

The Lotus Centre *Newsletter*

*The Lotus Centre & Babylon Bookshop
provide a community service newsletter for
workshops in Tasmania & Hobart. ***

www.thelotuscentre.com.au



Issue: January 2010

Welcome to this month's issue of The Lotus Centre Newsletter
From The Lotus Centre & Babylon Bookshop Team

Dear friends and fellow travellers

Welcome to 2010

What an amazing start to the year, as I am reminded of New Year's Eve. With its awe inspiring lightning contrasting so beautifully to the New Year fireworks. It was an interesting dilemma where to focus my attention. On one side of me an extraordinary lightning display which seemed to shock myself out of complacency and direct me to something much more powerful than myself (spirituality) yet on the other side was an exciting, colourful but short lived fireworks display (materialism).

And if that wasn't enough – what a beautiful sight to watch the sun rise having walked up the Zig-Zag track on Mt. Wellington. A full Moon descending and the Sun arising ... we are so blessed to be living in Tasmania.

Wishing you a magical and wonderful New Year full of joy, peace, acceptance and unconditional love ♥ ♥ ♥

We are looking forward to an abundant program of workshops and events at the Babylon Bookshop and the Lotus Centre. If you would like to include an item in the newsletter please email the information to newsletter@thelotuscentre.com.au so we can continue to share "What's On" around Hobart and our beautiful island.

In this newsletter please note the following events listed:

- **Yoga from the Heart**
- **Buddhism for Mothers - Tashi Choling Monthly Program**

And don't miss this month's NEW listings for the newsletter. If any info in this newsletter interests you ... then please contact the person concerned or alternatively check out:

- The Babylon Bookshop noticeboard

- Listed web-sites
- The Lotus Centre display board
- Or come and talk to us at Babylon/Lotus Centre

For interesting book reviews please browse the end of the newsletter. ☺

Wishing you a wonderfully LOVE-filled, joyful and peaceful month ahead and many heart-warming moments, insights, journeying inside and all that there is

Thank you dearly for your submissions for this edition and for taking the time to open the newsletter e-mail

With Love and smiles from

Kent, Amanda, Christoph, Rene, Isaac, Cheynie, Klaus, Sharon, Jane and from all at **Babylon** and **The Lotus Centre**

PS. (1) Please always send us any information for the next newsletter between mid month or – at the latest - a few days before the end of the month ... simply use the e-mail address newsletter@thelotuscentre.com.au or go to <http://www.thelotuscentre.com.au>
(2) If you no longer wish to receive the newsletter, simply let us know and we will take you off the date base with the same love that we placed you on it.

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"I shall go wherever You take me, Your wish is my command,
but please stay with me forever and live in my heart ,
no matter what , I pray never shall we part... "

~ unknown ~

~ ~ ~ ~ ~

What's NEW for the newsletter!

***** Yoga from the Heart**
Vital health of body, vibrant mind, shining heart
Summer 2010: February 9 - April 2 (8 week session)

The Lotus Centre, Top Floor,
45 Victoria Street, Hobart
www.yogafromtheheart.com.au

To enrol or for more information please contact the instructor of the class you are interested in.
Clare Raffety: 6227 8941, clare@yogafromtheheart.com.au

Lee Cody: 0417 319 046, lee@yogafromtheheart.com.au
Dani Fox: 0416 978543, dani@yogafromtheheart.com.au

Monday	9:30 - 11 am	Clare	Levels 1 & 2 Anusara
	11:35 - 12:25pm	Clare	Back Care & Level 1
	5:30 - 7pm	Clare	Level 2 Anusara
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	5:30 - 7 pm	Lee	Level 2 & 3 Vinyasa

For full details and costs please visit www.yogafromtheheart.com.au

*****Tashi Choling Monthly Program**

2nd floor, 71 Liverpool St (above Gould's naturopathica)

Everyone is welcome to our regular meditation meetings. A gold coin is appreciated to cover room costs. Meetings are held at our meditation rooms. Please go up the laneway to the right of the building, then look for the door going into the building (between two bamboo pots). Go up the stairs to the second floor.

For more information about these classes please phone Kate MacNicol on 0432 630 796.

TUESDAY EVENINGS, 7:30 — 9 pm : Buddhist teaching, meditation and discussion — For people wishing to deepen their understanding and maintain an ongoing practice.

WEDNESDAY EVENINGS, 6:30 — 7:45 pm : Introduction to Meditation

1st Tuesday of every month — Light On Tantra (led by Tony Dix)

"Light on Tantra" Meditation encourages us to come into reality! Tantra is a method of enabling us to loosen the bonds of the conditioned "ordinary" self and realise the true nature of our being.

2nd Tuesday of every month — Lojong, Mind Training (led by Charles Chadwick)

Lojong means "to tame." It is also known as Thought Transformation. With Lojong training we can achieve Bodhisattva mind.

3rd Tuesday of every month — Mahamudra (led by Roger McLennan)

Mahamudra — "great gesture". Mahamudra meditation unifies calm abiding and insight to bring us to an experience of "ordinary mind," that state of natural awakesness and luminosity which lies at the heart of all experience, beyond suffering and duality.

4th Tuesday of every month — Lam Rim (led by Sue Willey)

Lam Rim — the words actually mean “stages of the path.”

Chöd Practice Group — meets monthly, for initiates who wish to practise together. Phone 0413 527 954 for information.

Tsog — From Roslyn Alexander: "Tsog practice gives me an intent to do sadhana practice twice a month when I know thousands of other students world wide are doing the same.

Lunchtime sitting — Mondays and Wednesdays 12.30-1.00. Low key "just sitting" meditation, often with a bit of a chat afterwards.
Everyone welcome.

Buddhism for Mothers — Every last Saturday in the month, 3-5pm.

An opportunity to take some respite from the challenging path of motherhood. The session will include buddhist meditation practices and teachings to enable us to remain peaceful and kind to ourselves and others. Allowing us to cope with the day to day challenges of motherhood with a good heart. Sorry no childcare is available.

For more details about these classes please visit our website
<http://www.tashicholing.net>, or phone Kate MacNicol on 0432 630 796

*****Picnic in the Park**

Sat 23rd Jan, 12-4pm

Parliament Lawns

Promoting the forests of Southern Tasmania
Free Community Event with circus performers, speakers and music

Organised by the Huon Valley Environment Centre

*****Inner Power Workshop**

Sat 6th Feb 2010, 9.30am – 4.30pm

Well-Being Centre Margate

This workshop can be a life changing experience that starts you on your journey to find your Inner Power and to use this incredible energy to create your good health, happiness and abundance.

Please contact Sandy, 62396172

*****The Gnostic Christ**

Sat Feb 13th, 10-4pm

Royal Botanical Gardens Hobart

"Christ is not an individual, Christ is not a person, Christ is not an "I"; Christ is a cosmic force that is latent within every atom of the universe. Christ is the universal fire of life, and this is very

important to understand, because Christ is fire" - Samael Aun Weor

Jesus the Christ gave two teachings - the exoteric or public to people in general, and the esoteric or secret to his prepared disciples. The esoteric is Gnosis - the keys that have been preserved by mystics and secret orders throughout the centuries, that open all the doors to the inner mysteries of nature and that still live on today. You are welcome to this free public workshop.

***** Introduction to Gnosis**

**Tuesday, 2nd February, 6:30 to 8:30,
Maranoa Community Centre, 24 Hawthorne Drive, Kingston**

"Knowledge of the inner Being through direct mystical experience"

A free three week course exploring the history of the Gnostics, the philosophy of the initiates and the practical work on oneself to awaken the consciousness. Each week consists of a talk and brief introduction to meditation. Further courses are available after the introduction.

Contact details 62789631, www.gnosistasmania.org

***** Vipassana Meditation Centre Tasmania Retreat**

**Hobart, Tasmania, Australia
10th Feb - 21st Feb**

For more information please Email: info@pabha.dhamma.org,
<http://www.pabha.dhamma.org>

Course Registrar Phone/Fax: 03 6223 8092

***** Nayri Niara Good Spirit Festival**

6 & 7 February 2010 - Barnes Bay, Bruny Island

The Nayri Niara Good Spirit Festival will be held again next year on Feb 6th + 7th at Barnes Bay Bruny Island 2010. The festival is a collaboration between the Aboriginal Community, Environmentalists and Musicians. Key aspects of the festival include Joining Forces Forum, performance by Archie Roach and Ruby Hunter, healing and craft workshops and a Mens and Womens circle. There will also be a facilitated Kids Village, food and craft stalls, art exhibition, various speakers and a variety of performances by local bands and artists. Stall holder enquiries welcome. For more info call Michael and Ruth on 62931038, 0439320112, 0409107830 or by email.

***** Jackeys Marsh Forest Festival**

5th-7th February 2010

A huge line up of hot international, interstate and local bands, are giving their time to join the celebration of Tasmania's Forests. More info and tickets available from www.forestfestival.org

Workshops & Events ... around Hobart and beyond

***** Niche Yoga Retreat Centre**

This peaceful, private, waterfront retreat is surrounded by native garden and natural bushland with breathtaking views of Cygnet Bay.

Niche is unique in Tasmania... an idyllic space to revitalise in a naturally uplifting environment, yet less than an hour's easy drive from Hobart.

The tranquil atmosphere of Niche is ideal for yoga teachers to hold small retreats, and suits a diverse range of workshops and residential weekends (meditation, creative arts, writing, music etc).

Niche offers the perfect base for yoga travellers to explore the natural delights of southern Tasmania.

19-21 February Restorative Retreat relaxing yoga with Kathy therapeutic massage with Anna Minchin gentle Reiki to restore balance and vitality with Kellie Donaldson ... sauna ... swim ... delicious vegetarian meals ... rest and quiet \$380

Where: Niche Yoga Retreat Centre, near Cygnet

Contact: <http://www.nichetas.com.au> or Kathy Rudolf ph: 0400 993 024

***** Lilydale Womens Retreat (non residential) Mt Arthur Centre, 50 Whites Mill Road, Lilydale 6th-7th February 2010, 10am-4pm both days**

Our modern world and lifestyles distract us from our true nature. We are bombarded with negative images and false expectations. Sacred Circle enables us to stop, take a deep breath and reconnect with who we truly are through nature. You will be guided by Jane around the 4 directions of the Medicine Wheel. These teachings are based on (but not restricted to) Native American origin. Using drumming, singing, guided meditations and talking circle, you will connect with your heart, and others of like mind. Tap into nature's powers and gifts, relax, heal and unwind in a safe and nurtured space...

Fee: \$100 for 2 days, concession \$85

We will provide: Beverages, morning and afternoon teas, Medicine Drums (bring your own if you have one) and Workshop Booklet. We ask that you please bring some food to share for our lunch (eg. a salad, hot dish, pie...) whatever you can.

***** Women's New Moon Circle 14th Feb. 2010 - Kettering 3pm start, shared meal to finish**

Please go to www.moonandearthconnections.com for more info and details
ph Jane 0428402314

*****Hare Krishna Hobart**

Hare Krishna Sunday Feast at 1200

Migrant Resource Centre. 49 Molle St

<http://www.harekrishnahobart.websyte.com.au/>

*****Hobart Laughter Club**

St David's Park, Salamanca Hobart Tasmania

Saturday 10am

Contact: Annette 0410944328

Email: psereckis_a@westnet.com.au, http://www.hohohahaha.com/LC_in_NSW.htm

***** New Monthly Circle: Saturday 9.30 am to 1pm**

The first Saturday of every month starts 6th Feb

The Women's Circle invites you to re-connect deeply with your Self. It offers a safe, guided and sacred space to explore your truth and access your wisdom. We Journey to the Heart with the assistance of guided meditations, music, drawing and sharing our stories.

For enquiries and bookings, contact Nicole on 6278 8203 or nicoleparums@keypoint.com.au

Visit Cindy's website for more details:

<http://www.journeytotheheart.com.au>

*****Soul Food**

Baha'i centre of Learning for Tasmania, corner of Tasman highway and Brooker Ave.

Soul Food is an opportunity to relax in a tranquil environment and reflect on inspiring themes. It provides an opportunity to be uplifted, inspired and to celebrate our humanity and oneness in a spirit of friendship and unity. This is a unique monthly event, held first Sunday of every month, featuring live music, audio-visual pieces and readings from faiths and philosophers, authors, leaders and indigenous cultures from all around the world. Come and bring your friends. Light refreshments served. For more information call 6234 7654 or visit our website

<http://www.soulfood.com.au/tas/>

*****Soul Kids**

Baha'i centre of Learning for Tasmania, corner of Tasman highway and Brooker Ave.

An activities-based program for children, ages 4-10, will also be available during Soul Food in the Children's Room. Based on the teachings of Bahá'í Faith it will complement the themes of Soul Food and focus on the spiritual and moral aspects of children's development.

Soul Food is a free community event open to all.

***** Dances of Universal Peace**

**Weeroona Yoga Studio, 326 Elizabeth St, North Hobart
1st Tuesday of the month - 7.00pm - 9.00pm**

Music, movement, song and prayer are the universal forms of human expression bringing communities together at times of celebration and enriching everyday life. The Dances of Universal Peace are a profound, cross-cultural way to touch spiritual essence through group meditation. Using sacred phrases, chants, music and movement from the many sacred traditions of the earth, the dances promote peace and integration personally across the globe.

Contact: Nicola Bush 03 62272937, nicola.amina@gmail.com,
<http://www.dancesofuniversalpeaceaustralia.org>

***** Sahaja Yoga Meditation**

**Tuesday at 7pm
Civic Centre, Cooper St, Glenorchy**

There is something beyond which you have to seek. There is something beyond no doubt, which has been told to you by all the prophets, by all the scriptures –Shri Mataji Nirmala Devi.

- Experience the peace & joy of true meditation
- Find how to achieve mental silence
- Learn easy techniques to help reduce stress

No charge

For further details contact Phillip or Sarah, Ph 6245 1476 / Mobile 0416 435 278

***** Buddhist Society Of Tasmania (Inc) Theravada**

Meditation is 7pm Friday evenings. The resident monk is available most days to talk to enquirers, teach meditation and the teachings (Dhamma) of the Buddha. The resident monk will attend Buddhist funerals if required.

No charges - the Centre is maintained by Theravada Buddhist supporters and the Buddhist Society of Tasmania (Inc) and by donations.

There is a small library of Buddhist books, which is being established as a resource library for students and enquirers.

Special events include: Full moon in May (Buddhist Christmas); Full moon in October (Kathina)

Contact details: 59 Hall Street, Ridgeway 7054. Ph. 62391160

<http://www.buddhanet.info/>

***** Critical Mass "Cycle Celebration"**

5:15pm @ Franklin Square Last Friday of every month!!

Please come take part in a ride around Hobart to show your support for cycling and advocate for improved cycling infrastructure.

***** Brahma Kumaris Raja Yoga Centre**

Regular events and courses include yoga courses, positive thinking course, and meditation. Please call the Centre on 6278 3788 for detailed information and bookings.

***** Satyananda Yoga**

Hobart Yoga and Meditation Centre

PO Box 140

South Hobart 7004 TAS

phone: 03 6228 2844

E-mail: hobart@satyananda.net, visit www.satyananda.net

***** The Tas Pagan Website**

The Tas Pagans website was created with the intention of serving as a meeting point, a resource and a community for Pagans around and from Tasmania. We are not an organisation; we merely exist to bring Pagans together! We also provide free advertising for businesses who are either Pagan-based or Pagan-owned/run, to help support the Pagan community in Tasmania.

Feel free to check it out at <http://taspagans.com>– create an account, join in on the forums, submit essays/articles, interesting news stories, anything - we'll be happy to have you!

***** Pagan Alliance**

Meets every first Thursday of the month upstairs at the New Sydney Hotel at 6.00 pm. All welcome. Ask at the bar if you have difficulty finding the room.

Workshops, events, therapies at 'The Lotus Centre'

Workshops

***** Yoga from the Heart**

Vital health of body, vibrant mind, shining heart

Summer 2010: February 9 - April 2 (8 week session)

The Lotus Centre, Top Floor,

45 Victoria Street, Hobart

www.yogafromtheheart.com.au

To enrol or for more information please contact the instructor of the class you are interested in.

Clare Raffety: 6227 8941, clare@yogafromtheheart.com.au

Lee Cody: 0417 319 046, lee@yogafromtheheart.com.au

Dani Fox: 0416 978543, dani@yogafromtheheart.com.au

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For full details and costs please visit www.yogafromtheheart.com.au

Regular Events



***** HEART MEDITATION**
1.30 – 2.30 pm Monday to Saturday
7.30 pm Monday evening

Experience meditation with the heart and being more 'in the heart.' Often a deeply peaceful and joyful experience; for beginners and experienced meditators alike. Small groups, \$5-10 contribution. In the Lotus Room, 1st floor (Monday eve on 2nd floor). Casual attendance, no need to book. All welcome. For more information, please ph 6231 9669 or visit www.thelotuscentre.com.au

***** Reiki Clinic – Treatments based on donation**
Every Saturday 2:30 to 4pm.

Please feel very welcome to join for a deeply relaxing reiki session or if you have a health issue & seek additional help. Level 1 at the Lotus Centre.

Sessions are donation based. Feel free to choose the amount that is right for you.



Please contact the Lotus Centre on 6231 9669 or www.thelotuscentre.com.au/contact.htm to book in. Or just drop in.

***** Reiki Tummo Practice Evening**

At 6pm on Thursday in the 'Lotus Room' at 'The Lotus Centre'. This evening is for everyone who has attended Reiki Tummo or Heart Workshop level 1 or more ☺. Phone 6231 9669 or e-mail via: www.thelotuscentre.com.au/contact.htm. Room hire, etc contribution: \$5.

Therapies & therapists at the Lotus Centre

To book a session, for any of the listed practitioners please contact **The Lotus Centre** on 6231 9669 or e-mail via: <http://www.thelotuscentre.com.au/contact.html>

A range of holistic, alternative therapies available:

1. **Remedial Massage** and **Reiki** with Anthony Bone (0408 132562) or email <http://www.thelotuscentre.com.au/contact.html>
2. **Chinese Medicine, Acupuncture** and **Massage** with Jackie Pisera (0423 482125) or email jackabean@hotmail.com
3. **Shiatsu Therapy** and **Reiki** (level 3) with Klaus Baur (0419 440123) or e-mail <http://www.thelotuscentre.com.au/contact.html>
4. **Massage** with Michael Carroll (0408 133679) or e-mail carrollmjj@gmail.com
5. **Holistic beauty for men and women, and Massage** with Jessica Harris (0418 354 406) or 6231 9669 or email skindulgence@bigpond.com
6. **Remedial Massage** and **Naturopathy** with Peter Bland (6231 9669) or email <http://www.thelotuscentre.com.au/contact.html>

For any further information about the modality / therapy, it is best to contact the practitioners directly. More detailed info also on www.thelotuscentre.com.au
Some practitioners also offer a mobile service or work from other locations.
Please contact the practitioner directly for any additional details or updates.

***** Practitioners Rooms available for rent**

Visit the web-site for some details www.thelotuscentre.com.au or contact us on e-mail us via: <http://www.thelotuscentre.com.au/contact.html> or Ph. 6231 9669 for further information.

Book Review

Beautiful books can be found in The Babylon Bookshop ...

***** No River to Cross: Trusting the Enlightenment That's Always Right Here ~ Zen Master Daehaeng (Author), Robert Buswell (Foreword)**

Disarmingly simple, yet remarkably profound
Review by Joseph Siemion (Seoul, Korea) www.amazon.com

No River to Cross is a delightful gem of a book. As the backcover reads "It is disarmingly simple yet remarkable profound, pointing us again and again to our foundation, our "True Nature." I write this review based on reading the book a number of times and also being part of this book's

discussion group in Seoul, Korea with the editor Chong Go Sunim.

Her essential message in this book is simple: Entrust whatever arises to your source, your true nature. Let go, entrust, and have faith that your source will take care of it. And then move forward. Moving forward is key, because we tend to like to hold onto insights that we had, which then become stale and create arrogance --or we beat ourselves up for things we've unskillfully done .

For me personally the teaching has had the effect of lessening my ego-antics; my self-centered stories and struggles fall away more quickly. The teachings work on a number of levels. One level is that we can have faith that indeed there is that which is beyond us, which is sustaining the world, and has taken care of us from before day one. One may seem some resemblance to Pure Land teachings here, except for the fact that Amida Buddha is not a separate entity from you but rather it is part of the One Mind that we all are and we all share. On a more psycho-spiritual level the teachings work as antidote to our constant confusion and struggle with ourselves. We let go and we realize this brings us happiness and peace. Why? Because most of our "suffering" is nothing more than our brain spinning its wheels. Finally, on a wisdom level, the teachings point out the fact that we, our little selves, are not the true doers. By letting go and deferring to our true nature we can see the bigger Actor on the stage. One may see some similarities here with Adnata, Sufism, and other nodal teachings.

Adherent's approach is gentle and direct. She tries to impart confidence to us to trust ourselves. She asks "What is outside yourself that you are trying so hard to find?" (p.5) This ordinary mind now as it is, is where we find Buddha. This is in line with the ancient, noble tradition of Zen. However, she brings this often times obscure tradition into our everyday lives: practice is always here, always now. "There are many people who ignore Wungong (their true nature) and wander around outside, trying to find a better teacher or a better place for praying. They don't know that within themselves they have their own Dharma Hall, which is always filled with light and where Buddha is always present."

I'd recommend this book for people who looking for a new angle on their spiritual practice; who are attracted to nodal (Adnata) teachings, but find them difficult to practice; beginners new to Buddhism; and people looking for an all-around, life-based practice which will help them navigate through the good times and the bad.

I leave you with this wonderful quote:

"Why do you think you have nothing? Spiritual practice means having faith that there is a great treasure within your mind, and then finding it. Learning to discover the treasure within you is the most worthwhile thing in the world. If you can put this into practice, you can live freshly, with a mind open like the sky, always overflowing with compassion. What could be better than this?" (p. 34)

Miscellaneous

***** Workshop Rooms available for rent:**

- Regular events, one-off or weekend

Visit the web-site for some details www.thelotuscentre.com.au or PH. 6231 9669 for further information.

***** WANTED - 2nd Hand Books**

We want to extend the Bookshop and include second hand books

- Thank you for all the 2nd hand books already given to us by so many of you ... most of which have found a place in the Babylon Library. As a new idea ... we happily accept 2nd hand books for both the Library AND a new 2nd book section
- If you have a moment, it would be greatly appreciated if you could bring your pre-loved books ... for donation or for us to purchase. THANK YOU ♥

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Lord, Make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled

As to console, to be understood, as to understand, to be loved, as to

love, For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying that we are born to eternal life.

~ St. Francis of Assisi ~

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The *Lotus Centre Newsletter* is issued monthly.
We hope you enjoyed this newsletter.
We are grateful for any comments or feedback. To contact us please e-mail us at:

The Lotus Centre

e-mail: newsletter@thelotuscentre.com.au via - Fax: (03) 6231 0714 - Phone: (03) 6231 9669
www.thelotuscentre.com.au

or if Bookshop related

Babylon Bookshop

e-mail: <http://www.thelotuscentre.com.au/contact.html> - Fax: (03) 6231 0714 - Phone: (03) 6231 0722
www.babylonbookshop.com.au

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Please send us the details of your event towards the end of the month for the next or at the most for the month after the coming one. We do not endorse any of the content described in any of the workshop (or other) information provided.