



Journeys to the Sacred

In Honour: In April Louise Wilkinson and Chris Petzold, former caretakers at the Wangapeka, were living at Riverside Community with their two children Arya and Kura. Louise talks of their journey



Kura Manawa Tenzin Petzold quickly passed away, age two, at our home, in my arms on the 14th April. What has followed has been the most painful and yet most rich experience of my life.

How habitual I had grown in my view of practice and meditation, and then two children came into my life and shook my 'fixedness'. Despite my desperate hanging on, they both lovingly shook my tree of life until I eventually gave up, let go and fell out! This process continues!

These two beings are amongst the finest teachers I have encountered. As result of their presence, I have touched a place of love like never before. The last two months are no exception.

[continued p.5]

Pilgrimage to Mt Kailas, Tibet: How much of a pilgrimage is about the destination to the site of worship / wonder and how much is about the journey to that sacred site – even if you never make it?

July 27 2007:

One week into a 35-day, 15 pilgrims, 11 staff, 5 land cruiser jeeps, 1 massive supply truck, once-in-a-lifetime epic journey through remote Western Tibet to the sacred Mount Kailas. An unforgettable experience. Not for the elation of reaching the holy mountain. But for unexpectedly having to flee from Tibet in an adrenalin-filled, heart-wrenching sprint.

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Newsphere Deadlines

The next Newsphere deadline is **15 November**. **All contributions welcome**. Please send material to newsphere@wangapeka.org.

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.

Editorial

Hi everyone

Winter always brings its problems - rain, grey and cold weather, with power cuts, phone lines down, slippery paths and closed roads, not to mention the sniffles and flu. At the Wangapeka the caretakers have been busy coping with all of the above, and especially with the major snow on Friday 15 August. Quite an exciting night listening to the pistol shot sounds of trees being stripped of branches under their unaccustomed load of snow; some trees uprooted or split into two, and major branches landed on kitchen, cool-store, recycling shed and Whare! We were lucky - very little damage was done to the buildings but there's a massive cleanup and the chainsaw is still going!

A big thanks to those caretaking at the Wangapeka - Kirsty Adolphson, Dov Drapkin and Michael Elliott - for all their work this winter. And despite the conditions they still have an eye for the beauty - witness the photographic essay by Kirsty Adolphson, Office Caretaker !

*Metta
Thelma*

PS: The next (December 2008) issue of the Newsphere will be my last due to other commitments. We already have a volunteer for Newsphere editor but helpers are always welcome - just email newsphere@wangapeka.org if you're interested.

Current Board Members

2008 - 2009

- Jane Hobday (co-ordinator)
 - Kathy Connor (assistant co-ordinator)
 - Graham Sandlant (treasurer)
 - Bridget Musters (secretary)
 - Dominique de Borrekens
 - Natasha Rix
 - Leander Kane
 - Mark Schrader
 - Ramona Clark
 - Thelma Rodgers (Newsphere & web editor)
-

*** From the Caretaker ***



What a gorgeous winter it is at the Wangapeka ...

It has been cold up here with snow and rain. Jones' Ridge has had many sprinklings , we had 4 inches around the Hall, and then the most massive dump of snow in the Wangapeka's history on the night of the 15 August. Along with broken trees, closed roads and power-cuts there have been sun-showers and rainbows against the snowy backdrops.

Indeed this part of the earth is a "Wangapeka Pure Land Realm!"



All winter Wangapeka photos by Kirsty Adolphson



On the 17th April, Mike McClellan departed to Canada after a great effort as short term land caretaker. Then on the 18th, Tarchin's Vajrayogini and the essence of Mahamudra course began, with 13 participants taking part in Tarchin's final retreat at the Wangapeka for the year. During this time Thelma was able to get away for a 2 week retreat house-sitting for Leander.

All of Tarchin's retreats were filled with rich discourses, heart-filled Sangha sharings and creative artwork, including an exquisite skullcap bowl that Akasamati skilfully wove out of pine needles!

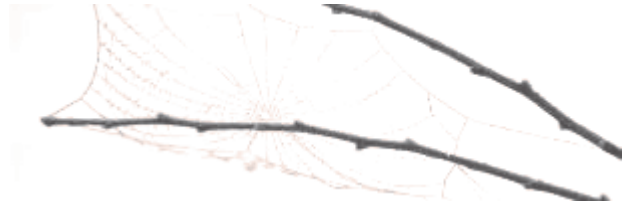
I am grateful I was able to attend most of the morning classes during the three months. A big thank you to all the retreatants who give so much energy and love in Dana to the land and Centre.

In mid May, after five weeks without a land caretaker, we were very happy that Dov Drapkin arrived to cheerfully fill the role for four months until the end of September, and has already been a great help to the centre. The waterfall 'dam' has been emptied and repaired with concrete, just in time for the first big winter rain the day after it had dried! ... the clay patching could only last for so long!

Also in mid May, building commenced on the Pemaling hut bathroom extension, which includes a modern indoor composting toilet and a bath. The bathroom has been most generously donated to the Centre by Thelma and is now almost completed. Mike Elliott worked on the interior, Dov the painting and Bridget the curtains. The hut was ready just in time for Cecilie to live in for her three month retreat.



It seems Wadsworth (the fruit loving Pig) had acquired some yogic jumping skills. Even though the compost fence was over 3 foot high, (not to mention the jump over the electric fence) he still got in! The feijoa trees bore delicious fruit for the first time this year. Fortunately we



got to eat some before the rest were devoured by creatures! This inspired the retreatants on Leander's course to build some sturdy fences around them for protection from the pigs. (Wadsworth has since been deported.)

At the end of May, Khandro-La Rinpoché led a three day retreat at the Centre, with 22 people participating in the weekend. There were 5 beautiful young children here also, such a delight! Khandro-La performed a powerful Avalokitesvara fire puja ceremony on the Saturday. Everyone sat in a large circle outside near the Peace Pagoda, reciting and singing mantras. Prayer Flags were blessed and strung high (thanks to a monkey called Dov) in the eucalyptus trees above the circle, and on the Pagoda flag poles. It was sunny and beautiful.

Three days afterwards on June the 6th Leander arrived to lead her second retreat for the year. There were 9 retreatants at the course, and it was a deep and peaceful time. Ramona was course manager for Leander, after having been on retreat for nearly four months at the centre since her year serving as office caretaker. We are grateful for Ramona's beautiful smiling energy here. Everyone thoroughly enjoyed the tasty and wholesome food during Leander's retreat, cooked by Kristen Edgeler. Kristin contributed whole heartedly in many ways to the centre during her stay, utilising learning from her time with the WSLD. We look forward to Kristin returning for Leander's course in November.

We then had 4 weeks with no courses before Cecilie's weaving the Elements 3 month retreat began on the 25th of July. Twenty-five people will attend overall, 9 for the full retreat.

May you all keep warm and happy while enjoying the crisp winter energy!

Metta

Kirsty Adolphson

In Honour [ctd from p1]

Life's amazing mystery of coming into being and passing away - this rich mystery of impermanence - this constant change every moment. Amazingly too I discover that - guess what- I am not immune to it despite all my 'holiness'! It is neither good nor bad, it just is.

And after a few days of crying and screaming, and trying to rebuild the walls that had crashed down, I stopped running - there was nowhere to go to after all, and no way to rebuild what was. In that space poured in or out the soft cushion of dharma. In that space, under the rubble and pain was a shining jewel of fearlessness, hopelessness, openness and love. This reflected on an inner and outer level. What a wonderful surprise!

To my amazement death has been such a sacred experience. We kept Kura's body at our home, lovingly caring for it and watching the changes. We cremated his body ourselves on an outdoor pyre, in a beautiful sacred ceremony- honouring this journey by keeping this process close. We gathered his ashes as a family- our new family, and now we are in the process of planting hundreds of trees. This gift of dharma has enabled us to find richness here where ten years ago I would have found only depression and unhelpful identities.

I cannot write all the learnings and deepenings I have experienced as a result of this. This would be a lengthy process and a continuous

one. What comes to mind right now though is that we are so held by fear. What a tragedy. My worst fear has been realised and it is nothing like I thought it would be. Yes pain and sadness but I never imagined there would be such richness - that was inconceivable.

So, can we move towards these places of difficulty with courage and open arms? Can we blast through them for the limitations that they are? For on the other side (of this I am now certain), immeasurable riches are to be found for the benefit of all. Can we love and connect and see all people with the preciousness they have instead of getting trapped in judgement and fear of judgement? I ask myself these questions now with more urgency than ever before.

Since Kura's death we have received so much love, support and prayers from so many beings near and far - more than we can ever know. Thank you, thank you, thank you. My heartfelt gratitude goes out to you. For all those teachers who have added wisdom and compassion to the rivers of our lives, I humbly and gratefully prostrate before you. The gift of dharma is truly a sailboat in which to cross the oceans of life - through stormy or calm seas.

May my boat of dharma sail strongly and may all those in the oceans sail on this boat until we reach the shores of enlightenment.

With love

Louise Wilkinson.

From the Co-ordinators Report AGM 22 June 2008

“A young member of the sangha, Kura, Chris Petzold and Louise Wilkinson’s two-year-old son, died suddenly in April and many of us joined family and friends in a gathering at Riverside to celebrate his life and to wish him well in his journey. A beautiful Southern Rata has been planted near Omahu with some of Kura’s ashes. To Chris, Louise and Aria we wish you our love and warm wishes for your travels and thank you for all you are giving us through your sharing and open heartedness during this time.”

Jane Hobday

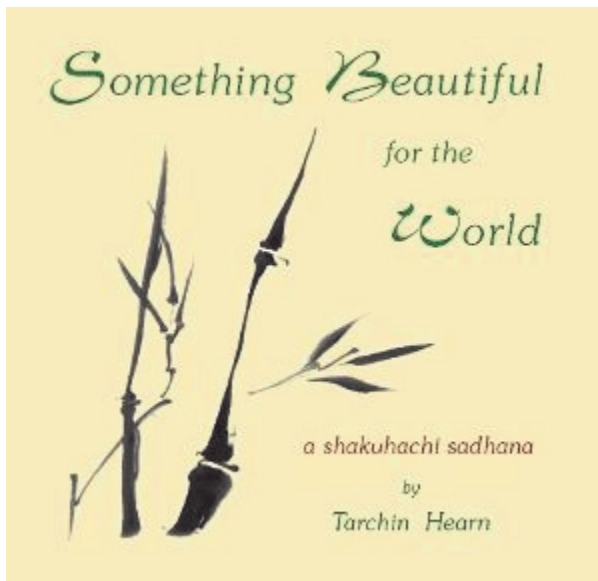
New Book by Tarchin Hearn

with Illustrations by Robert Sinclair:

Something Beautiful for the World a shakuhachi sadhana

*Flute making and human making
are similar arts.*

*Both driven by the muse. Both dancing and revealing the music
that we are. Both inviting and drawing forth the music that is other.*



The pages of this beautifully written and richly illustrated book, oscillate back and forth between bamboo flute and human flute. Each is a metaphor for the other. Making a flute, bamboo or human, and playing it, are extraordinarily intertwined like a continuous loop. How we play becomes the very action of crafting the instrument. Crafting the instrument is the making of music. Beautiful instruments and beautiful music go together.

This small book will be a treasury of inspiration for educators, artists, and meditators, in fact, for anyone who aspires to craft themselves into

Something Beautiful for the World

Something Beautiful for the World is now available either directly from Tarchin and Mary as they go on their current teaching tour (see p.14) or by ordering it from Wangapeka Books in NZ. We have no visa or paypal etc. facilities, however a personal cheque from a reputable bank, written in **your own country's currency** for the equivalent NZ cost can be processed easily by us.

So to order a copy of *Something Beautiful for the World*, send a cheque, payable to "**Wangapeka Books**", to:

Wangapeka Books
c/- Wangapeka Educational Trust
RD 2 Wakefield 7096
Nelson, New Zealand

Prices in \$NZ

including shipping and handling

within NZ (ordinary post) - \$28
to Australia (air 3-6 days) - \$32.50
to Canada and USA (air 4-10 days) - \$38.00
to UK/France (air 4-10 days) - \$39.00



Illustrations by Robert Sinclair

Excerpt from *Something Beautiful for the World:* Node 4: Music as Language

All meeting and responding is a revealing of language. It might not be so far fetched to say that the physiological event of meeting and responding, is language, embodied. The whole universe is a seamless fabric of communication. Living bodies are areas of particularly dense conversations; concentrations of dialogues, parliaments of co-operation. Ourselves, and the world we live in, are braidings of an infinity of voices and instruments. Organisms talking with organisms. Organs singing in chorus. Cells consulting cells. Molecules accommodating to each other. Atoms promenading and pirouetting in crystal lattice song. But this description is a bit too orderly. Organisms are also dancing with molecules and atoms are sounding with ecosystems. Everything is connected in rhythms and pitch and alternations of rush and pause. Communication is coupling. The internal biological structures of our bodies are coupling. At this moment of elastic time, my brain cells and typing fingers are coupled with your nervous system through the media of print, while simultaneously in your mind, this moment of experiencing is deeply linked with mine. As biologists Francisco Varela and Humberto Maturana have written in their thoughtful book, *The Tree of Knowledge: The Biological Roots of Human Understanding*, "We are languaging together." Don't think of language as a noun, as something you have or know. Don't think of it as an abstract symbol system in which this wail or groan or sequence of melodious grunting represents that object or activity. Think of it as something you do. Even better, it's something we do. We language together. This is the dance of knowing, of experience. It is a dance that links and joins us all and the linking and joining is what we are.

We are sensitised for connection. It is the essence of our aliveness. Our eyes pick up photons. Our ears respond to densities of gas and liquid. Cell



Illustrations by Robert Sinclair

receptors link with transmitter substances. DNA coils and uncoils in response to enzymatic messenger proteins. Much of these communings are repetitive, the endless syncopating thrumming of bio-rhythms. The entire fabric of life is a colossal symphony of languaging.

Take your flute into a field. Stand before a flower and breathe with it for a while. It is releasing oxygen which is bonding with your haemoglobin. Odour molecules wafting from its leaves are coupling with your brain. The shadow you cast slows its photosynthesis. Your perspiration humidifies the air and changes the plant's rate of respiration. Let go into this conversation and feel the singing. Now raise the flute to your lips and make the music audible. Play and dance the song of flower/you. Play the leaf and the light on the leaf. Play the texture of the petals and the way the flower head moves in the breeze. Play the rising sap and the filigree rootlets and the dark mysteries of soil; a matrix of living language which informs both you and me and flower and flute. Extend this to other beings. Play with the quality of light, with a tree, with a raptor soaring above the ridge, with the neighbour's cat. Play with storm clouds, and ploughed fields, with forests and still ponds. Explore the different qualities of feeling and sound that each fresh meeting evokes, cellular intimacies singing their meetings into form. This is music as worship, language as sacrament. The choir is made up of all beings and dimensions of being. The concert hall is the ineffable cathedral of wherever you are.

Tarchin Hearn 2008

Retreat inspirings:

Hu-man

"I think I shall go into the woods and become undisguised and naked; for I am mad for It to be in contact with me" . Walt Whitman

Life surge,
 urge,
 procreant dance;
 where the forest bed
 is home for countless creatures;
 eddying in the fray,
 now silent,
 now screeching or humming,
 buzzing or chirping.
 Now in these lips
 or resting in the issue of tears.
 This spine -
 highway of delight,
 Arching in curvaceous longing
 or well stacked like stone bridge.
 And you devotion
 gently appearing like snowflakes falling,
 melting back into the dance,
 or spidering in webs
 of the one longing.
 Tendrils of yearning and question,
 reaching out,
 and King of mysteries
 slowly growing a body.
 Inviting all guests
 where the feasting is endless
 yet nothing is eaten,
 Just this hu-man,
 breathing,
 be-ing.

Jordan Strbac



Photo by Jamie Howell

The Square Metre

(Tarchin had us mark off a square metre on the ground somewhere and study the life forms within it.)

Bramble and blackberry and seven types of grass
 A piece of totality pegged out with string
 Wondrous ...
 Brown grasshopper sits long minutes and waits
 Tiny midge fly gathers himself, blue wings held still
 And then launches into the void, high above grass trees
 Tiny spider runs up the bramble frond
 But no offerings, yet
 Her neighbour, on gossamer thread
 Is as big as a mustard seed
 Whom does she eat?
 Two black hoppers meet
 One circles the other until circled one jumps on the other
 and off
 Why did they do that?
 Green grasshopper hangs onto grass seed and chews
 But freezes when bird wings flap by
 What terror!
 With giant eye I peer in
 My breath rustling grass leaves
 My head casting shadows
 Can they hear my heart beating?
 I'm in love, can they tell?

Janet Eades

Untitled

You are sitting on your cushion
 Minding your own busyness,
 Diligently curious,
 And what happens?
 A swarm of ants marches up your left shoulder.
 But you remain diligent, curious, mind your own busyness
 Note without distraction when a gargantuan mosquito
 Drills your scalp; fire burns in waves of shame
 Or crucifying pain claims the space
 Between your shoulder blades.
 It's just what happens
 Signs of concentration.
 Piti, Translation? -
 Joy!

Dawa Rowley

Bloom of Books & Music



The World of Leopold Bloom (Fresh FM) won the Best Music Programme in the Ethnic Community Radio Section at this years New Zealand Radio Awards.

The Geography of Bliss one grump's search for the happiest places in the world, by N.P.R. correspondent Eric Weiner is a fascinating account of not what happiness is, but what place it might be in. We travel to Bhutan where the King has made Gross National Happiness a national priority, and Switzerland where residents believe envy is the great enemy of happiness. Surprisingly, Iceland, despite being cold, remote and full of failure is among the world's happiest places. This very humorous and wise book – Qatar's happiness is winning a lottery ticket – Moldova's happiness is somewhere else and Thailand's where happiness is not thinking! and the wonderful Mai Pen Lai (never mind) is a delightful tonic. (*Twelve '08*).

Its not about the money, unblock your money type to achieve spiritual and financial abundance by financial planner by day, Yogi by dawn Brent Kessel is steeped with eastern wisdom, (the wanting mind/nature of mind) in combination with western thought by reminding us it all starts inside of us – understand your emotional relationships with money first and only then take action. Included are the eight financial archetype exercises. (*Harper '08*.)

The Mande Variations from Mali's master Kora (21 string West Africa harp) player *Toumani Diabate*, a griot (hereditary musicians) who can trace his family back 71 generations. The playing on West Africa's most distinctive and spiritual instrument is nothing short of ecstatic, echoes of Bach's Goldberg variations. Long ago Toumani dueted with Ali Farke Toure in

Heart of the Moon; it was said here that this would take you to the end of all your mediating days - well this could take you beyond. (*World Circuit '08*).

Laya Project The musicians are the people of coastal and surrounding communities in the 2004 tsunami – affected regions of Sri Lanka, Thailand, Indonesia, Maldives, Burma and India. This production is based on regional folk music traditions, recorded and brought back to the studio to enhance the sounds and yet maintaining the authenticity of the music. It also comes complete with a DVD film (it was the best film at the recent Byron Bay Film Festival). This astoundingly wondrous film depicts the musicians whilst they perform live with scenes of the various people and landscapes. Glorious Sun remix and Rain Buddha from Burma are heart rendering as is the hypnotic Ya Allah chant. All proceeds are returned to each region.

Available L Bloom, P O Box 808, Nelson.

Garifuna Women's Project, Umalali, a soaring mix of African Latin American rhythms recorded in Belize that will probably take your breath away (well not completely). The Garifuna are Latin American descendants of escaped enslaved West African's. The choral singing is sublime, haunting and takes you to the depth on this enhanced CD which includes 30 minutes of video footage, slideshow and other features. (*Cumbancha 08*).



"There is nothing that doesn't get easier with practice" – Shantideva

Leopold Bloom

Pilgrimage to Mt Kailas, Tibet: [ctd from p.1]

With an indescribable sickliness and disorientation, the symptoms of early-onset high altitude cerebral oedema, we made a hasty descent. With a severely painful abscess on my thigh - a reaction to an anti-nausea injection - causing agony with every bump and bounce of the rugged dirt track non-road, we sped. We drove through the night.

I was in excruciating pain in my one bandaged eye. The severely dry climate of high altitude meant my eyes had lost their invaluable moistness to dislodge grit. A function we take so for granted. There was a very real risk that the fast-growing cornea would permanently grow over the piece of dust stuck there. Under extreme conditions; in a tiny tent with room only to crouch, subjected to the force of a bitterly cold mountain wind, the talented Doctor Nik

scraped the speck off my eye with a needle. As we fled over remote 5000 metre high passes the anaesthetic wore off. It was agony. But I couldn't steady my water bottle to swallow painkillers due to the roughness of the rugged terrain.

It was, in a word, awful.

Contrary to what I might have anticipated if I'd imagined this scenario beforehand, the disappointment of not making it to Mt Kailas is not my lasting impression. Having made many insightful discoveries over three years at the Wangapeka School of Living Dharma, including my own habitual tendencies for

over-achieving and high personal expectations, it is an affirming relief to feel acceptance and peace for how the pilgrimage unfolded for me. Rather than being riddled with a burning desire to go back and complete a mission left unaccomplished, I feel blessed to be alive!

One universally accepted quality of a pilgrimage is hardship. I got that one, big time! I hate taking tablets; I've never taken so many in my life as I did in that memorable week. I remember at one point when I was trying to force a dozen of them down in quick succession, remarking "well we are on a pill-grimage after all." Apparently high-altitude can induce delusions of comic genius too!

~Tash Rix

It was not that I undertook the trip ignorant of the risks and challenges. I trained up and down the Wangapeka hill every day. I got doctors' check-ups, immunisation shots and a full-blown medical kit. I read with trepidation accounts of others undertaking this same mammoth feat of endurance and perseverance. It was probably the idea of 5 weeks without a hot shower that concerned me most to be honest. After all I'd been to over 4000 metres before, on a trip in 2001 to the Annapurna sanctuary in Nepal. I thought I could do it. I was excited.

The difficulty with high altitude sickness is its randomness and unpredictability. It is very hard to guard against and it can be fatal. Once diagnosed, treatment is to descend. Rapidly. The decision to leave our group of special friends on that stunning arid landscape with vast lakes and world's tallest mountains behind was one of the hardest I've ever had to make. I couldn't be sure that I wouldn't acclimatise, given more time and more drugs, perhaps another go in the decompression chamber. But time was limited; we were on a fixed itinerary. I had struggled all week with a bad virus, vomiting, lack of sleep and lack of appetite. I

was weak, sick and I didn't know if I could keep up the pace with the group.

We had travelled enough distance from the Chinese – Nepal border that it was now or never if I wanted to turn back. We were on the point of no return. I remember asking them in a stupefied daze of desperation to call the Westpac rescue helicopter. The “roads” were so bad I couldn't face the thought of driving all those kilometres back out to the border. I was too sick to travel. I wanted four walls, a bed, a bathroom, some sleep. In order for the Tibetan guide and driver to have time to make the return journey and re-join the group the following day, I had to make a call. They gave me ten minutes to decide what to do.

The worst part was the impact of the decision on my incredible husband Grant. Without question he would accompany me if I decided to turn back. The decision to leave would be the end of his pilgrimage too. I cried uncontrollably as I tried to know what the right thing to do was (they say a side-effect of high altitude is strong emotional response). I don't doubt that it was the right choice. Though I do admit being a little envious when I see the awe-inspiring photos of the rest of the journey that we missed.

So now, back in good health and at my optimal altitude – sea level – I can reflect on just what was that pilgrimage all about? Perhaps it was a journey to illustrate what I had gained from years of Dharma study and practice. Could I let go of the ambition? Could I acquiesce to the moment when the moment wasn't filled with bliss and clarity, but with misery and

uncertainty?

As a planner, by profession and inclination, could I open into the unplanned and unknown? As somebody accustomed to a fairly high degree of control, both of circumstance and emotion, could I surrender to the situation and allow myself to cry relentlessly? I remember being so despairingly ill that I was ready to relinquish to whatever the doctors thought best. This included a medically impressive procedure to give me an intravenous drip, once again in a tiny tent battered by freezing winds.

Perhaps the pilgrimage was about facing my fear of letting others down. I was forced to consider myself as a liability to the group. Truly a position most of us try to avoid. Nobody wants to be the weakest link. But I had to be in this place and search for the answer myself. Nobody else would tell me what to do. I had to express my needs and what I had to do. Like most New Zealanders, our tendency to modesty can lead us to always put others first, even at the risk of our own well-being. Not to mention being the cause of Grant missing out on the rest of his Tibet trip too. Was the pilgrimage for me a lesson in letting go of habitual patterns of feeling guilty?

The decision to make a pilgrimage really begs the questions: where am I journeying to? And what is it I hope to get there, that I can't find here? I don't know if I've answered those questions. But I do know that I'm open to the journey, and I've got a feeling it's to my heart and it's right here.

By Tash Rix.



Retreats 2008 – 2009:

25 July – 24 October 2008:

Weaving the Elements with Cecilie Kwiat



We are extremely fortunate to have Cecilie Kwiat come to Aotearoa; her 2008 visit is a wonderful opportunity to receive teaching and share experiences with a woman teacher steeped in both Eastern and Western traditions.

At present we have 9 people committed for the full 3 months; about the same number booked for a month or more, and others visiting for a week or weekends. It is a wonderful retreat.

There are still spaces available for long term retreatants so contact the Centre if you wish to come.

Cecilie will also be our guest at the Annual Wangapeka Centre Labour Weekend Hui – please let us know if you're coming.

November 21 – 23 2008:

Body-Write with Bridget Musters

BODY-WRITE is a blend of body movements, meditation and creative writing.

Bridget says: *“The movements are based on Leander’s work, “Liberation Through the Body”, which I find allow me to stop thinking and instead give voice to what is in my heart. Sometimes I find myself in a space which is unfamiliar and exciting.”*

During the weekend we will experiment with finding this new space from which to write. If you do any kind of writing, you may be surprised at the way new doors can open, though you don't necessarily have to have done any creative writing before.

For more details of any of any retreats at the Wangapeka
please consult the program page www.wangapeka.org/program/

To register please contact the Centre

The Caretaker
Wangapeka Retreat Centre
RD 2 Wakefield 7096

Phone: (03) 522 4221
Email: retreatcentre@wangapeka.org
Website: www.wangapeka.org



Computer gear wanted for the Wangapeka!

~ Older laptop, preferably Mac, for retreatants' webmail ~
and

~ Good 17 inch (or more) LCD screen for the Office computer ~
Please contact the Centre if you can help.

February 21 - March 3 2009:

Awakening the Healing Potential within: a Medicine Buddha Retreat with Sonia Moriceau

At times the strong incentive to turn to the practice arises when faced with the inevitable reality of pain, illness and decay of the body-mind in our loved ones or in us. How ready are we to meet these changes with gentleness, patience and skill?

This retreat offers the tools to activate the powers of healing and to cultivate a strong conviction and reliance on our own wisdom and potential for healing.

The Medicine Buddha meditation increases the healing powers for oneself and others; it decreases physical and mental illness and suffering. It is considered to be a strong wholesome practice that can clean up unwholesome states and establish the practitioner in the perfections of the parami - giving, morality, patience, energy, concentration and

wisdom. The first part of the retreat will include teachings on the four levels of illness, the study of the Medicine Buddha text and its meditation, also exercises and guidance on how to apply this practice

in daily life. In the second part of the retreat we will deepen our practice of this teaching of the Medicine Buddha and explore the chanting of the mantra and its healing benefits for oneself and for those in need.

This retreat is open to anyone, not just those in the healing profession.



January 23 - February 15 2009

Exploring the Wonderful Mystery called Body: to Develop the 6 Parami with Leander Kane

Our bodies hold the key to deep healing.

All of our life experiences are stored in our body, our hopes and fears; joys, pains and traumas - mental, emotional and physical. There can be a posture of depression or disappointment where we are bent over 'with the weight of the world on our shoulders'. Or a posture of confidence when we 'feel that we are 10 feet tall'.

By questing/questioning in a non-verbal way we will explore body using gentle movement sequences made with Awareness. Working this way we discover new movement possibilities; new postures; freeing ourselves from old painful stuck patterns.

Our body/mind explorations can allow our authentic self to be revealed. Feelings of calm,

strength, vibrancy, joy, clarity and peacefulness, way beyond our self-limiting beliefs, can emerge.

In changing the posture we change the mind state. In fact we are uncovering the Parami.

It is said that by fully perfecting any one Parami, all of the Parami are present.

In this 3 week residential retreat we will enhance and deepen our recognition of these awakening activities by the practice of standing, walking and sitting meditations as well as exploring the body with gentle movements.



Leander is also teaching at the Wangapeka November 7 - 13 2008

Tarchin Hearn Schedule 2008 - 09

2008

US and Canada

July 30 - Aug 14

Edmonton

My Life is My Path of Awakening - an urban retreat

Website www.novayana.org

Aug 25 - Sept 8

Boise, Idaho

Contact email jenny@zealandia.com

Sept 10 - 15

Toronto, Zephyr

Contact Rob or Karen 905 473 7011

Sept 16 - 22

Ottawa

Contact Samaya ph 613 829 8536

email bgordon@magma.ca

Sept 26 - Oct 5

Dharma Centre Kinmount

Contact email adminoffice@dharmacentre.org

Website www.DharmaCentre.org

UK and Europe

Oct 11 - 19

Maitreya House, Wales, UK

Contact email unitynz@yahoo.com

or Stephanie - 01326 373 626

Oct 25 - 26

Wales

Contact email dreads_uk@yahoo.co.uk

Oct 28

Cornwall

Sharpham Trust

www.sharphamtrust.org

Leander Kane Schedule 2008 - 09

2008

Wellington: Sept 26 - 30

September 27 - 28:

Weekend Workshop:

The Wonderful Mystery Called Body

September 29 - 30:

available for individual work Contact : Ruth Pink:

email pinkruth@xtra.co.nz phone 04 801 8896

Katikati: Oct 3 - 22 approx

Oct 12 & 19: Sunday morning Workshops

Individual work also available

Contact: Rosalie Smith 07 5492422

Auckland: Oct 22 -27

October 25 - 27

Bella Rakha Centre

Labour Weekend Residential retreat

from Friday eve 5pm until Tuesday 12 noon.

It is also possible to attend just the Saturday and

Sunday morning classes from 9am to 12 midday.

Contact Janet Eades: ph (09) 846 8853 email:

janete1@ihug.co.nz

Wangapeka Study and Retreat Centre, Nelson

Nov 7 - 13: Weekend or 6 day Retreat

Weekend arrive Friday eve - Sunday afternoon.

Course continues until Thursday 13th Nov for those who wish to attend 6 day course.

Contact the Centre ph: 03 522 4221

email: retreatcentre@wangapeka.org

Melbourne: Nov 20 - Dec 9

Contact Kathryn Shain email: kshain@aapt.net.au

2009

Wangapeka Study and Retreat Centre, Nelson

Jan 23 - Feb 15: 3 week residential retreat

Exploring the Wonderful Mystery called Body: to Develop the 6 Parami : see previous page for more details

In between these teachings Leander offers classes and individual sessions from her home in Nelson. For info ph 544 2225 or email leanderkane@clear.net.nz

For more information on these teacher schedules please follow the links at the top of the program page on www.wangapeka.org

... Tarchin Hearn Schedule ctd

Nov 1 - 2

Cornwall

Contact email unitynz@yahoo.com

or Stephanie ph 01326 373 626

Europe

Nov 8 - 16

South of France

Namgyal Gonpa, Montbrison-sur-Lèz, Drôme-Provençale,
26770, France www.jangchoub.org

Nov 21 - 23

Switzerland

Contact email michael.gohl@bluewin.ch

Nov 26 - Dec 7

Germany

near Hildesheim

Contact email info@combi-nations.de

New Zealand

Dec 12

Return to NZ

Various teachings and
retreats (to be
announced)

2009

January 10 - 18

**Shakuhachi and Medita-
tion Retreat at Rolling
Cloud Gallery, Katikati**

Contact Kelvin email: falconer@enternet.co.nz

April and May: Australia (to be announced)

Mid June to mid September:

Retreats at Wangapeka (details to be announced)



Wangapeka Diary 2008 - 09

2008

- Jul 25 - Oct 24** **Weaving the Elements with Cecilie Kwiat**
- Oct 24 - 27** **Annual Wangapeka Working Bee and Hui.** All welcome.
- Oct 31 - Nov 2** **Mountains & Rivers Zen Weekend** Contact info@villa10.co.nz
- Nov 7 - 13** **Liberation through the Body Retreat with Leander Kane**
- Nov 14 - 16** **Caretaker and WET Board Weekend Retreat**
- Nov 21 - 23** **Body-Write Weekend Retreat with Bridget Musters**

2009

- Dec 27 - Jan 5** **Garden of Mindfulness Families Course.** All welcome
- Jan 10 - 17** **Diamond Zen** Info on www.zendo.org.nz
- Jan 23 - Feb 15** **Body Wisdom** 3 week retreat with **Leander Kane**
- Feb 21 - Mar 3** **Awakening the healing potential within, a Medicine Buddha retreat**
with **Sonia Moriceau**
- Mar 6 - 15** **A 9 day painting retreat with Robert Sinclair**
- Apr 9 - May 20** **6 week Retreat with Bonni Ross** - details still to come
- Mid-May**
leading up to ... **Liberation through the Body Retreat with Leander Kane**
- Winter Solstice**
- **Spring Equinox** **Winter Retreat with Tarchin Hearn**

For details of upcoming retreats at the Wangapeka please consult
the program page www.wangapeka.org/program/
or contact the Centre Ph: 03 522 4221 Email: retreatcentre@wangapeka.org

The Wangapeka Educational Trust Aims and Objectives

The Wangapeka Study and Retreat Centre is located 80 km 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

a) Units and Retreat Huts

Members (to qualify for this reduced rate, you need to have been a member for one year): \$36 per night (including food)

Non-members: \$42 per night (including food)

b) Camping

Members: \$31 per night (including food)

Non-members: \$33 per night (including food)

Prices are subject to change. A subsidy may be available for those experiencing financial hardship. Special rates for families.

The Centre is also available for hire to groups with similar aims.

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 notify us and 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 email: retreatcentre@wangapeka.org website: www.wangapeka.org

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If undelivered, please return to:

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RD2 Wakefield 7096

Nelson, New Zealand