

Desert Buddha Sangha



Photo Shunyam Smith

Welcome to the Desert Buddha Sangha newsletter for 2009. This is a list of local Buddhist events and contacts that is not affiliated with any particular group, and is a way to share information and link us up with each other. Your contributions are welcome for the next newsletter. Contact Sue on 8953 2776.



We are here to help each other to get through this thing, whatever it is.

Mark Vonnegut

Groups, contacts and ongoing events

Sunday sits at 3.30pm every Sunday. Please come at least 10 minutes early to settle in, so we can start on time.

Everyone is welcome. There is a 45 minute silent meditation period. Some weeks this will be followed by a dharma discussion, reading or short talk.

Contact Nique on 8953 6462.

Insight meditation teacher Jenny Taylor is available for support and guidance in relation to Insight meditation practice. She is an experienced practitioner and a member of the Insight Teachers' Circle of Australia.

Contact Jenny on 8953 2776.

Recollective Awareness meditation class for beginners and experienced meditators. The class will be led by Jenny Taylor, and will commence on April 15, meeting weekly for 4 weeks. Each class will include sitting together in silence, and time afterwards for recollecting and reporting what happens during meditation. This approach features minimal instruction beforehand, instead emphasising an open,

careful exploration of one's actual experience in meditation, with support and discussion. People who are interested in the Recollective Awareness retreat with Jason Siff and Jenny in June (see below) might like to attend this class as an appetiser! For enquiries and bookings phone Jenny on 8953 2776.

Palyul Oz (Tibetan/ Nyingma: Khenpo Tsewang Gyatso). Monthly Tsog offerings, Manjushri practice and ongoing Buddhist study group. Contact Nique: 8953 6462.

Tibetan Buddhist group (Nyingma/Palyul: Jetsunma Ahkon Lhamo). Contact Virginia on 8955 5117. Regular practice events.

Dzogchen Community of Australia (Tibetan: Choegyal Namkai Norbu) Regular practice events. Enquiries welcome! Contact Sue on 8953 2776.

Tibetan Buddhist group (Gelugpa: Geshe Thubten Tenzin), affiliated with the Institute of Buddhist Learning and Practice (IBLP) in Darwin. Contact Paul on 0417835948.



Sometimes I think that just not thinking of oneself is a form of prayer.

Barbara Harrison

Retreats in Alice Springs 2009

These are the retreats planned so far for this year. There *will* be more, so stay tuned to your email...!

Wednesday June 3 - Monday June 8, Jenny Taylor and Jason Siff: a residential (camping) retreat at Campfire in the Heart, just east of Alice Springs.

This retreat features Recollective Awareness, a gentle and accepting approach to Insight meditation, based on the teachings of early Buddhism. There will be periods of silent meditation, walking meditation, small group and individual interviews, dharma talks and discussions. This retreat will be suitable for beginners and experienced meditators.

Please book early as numbers will be limited. It is possible to attend only the weekend part of the retreat, but priority will be given to those planning to attend the whole retreat. For information about Recollective Awareness and Jason Siff:

www.skillfulmeditation.org

Tuesday June 2, 7.30pm Jason will give a public talk. Venue to be confirmed.

Retreat bookings and enquiries: Sue Fielding on 8953 2776.



May/June (dates to be confirmed), Khenpo Tsewang Gyatso Rinpoche returns to Alice Springs to continue teachings on the ‘Way of the Bodhisattva’ text by Shantideva. Khenpo is a much loved and respected teacher in the Tibetan Buddhist tradition. He is based in India at Namdroling Monastery, and travels widely in Asia and the west giving teachings.

He will be offering a Chenresig (Buddha of compassion) empowerment as well as teachings on the Heart Sutra. This will be his seventh visit to Alice Springs. Enquiries Nique Murch 98536462

June 4-8, Khandro Thrinlay Chodon, or Khandro-la, will be leading a pilgrimage to Uluru and offering two teachings and a public talk in Alice Springs. Khandro-la is a teacher in the Drukpa Kagyu tradition of Tibetan Buddhism. She travels and teaches around the world, as well as focusing considerable energy on a project in Zanskar called Khachodling. See www.khachodling.org for more information.

Khandro-la and her assistant Jane Miknius are needing a place to stay in Alice Springs during this time, as well as help to organise transport and cooking. All enquiries and offers of help, please contact Ingrid Pullin on moontrinkett&&gmail.com (replace && with @) or phone her on 0422 151336.





Photo J. Oliver

Your work is to discover your work and then with all your heart give yourself to it.
Buddha

Other activities

Tibetan Buddhist Study group, under the guidance of Khenpo Tsewang Gyatso Rinpoche. The group has been meeting regularly to study a text called ‘The Way of the Bodhisattva’ by the great Indian teacher, Shantideva. This text is a description of Buddhist philosophy and offers a way to integrate and practice this in everyday life. New participants are welcome. Enquiries: Marlene 8952 9434

Mindfulness Based Stress Reduction courses with Open Ground. Nique Murch will be facilitating a number of 8 week courses during 2009. For further information and bookings, call 8953 6462 or visit www.openground.com.au

Useful links

Buddhist Peace Fellowship:

www.bpf.org

Australia Tibet Council:

www.atc.org.au

Buddhanet:

www.buddhanet.net

Australian Insight Meditation Network

www.dharma.org.au

Jason Siff:

www.skillfulmeditation.org

Others you might like to share.....

please email them by reply.



What we call ‘I’ is just a swinging door that moves when we exhale and when we inhale

Shunryu Suzuki