



"We can make our minds so like still water that beings gather about us that they may see, it may be, their own images, and so live for a moment with a clearer, perhaps even with a fiercer life because of our quiet."

W.B. Yeats

Future retreat events:

Southern Insight has a number of events coming up that have yet to be finalised. Many of these are with favourite teachers for people who come on our retreats— so pencil the dates in but for up to date information check our website or E-mail Southern Insight.

March/April 2012 – one day workshop

with Sharda Rogell

June 2012 - Queen's Birthday retreat

with Jeremy Logan

Jan 2013 summer retreat

with Yanai Postelnik

Enquiries:

Southern.Insight.Meditation@gmail.com

Greetings all,

It is wonderful to see the spring here after such a challenging winter for many of us.

Southern Insight will be celebrating the new season with a special retreat, combining insight meditation and qi gong. This is a chance to do something restorative and rejuvenating. The retreat will bring together the considerable experience and teaching talents of Anton Eastick and Mark Boukoms. You can read more about both Anton and Mark further in this newsletter. Experience in meditation or qi gong is not necessary.

Staveley can be quite magical in spring – but be aware the weather changes very quickly – hot sun & sudden cold showers can happen in a single day. So come prepared for both.

We continue to get many inquiries about attending sitting group meetings. Southern insight meditators still regularly meet in Christchurch on Wednesdays at 7.30pm. However, we now alternate between two different locations – Ferndale school and the Opawa Zen do. This is to make it easier for people on both sides of the city to attend. Information about the new format for the group is in this newsletter. All are welcome.

Enjoy!

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

Our website is in transition to a new hosting site and can be found (for the next few weeks) at the old site....

<http://insight.orconhosting.net.nz>

and the new site....

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



Thanks to Russell

As this is a year of transitions for so many of us, so it is also with Russell and he will be stepping down from his formal responsibilities as a teacher, retreat contact person and Trustee of Southern Insight.

Russell has been a core member of Southern Insight for ten years and many of you will know him as a teacher and an invaluable guide on retreats and at monthly talks at our sitting groups. At Southern Insight we have grown through and benefitted hugely from his commitment, experience, wisdom and compassion.

Russell's involvement with the dharma started back in Bodhgaya in India in 1990, and has since taken him into many different roles, including manager of The Barn – a retreat community associated with Gaia House in Devon England. Life in the dhama throws up many challenges, particularly integrating this with livelihood and family. Treating our life as practice ultimately means, for many of us, that it takes different forms at different times, so that we stay alive to what the practice really is.

Russell will stay a close and important friend to Southern Insight. We are deeply grateful for his huge contributions over the last decade and his ongoing friendship and support.

Embracing the Quaking Heart....June 2011 retreat with Jeremy Logan

A first time Yogi experiences.....something....

The perfect loveliness of silence... as the babble of the world fell away, and more especially the babble of my own mind diminished to the occasional scrabble at the door, more amusing than annoying or overwhelming, I slipped softly into a well of deep, nourishing peace and bliss. I had heard that this was possible, and was hungry for a taste of it, never having been on a meditation retreat before... in fact not having done much meditating – well, not very “successfully” anyway. In a way, going on retreat was a way of forcing myself out of my usual state of busy-ness – I love to be active, and generally have several things on the go at any one time, even any one moment! While I say I love this, there is also a stress in it, a small voice crying “slow down!! Be still, feel your way!”

So, having just emerged, slowly and softly, from my first 5 day silent meditation retreat, I am very grateful I listened to that voice.

Moving slowly, and feeling deeply, I am amazed again at how our culture constantly encourages us to race, achieve, perform. From coffee culture to consumerism, it's hard to see support for values of stillness, depth, and connectedness. As well as the slowing down and quieting of the mind that I experienced over these last few days, what I also really valued was the opportunity to reflect on the values of loving kindness, compassion, and freedom from suffering. A couple of phrases come to mind – ‘what we focus on, expands’, and Gandhi's famous ‘be the change you want to see in the world’. In light of these, I really see the value in reflecting on these crucial qualities, not just as a short love buzz for myself for a few days, but as a way of growing these qualities in my own life, and letting the ripples of this spread out from that, as they do.

So, peacefulness and life enhancing lessons. What a wonderful experience for me as a first time retreatee! None of the physical pain I anticipated, not too much mental struggle, wonderful teachings, supportive community, gorgeous environment, some good laughs, great food, and the feeling of being very gently held as we went deeper in to the heart of our lives.

My heartfelt gratitude to Jeremy and the good folk of Southern Insight Meditation for creating this space.

Namaste
Megan.

Upcoming Spring retreat Combined Meditation & Qi Gong



Friday September 30th (evening) – Tuesday
October 4th (afternoon)

Anton Eastick & Mark Bouckoms

Spring is a lovely time to go on retreat and while this is a short retreat (4 days) it will be a genuine chance to do something restorative and revitalising. A great opportunity for everyone and particularly for Christchurch folk. We hope you can join us.

Teaching in insight meditation, will be led by Anton Eastick, and heart centred practice in Qi gong will be led by Mark Bouckoms. Qi Gong is the cultivation of vital energy through movement, breathing and deep relaxation. Insight meditation enhances our ability to see the truth of our experience clearly, and the capacity to live in accord with that truth.

Mark Bouckoms has studied directly with the principal teacher of Sheng Zhen Wuji Yuan Gong, Master Li Jun. He taught Qi-gong for 14 years and has also practised yoga for 30 years, completing 2 years teacher training with the Himalayan Institute (U.S.A). He has a Diploma in Naturopathy and has practised as a massage therapist for 10 years. He currently directs the Hatha Yoga School of Sumner and teaches internationally.

Anton Eastick started meditation in 1991 and began more intensive Buddhist practice in 1995 when he went to Bodhgaya, India and then Gaia House in England. His core influences have come from Jaya and Ajay of Open Dharma, Insight Meditation and Dzogchen. Anton is currently studying Hakomi psychotherapy, a Buddhist, Taoist based psychotherapy and is also an ongoing student of The Diamond Approach. He now manages a yoga studio in Melbourne and has a private Psychotherapy practice. His website is www.thedharmapath.com.au (it's new and hopefully up and running!)

(Please note that as this is a short retreat the teachers have requested that participants attend all 4 days so there will not be a weekend option).

Bring yourself back to the point quite gently. And even if you do nothing during the whole of your hour but bring your heart back a thousand times, though it went away every time you brought it back, your hour would be very well employed.

St Francis de Sales, On
Meditation

Book review:



The Way of the Hen....

We live in an exciting time, in which our actions truly affect the health and well-being of the entire rest of the globe. How you or I choose to live each day—each big or small choice about how we eat, travel, stay warm, educate our children, clean our homes and so on—creates one world or another. Through our individual and collective decisions we can create a world that will sustain us and provide for us in the long term, or one that will perish.

Clea Danaan – Zen and the Art of Raising Chickens.

Clea Danaan's book is a book about slowing down, finding the ground and using a simple practice to connect us to the everyday. Populated by wonderful quotes, moments of humour, and moments of great spaciousness it reminds us that wisdom doesn't only hang out in mountain top monasteries, but could just as easily be found in a henhouse. For those who often wonder about how to make the connection between a practice of inner awareness and a desire to influence the world we live in – this book describes a fun and thoughtful set of ideas. When I am done with it – I will donate it to the Southern Insight library!

Meg

All is relationship

Your practice is your life

There is no other way of life than this, to be aware

To enter beginner's mind

Who is aware?

Clea Danaan – Zen and the Art of Raising Chickens

Sitting Group News...Changes To Venue!

We have a new format for meeting together at our Wednesday night sitting group. We will alternate between meeting at Ferndale School and the Opawa Zendo. The evening starts at 7.30pm and runs through to 9.15pm.

First Wed: Normal sitting group - Ferndale School

Second Wed: Normal sitting group – Opawa Zendo

Third Wed: Talk/Facilitated Discussion - Ferndale School

Fourth Wed: Normal sitting group – Opawa Zendo

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

Confused? Call Di or Dermot to find out where we meet this week (see ph numbers in this newsletter)...or send us your E-mail address to go on the local sangha mailing list.

Our new schedule starts in June...but there will be no sitting group on the 1st of June as this coincides with the retreat.

Addresses:

Ferndale School , 104 Merivale Lane in the staffroom

The Opawa Zendo is located at 4 Kennedy Place, Opawa on the corner of Opawa Rd opposite the Hillsborough Domain. Parking is limited on Kennedy Place, so please park in the Bremca Ltd carpark at 10 Kennedy Place.

Booking Procedures

Please phone **Paul** on **381 0444** for a retreat registration form – or download a form from our website. **The completed form and a deposit of \$50.00 should** be sent to **6 Trent St, Christchurch**. Please make cheques payable to **Southern Insight Meditation**. Stamped addressed envelopes are appreciated when booking. Further information will be sent to you on receipt of your deposit. Please note that retreats will only run if there are sufficient registrations.

Refunds of Deposits

The deposit for retreats is refundable up to the closing date of the retreat booked, less a \$5.00 charge for administration costs. Deposits cannot be refunded after the retreat closing date, and the money will be put into the Top-Up Fund.

Top Up Fund

The top-up fund is for those who are unable to afford the cost of a retreat. Southern Insight aims to make retreats as accessible as possible to all, and it is possible to pay less than the lower amount in the sliding scale for a retreat. We encourage people to make use of this fund, which, thanks to the generosity of others who attend our retreats, is currently in a healthy state.

INSIGHT AOTEAROA

Insight Aotearoa is an e-newsletter for New Zealand's insight meditation practitioners and communities. Posted monthly, it includes articles by and interviews with dharma teachers from around the world as well as a comprehensive listing of events in the insight meditation network across New Zealand. To subscribe (free) visit: newsletter@insightaotearoa.org or write to PO Box 6626, Wellington 6041, Aotearoa New Zealand.

Question...and answer

Only our own searching for happiness prevents us from seeing it. It is like a vivid rainbow which you pursue without ever catching it, or a dog chasing its own tail. Although peace and happiness do not exist as an actual thing or place, they are always available, and accompany you every instant.

Gendun Rinpoche

*Didn't I tell you it was there?
You could have found it
without any trouble.
The south wind is warm,
the sun shines peacefully.*

Jakushitsu

Contact Details for Southern Insight

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

Post: 16 Ward Street, Christchurch

Web:

Old site.. <http://insight.orconhosting.net.nz/>

(Until October 2011).....then...

New Site: <http://southern-insight.org.nz>

If you'd like information about retreats or about the group and insight meditation (including lots of opportunities to help with our work) here are the contact details of the Steering group, all of whom would be happy to talk with you:

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

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

E-mail is generally checked weekly – for a more immediate response call one of the numbers above.

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.



The cloud is free only to go with the wind.

The rain is free only in falling.

Wendell Berry

If undelivered, please return to:
13 Dacre Street
Christchurch