been able to come up with some really pertinent suggestions.

The first retreat I was manager on was with Yanai, and I told that I was getting a bit anxious checking that the bells were being rung on time. He suggested that I take off my watch for the rest of the retreat. It was a great lesson in surrendering to the moment and being with what is.

*Paul*

Do not take lightly small misdeeds,  
Believing they can do no harm:  
Even a tiny spark of fire  
Can set alight a mountain of hay.

Do not take lightly small good deeds,  
Believing they can hardly help.  
For drops of water one by one  
In time can fill a giant pot.

Patrul Rinpoche, "The Words of My  
Perfect Teacher"

I have known Yanai since we were friends fresh out of Uni in the '80s, enjoying tramping in the hills and exploring the "meaning of life". At that time his search was somewhat more earnest and verbose than mine.

I was deeply moved to reconnect with Yanai, after he had sat many retreats, to feel his strong presence – my sense of his searching having transformed into a deep contentment, ease, wisdom and a warm open heart. As a teacher on retreats he exudes such friendliness and gentle humour. His teachings and guidance are full of clarity and he has a wonderful ability to point me towards where I'm stuck and light the path to insight.

Having Yanai teaching in Canterbury is such a treat, and this one of those retreats I blocked out as leave from work as soon as the dates were set. Come if you can!

*Di*

**The Heart of Wisdom and Compassion  
with Yanai Postelnik**

**Fri 30 Jan – Sun 8 Feb 2009**

**Fri 30 Jan – Sun 1 Feb 2009 (Weekend)**

\*A subsidised rate available for those on low incomes. Donations are invited for the teacher in keeping with the Insight Meditation tradition. Teachers receive no fee from Southern Insight.

Inquiries and more information:

[southern.insight.meditation@xtra.co.nz](mailto:southern.insight.meditation@xtra.co.nz)

Or phone: Julie (03 348 1462)

## BEING TOUCHED BY LIFE

We can spend our lives looking for something: having a sense that there is more to life in which we haven't yet discovered and yet not really knowing what that might be. Following the dharma teachings of the Buddha and engaging in meditation practice can be seen as a process of relaxing and releasing the sense of contraction that centres around the sense of 'me' in relationship to everything else. In doing so we may sometimes feel the touch of life around us in a way that opens our heart and mind. This experience may arise with in formal meditation, or from something incredibly ordinary such as simply looking at a leaf or a pebble. In a moment of being present, something in the experience speaks to us in a language we've never heard before and yet understand immediately. It may be that we're experiencing our mind or our body or the whole world as completely different than we've ever seen or felt or known it before. And although it's clearly completely different, we recognise it. How do we recognise something we've never seen before? How is something at the same moment completely new and fresh and yet completely familiar?

Being present asks us to be unafraid of the truth of our life – to turn , it rather than turning away from it through unconscious reactivity. When we're not in fear of life, when we're not in fear of the world, we begin to relax. When we're not in fear of what we conceive of as ourselves or as another, we quite naturally begin to open. We begin to attune to the vibration of life that is around us and within us. Sometimes we sense life vibrating in a resonance which communicates, that speaks to us in a way that doesn't need to be translated through our models and our images and our concepts and in fact cannot be translated through them. This resonance reveals a sense of connection with everything and invites a questioning of how we have conceived our life. We feel something which touches us in a way that we can't explain. We may almost wish to dismiss it because it unsettles us, and yet we're drawn to let it in because something about the sense of it feels true, or authentic and meaningful.

There is so much Everything  
that Nothing is hidden quite nicely.

Wislawia Szymborska

In that moment, it's not really us having an experience of something else, it is more like conscious life knowing itself, in a particular form. We can see that we're all really the same stuff, this body is made of the same things as everyone else's body and the trees and the earth and it's born of earth and water and air and fire - the heat of the sun. These elements come together to create this living form, that we conceive ourselves to be.

The experience of taking birth is a bit like landing in the ocean as a piece of ice that has just broken off a glacier in the South Pole. What we experience is a sense of being different or separate from what is around us. But as we practice being present, we start to feel into ourselves and our world. As we learn to stop trying to fix or control the experiences, what we can sense is that the world resonates in us and that we resonate in the world. Like ice dissolving in water, because ice and water are the same thing, but in a slightly different condition. One is in the condition of contraction and rigidity, and the other is in the condition of fluidity and spaciousness.

The dissolving of self is the dissolving of rigid boundaries, of limitations, of identifications, of views. When we don't have fixed boundaries, we are naturally unbound and it becomes clear that the boundaries and identities we hold on to are simply attempts to create something we can rely on. We also see that only place we can really allow ourselves to rest is in the releasing of that compulsive fixation with pulling away from life. Then we can let ourselves go, release ourselves back into life, allow ourselves to dissolve.

Trusting in life as it is isn't something we can make ourselves do. Trust is something that we discover by letting go. By not believing those thoughts, habits and belief systems that suggest that we should not trust. So look for yourself, into your own experience, what happens when you let go? So much fear is born from our attachment to the sense of our separate existence. As we begin to soften the sense of separateness what do we notice? When simply present with life, not holding myself apart from it, what happens? In the resonance and the vibration and the communion that happens, there is a natural sense of kindness present, in that we care for life. And we can feel in a way that we may not be able to explain, that we are cared for, we are valued, we are of value. This is a remarkable discovery: to know that we are just a little speck on a small lump of rock hurtling through a vast universe, existing only for a period of time so short as to be just a flicker in the consciousness of totality, and despite all of that,

### **I Make the Effort**

I make the effort  
to maintain a ground of oceanic silence  
out of which arises the multitude  
of phenomena of daily life.

I make the effort  
to see and to passionately open in love  
to the spirit that infuses all things.

I make the effort  
to see the Beloved in everyone  
and to serve the Beloved through everyone  
(including the earth).

I often fail in these aspirations  
because I lose the balance  
between separateness and unity,  
get lost in my separateness,  
and feel afraid.

But I make the effort.

*Ram Dass*

knowing that what we are is precious beyond conceiving.

As human beings we tend to confuse being precious, which we are, with being at the centre, which we are not. Science tells us that our planet is not at the center of the universe. What is it like to realise that the world does not revolve around us, any more that the cosmos revolves around the earth, as people once believed? And at the same time, to realise that we are truly precious? What is it like when we get that, we sense that: both insignificance and preciousness? So we're not at the centre of anything and yet our life is of immense value

What happens when we rest in this not being separate, while seeing that everything is precious, deeply and profoundly so? Quite naturally the caring and kindness that is in us and around us, flows to touch all things. That love is only held back by the illusion of boundaries, of separateness. With the dissolution of those boundaries, it flows unfettered, unbounded. In this flow compassion and caring for the world are born, as the natural expression of understanding, as the natural expression of life.

*Yanai Postelnik*

## DHARMA FACILITATOR'S PROGRAMME

Due to popular demand, after discussions with Subhana and Jeremy Southern Insight has decided to offer a further series of DFPs. There will be three retreats in the series, all taking place at the end of a scheduled meditation retreat or dharma gathering, and participants will be expected to make a commitment to attending all retreats in the series. Once a series has started it will not be possible for new participants to join. There are practice criteria for attending a DFP – please see below. Those who have completed a DFP previously are welcome to attend any session and do not have to attend the whole series.

### What is a DFP?

Over the past ten years, Insight teachers across the world have recognized the need for some kind of training for those who are interested in supporting a sangha in their local area, perhaps facilitating a sitting group, or organising retreats. DFPs are offered in the USA, England, Europe, Israel and Australia.

The DFP is a programme designed for experienced practitioners of the Dharma to deepen their understanding, share experiences with others, explore central Buddhist texts and develop leadership and facilitation skills for the benefit of the wider community.

If you've had five years of committed contact with the Dharma, you are eligible to join the Dharma Facilitator's Programme. These requirements are a little flexible, so if you are uncertain please make contact and we can talk about whether it would be suitable for you.

### The Peace of Wild Things

Wendell Berry

When despair for the world grows in me  
and I wake at night at the least sound,  
in fear of what my life or my children's lives  
may be,

I go and lie down where the wood drake  
rests in his beauty on the water  
and the great heron feeds.

I come into the peace of wild things,  
who do not tax their lives with forethought of  
grief.

I come into the presence of still water  
and feel above me the day blind stars waiting  
with their lights.

For a while I rest in the grace of the world  
and am free.

The programme aims to

- present sutta study with the intention of transforming the sometimes complicated suttas into direct intuitive realization
- deepen one's understanding of the Dharma through inquiry, meditation, interactive group processes, discussion and dharma talks
- promote group facilitation skills to apply to whatever sphere of life one is engaged in
- provide a supportive sangha (community) to deepen friendships, cultivate wisdom, and enable insights to flourish
- encourage compassionate action based on profound wisdom and understanding

We will share our experiences and understanding of the Dharma both from the standpoint of practice and ultimate ways of seeing into the nature of things. We will look into our strengths and discover what areas we need to develop. We will examine the place of formal meditation (the use of method and technique) whether on retreats or at home, and the place of formless Dharma in daily life, integrating the Dharma into whatever field of work or activity we may be engaged in.

We need to know in advance who would be interested in entering into the DFP, so if you are thinking of attending, please make contact with Julie:

email: [angulijulie@gmail.com](mailto:angulijulie@gmail.com)

phone: 03 348 1462

### **Participants from the last DFP Retreat write:**

What a retreat! I'm finding the whole depth of it is still resonating with me – it's really beautiful. I just feel so grateful, for the teachings, for the process of the DFP and I thought Subhana was absolutely superb, allowing, but gently steering us. We are very, very fortunate with Subhana. And also Jeremy and I, we go back a long way, and his and my relationship gets better and better, and I really respect what he's bringing as a teacher to our meeting. I think he's just amazing.

It was very impressive and I enjoyed being involved with it. Just little things, I remember doing the men's song, people's really wonderful warmth, it all just flowed from one activity to another. The whole environment of safety and lovingness - what an extraordinary opportunity. And being involved with everyone's presentations was really lovely.

I went with some expectation that I was going to take some risks, to volunteer for everything that was on offer. And I did, and I felt that was really

great, I feel like celebrating about that - I put myself out and it was really worthwhile to do that. That incredible depth that we settled into, the intimacy, the courage of everyone to let all the stuff go, to drop it off and to bask in the love of everybody. It was so respectful, it was safe, it was really inspiring.

The things that we learnt were absolute jewels for my work as a counselor. It was just one great retreat.

*Ramon*

I found myself thinking that this has been one of the best things I have done, and why is this? Coming together as a group over time allowed a trust in one another to grow and out of this process I experienced moments of deeply nourishing heart connection with the sangha. The highlights included the dharma presentations, which became a showcase for some of the hidden (or not so hidden!) talents of sangha members, and having the opportunity to 'bear witness' to other's courage and hear how the dharma touches peoples lives. All in all it was a time for community and creativity, which was supportive and inspiring. I will be back for more...

*Sarah*

Thank you all for the fabulous weekend of deep work, insight, camaraderie, and fun. I came prepared for it to be the final meeting, but the awakening to the finality of our gatherings hit me a few days later. 2010 seems so far away. I really cherish being part of the DFP and being together with everyone. Thank you for being such a meaningful part of my life. I'll miss Christchurch also. Thank you for your good work.

In Gratitude,

*Deborah*

**Which is worth more, a crowd of  
thousands,  
or your own genuine solitude?  
Freedom, or power over an  
entire nation?**

**A little while in your room  
will prove more valuable than  
anything else  
that could ever be given to you.**

*Rumi*

## **FESTIVE NUT ROAST\***

½ cup rice  
Shortcrust pastry (see below)  
5 Tbsp olive oil  
1 large onion, finely chopped  
2 large carrots  
2 cups broken mixed nuts  
1/3 cup water  
5 Tbsp tomato paste  
1 tsp raw sugar  
2 Tbsp soy sauce  
2 tsp oregano  
2 cloves garlic crushed  
salt and pepper to taste

1. Put on rice to cook
2. Gently fry onion in oil until soft (5mins)
3. Finely grate carrots and add to onion
4. Grind nuts and add to onion mixture
5. Put water into a small pot over low heat. Add tomato paste, raw sugar and soy sauce. Stir until dissolved
6. When rice is cooked add to onion mixture. Pour over tomato solution. Add garlic, oregano and salt & pepper. Mix thoroughly
7. Roll out ¾ pastry and line an oiled bread tin or similar sized oven proof container. Make sure that the corners are well sealed. . Blind bake for 5 mins at 180 degree C.
8. Fill pastry shell to brim with mixture. Roll out remaining pastry to make a lid. Seal well.
9. Turn out onto an oven proof dish, or bake in the container
10. Bake at 180 degree C until top is golden brown (approx 40 mins).

## **SHORTCRUST PASTRY**

2 cups wholemeal flour  
1 cup rolled oats  
½ cup olive oil  
½ cup water

1. Mix oil & water
2. Sift flour & oats together, add oil and water
3. Mix up, adding water to form a soft dough

## **VEGETARIAN GRAVY**

1 medium onion  
2 Tbsp flour  
1 clove garlic  
400g vegetable stock  
1 Tbsp miso  
1 Tbsp soy sauce

1. Gently fry onion for 5 mins
2. Add flour and cook for about 5 mins
3. Add stock and crushed garlic. Bring to the boil, simmer for 10 mins
4. Add miso and soy sauce

\* these recipes are sourced from "Festive Vegetarian Recipes" provided by Save Animals from Exploitation (SAFE)

## 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](mailto: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**  
**Sarah**          **027 669 3824**

Russell:

[southern.insight.meditation@xtra.co.nz](mailto:southern.insight.meditation@xtra.co.nz)

## INTRODUCTION TO MEDITATION

An evening course for beginners with Di commencing February 2009  
phone 338 7070 for information.

## 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](mailto:newsletter@insightaotearoa.org)

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

### 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](mailto:southern.insight.meditation@xtra.co.nz)

Write 'SUBSCRIBER' in the subject box.

## Christchurch Meditation Group

Ferndale School  
104 Merivale Lane  
Christchurch

## Meditation Group at Diamond Harbour

Tuesdays 7.30pm  
Contact Christine 03 329 4067  
[christine.dann@clear.net.nz](mailto:christine.dann@clear.net.nz)

Mind is the forerunner of all things.  
If one speaks or acts with an impure mind  
Suffering follows, like the wheel that follows the foot of the ox.

Mind is the forerunner of all things.  
If one speaks or acts with a pure mind  
Happiness follows, like the shadow that never leaves.

## TEACHERS

**Yanai Postelnik** has practised and studied Insight Meditation in Asia and the West. Since 1992 he has been teaching retreats at Gaia House in Devon, around the UK and in India, France, Israel, Sweden, Ireland, New Zealand and the USA. During 1995-1996 he was the Resident Teacher at the Insight Meditation Society, Barre, Massachusetts, USA. He lives in Devon, UK and is the Spiritual Director of Gaia House retreat center.

**Russell Walker** studied and practiced with various teachers in the U.K, U.S and India since sitting his first retreat in 1990. He managed The Barn Rural Retreat Centre, Devon, U.K. for two years and was the Co-ordinator at Gaia House, an International Retreat Centre in Devon from 1997 to 1999. Russell has been teaching since 1995. He lives in Christchurch with his family. He also facilitates men's stopping violence groups.

**Subhana Barzagli** has practised meditation for over 20 years, is an acknowledged teacher in both the Insight meditation and Zen Buddhist traditions. She teaches 7 day intensive retreats in India, Australia and New Zealand. In 1996 Subhana became the first Australian Zen Roshi and is the spiritual director of the Sydney and Melbourne Zen Centres. She is also the founder of the Kwan Yin Zen Centre in Lismore. Subhana is the mother of two children and works as a counsellor and psychotherapist in Sydney.

**Jeremy Logan** 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 he has taught in India. He currently lives in the Wairarapa working as a Counsellor and facilitating Stopping Violence programmes for men.

“Excellent!” says the person immersed in views,  
Making out that his are the best in the world.  
“Inferior!” is everything other than this –  
He has clearly not risen above disputes.

The experts call a knot (bond) that leaning on which one regards everything else to be lowly.

*Buddha, Sutta Nipata*

### Wednesday Evening Dharma Talks

On the third Wednesday of every 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.

Russell Walker is currently talking about the Four Noble Truths, the heart of the Buddha's teachings.

### *The Guesthouse*

*This being human is a guesthouse  
every morning a new arrival.*

*A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.*

*Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,*

*Still, treat each guest honorably.  
He may be clearing you out  
for some new delight.*

*The dark thought, the shame, the  
malice,  
meet them at the door laughing,  
and invite them in.*

*Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.*

*Rumi*

If undelivered, please return to:  
13 Dacre Street  
Christchurch