

# SOUTHERN INSIGHT

## Newsletter of Southern Insight Meditation, Christchurch, New Zealand

Newsletter 35

Summer

2009

(health, wealth, status); taking action for change; becoming who you really are.

The Dharma Gathering is also available as a weekend only option, Fri 29 to Sun 31 Jan, at a cost of \$125 (\*65).

### UPCOMING MEDITATION RETREATS 2010

EXTENDED TO 7 DAYS \*\*\*  
EXTENDED TO 7 DAYS \*\*\*  
EXTENDED TO 7 DAYS

All retreats are suitable for both new and experienced meditators and are accessible to people of any or no religious affiliation. The cost of each retreat covers all food and accommodation. Teachers receive donations.

November Retreat Mon  
15 Nov – Sun 21 Nov 2010 \$TBA  
with Stephen and Martine Bachelor

#### Staveley Camp

EXTENDED TO 7 DAYS \*\*\* EXTENDED  
TO 7 DAYS \*\*\* EXTENDED TO 7 DAYS

Dharma Gathering Fri 29  
Jan – Fri 5 Feb 2010 \$280 (\*140)  
with Subhana Barzaghi, Jeremy Logan, Mary  
Jaksch and Arthur Wells Staveley  
Camp

\*The actual cost of the retreat is the higher figure, however it is possible to pay a subsidised rate anywhere from the actual cost down to the bracketed figure.

A seven day Gathering offered by Southern Insight in conjunction with the Diamond Sangha Zen Tradition. Join us for a week of meditation, workshops, bodywork, poetry, group art projects, music, walks, and great vegetarian food. A celebration of the Buddha's teachings and an opportunity to discover how to stay in your heart as you interact with the world. Explore your relationship to everyday experience: social pressures; stress; interacting with others (parents, children, workmates, friends, partners); the desire for security

The Closing Date for  
registration is one week before the  
retreat starts.

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



Greetings all! Summer is on it's way (she said hopefully) and it's that time of year when planning the annual leave needs to happen. If you're still wondering what to do may I suggest joining us for the Dharma Gathering in late January. This is a very joyful event and a rare opportunity to go on holiday with your sangha and make some wonderful connections.

The five day retreat led by Jeremy Logan in October was enjoyed by some twenty participants, and he was in his usual fine form. It was lovely to have the benefit of Jeremy's wisdom for a longer period.

Sadly we had to cancel the October Dharma Facilitator's Programme due to lack of participants, and we have now extended this cancellation to the entire series of DFPs. We recognise this is a major disappointment for those who did register and are sorry to have had to take this step. We hope to run another series sometime in the future.

They say that all clouds have silver linings, and the cancellation of the DFP has allowed us to extend the Dharma Gathering by a further two days to become a full week programme. The teachers and Southern Insight are busy preparing for this great event – if you would like to get involved and help out we would love some extra pairs of hands. And voices. And minds. As with the last Dharma Gathering, families are very welcome. We need to know early if you are bringing children, so please contact Russell as soon as possible.

We realise that times are hard economically, and that this may be a factor in people's decision whether or not to come on a programme. Southern Insight doesn't want anyone to miss out for lack of money, so PLEASE, if this is you, make use of the Top Up Fund, donated by other meditators in a healthier economic era. The fund is currently in a very healthy state.

We are hoping to have Sharda Rogell to lead another two day non-residential workshop in May, but this is yet to be confirmed.

The sitting group continues to meet every Wednesday night, and the session held in Opawa last month did lead to some long-missed faces come out of the woodwork! Nice to see. Senior practitioners are presenting some very interesting topics on the second Wednesday nights of the month – if you would like to be on the email list that these are advertised on please contact Julie at [angulijulie@gmail.com](mailto:angulijulie@gmail.com). Russell's public talks on the third Wednesday of the month will be suspended over the holiday period and will resume in February.

May you all be well and happy and may your practice be fruitful. And may we see you in January!!

# DHARMA GATHERING: CHANGE YOUR MIND WEEK

Only a couple of months to go before the second New Zealand Dharma Gathering. The four teachers and some side-kicks are busy preparing their talks and workshops – an exciting time. If you want to join in with this we'd love to hear from you.

*"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*

As with last time, we are welcoming **children**. A limited amount of space will be available for families (but please no pets!) As a parent you'll be expected to participate in the coordination and facilitation of children's activities, and to be responsible for your children while at the Gathering. Other participants at the Gathering will also be offered the opportunity to volunteer for child-minding - we really want to offer parents the opportunity to share time with the sangha and to practice. Charges for children at the Dharma Gathering are as follows (at cost):

under fives     \$5 per day  
5 – 12 yrs     \$10 per day  
12 yrs & over   \$13 per day

Numbers of children will be limited, and **families will need to register early** (by the 1<sup>st</sup> December), so that everything can be arranged. Call Russell on 03 388 8951.

*"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*

If you didn't make it to the last Gathering and you're wondering what things are going to look like, the schedule below might give you some idea. The Evening Programme will vary, and will include deep inquiry sessions with Subhana, 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 be silent at all times for those wishing to do formal practice.

## A Typical Dharma Gathering Daily Schedule

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

*"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*

## SERVICE PRACTICE

Do 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 retreats and co-ordinating the sangha are made up of many jobs, small and large, and the more people that help with this the easier it is to maintain. Some of the things you could help with:

- ? doing the shopping for retreats
- ? transporting things to retreats
- ? co-ordinating retreats
- ? cooking on retreats
- ? managing retreats
- ? running the library
- ? newsletter folding

If you'd like to do any of these, please call Di on 338 7070.



## A WEEK OF SANGHA

Staveley Camp, cradled at the base of Mt. Somers, was home for the first Dharma Gathering. It was filled with wisdom and joy and supported rich, deep connection with practice and community. Unlike the silent retreat model, the gathering offered workshops each morning and afternoon, a dharma talk, and an evening programme woven through the daily schedule of sitting and walking meditation practice.

One of the gathering's highlights was the creation of the labyrinth in the camp courtyard. The designers swept the gravel pathway and the group decorated its borders with bits of nature gathered from our surroundings over the week. It was a delight to be part of this evolving creation. I sat in wonder experiencing a wreath of brown pods randomly exploding in a wild frenetic dance in the warmth of the sun. Jackie, the artist/creator commented, "It's like performance art." Indeed.

For some the day began at 5.30 with choice of Feldenkrais led by Dermot or yoga bathed in rising sunlight, followed by the first sit of the day. The daily workshops skillfully led by the teachers explored a creative range of topics: love, samadhi, sexuality, integrating practice and family life, inner and outer climate change, right view, metta, compassion, and death, to name a few. The engaging evening programmes included videos, heart-moving one on one inquiry with Subhana, a candlelit labyrinth walk, and even singing and dancing. Contrary to popular belief, Buddhists can rock out!

The family programme enriched the gathering and gifted us with six energetic young boys and two visiting babies. Jeremy offered meditation practice for the children with mindful listening and lots of bell ringing enjoyed by all. The "dharmasaurus," a creation from the children's tent, was a noble addition to the altar.

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! I offer my heartfelt gratitude to our wise and generous teachers and to all who worked so hard creating this fabulous event. Many thanks go to Christopher Titmuss for his vision that created the model for both the Dharma Gathering and DFP. With an Open Heart,  
*Deborah White*

***"A beautiful mandala was created by all as an offering to the passing of Sir Edmund Hillary. In his famous words "It is not the mountains we must conquer, but ourselves." Let his courage and humility live with us***



***"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. To the organizers and teachers my heart***

## **BEGINNER'S COURSE IN MEDITATION**

Will now start in March 2010  
Please contact Di on 338 7070 for  
more information and to enrol

### **SITTING GROUP NEWS**

The new format has been operating for just over a month now and will continue into the New Year. So far we have had some very inspiring talks and discussions on Meditation and Healing, Climate Change and Doing No Harm. To recap in case you are confused, the following happens each month:

Second Wed: Talk/Facilitated Discussion  
Third Wed: Public Talk by Russell  
Fourth Wed: Held at Opawa Zendo

**Please note that Russell will be suspending public talks during December and January. Also there will be no sitting group on Wed 30<sup>th</sup> December.** Otherwise everything will be business as usual and we look forward to seeing you all.

Apart from the fourth Wed of the month meetings take place at 104 Merivale Lane in the staffroom of Ferndale School. The evening starts at 7.30pm and runs through to 9.15pm.

The Opawa Zendo is located at 4 Kennedy Place, Opawa on the corner of Opawa Rd opposite the Hillsborough Domain. By car you need to be travelling south to turn into Kennedy Place. Parking is not allowed on Kennedy Place, so please park in the Bremca Ltd carpark at 10 Kennedy Place.

### **Wednesday Evening Dharma Talks**

To recommence in February 2010. On the third Wednesday of every month insight meditation teachings are offered by Russell in the form of a guided meditation followed by a dharmette (short dharma talk) and discussion. All are welcome. Donations are collected for the teacher and the hire of the room.



### **FINDING THE JEWEL**

today is wednesday, a week has passed since we left the staveley camp and its surroundings, the mountains just behind and the fields around us. there is still peace within, whenever i turn the attention inwards and let things be the way they are. yummm yummm. the retreat has been my shortest so far but it seems that i have found a jewel, within the south island of new zealand. its not so much the setting or the buildings, rather then the way these lovely caring people have created a form of retreat that allowed me to follow the "middle path".

meditation used to be connected in my mind with many hours of disciplinary sittings and walks, certain rules that had better not to be broken and pretty much absolute isolation within my own world, where there was no space for anyone else during this time of hard work to achieve some kind of state, that could be reached and that was given by grace from time to time.

this retreat in staveley taught me something very different, it allowed me to relax during this time, it was okay to sit in front of the fire place and have a cup of tea next to other people, sure, each in noble silence but still with each other, it was okay to sit in group talks and listen to someone else story without getting attached to it, it was okay for people to sit on chairs or even to lay down in the meditation hall if it was necessary, it wasn't encouraged but it was accepted.

so many things that in the beginning felt like a meditation holiday but soon found their place within the realm of okayness and that for myself meant that it was okay to be soft and tender if it needed to be. a great experience for someone that tried for so many times to get as many hours of meditation in as possible because he knew that what ever time was given was not a lot, so hardness set in easily and a retreat became more like a full on work-camp – a camp of unsoftness, which transformed into theoretical mind awareness but not so much into 'as it is' awareness.



**October retreat yogis in post-retreat bliss**

i want to thank the people that make these retreats happen, you are doing a tremendous job, i hope to be more involved in the future myself, so that other people may can have a similar experience as the one i have had.

i also want to specially thank jeremy for his great attitude towards life, its been such a pleasure to sit in the hall and listen to your Dhamma talks, i lost interest in talks during other retreats, they have been made quite impersonal and boring, sometimes a TV program of vast information, whereas here, personal experience and examples, poems and laughter was put in to them that made the dhamma talks a grateful dhamma experience, the offers to be able to talk to you many times and to hear that the teacher can have moments of struggle made you a being that does not know anything more then anyone else, just different things at different times and that all of us can't do any more then accept them as they are.

thanks you southern insight meditation for being and i really hope to be part of the next retreat.  
kay

**BUDDHIST DECLARATION ON CLIMATE CHANGE**

In the run-up to the crucial U.N. Climate Treaty Conference in Copenhagen in December 2009, the Declaration that follows will present to the world's media a unique spiritual view of climate change and our urgent responsibility to



**Recycling, anyone?**

address the solutions. It emerged from the contributions of over 20 Buddhist teachers of all traditions to the book *A Buddhist Respose to the Climate Emergency*. *The Time to Act is Now* was composed as a pan-Buddhist statement by Zen teacher Dr David Tetsuun Loy and senior Theravadin teacher Ven. Bhikkhu Bodhi with scientific input from Dr John Stanley. The Dalai Lama was the first to sign this Declaration. We invite all concerned members of the international Buddhist community to study the document and add their voice by co-signing it at <http://www.ecobuddhism.org>

**THE TIME TO ACT IS NOW**  
A Buddhist Declaration on Climate Change

Today we live in a time of great crisis, confronted by the gravest challenge that humanity has ever faced: the ecological consequences of our own collective karma. The scientific consensus is overwhelming: human activity is triggering environmental breakdown on a planetary scale. Global warming, in particular, is happening much faster than previously predicted, most obviously at the North Pole. For hundreds of thousands of years, the Arctic Ocean has been covered by an area of sea-ice as large as Australia—but now this is melting rapidly. In 2007 the Intergovernmental Panel on Climate Change (IPCC) forecast that the Arctic might be free of summer sea ice by 2100. It is now apparent that this could occur within a decade or two. Greenland's vast ice-sheet is also melting more quickly than expected. The rise in sea-level this century will be at least one meter—enough to flood many coastal cities and vital rice-growing areas such as the Mekong Delta in Vietnam.

Glaciers all over the world are receding quickly. If current economic policies continue, the glaciers of the Tibetan Plateau, source of the great rivers that provide water for billions of people in Asia, will disappear within 30 years. Severe drought and crop failures are already affecting Australia and Northern China. Major reports—from the IPCC, United Nations, European Union, and International Union for Conservation of Nature—agree that, without a collective change of direction, dwindling supplies of water, food and other resources could create famine conditions, resource battles, and mass migration by mid-century—perhaps by 2030, according to the U.K.’s chief scientific advisor. Global warming plays a major role in other ecological crises, including the loss of many plant and animal species that share this Earth with us. Oceanographers report that half the carbon released by burning fossil fuels has been absorbed by the oceans, increasing their acidity by about 30%. Acidification is disrupting calcification of shells and coral reefs, as well as threatening plankton growth, the source of the food chain for most life in the sea.

Eminent biologists and U.N. reports concur that “business-as-usual” will drive half of all species on Earth to extinction within this century. Collectively, we are violating the first precept—“do not harm living beings”—on the largest possible scale. And we cannot foresee the biological consequences for human life when so many species that invisibly contribute to our own well-being vanish from the planet.

Many scientists have concluded that the survival of human civilization is at stake. We have reached a critical juncture in our biological and social evolution. There has never been a more important time in history to bring the resources of Buddhism to bear on behalf of all living beings. The four noble truths provide a framework for diagnosing our current situation and formulating appropriate guidelines—because the threats and disasters we face ultimately stem from the human mind, and therefore require profound changes within our minds. If personal suffering stems from craving and ignorance—from the three poisons of greed, ill will, and delusion—the same applies to the suffering that afflicts us on a collective scale. Our ecological emergency is a larger version of the perennial human predicament. Both as individuals and as a species, we suffer from a sense of self that feels disconnected not only from other people but from the Earth itself. As Thich Nhat Hanh has said, “We are here to awaken from the illusion of our separateness.” We need to wake up and realize that the Earth is our mother as well as our home—and in this case the umbilical cord binding us to her cannot be severed. When the Earth becomes sick, we become sick, because we are

### Notice

**This evening, the sturdy Levis  
I wore every day for over a year  
and which seemed to the end in perfect  
condition,  
suddenly tore.**

**How or why I don’t know,  
but there it was—a big rip at the  
crotch.**

**A month ago my friend Nick  
walked off a racquetball court,  
showered,  
got into his street clothes,  
and halfway home collapsed and died.**

**Take heed you who read this  
and drop to your knees now and again  
like the poet Christopher Smart  
and kiss the earth and be joyful  
and make much of your time  
and be kindly to everyone,  
even to those who do not deserve it.  
For although you may not believe it  
will happen,  
you too will one day be gone.  
I, whose Levis ripped at the crotch  
for no reason,  
assure you that such is the case.  
Pass it on.**

part of her.

Our present economic and technological relationships with the rest of the biosphere are unsustainable. To survive the rough transitions ahead, our lifestyles and expectations must change. This involves new habits as well as new values. The Buddhist teaching that the overall health of the individual and society depends upon inner well-being, and not merely upon economic indicators, helps us determine the personal and social changes we must make.

Individually, we must adopt behaviours that increase everyday ecological awareness and reduce our “carbon footprint”. Those of us in the advanced economies need to retrofit and insulate our homes and workplaces for energy efficiency; lower thermostats in winter and raise them in summer; use high efficiency light bulbs and appliances; turn off unused electrical appliances; drive the most fuel-efficient cars possible, and reduce meat consumption in favour of a healthy, environmentally-friendly plant-based diet.

These personal activities will not by themselves be sufficient to avert future calamity. We must also make institutional changes, both technological and economic. We must “de-carbonise” our energy systems as quickly as feasible by replacing fossil



fuels with renewable energy sources that are limitless, benign and harmonious with nature. We especially need to halt the construction of new coal plants, since coal is by far the most polluting and most dangerous source of atmospheric carbon. Wisely utilized, wind power, solar power, tidal power, and geothermal power can provide all the electricity that we require without damaging the biosphere. Since up to a quarter of world carbon emissions result from deforestation, we must reverse the destruction of forests, especially the vital rainforest belt where most species of plants and animals live.

It has recently become quite obvious that significant changes are also needed in the way our economic system is structured. Global warming is intimately related to the gargantuan quantities of energy that our industries devour to provide the levels of consumption that many of us have learned to expect. From a Buddhist perspective, a sane and sustainable economy would be governed by the principle of sufficiency: the key to happiness is contentment rather than an ever-increasing abundance of goods. The compulsion to consume more and more is an expression of craving, the very thing the Buddha pinpointed as the root cause of suffering.

Instead of an economy that emphasizes profit and requires perpetual growth to avoid collapse, we need to move together towards an economy that provides a satisfactory standard of living for everyone while allowing us to develop our full (including spiritual) potential in harmony with the biosphere that sustains and nurtures all beings, including future generations. If political leaders are unable to recognize the urgency of our global crisis, or unwilling to put the long-term good of humankind above the short-term benefit of fossil-fuel corporations, we may need to challenge them with sustained campaigns of citizen action.

Dr James Hansen of NASA and other climatologists have recently defined the precise targets needed to prevent global warming from reaching catastrophic "tipping points." For human

civilization to be sustainable, the safe level of carbon dioxide in the atmosphere is no more than 350 parts per million (ppm). This target has been endorsed by the Dalai Lama, along with other Nobel laureates and distinguished scientists. Our current situation is particularly worrisome in that the present level is already 387 ppm, and has been rising at 2 ppm per year. We are challenged not only to reduce carbon emissions, but also to remove large quantities of carbon gas already present in the atmosphere.

As signatories to this statement of Buddhist principles, we acknowledge the urgent challenge of climate change. We join with the Dalai Lama in endorsing the 350 ppm target. In accordance with Buddhist teachings, we accept our individual and collective responsibility to do whatever we can to meet this target, including (but not limited to) the personal and social responses outlined above. We have a brief window of opportunity to take action, to preserve humanity from imminent disaster and to assist the survival of the many diverse and beautiful forms of life on Earth. Future generations, and the other species that share the biosphere with us, have no voice to ask for our compassion, wisdom, and leadership. We must listen to their silence. We must be their voice, too, and act on their behalf.

**If only it were all so simple! If only there were evil people somewhere insidiously committing evil deeds, and it were necessary only to separate them from the rest of us and destroy them. But the line dividing good and evil cuts through the heart of every human being. And who is willing to destroy a piece of his own heart? During the life of any heart this line keeps changing place; sometimes it is squeezed one way by exuberant evil and sometimes it shifts to allow enough space for good to flourish. One and the same human being is, at various ages, under various circumstances, a totally different human being. At times he is close to being a devil, at times to sainthood. But his name doesn't change, and to that name we ascribe the whole lot, good and evil. Socrates taught us: *Know thyself!* Confronted by the pit into which we are about to toss those who have done us harm, we halt, stricken dumb: it is after all only because of the way things worked out that they were the executioners and we weren't. From good to evil is one quaver says the proverb.**

### Booking procedures

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

### Refunds of deposits

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

### Top Up Fund

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

### Contact Details for Southern Insight

**E-mail:** [southern.insight.meditation@xtra.co.nz](mailto:southern.insight.meditation@xtra.co.nz)

**Post:** 16 Ward Street, Christchurch

**Web:** <http://southern.insightmeditation.org.nz>

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

<b>Di</b>	<b>338 7070</b>
<b>Meg</b>	<b>328 8052</b>
<b>Julie</b>	<a href="mailto:angulijulie@gmail.com">angulijulie@gmail.com</a>
<b>Dermot</b>	<b>381 4617</b>
<b>Rachel</b>	<b>379 2548</b>
<b>Sarah</b>	<b>027 669 3824</b>
<b>Russell:</b>	
<b><a href="mailto:southern.insight.meditation@xtra.co.nz">southern.insight.meditation@xtra.co.nz</a></b>	

### Insight Aotearoa

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

### Receiving our newsletter

If you did not receive this newsletter by mail and would like to be on our mailing list, please phone Dermot on 381 4617. Any donation towards the cost would be appreciated.

If you would like to receive this newsletter and retreat information electronically just contact us at [southern.insight.meditation@xtra.co.nz](mailto:southern.insight.meditation@xtra.co.nz) Write 'SUBSCRIBER' in the subject box.

### TEACHERS

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

**Jeremy Logan** has been involved in Insight Meditation for the last eighteen years, spending several years in the east and in Europe learning and practicing meditation. He has been teaching retreats since 1991 in New Zealand and he has taught in India. He currently lives in the Wairarapa working as a Counsellor and facilitating Stopping Violence programmes for men.

**Mary Jaksch** is a senior Zen teacher in the Diamond Sangha lineage. She studied with Robert Aitken Rishi in Hawaii and with Ross Bolleter Rishi, who gave her Dharma Transmission in 2004. Mary teaches in NZ, Europe and South America, and her Zen teaching reflects her background in psychotherapy and academic research in Buddhist Studies. Mary now writes full time and her e-book *Overcome Anything: Finding the Light after the Darkness*, can be downloaded free from her blog at <http://goodlifezen.com>.

**Arthur Wells** is a Christchurch based counsellor and social worker, and has worked in Lifeline, the Family Mental Health Service and Stopping Violence Services. He began meditation practice in various Hindu traditions in the 70's, and in the early 80's took up Zen, becoming a student of John Daido Looi Rishi and later of Ross Bolleter Rishi, who authorised him to teach Zen in February 2008. Like Mary he has a university teaching background (and an MA in religious studies), which has given him a similar enthusiasm for a Buddhism wider than Zen.

**Christchurch Meditation Group**  
Ferndale School  
104 Merivale Lane  
Christchurch  
Wednesdays 7.30 – 9.15pm

**Everything in life comes to you as a teacher.  
Pay attention.  
Learn quickly.**

*Old Cherokee Woman to her Grandson*

If undelivered, please return to:  
13 Dacre Street  
Christchurch