



Newsphere

June 2005

Namgyal Rinpoche Memorial Weekend

It's Tuesday and I'm sitting in the car, waiting at the lights at the bottom of Queen Street, Auckland, for a few hundred people to finish crossing, when the memory of the past weekend at the Wangapeka surges through body and mind to meld with present experience in an overwhelming wave. The busiest intersection in NZ, apparently so distant from the Namgyal Memorial Weekend, has evoked the same response - a body alchemy of memory and community, of past and future merging in the present, together with the sense of deep communion with those around. I shake my head, remind myself that this is not the time or place to lose control of the car, and continue on to work. The sense of what happened lingers - not as conscious thoughts and memories, but as body feelings of deep energies coiling and shaping, and only now, a few weeks later, do words start to emerge from the experience.

For Thelma Rodgers' account of the memorial weekend on 19-20 March, please turn to centre pages.

Leaving ashes in compassionate white stupa
Down the hill passed murmuring voices
myriad forms magically unfolding
all the while chanting the mantra of the Victorious One.

Crossing the paddock and seeing exquisite radiance of
golden dandelion
Plucked lovingly and respectfully murmuring that
it had been taken
only to flow in the river
embracing ashes forever warmed by love

Mantra echoing mantra
then hearing words already known
golden dandelion mind
Entered the flow already here
smiling in silent vivid blessing

Punyasri



Inside: Invitation to Hui, p.2; Caretaker's report, p.3; Buddhadharma School, p.4; Namgyal Memorial Project, p. 5; Retreat in Omahu, p.6; Webnews, p.7; Ashes Weekend, pp.8-9; Small Bites, p.10; Books & Music, p.11; Bonni Ross' Schedule, pp. 12-13; Leander Kane's Schedule, p.14; Programme, p.15



Photos: The photo of Venerable Namgyal Rinpoche on the front of the last issue of Newsphere was taken by David Vincent. All photos in this issue are by Daniel Robinson, unless otherwise acknowledged.

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Current Board Members

Kathy Connor (co-ordinator)
 Alison Wilkie (deputy co-ordinator)
 Vera Krammer (treasurer)
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 Sue Willey (caretaker)
 Chris Petzold (land caretaker)
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 Bridget Musters
 Thelma Rodgers
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July 29 - 31 Education and Dharma and Sharing with all Beings A Hui with the Wangapeka Sangha

You are invited to join us for the concluding weekend of this year's six month Buddhadharma Study and Meditation Programme. The weekend will be devoted to reflection and discussion on the subject of Education and Dharma. This should be particularly interesting to those involved in education and engaged dharma. Tarchin will speak on these topics on Saturday and Sunday mornings followed by group discussions with a particular focus on how we might help to bring these into the broader community of New Zealand or wherever it is we live. The weekend will also be a time to contribute ideas towards next year's programme. Please come and share your ideas, energy and inspiration.

Treasurer Needed!

Vera Krammer has stepped down as treasurer and will be much missed. If you'd like to become more involved in the centre, and have an interest and preferably some experience of financial software (eg. MYOB) now's your chance! Please contact any board member if you can help us in this way.

Complaints Procedure

If you want to voice concerns about any aspect of activities at the centre please contact the caretaker or the Board Co-ordinator. Where appropriate the Board will then establish a sub-committee of people to consider the issue and take appropriate action.

Caretaker: Sue Willey (03) 522-4221

Co-ordinator: Kathy Connor (03) 548-1404

Caretaker's Report

SO MUCH HAS BEEN HAPPENING here at the Centre that the last caretaker's report seems more than a lifetime ago. Of course, this is because the Buddhadharma Study and Meditation programme has been in full swing for some three months now, 'full' in every sense of the word. It seems that there have never been less than 20 people on the property since then, constant comings and goings as people have joined us from all over for shorter or longer periods. And the centre has hummed with diverse activity, so much to do and try and explore in a day, how to fit it all in ...



Photo: Phil Dyer

- Liberation Through the Body with Leander Kane, wondrous silence, not to mention the huge changes in both body and mind that seem to occur through the medium of such simple movements;
- the gentle jingling of Chinese balls as someone endeavours to juggle some in each hand at the same time as balancing on one leg (all it takes is centred focus!);
- tentative yet ever so present explorations of simple body work with each other;
- month by month explorations of the parami, the art of dana, a 'sila' party;
- Anapanasati ... Chenrezi ... explorations of our embeddedness in the sun, and in the world of sensing ... water cycles, earth cycles and neural chemistry ...

The sheer vastness of what has been covered to date makes me gasp as, through the remembering, I glimpse again the many threads of it in my mind, things touched on, invitations to further exploration, how can all of this possibly become integrated in my body/mind? ... And yet ... perhaps it *is* possible. Perhaps it already is. Perhaps I am the integration of all of these already, here, writing this article, miraculously breathing and looking forward to lunch!

And holding it all together, the glue that binds it all, so to speak, two things really. The incredible dedication and energy of Tarchin as each day new teaching and new explorations to pursue are added to the mix. And the strong sense of community, of sangha, here, widely different notes melded into a harmony of activity and purpose into which people coming into the programme are easily enfolded.

On a more mundane level, (or is it?) the centre has a new computer, thanks to a very kind donation from one of our members. We have been having some ongoing problems with our email and internet

connection since its installation, though hopefully these will have been fully resolved by the time you read this.

Work on the memorial wall has been proceeding apace with the many willing hands here for the programme (you can read about that elsewhere in this newsletter).

Effort is also going into gathering bags of fallen leaves for use in the garden compost over winter, as well as trimming back the buddleia and broom along the drive. Most of the brilliant autumn colour is now

cascading from trees and scattering the paths with bright dashes of orange, yellow, and the luminous bright green of the alder leaves, slowly turning to shades of brown in the clear and bright autumn days we have been having.

On a personal level, there have been immense challenges, as well as joys, discoveries and wonderful friendships made. I am planning to leave not too long after this current programme ends, though I will be back again as participant in the future. I am hopeful that as I move on from Wangapeka, I might find myself, and my practice of Buddhadharma, strengthened in ways I might not presently imagine. Not so long ago, I read an article by a good friend of mine in Tasmania, who had spent some time in Tibet, and had a truly wonderful experience there teaching English. Her article, in a newsletter for friends, ended by thanking all of her teachers for their blessings and teachings for in some way bringing her to the point where such a rich and happy experience became manifest in her life. I found myself wondering, at the time, not at the expression of heartfelt gratitude, which was so very appropriate, but how so often, we reserve such expressions for the so-called good and easy times, while you don't often see such expressions of gratitude to our teachers and others for the difficult, the challenging, times. In fact, it seems kind of strange to do so. And yet, I have a feeling that an even greater gratitude may be due. I have a prayer at home, Crying to the Gurus from Afar, I think it is called, in which, among many other aspects, there is a request for the blessing of having difficulties and challenges placed in one's path. I think it is possibly only in meeting with difficulty that the gaps in our practice become really apparent and we are challenged to work harder so as to truly be of benefit to others.

Sarva Mangalam

Sue

Buddhadharma Study and Meditation Programme

A letter from Wangapeka

In a letter to Thelma Rodgers, written in March, Dawa Rowley gives her personal impressions of the Wangapeka Buddhadharma Study and Meditation Programme.

WHERE DO I BEGIN? So much info!!!! We are putting in about 16 hours a day most days. Morning puja at 6am (for those who get there, and I have to admit the day I was finding out how the snooze function worked on my cellphone clock, I didn't!!) Class at 8am with instruction, and theory plus exercises to do during the day to help integrate the instruction. Another class at 3pm and a sit at 7.30pm. Next week Tarchin and James are setting the telescopes up at James's for some astronomy classes, but the day is unlikely to start later, despite the necessary late nights to look in telescopes.

We spent last week peering at micro life down laboratory quality microscopes under instruction from Mark Webber. It was fascinating seeing some of the multitudes of life forms permeating water, earth and air beyond our usual ken. Once, watching creatures busily going about their lives in a drop of pond water magnified 400 times, I had an overwhelming sense of looking down on the Queen Street-Victoria Street intersection in central Auckland. The same forces of hunger, survival, keeping warm enough, cool enough, following likes, avoiding dislikes. Coming up for air after an hour watching a rotifer a few microns in length - I felt like I was walking round on a slide in the microscope myself, with the universe watching.

The main dining hall became a laboratory and we ate outside. We each had to find a microscopic creature, study it (Mark had brought heaps of university texts with him) and make a presentation to the group. Given that there was

a range of experience from someone who flew through seventh-form biology, chemistry and physics last year, several with science degrees and me with neither expertise nor vocabulary in the area, it was fascinating to see how the group worked together helping each other locate information, taking an interest in each other's studies, and absorbed in their own. It was a field none of us had ever explored deeply, so in a way it was new to everyone. There were bodies, books and equipment sprawled in apparent disorder

everywhere. But when you

looked closer the room was humming with orderly activity and very focussed energy. When I was teaching in schools, I was disappointed in how school systems, class sizes, and lack of equipment limited the learning opportunities, so that the kids were being fed in spurts dictated by small segments of the clock. I often longed to let a group run with something that interested them for a week on end and to hell with the curriculum, but wasn't permitted to. So I am fascinated with this educational experiment. It is also interesting to note that the group willingly worked 16 or more hours a day for nine days while we had the teacher and the microscopes there - so when I say we studied this for a week, it doesn't mean in the same way as when we are at school where a week's study can mean three one-hour lectures and some reading!!

(cont'd on next page)



Dawa and Mark collect specimens from the pond

Namgyal Memorial Wall Project



AS I WAS WALKING down the path past the Namgyal Sanctuary the other morning, the dawn light was coming up over the hill. The sun crested and shot a brilliant golden light onto the rocks of the wall. The space was glowing. I think the sanctuary, when all is finished, will be a very beautiful place for contemplation - a place to reflect and appreciate the many gifts given to us through this thread of teaching.

We now have a large pile of limestone rocks on site ready to be put into place. The site is above the path going between the Whare and main hall. All the preparations, of laying the cement foundation and inserting the steel rods etc., are finally done. Our long term course participants, Regan from Oz, Mike from Canada, Ben from Britain, and Daniel from NZ have now laid and mortared in place the first stones! We were very fortunate to have Andy McIntosh, a master stone mason from Tasmania, join us recently for a few weeks. He gave us lots of good tips on how to go about building a wall.

It was decided to have two bronze plaques on the wall, one on either side of the central

mandala. Mike Elliott, during his research to find a source for making bronze plaques, found out that having the letters raised, rather than inset, is much more durable and readable in the long term. It is also more expensive. Even though each plaque was estimated to cost around \$850 - \$900 + GST, we decided that we would have them made this way.

On the weekend of installing Rinpoche's ashes in the pagoda, people generously gave \$500 towards the project, which will mostly be used for cement and haulage. At this stage we need a further \$2000 for the two bronze plaques. The installation of benches and landscaping

may require further funding at a later stage. If you wish to support this project, please send cheques payable to Wangapeka Educational Trust and earmark them Namgyal Memorial Project.

With best wishes to all
Mary Jenkins



Letter from Wangapeka *(cont'd.)*

It was interesting weaving dharma classes through the scientific study. In the afternoons Mark gave meditations working with the central and side channels which helped keep the energy moving when so much emphasis was on the thinking function during the rest of the day.

There is an ongoing study of anatomy and physiology - using textbooks and the net etc. to

be able to enliven the classical meditation on the thirty-two parts of the body. Also we are using art projects (such as weaving at the moment) to explore the skandas and such ...

I am really excited about the programme and enjoying a real pleasure in learning. It almost feels like a physical expansion as the mind gives up its limitations and lets itself grow.

Moments of Love – an Omaha Retreat

OMAHU IS WANGAPEKA'S MOST REMOTE retreat cabin. Nestled high up the slope from the Bluff trail at the top of the pine forest, this lovely cabin offers a true refuge for those wishing to deepen their meditation practice in solitary retreat. When Sue e-mailed me to say that the cabin was available from January to March, it sounded too good to be true. So despite the exorbitant air fare from Canada, I made the arrangements to come.

I was duly forewarned by a few people who have done retreat work in Omaha that it is quite a climb up to the cabin. And when I arrived in mid-January, Chris and Phil reconfirmed that I could expect to be 'fit' by the end of the retreat. Well, how bad could it be, I thought. And off I set up the winding path through the woods with my first load of supplies. At the end of this first ascent, I found a gorgeous cabin, with delicious views, and amazing vibrations from previous meditators — a true haven for meditators in the mountains. So the walk up really didn't seem too far or too steep to me then.

Ah, but three days later, and nine trips up and down hauling supplies and belongings for the three months, I was singing a different tune. Ha! They were right, this is a steep hike! However, once I was happily installed in the cabin I quickly forgot my uphill battles (except every four or five days when I came to the main hall for food and ice). And besides, how else could one get such spectacular views in so quiet and isolated a spot!

And so I began a very well supported three month retreat, surrounded by spectacular views, amazing variety of trees and plants, pigs and rabbits and moths, the stars of the southern hemisphere, and the rushing sound of the river! Ah, what a wondrously supportive place it is. Here, one can only contemplate with love and amazement, the many beings who, inter-connectedly, have founded and nurtured the Wangapeka Trust, providing cabins such as this for those who wish to practise.

But what really makes this such a conducive spot for meditation practice is the support of the Wangapeka sangha, especially the caretakers. Sue, Chris, and Mike make the journey possible. Without their hard work and efforts to maintain the buildings

and the property and supply food and take care of necessities, none of it would be possible. And looking further into the extended mandala, one can see the many moments of love and time that a vast number of beings have given over the years, and continue to give now, to support the centre so it can be a place of refuge for many beings.

And I can only hint at my deep gratitude and appreciation to Tarchin, who made it possible for me to do the retreat (offering up the cabin to me during the first two months of the three year program), and who supported me in the retreat with great compassion, awareness, and wisdom.

When I eventually emerged from the retreat in early April, I found even more blessings falling like the rain and the sun at Wangapeka! I was able to spend an extra month participating in the first year of the three year program that Tarchin is guiding at Wangapeka entitled, Body, Speech, Mind (you can read about the program in previous

issues of the newsletter). An inspired and resplendent body of work it has been this past month; including explorations of the Paramis, the Heart Sutra, the human body, the senses, the neural system, theories of consciousness, the stars, the sun, water, rocks and minerals, and Anapanasati — a rich panorama of studies and meditations to awaken us to the wisdom that is ripening all beings.

And now as I prepare to depart from Wangapeka at the end of Leander's Liberation through the Body course, I am contemplating and reflecting upon all the richness and ripening that is happening here. I find the mind turning again and again to Tarchin's Touching the Earth practice, which so aptly reflects my feelings about Wangapeka and the work of unfoldment that is being supported here, for the sake of all beings:

Standing, Breathing, Present; Recollecting our teachers—the sources of our inspiration, our ancestors, our ecological ground (plants, animals, earth, water, air, sun), the interconnectedness and inseparability of all these, while letting go of clinging and negatives, and radiating loving kindness to all beings, Om, Ah, Hum, we touch the earth.

Karen Meredith karenmere@earthlink.net



Photo: Daniel Robinson

The Wangapeka Web

WangaWeb

This last three months has seen the website continue to unfurl and bloom - it seems the more we do, the more possibilities arise!

Dharma Links

The renovated Dharma Links page is now up and running, with several strands in the dharma web: to the Wangapeka Sangha in regional Aotearoa; to dharma groups and retreat centres here and overseas; to the 'Spiritual Directories' and to a collection of other interesting Buddhist websites. It's proving very popular, as are most of the new and updated pages.

The Wangapeka Sangha in regional NZ is an ongoing project so if you are in the regions and want your links and activities included, please contact me at webmaster@wangapeka.org.

Treasury of Wisdom

Loving Kindness 2000, *Daily Puja* and *Coming to your Senses* have now joined *Meditative First Aid* as e-books; and work has started on the conversion to an e-book of the biography of Sayadaw U Thila Wunta (builder of the Wangapeka Peace Pagoda).

Buddings

On the Buddings page we now have several links to articles and poetry from the Buddhadharma Programme and the Namgyal Memorial Weekend: *Letter from the Buddhadharma Programme* by Dawa Rowley, *The Ocean* by Ben Hanbury, *In the Midst of Emptiness* by Daniel Robinson, three haiku by Ros Langdon; *Thinking of my Lama* by Tarchin Hearn, and *Namgyal Memorial Weekend* by Thelma Rodgers. Please feel free to contribute - all work is very welcome.

Wangapeka Web Album - Images of the Wangapeka

Last time it was reported that work had commenced on a web album - this is now a very active part of the site increasing the number of pages downloaded by over 50%!

The Tour of the Wangapeka (~80 photos at the beginning of March) immediately became very popular, with some visitors looking at every photo! It has since been joined by three other sub-albums:

- Garden of Mindfulness - the Wangapeka



photo: David Vincent

Families Course - with 40 photos

- another 40 photos on the Namgyal Memorial Weekend. This proved extremely popular - after a website bulletin was sent out nearly 50 people visited it in the next week, and the traffic on the album site equalled that on the regular pages!

- the Buddhadharma Programme Album with ~ 80 photos so far including:

- * Microfari - Mark Webber's course complete with photos of the microscopic life in the Wangapeka ponds and river;
- * Artwork - with art on the Paramis, the Senses Retreat, and weavings;
- * Lama Couple Vows with photos of Natasha and Grant's ceremony; and
- * a miscellany of photos of Buddhadharma events - a day at the river, renovating the Pagoda, etc.

An effort has been made to cross-link the photo albums with corresponding articles, e-books, poetry, retreats and teachers to give an overview of events at the Wangapeka.

E-mail Bulletin

The last three months has seen the advent of a new-look e-mail bulletin, which includes photos and hyperlinks, and there's also been a grand discarding of obsolete e-mail addresses that kept returning to us! So if you've changed your e-mail address, or if you want to start receiving these short e-mail bulletins (that notify you of new work and information on the website or at the Wangapeka) please contact me at webmaster@wangapeka.org.

Metta

Thelma Rodgers (aka khemari)

Try these URLs

- <http://www.wangapeka.org>
- <http://www.wangapeka.nelson.co.nz>
- <http://wangapeka.nelson.co.nz>
- <http://wangapeka.nelson.org.nz>

They should all welcome you to the Wangapeka website! If one is down, try another.

Alchemy of Memory and Sangha

Impressions of the Namgyal Memorial Weekend



In my recollection of the weekend, individual memories are embedded in a mounting tsunami of remembrance and sangha.

A growing sense of community as the weekend progresses:

- starting with the wholehearted welcome of the caretakers and the residents of the Buddhadharma Programme - hosts and cooks for the weekend - even missing some events so the meals were ready on time. Thank you for such dana!
- and such magnificent meals! Celebrations of life and settings for interaction - people appreciating the present experience of good food and Wangapeka, catching up on years apart and making plans for the future;
- working together to remove stumps from the Namgyal Memorial site;
- the moments of meeting, of old friends and memories, companions from many years in the Teaching; making new friends, new connections in the knowing that we had all come together for this time to remember Namgyal and the teachings; the celebration of each other's lives, the young babies in the

Whare, watching the images of Mark and Katherine's wedding - life goes on, the teaching continues.

Community also in the cascade of ceremonies, interspersed with meditations and pujas:

- Terry speaking on Saturday morning of Rinpoche's last years of illness, the final summer of teaching, the events of the days before he died, his death and the days leading up to the cremation - an immersion not only in the detail of events but in appreciation of Terry - his life, his care, and his wry humour describing the search for a car that occupied the final few days, or the forklift truck moving the coffin in the

middle of the ceremony. More of a heart transmission than a narrative.

- sharing memories of Rinpoche on Saturday afternoon - braving the seat at the front of the Whare to recollect the man, the Teacher and the Teaching. Everyone with their own story, their particular view. A growing sense of the past as not separate from the present, but merging and augmenting; a simultaneous presence felt, not thought. A growing sense



Note: This article is on the Wangapeka website, along with *Thinking of my Lama* by Tarchin, read on the banks of the Wangapeka River, and 40 images of the weekend - check out Buddings and Images at www.wangapeka.org



flow of the river, to think of Rinpoche's Teachings flowing out to the world. It is spontaneous, intense, simple, overwhelming - past, present and future surging in mighty waves, becoming simultaneous - all happening now.

Heart full, mood euphoric, a final celebratory feast then people start drifting away, one by one, carload by carload, saying, 'It's been a good weekend,' 'It's been so good to catch up with people.' 'Let's meet like this again sometime.' The sense of community and lineage is very strong. It is almost teatime before the Buddhadharm residents are left to get on with their course.

also of the community of remembrance, and of the lineage of teaching.

- the main ceremonies begin mid-morning on Sunday with a guided meditation by Terry in the Whare ... *at the top of a waterfall in a cave is the Namgyal figure, and from him flow streams of lights like jewels out into the world ...*
- then in procession to the Pagoda where Tarchin and Terry together lead the Taking of Refuge before installing some of Rinpoche's ashes in the pagoda. Colourful circumambulations of the pagoda and the Brahma Viharas are followed by a walk down the long steep drive to the Wangapeka River;
- at the river the mood is both more casual and more profound. Perched on the rocky banks we watch as ashes are mixed with rose petals, blessed and offered against the backdrop of the wide river flowing. Small caves on Jones' Ridge evoke the earlier guided meditation, bellbirds ring out their responses, Tarchin offers poetry. Each one of us comes to stoop and release a handful of the petals and ashes to the

We came together to remember and say farewell to the Venerable Namgyal Rinpoche, and the essence of the weekend was celebration - of Namgyal and the teaching, past, present and future; and of community.

All is blessing, all is flowing.

Sarva Managalam

Thelma Rodgers



A memorial of the weekend has been produced in the form of a DVD of Terry Hagan talking about his last days with Rinpoche, another DVD of people sharing their experiences with Rinpoche, and a CD of stills of the ceremony and distributing the ashes in the Wangapeka River. Cost of the whole package (which includes postage in NZ), is \$30. Any money that is collected over the cost of producing the material will go into helping support the building of the memorial project.

Order from the Wangapeka Centre

Small Bites

Art is the Alder Grove

AUTUMN HAS BROUGHT ART to Wangapeka as in other years. This time artists in residence at Wangapeka are collaborating.

Walking down the main drive from the whare one glorious afternoon (we've had a lot of them, golden, warm, benign), I noticed the alder leaves had been raked into more-or-less even-sized heaps (skandas?) all through the grove. At first, I imagined this was in preparation for their being piled into wool-sacks and dumped by the compost, but I noticed all the twigs were arranged neatly at the base of some of the trees, and round, polished stones at the base of others.

When we came out of Leander's retreat, Dominique explained, 'Yesterday the ground was brown and the heaps were full of colours and sweet fragrance, today the leaves I raked are already brown. The newer leaves that fall are yellow and pale green, they soften the mounds and dot everything with texture and colour. Soon, they'll cover all the forms and flats. Every day, everything is changing in this composition. By the same token our selves are not the same either ...'

Imagine what a sprinkling of snow would do - unless of course the leaves have all blown away by now, or found their way to the compost, in the hands of other artists.

Calling for Caretakers ...

YOU WILL HAVE READ in her report on Page 3 that Sue will be leaving in August, soon after the end of the winter retreat. She has done a tremendous job as office caretaker over the last eighteen months - as always this job is so much more than 'office'. Chris, Louise and Aria will also be leaving the centre towards the end of the year, when Chris will have been the land caretaker for three years, during which time his excellent skills and experience have made a huge contribution to the management of the property.

If you think you would like to take on either of these positions, with all they entail in terms of service and your own learning, or might be interested in doing so at some point in the future, please contact the centre for details.

Wangapeka's 30th birthday



THIS YEAR MARKS the thirtieth anniversary of the Study and Retreat Centre, and we're planning a celebration on Labour Weekend, October 22nd-24th, when we traditionally have a working bee. This time the emphasis will be on celebrating -

and of course if we manage to get some dana to the land done too that will be a bonus. We'd love to see you, and if you have any ideas of ways to celebrate, or would like to lead a section of the weekend, please let us know. Music? drama? history? Of course food goes without saying ... And connected with the anniversary ...

Wanting all Wangapeka photos!

OVER THE YEARS MANY PEOPLE have enjoyed the albums of old photos at the Wangapeka. But time catches up with us all and both albums and photos are now showing signs of deterioration!

A project is now underway to preserve this record of our heritage. It is proposed to 'archive' the photos by digitising them, and copies could then be available on CD to anyone interested. Research into preserving the originals is also in progress.

You are invited to contribute to this digitising project by sending any photos or slides of your time at the Wangapeka, whether in the early days or the most recent. Especially lacking are the 1980's. They could be colour or black and white, prints or digital, slides or negatives - and they will be returned! Originals are much preferred to scans. And please label them with people, activity, time etc., to complete the documentation.

Donations towards archival standard storage of the originals would also be appreciated.

For further details e-mail Thelma at: khemari@paradise.net.nz or send your photos and donations to: T A Rodgers, Waikaretu, RD5 Tuakau 1892, South Auckland, NZ

Bloom of Books & Music



for Pema

The Dalai Lama and Victor Chan's Wisdom of Forgiveness, intimate conversations and journeys, with the first person from China to write a book with him. This is a lovely work and gives a human insight into the Dalai Lama's personal life. Friendly, open, poignant, warm and sensitive, it's a favourite book on this topic which can be so awash with over-awe and myth-making. *Published by Hodder 2004.*

The Buddha in the World, by Indian writer Pankaji Miishra is part memoir, travelogue, history, philosophy and how the author uncovered the life of the Buddha (Buddhism had been dead in India, its birth place, for centuries) and attempts to reconcile the remote age of the Buddha with the reality around him – poverty, terrorism, state repression and how the Buddha had dealt with problems of personal identity and alienation in his own – no less bewildering times. Quite dense at times, yet refreshing writings by someone who's not a Buddhist and has a searching interest in life. *Published by Picador 2004.*

Rumi the Book of Love – translations and commentary by Coleman Barks – these are poems of ecstasy and longing and will take you through the roof where you might kiss the moon and undo yourself. So let the lover be. Desert island material. *Published by Harper Collins 2005.*

House of Flying Daggers, original motion picture sound track by Shigeru Umenbaynshi. Powerful and mood setting Chinese music that blended perfectly with the gorgeous and poetic film. Moving and tender, there's a wise feel to

the exotic Chinese instruments and voice. Time to dust down the Tai Chi coats and be like the ravens in the wind and enter an ancient Chinese dynasty.

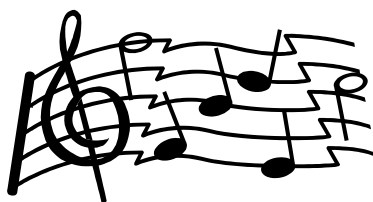
Sudan: the rough guide – a rich contemporary and traditional collection from Africa's largest country – includes trance, drumming, Arabic love songs, a kind of desert savannah blue White Nile that will get your hips moving and mind relaxed. *On Rough Guides 2005.*

Lonely Runs Both Ways – Alison Krauss & Union Station. With a voice as pure as a John Tavener choir, Alison Krauss is bluegrass opera. Banjos, Jascha Heifetz violins like mid-west waterfalls, these songs of Woody Guthrie, Gillian Welch & David Rawlings conjure the spirit of Walt Whitman's *Leaves of Grass*, poetic, undone, sometimes melancholic; like life, sweet and bitter. Oh and on the faster tracks, with Ron Block & Don Tyminski, energetic body workers will have a blast. Well it can't all be yoga, can it? *On Rounder 2004.*

Greece – A Musical Odyssey – the best compilation of Mediterranean sounds, both ancient and modern heard in a long time. Leaves the more popular French Café for dead. No Theodorakis and hence no Zorba here, yet the spirit of Kazantzakis will lift those feet and send your spirit soaring – I dare you! *On Putumaya World Music 2004.*

*"Lovers don't finally
meet somewhere
They're in each other all along"
(Rumi)*

Leopold Bloom



Bonni Ross Teaching Aug-Sept 2005

We are privileged and delighted to announce that Bonni Ross will be teaching in both the North and the South Islands this spring.

About Bonni

Bonni Ross has more than 37 years of experience in study and practice of Zen, Theravadin and Vajrayana Buddhism, and has been teaching since 1978. She is a mother, a holistic therapist, and worked for 16 years as a communications and strategic planning consultant to business and government. She has served as resident teacher at The Dharma Centre of Canada in Ontario and teaches in Canada, the US, Australia and New Zealand. She is now based at Sunshine Coast Retreat House on the beautiful west coast of Canada, where all are welcome to come to study and practise the Dharma. Bonni teaches eclectically, with passion, humour and attention to the needs of each individual.



teacher's airfare, teas and supplies)
Bookings essential as numbers are limited.
Contact: Bridget Musters
(03)526-8277 or Leander Kane
(03)544-2225

9 day retreat at the Wangapeka Study and Retreat Centre.

Friday 2nd September
6pm to Sunday 11th
September 1pm

CULTIVATING THE AWAKENED STATE: The Seven Factors of Enlightenment

What is it like to be awakened? 'Knowing the pleasant for the pleasant, and the unpleasant for the unpleasant' is one answer

the Buddha gave. Another was *nicca sukkeha* - permanent happiness. The conditioning of our culture makes it very easy to identify and focus on what we feel is wrong - and there is a legitimate path of identifying negative states of mind, and learning to renounce or transform them - but this retreat is for those who feel ready to try a different approach: working from the ever-present basis of enlightened consciousness as the ground of being. The Factors of Enlightenment provide us with a method for noticing when our minds are moving toward liberation. The process starts with awareness, and has active support (energy, investigation and joy) and quiescent support (calm, concentration and equanimity).

Please join this celebration of our natural state of being! We will be in silent retreat, but will use many methods, including movement, group process and creative activities, to help us initiate and extend these wholesome states.

Costs

Dana for Bonni, plus \$38/day for members (covers accommodation, food, cook's fee, teacher's airfare) **\$44/day** for non-members. A deposit of \$50 is required to secure your place. Numbers are limited. Please contact Wangapeka to register.
(03) 522-4221 wangapeka@ts.co.nz

SOUTH ISLAND

Weekend workshop in

Nelson at Fairfield House, Fri 26th August
7.30-9.30pm, Sat 27th 9.00am-4.00pm, and Sun
28th 9.00am-1.00pm

FURIES & MUSES: Unlocking the Creative Potential of Negative States

'[our] creative nature is [our] most valuable asset, for it gives outwardly and it feeds ... inwardly at every level: psychic, spiritual, mental, emotive, and economic. The wild nature pours out endless possibilities, acts as birth channel, invigorates, slakes thirst, satiates our hunger for the deep and wild life.'

(from *Women Who Run With the Wolves* by Clarissa Pinkola Estes, PhD, Ballantine Books, 1992)

The negative mind-states of anger, fear, envy/jealousy, compulsive sensuality, and dullness/confusion block our creative potential and poison our lives. Conditioned to suppress (rather than express) these feelings, we shut down through alcohol and drug use, self-destructive relationships and unrealized potential. Through analysis, meditation, story, movement and creative activities, we will examine our own 'furies' and begin the journey of transforming them into 'muses' which inspire us to freedom.

Costs

Dana for Bonni: Bonni's entire livelihood and teaching fee is by donation. Please give as generously as you can. **Plus \$85** (which includes room rent,

6 Day Retreat At Tui Hill, West Coast.

Saturday 17th September to Thursday 22nd September.

COMMUNICATION & VAJRA YOGINI

For details and costs contact Christine Gisby (03) 789-7771 coastaltrader@paradise.net.nz

Accommodation can be found by being billeted with dharma friends on the West Coast – please let Christine know well ahead of time if you need somewhere to stay.

NORTH ISLAND**13 day Retreat at Aio Wira Centre West**

Auckland. Arrive Monday 26th September after lunch (dinner at 6.00) to Sunday 9th October after lunch.

BOUNDLESS LOVE BOUNDLESS**LIGHT: Teachings on Amitabha Buddha**

To love more profoundly and deeply is an innate human desire. In order to love fully, we need clear cognition of what is going on. Sometimes we find ourselves uncertain about our perceptions and confused about how to respond compassionately and wisely to our own pain and the pain of others. The ancient practice of Amitabha Buddha will help us to develop the light of clear awareness that awakens boundless love and compassion for the benefit of ourselves and others. Amitabha teachings are also specifically helpful for those in the process of dying (which, realistically, includes everyone!) and in the intermediate states beyond death. This retreat will focus on developing awareness through meditation and creative activities, so we can learn to perceive things as they are and respond compassionately, whatever our lives may bring.

Costs

Dana for Bonni: Bonni's entire livelihood and teaching fee is by donation. Please give as generously as you can. Suggested dana \$40-\$60 per day, (more if you can afford it, less if you can't) **plus \$650** (accommodation, airfares, admin, food and cook's fee).

Bookings essential as numbers are limited. Please send a \$50 deposit (cheques made out to Katherine Mitchell) with your name, address and phone number to: Katherine Mitchell, 13 Cardwell St, Onehunga, Auckland, ph (09) 634-0201

k.mitchell@rosehill-college.co.nz

Weekend Workshop. Auckland or Kati Kati.

Friday 14th October, 7:30-9:30 pm, Saturday 15th October & Sunday 16th October, 9am-4 pm

DEATH AND IMPERMANENCE

*If enlightenment is not attained during this short time
While the sand castle body and the small child's mind are
together,*

*Although one lists one hundred things learned and understood,
This will not help in getting free from the ocean of samsara.*

*Remaining lazy while one has perfect freedom,
One will agonize with regret when the unavoidable Lord of
Death arrives.*

*Staging one's own disaster like a madman drinking poison -
Thus the bardo of this life is manifest.'*

(Tsele Natsok Rangdol in *The Mirror of Mindfulness*, Shambhala, 1987)

We were born; some time, we know not when, we will die. All traditions of Buddhadharma ask practitioners to contemplate impermanence and death. It is easy to accept these facts as ideas, and very hard to process the strong emotions that arise when the reality of our own death faces us.

This workshop provides a structured opportunity to explore these feelings through a variety of meditations on death, group process, drawing and movement exercises, personal contemplation and craft work. Death ceases to be the unknown, feared enemy and emerges as a powerful ally which can strengthen our aspiration to awaken and provide an energetic antidote to lethargy and procrastination.

Learning to calmly accept arising and passing away increases our sense of the preciousness of each moment and helps us to look more clearly and fully, without denial or fantasy, at the wondrous reality of life/death.

Costs

Dana for Bonni: Bonni's entire livelihood and teaching fee is by donation. Please give as generously as you can. Suggested amount \$40-\$60 per day, (more if you can afford it, less if you can't) **plus \$120** (room rent, teachers' airfare, morning & afternoon tea). Bookings essential as numbers are limited.

Contact Katherine Mitchell (09) 634-0201

k.mitchell@rosehill-college.co.nz

We are gathering donations now to go towards Bonni's airfare which has to be paid soon. If you're able to make a donation, please either send it to Christine Gisby, 38 Cook Street, Carter's Beach, Westport, or pay it directly into the special account: Bonni Ross Travel Fund, ASB Bank 123178-0033639-00

Leander Kane Teaching in the North Island

Healing, or liberation from suffering, is often thought of as a 'getting rid of something'. It is possible to heal in a deep way that is not a matter of getting rid of anything but rather in cultivating curiosity into whatever is immediately arising in experience. In exploring with awareness, using specific movement sequences based on the Feldenkrais Method, we can deepen the experience of self-healing, bringing confidence, a feeling of well-being and relief from pain."

Leander is a New Zealander, based in Nelson. Over the past 12 years she has crafted teachings using the deepening wisdom and compassion gained from study and retreat work, together with her 'body' skills developed as a Feldenkrais practitioner, a massage therapist, and from studying Kum Nye. She calls this work **Liberation Through The Body**. She teaches at the Wangapeka Retreat Centre, and also from her home in Nelson - recently this has expanded from one-on-one sessions and classes to include people living and studying with her. She also teaches in Canada and USA. Leander brings a joyfulness, enthusiasm and ongoing interest to her teaching. Ever deepening in her own exploration of body/mind she delights in sharing this with others. She works in a very individual way with each person.



July at Awhitu Environmental Park - in a peaceful, rural area adjacent to coastal beaches.

Registration: \$60 for the weekend for basic costs** and then \$25/\$30 daily (depending on number of days and participants), plus dana. For full details on the course and costs ph: 07 552 0270; email: marionfeasey@xtra.co.nz

AUCKLAND: July 4 - 14 Leander is available for one-on-one appointments.

Workshop: Saturday & Sunday 9 - 10 July, 9.30am - 12.30pm St Columba Centre (Phelan Room), 40 Vermont Street, Ponsonby. Registration: \$15 per day for basic costs**, plus dana. For bookings and information, please contact Mark at (09) 634-0201

****PLEASE NOTE: Registration fees cover only basic costs. The teacher's payment for the retreat, workshops and one-on-one sessions outside these events is by dana/koha ie. your generosity. This is Leander's only source of income. For enquiries and bookings (essential for all events and sessions) contact Marion Feasey ph: 07 552 0270; email: marionfeasey@xtra.co.nz**
For further news about these events, articles about Leander's retreats & Liberation Through the Body visit www.wangapeka.org

KATIKATI: June 10 - 24 One-on-one sessions up until 23 June by appointment. For bookings ph: (07)552-0270

Workshop: Saturday 18 June 10am - 3pm at the Katikati Memorial Hall

Registration: \$20 for basic costs** plus dana.

SOUTH AUCKLAND: June 24 - July 3 Residential Retreat beginning 6pm Friday June 24 with a **Weekend Retreat**, and continued by any number of consecutive days up till 3

Quotes from earlier retreats: *From North American Ski Mogul competitor Jason Still:* "Aside from the change in the way I was experiencing the world, I noticed a dramatic increase in functionality ... helped my skiing tremendously...my entire body is more loose, working as one unit together." *From Pam Foster who had a slow-healing broken ankle (of two years earlier):* "I still had a fear of running... as we did each movement, Leander would give us space for our bodies to adjust, she would ask us to walk around, to share our thoughts, feelings and observations. At other times she would ask us to 'rest in the experience'. At all times we chose the pace that we wanted to work at, we would listen to our bodies. I would 'rest in the experience' of a newer me each time. I began to feel extremely aligned, very connected. One of my strongest insights about a new state of being was 'focussed clarity'. I became full of gratitude... On my sixth attempt I sprinted down the path, full flight, such freedom, I loved the sensation of speed again, and it felt fantastic!"

Programme

June 3 rd – July 16 th	Foundations of Awakening Winter Retreat	Waiting list only
July 16 th – 29 th	Final sangha explorations of the current study and meditation programme	
July 30 th –31 st	Education and Dharma Hui and sharing with all beings with Tarchin and the Wangapeka sangha	All welcome. Bookings at the centre
August 5 th –14 th	<i>Liberation through the Body</i> with Leander Kane	Enquiries and bookings to Bridget Musters ph: (03) 526-8277, e-mail bridget.orinoco@paradise.net.nz or book at the centre.
August 29 th	Bonni Ross arrives at the centre	
September 2 nd –11 th	<i>Cultivating the Awakened State</i> Retreat at the centre with Bonni Ross	Bookings at the centre
September 23 rd –25 th	Mountains and Rivers Zen Retreat	Enquiries ph: (03) 548-4619
October 7 th –11 th and 13 th –17 th	Metta Shiatsu retreats	
October 22 nd –24 th	Labour Weekend Hui and 30 th Anniversary Celebrations	All welcome: bookings and enquiries at the centre
December 2 nd –11 th	<i>Liberation through the Body</i> with Leander Kane	Enquiries and bookings to Bridget Musters ph. (03) 526-8277, e-mail bridget.orinoco@paradise.net.nz , or book at the centre

Newsphere Deadlines

1 August for September issue, **1 November** for December issue,
1 February for March issue

Please send contributions preferably by e-mail to bridget.orinoco@paradise.net.nz, or
by mail to Bridget Musters, Orinoco, RD1, Motueka (ph/fax: 03 526-8277)

Wangapeka Education Trust Aims and Objectives

The Wangapeka Study and Retreat Centre is located 80 kms southwest of Nelson in the foothills of the Southern Alps, overlooking the Wangapeka River. Tranquil and ruggedly beautiful, it is a wonderful place for healing and meditative unfoldment. The centre is owned and operated by the Wangapeka Educational Trust, a registered New Zealand charity.

The Trust is dedicated to:

- supporting all beings in awakening to Wisdom and Compassion through the cultivation of non-clinging awareness
- fostering open-hearted inquiry into the profound interconnectedness of all manifestations of life
- encouraging healing of body, energy and mind both for individuals and for the community at large.

With roots in the great traditions of Buddha Dharma (the teachings of awakening), the Trust aspires to:

- be free from any sectarianism
- encourage the development of many appropriate expressions of these teachings of healing and awakening, in ways that are meaningful to beings from all walks and persuasions of life.

Facilities

The facilities comprise a main building with large dining hall, well-equipped kitchen and ablution facilities, a teaching/meditation hall, octagonal healing room, sleeping accommodation for 28 in two and four-bed units, as well as four retreat cabins. Tent sites are also available. The retreat cabins can be booked for individual retreats and the main facilities are for hire.

Prices

Accommodation

Members (to qualify, you need to have been a member for one year): \$14 per night base rate

Non-members: \$20 per night

Prices are subject to change. A subsidy may be available for those experiencing financial hardship. This will be \$16 per night. Special rates for families.

Camping

Members: \$10 per night

Non-members: \$12 per night

Food

You may bring your own food or use the food available for an additional cost of \$14 per day.

The caretakers will answer inquiries, make bookings and orientate visitors, who are most welcome. Please phone before coming.

Membership

An annual subscription or donations can be paid to the Trust by cheque, by automatic payments, or direct credited to our account: Westpac Nelson 030703-0156597-03. If you choose this option, please put a reference so we know who the money is from and what it's for.

Friends of Wangapeka (Newsphere only): \$25/yr

Full Membership (Newsphere, plus discounted accommodation after one year): \$60/yr

Family Membership (Newsphere, plus discounted accommodation after one year): \$75/yr

Wangapeka Study and Retreat Centre, RD2, Wakefield, Nelson, New Zealand

ph: (03) 522-4221 fax: (03) 522-4980

e-mail: wangapeka@ts.co.nz website: www.wangapeka.org

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If undelivered, please return to:

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RD2 Wakefield

Nelson, New Zealand