



Southern Insight

Newsletter of Southern Insight Meditation, Christchurch, New Zealand

Newsletter 63

November 2018

UPCOMING EVENTS 2018/2019

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 food and accommodation. Teachers receive donations.

Pre-Xmas Treat! Day long retreat Sunday 9 December (9.00am – 4.30pm)
Compassion, Wellbeing and Resilience with James and Jane Baraz

Cost: \$35 plus dana

Venue: Te Ahi Kaa, at Waiora (Christchurch)

Southern Insight are delighted to be hosting James and Jane Baraz for this one-day workshop, and warmly invite you to join us. As some of you will know from their visit in 2013 and subsequent SIM courses "[Awakening Joy](#)" is a transformative and internationally recognized course. It is designed to awaken joy through engaging themes and practices that incline the mind toward well-being and deeper insight. On this retreat day, James and his wife Jane will share a sample of the course practices, and related compassion practices, including engaging with difficulties, and explain their relationship to Buddhist practices. It is suitable to those new to, or experienced in, the Awakening Joy course or meditation practices. [See more information inside newsletter]

Dharma Gathering Mindful Community Engagement Friday 11th – 18th January 2019

Venue: Staveley Camp

3 & 7-day options Cost \$ 345* for 7 days/ \$220* for 3 days – see website for info. about youth and family rates

This summer we will be running our long-awaited fourth dharma-gathering event. This family friendly event melds meditation with more interactive practices: workshops, bodywork, poetry, art, movement, debate, and discussion. It is a collaboration between Southern Insight and the Diamond Sangha Zen Tradition and teachers from the Zen and Insight traditions are attending: Subhana Barzaghi, Jeremy Logan and Arthur Wells, Sean Weaver, Di Robertson and Julie Downard. [See more information inside newsletter]

A Day of Meditation with Sharda Rogell Sunday 28th April

Cost TBA

Venue: Mary Potter Centre, Christchurch

We again lucky to once again welcome Sharda Rogell to Christchurch to lead a day of meditation. Sharing together with Sharda's heartfelt guidance, we will draw on the meditative tools of sitting and walking meditation, dharma talks and group discussions to steady and sustain us and to awaken our compassionate heart. Everyone is welcome.

Registration for our retreats can be online or by e-mail or post. See the back of this newsletter for more information or see our website: <http://southern-insight.org.nz>.

Costs: Retreats and courses are set to be as affordable as possible. *A sliding scale or subsidised rates for those on a limited income is available. See also "top up" fund information in this newsletter. Please enquire.

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



Gratitude to the Sangha. Each of you has something to teach me— Learnings so treasured, so useful.

Gratitude to the Sangha. The Eternal Mystery has given us to each other— rare gift. And in our gratitude we give this gift again and again Wherever we show up in the world. The gift multiplies and the sum is past figuring. Its power is beyond measure. Every human needs this kind of community. So, our joy-filled work will never end. There will be no unemployment for the Sangha.

(Excerpt from 'Gratitude to the Sangha' by Pat Webb)

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>

Enquiries:

Southern.Insight.Meditation@gmail.com

Greetings ...

In our newsletters we always dedicate a page to some small biographies of the teachers who will be leading our retreats over the coming months. They are a pretty modest reflection of the wealth of wisdom and guidance these people offer to us and yet this time they spill over to a second page. I was reflecting on this on a few levels. Firstly, how lucky we are! Here we are at the southern end of the world and we have fantastic access to the developing tradition of teaching that is growing in the West (though Yanai Postelnik at the Summer retreat humorously commented that 50 years is hardly enough for a habit let alone a tradition!). Many of these teachers link us to the major centres of the Insight tradition elsewhere such as the USA (Spirit Rock) and the UK (Gaia House) and as we ourselves are growing around New Zealand we feel our tendrils reaching out to the body of sangha throughout the world.

There is also a swelling of home-grown teaching capacity as we see our bio page filled more with those who, after long practice, are generously turning to developing the skills so that they can share their knowledge with others.

Also, this summer we are running the dharma Gathering. The Dharma Gathering is a fantastic event for connecting and building sangha not only from around New Zealand but across traditions, and that means we get to share our bio page with teachers from the Diamond Sangha Zen Tradition.

If you usually skip over this bio page it might be worth taking a second look at all these people, and the extraordinary paths they have walked and continue to walk and share with us.

This newsletter has lots of information about the dharma gathering, which, for many reasons (including being family friendly) is a special and rare opportunity. We also have information about our pre-Xmas treat – a one day retreat/workshop with James and Jane Baraz. Also, we have some options if you want to get more involved – ‘doing stuff’ is part of the path itself and if your time and energy lend themselves to this we would love to welcome you

Enjoy

Meg ☺

About the teachers (1-day events)

James Baraz has been a meditation teacher since 1978. He is a co-founding teacher of Spirit Rock Meditation Center in Woodacre, CA. He leads retreats, workshops and classes in U.S and abroad. James is the creator and teacher of the [Awakening Joy course](#) (since 2003). He is also the co-author of *Awakening Joy*, the book based on the course, and [Awakening Joy for Kids](#), and is a guiding teacher for [One Earth Sangha](#), a website devoted to expressing a Buddhist response to Climate Change. James lives in Berkeley, California with his wife, Jane. He has two sons and three grandchildren.



Jane Baraz has been a mindfulness practitioner since 1976 when she began sitting vipassana retreats. She was on the Spirit Rock Board of Directors for 8 years and helped start the Spirit Rock Family Program. Jane teaches Mindfulness Based Stress Reduction (MBSR) at UCSF's Osher Center for Integrative Medicine. She's also a trained teacher in [Mindful Self-Compassion](#) (MSC), which she teaches at the Women's Cancer Resource Center in Oakland and privately in Berkeley. Jane enjoys teaching retreats and Awakening Joy workshops with her husband, James, in California and internationally.



Sharda Rogell has been practicing and teaching meditation for over 35 years and teaches in the USA, Canada, Iceland and New Zealand. She is on the Teacher Council at Spirit Rock Insight Meditation Centre in northern California near her home. Sharda has been influenced by many different Buddhist traditions, as well as by her root teacher, H. W. L. Poonja during her many trips to India. She has also been a student of A. H. Almaas in the Rishwan School for the past 14 years.

Day long retreat

Sunday 9 December

9.00am – 4.30pm



“Compassion, Wellbeing and Resilience” with James and Jane Baraz

Today, there are plenty of messages to heighten our fear and sadness about the world, and so more than ever it is vital to understand the importance of joy as a central aspect of life and spiritual practice. We need to remember how to stay connected to that place inside that makes life worth living. True happiness is not about acquiring anything but rather opening to the natural joy and aliveness right inside you. Your own cultivation of well-being, resilience and joy can become our gift to a troubled world.

“Awakening Joy can lead each of us to live with dignity, compassion and gracious freedom. Savor and practice the exercises...use them to open your heart and transform your life. Your days on Earth will be full of blessings.”

—Jack Kornfield, Author of *A Path with Heart*

Venue: Waiora Trust, Te Ahi Kaa Conference Centre, 48 Watson Rd, Harewood, Christchurch

Cost: \$35 plus dana

Lunch: Please bring your own. Morning and afternoon tea provided

To bring: cushion or stool (some provided – Chairs also available); cash for dana (online payment of dana is not recommended).

Registration and Enquiries: Registrations close Wednesday 5th December. Register online <http://southern-insight.org.nz/about/upcoming-retreats-and-events/> Enquiries: email southern.insight.meditation@gmail.com

Accommodation: If you can offer accommodation to people from outside Christchurch, who may wish to attend, please let us know at southern.insight.meditation@gmail.com. Put the words “Accommodation offer” in the title.

Teachers – Dharma Gathering



Subhana Barzaghi has been dedicated to a meditative and engaged spiritual life of inquiry since first encountering Buddhism in India in 1974. Subhana was invited to

teach in the Insight Tradition in early 1990's and is also a Zen Roshi. She has taught numerous silent retreats and Dharma gatherings. Subhana is a guiding teacher for the Insight meditation teachers' community in Australia and New Zealand, Kuan Yin Meditation Centre, Blue Gum Sangha, Southern Insight NZ, and Melbourne Insight Group.



Jeremy Logan Jeremy has been involved in Insight Meditation since 1984 spending several years in the east and in Europe learning and practicing meditation. He has been teaching retreats throughout

NZ since 1992. Jeremy currently lives in the Wairarapa working as manager of a community counselling and family violence prevention centre and has a small private counselling practice.



Sean Eiji Weaver Sensei is a teacher in the Diamond Sangha Zen lineage. He has been training in Zen since the 1980s and became a student in the Diamond Sangha in 1998. His teaching focuses on the

intersection of Zen practice and social /environmental action. To this end he and his wife Jo Campbell (Practice Leader in the Diamond Sangha) developed a version of 'stillness and action' Zen training they call 'Ekodo' (ecological way). They have run retreats over the years in Wellington and then Golden Bay where they currently live. Sean and Jo have a strong sense of Dharma kinship with the Southern Insight Group.

A note on Dana: you may notice that most of our retreats mention the word "dana".

With contributions by.. (amongst others)



Arthur Wells is Zen roshi (senior teacher) in the lay tradition founded by Robert Aitken in Hawaii. He is leader of the Christchurch Diamond Sangha. He is a counsellor and social worker, and has worked in

Lifeline, the Family Mental Health Service and Stopping Violence Services. He began meditation practice in Hindu traditions in the 70's, and in the early 80's took up Zen, becoming a student of John Daido Looi Roshi and later of Ross Bolleter Roshi, who authorised him to teach Zen in February 2008.



Di Robertson has over 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, has led many short retreats and co-taught longer retreats with senior teachers. She lives in Christchurch and is a co-founder and trustee of Southern Insight Meditation.



Julie Downard has been practising meditation since 1991 when living in England. She has practised intensively with teachers in both Insight and Zen

traditions in India, England, California, Australia, France and New Zealand. Julie has been teaching on retreats and Dharma Gatherings since 2007. She lives in Christchurch and is a co-founder and trustee of Southern Insight Meditation.

The registration fees 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 teachers' sharing of their depth of knowledge and expertise. The amount given is up to the giver.

The Fourth New Zealand Dharma Gathering is coming!

Summer is on its way and it's that time of year when planning the annual leave needs to happen. Those of you who have been to previous gatherings will know what a delight they are and will be getting your registrations in early for this very joyful event - a rare opportunity to go on holiday with your sangha and make some wonderful connections. As with the last Gathering Southern Insight offer this in conjunction with the Diamond Sangha Zen group.

If you've been getting this newsletter for a while and thinking it would be good to sit a retreat but haven't quite mustered up the courage, a Gathering is much easier - everything is optional, there's not so much sitting, you're able to talk to other participants (so you find out much sooner that everyone is experiencing much the same thing you are) and to the teachers, the workshops are stimulating and relevant, and creative/artistic expression of the dharma is explored.

A typical daily schedule looks like this...

A Typical Dharma Gathering Daily Schedule

- 6am Early Morning Yoga
- 7am Sitting Meditation
- 8am Breakfast - silent time ends
- 9 am Work Period
- 10am Choice of Workshops
- 11am Sitting Meditation
- 12.30 Lunch
- 2pm Choice of Discussion Groups
- 3pm Sitting Meditation
- 4pm Dharma Talk
- 5pm Dinner
- 7pm Evening Programme
- 8pm Closing Sitting Meditation
- 9pm Silent Time begins

The Evening Programme will vary, and will include deep inquiry sessions with Subhana Barzarghi, poetry sharing, chanting, loving-kindness meditation and possibly a dharma concert! There will be plenty of time over the meal breaks for conversation and the meditation hall will always be silent for those wishing to do formal practice.

Sangha

I've felt the deep caress of a sangha heart
Throbbing in unison
Shoes left at the door
Who you are or who you're not
It coaxed me in with a gentle wave
Soft and warm like a giant jelly
I melted in as salty tears
Seeped from my heart to my cheek
And I joined
That luminous soul

Questions about the dharma gathering form

Subhana Barzargi first introduced Southern Insight to the idea of a Dharma Gathering, here she answers some typical questions about how this differs from more traditional retreats and what this form of practice has to offer.

What is the purpose behind a dharma gathering?

A dharma gathering is a different model and way of sharing the dharma to the silent intensive meditation retreat model. A dharma gathering is not conducted in silence, and although it does have some silent meditation, it also includes workshops, discussion forums, dharma talks, open inquiry sessions which provide numerous opportunities for discussing the teachings. Another major benefit of such a gathering is that it cultivates a stronger sense of community and facilitates networking amongst like-minded people. It is also a lot of fun and there are plenty of opportunities to hang out with good friends. The purpose of the gathering is to cultivate a depth of inquiry into the heart of awakening with more emphasis on how these wise and compassionate teachings are integrated into the political, social, cultural and environmental spheres of our daily lives to bring about a culture of

awakening for the welfare and benefit of all beings. There is a greater emphasis on engaged Buddhist practice.

What benefits are there for participants and is a dharma gathering an appropriate entry point for people new to the practice?

The dharma gatherings are beneficial for both experienced practitioners and especially for people relatively new to Buddhist teachings. Experienced practitioners can feel freer to discuss and ask questions about practice as the workshops provide lots of stimulating opportunities to share one’s experiences. For new students it is a gentle way of entering the practice and establishing connections.

Dharma for Families



Some space will be available for families wishing to bring children (but please no pets!) As a parent you are expected to participate in the coordination and facilitation of children’s activities and be responsible for your children while at the Gathering. Other adults at the Gathering will be offered the opportunity to volunteer for child-minding, so that parents can share time with the sangha and do their own practice.

Rachel is organising this, and **Families will need to register early (by the 15 December)**, so that everything can be organized. If you can let us know even sooner that would be great – call Rachel on 03 382 2019.

Dharma Gathering 2019

11-18th January



Venue: Staveley Camp, Canterbury

How to find out more

Go to the Southern Insight Meditation website <https://southern-insight.org.nz/> Ring Chrys (027 286 8653) or Lois (027 289 4443) or Email Southern Insight southern.insight.meditation@gmail.com

To register

Registrations close on 21st December (Families 15th December)– numbers are limited (particularly for the 3-day option), when places are filled we will run a wait-list.

Three options:

1. Fill in the online registration form <http://southern-insight.org.nz/about/how-to-register-and-pay-for-our-retreats/>
2. Download registration forms from the website at <http://southern-insight.org.nz/> and Email
3. Ring Chrys or Sarah (027 669 3824) if you want a form posted out.

More about registration on last page of newsletter

Registration costs*:

	7 days 11th-18th Jan	3 days 11th-14th Jan
Adult	\$345	\$220
Children - High School	\$150	\$ 90
Children - Primary School	\$100	\$ 60
Children - Preschool	Free	

** The registration costs do not cover any payment to teachers for their teaching. They will receive only what you offer as dana / koha. Dana is a gift by each person in the spirit of generosity to reciprocate the teachers’ sharing of their depth of knowledge and expertise. The amount given is up to the giver.*

** Subsidised rates available for those who need it – please enquire.*

What others have said...

It is always a delightful surprise when something is better than you expect. The Dharma Gathering was a gift of discovery, connection and nurtured an open heart. That's as good as it gets!

A highlight for me was the singing and chanting on the last night. It was lovely to hear and great to be part of. Everyone was singing with their hearts as well as their voices.

For me it is hard to describe the benefit of the week. I did some deep work and met some amazing people. I also had some light hearted, funny and joyous moments. Now I am integrating what I discovered. I feel a huge gratitude for this Gathering and everything that arose.”

“The Gathering was a blissful journey – from uncertainty to warmth and connectivity and an opening of heart and mind. Enormous value for the cultivation of spiritual practice on a global level through community – thank you. Let’s do it again! Here’s to Southern Insight.”

“The blend of workshops and meditation was a really rich experience, and an excellent practice in moving from inner to outer experience and the integration of both. The workshop facilitators created material and content to match current the experiences of participants and paced and led the process beautifully. Subhana’s facilitation of the workshops, inquiry and meditation was so elegant and skilled, and yet grounded and beautiful to watch and experience. I found the peer feedback and discussion in the ‘Dharma of Families’ workshop brilliant and inspiring and really enjoyed having kids around. The food was delicious, and the managers were so helpful and did everything with a smile – wonderful! For me it was more demanding than a silent retreat, and worth the extra effort and input. Brilliant job guys – thank you!”

So many wonderful workshops and new friends were made as I renewed my relationship to myself and the dharma. I especially enjoyed the involvement of the kids.”

“I loved my first Gathering and made many connections with people there. I also discovered there is a group happening near where I live so I can continue to connect into the Dharma tradition - to learn more about it and to have people to ask questions of. I found the workshops, discussions and inquiries very helpful and learnt more than enough to take the next step in the evolution of my practice. I especially liked that I was able to join in or not, and thus take things at my own pace.”

Offering service – another way to practice

With only a couple of months to go before the fourth New Zealand Dharma Gathering, the three teachers and some side-kicks are busy preparing their talks and workshops – an exciting time. If you have an urge to get more involved, seize the opportunity to move your practice out of the meditation hall and into the marketplace! Running the Dharma Gathering is made up of many jobs, small and large, and the more people that help with this the easier it is. Some of the things you could help with:

- doing the shopping
- transporting things and people to the gathering
- Turning up early to help set up the retreat

If you’d like to do any of these, please call Lois 027 289 4443 or Chrys 027 286 8653

How about being a cook for the Dharma Gathering?



We are looking for new or experienced cooks for the Dharma Gathering. Each day two cooks oversee the kitchen team during the work hour and then put the lunch (our main meal) together. You will cook on alternate days and as a cook, you pay reduced fees. If you are new to cooking on our retreats, this may

be a good opportunity to work with someone who has done it before. All equipment and recipes with detailed instructions are provided. If you are interested in being a cook, please contact either Lois 027 289 4443 or Chrys 027 286 8653



Waking Up in this World - Practices to Heal Oneself and Our World.

Excerpts from a dharma talk given by Subhana Barzaghi at the spring retreat 2018

Have you ever wondered how you will cope, or what you will do in these heart-breaking, challenging times that we face, on this planet? I know I have.

There are so many people around me, dear friends and others, in pain and struggling. And I feel moved by their struggles. Then there are environmental and social activist friends of mine who feel so much pain and grief about what's happening in our world, in the degradation of the environment. I've noticed I want to be close to like-minded companions, who I can trust; to have the space to share deeply and find ways to nourish and soothe and steady myself, so I can then go out and continue the good work.

These are some of the things that I've learnt along the way - Dharma teachings that can help us meet the challenges in this world with an open heart and a clear mind.

One beautiful practice is to train ourselves to see each other as brothers and sisters, rather than arch enemies. This means dropping the adversarial approach, the dualistic 'them and us' paradigm. Even if the person is in an opposite political camp...

Nelson Mandela said *"it never hurts to think too highly of a person. Often they become ennobled and act better because of it."* So, to see with clear eyes and an open mind, without the judgements, without the projections that we put onto people. To see the goodness in another, I call 'sacred perception'...

Another great task is how we can work with anger, to awaken wise and compassionate action. There are so many problems and injustices in this world - there's the degradation of the environment, loss of forest and species, social injustices, rivers of plastic in the ocean choking our fish. There's a global refugee crisis. Any of these issues can make us sad and quite angry at times. Certainly, anger can be a powerful force, a powerful motivator, initiator, for action. In many respects though, it's not the energy that we need in order to do this kind of action in the world...

Underneath those feelings, at a deeper level, anger tells you what you need. It also speaks to us about what we really value. What we deeply love is actually underneath our fire of anger...

Anyone who has their eyes, ears and heart open to the suffering and stress and difficulties in our world, and in our own lives, will encounter a certain amount of stress or sadness or despair, suffering and exhaustion and sometimes burnout. So, the question is, how do we be actively involved in environmental, social and political issues that are sometimes huge? How do we continue to be involved in that way and not be overwhelmed by grief, suffering and despair?...

We need to grow the compassionate heart to be able to respond to those feelings, to soothe those feelings and sadness, to be able to breathe compassion right into the heart of that pain.

To listen to the full talk, follow this link (no need to sign in, just close any pop-up box that appears): <https://www.dropbox.com/s/tmetcxbvgv5gxcg/Waking%20Up%20In%20This%20World%20Subhana%20Barzaghi%20Oct%2018.mp3?dl=0>

Southern Insight Meditation Steering Group

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
Dermot	381 4617
Sarah	027 669 3824
Chrys	027 286 8653
Lois	332 6106
Meg	328 8052
Rachel	382 2019

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 the steering group members listed above.

Registration for retreats –

Online registration: this is a new option available on our website Visit www.southern-insight.org.nz

Online registration: this is a new option available on our website Visit www.southern-insight.org.nz

Online registration:

1. Visit <http://southern-insight.org.nz/about/how-to-register-and-pay-for-our-retreats/> to find the online registration form
2. Complete this form and pay your deposit.
3. **Please note on your form whether you are paying online or by cheque and how much you have paid.**

Your deposit can be paid online (see instructions below) or by cheque posted to the address provided in the retreat information.

4. Any issues please ring us or email southern.insight.meditation@gmail.com
5. A PDF form is also available from the link above, if you would prefer to download it and send it in to us either by email or by post.

Postal registration (still possible)

If you would like to register by mail, please call the contact person for the retreat or one of our steering group who should be able to help you. Note because of delays in our postal system you will need to contact us at least two weeks before the close of registrations.

Online payment instructions

Account for payment: Southern Insight Meditation...

Account Number: Kiwi bank 38-9017-0230890-04

Please note the following in your payment:

In the *Particulars* box, put the initials of the teacher followed by “rt” and the year (e.g. JLDR2017 for Jeremy Logan & Di Robertson retreat).

In the *Code* box, put how many people you are paying for (e.g. 1 person).

In the *Reference* box, put your name
e.g. J Smith

Please note on your registration form that you have paid your deposit online and say how much you have paid.

Refunds of Deposits

The deposit for retreats is refundable up to the closing date of retreat registration, less a \$25.00 charge for administration costs. Deposits cannot be refunded after the retreat registration closing date except for compassionate reasons. That 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.

NB: To pay less than the sliding scale, you must talk with a committee member before coming on retreat.

If undelivered, please return to:
13 Dacre Street
Christchurch

