



# KSDH Buddhist News

Volume 14

May 2013

*A Newsletter of the Kagyu Samye Dzong Harare Community*

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## **In this issue:**

- **Message from the KSDH Management Committee**
- **Lucid Dreaming with Charlie Morley**- 8<sup>th</sup> – 13<sup>th</sup> August: After Charlie's successful visit last year, he returns to Harare to continue training people in the use of Tibetan Buddhist and Western dream-work techniques. Introductory Talk and Sleepover Retreat.
- **Compassion and Wisdom Retreat and teachings by Ken and Katia Holmes** - 21<sup>st</sup> Oct – 4<sup>th</sup> Nov: We are once again privileged to have Ken and Katia Holmes, two well-known and respected Buddhist teachers, visit Zimbabwe. A 5 day retreat in Susurumba, Nyanga and a number of public talks in Harare on various Buddhist topics including the 37 Practices of a Bodhisattva.
- **Rokpa Film Club** – 1<sup>st</sup> June, 2.30pm: Mother-Daughter Wisdom, a film by Dr. Christiane Northrup (90 min) followed by a discussion led by Dr. Ginny Iliff.
- **Africa Day at KSDH** - Saturday 25<sup>th</sup> May from 9.15am to 3pm: Chenrezig, Talk on '10 factors that lead to True and Lasting Happiness', followed by lunch 'Food from around the world' (Fundraising event: USD20)
- **Mindfulness Courses and Retreat**: In May and June, KSDH is offering 4 mindfulness courses in Harare and one 5-day retreat in Susurumba
- **"My experiences: Susurumba Retreat with Donal Creedon"** by Bev Taylor
- **Beyond our Borders...** – other retreats at Kagyu Samye Dzong, Scotland and Tara Rokpa Centre, South Africa
- **List of regular events at KSDH and contact details**

# Message from the KSDH Management Committee

**Dear Members and Friends of the KSDH Buddhist Centre,**

Welcome to the 14<sup>th</sup> Newsletter produced by the KSDH Management Committee over the last two years. We hope this newsletter serves its purpose in keeping you informed of the wide range of events that continue to take place at our temple at 7a Ernie's Lane and centre at 34 Quendon Rd, Monavale.

**In order to continue organizing these events, we need funds. We rely entirely on the goodwill and support of KSDH's members to keep our activities to you going, and would like to ask your support in the following:**

**Accountant wanted** – We are looking for a qualified accountant to oversee our Administrator's preparation of monthly accounts and to advise on sound accounting practices. If you, or someone you know, are willing to give an hour or two a week to this, the Management Committee would be **most grateful** for the assistance. Time can be arranged flexibly to fit with your other commitments.

**Subscription appeal** – We rely on subs to cover our running costs and urge those who have not yet paid their subs to please do so. If you cannot afford the \$120/year or \$10/month, whatever you are able to afford will be greatly appreciated. Your subs enable you to get discounts and other benefits.

**Meeting room hire out** – Our Meeting Room at Quendon Road is available for meetings and workshops. It has recently been refurbished and seats 30 people comfortably, and has a large courtyard and garden space for break-out groups. Inverter and generator provide power during power cuts. On site and off site secure parking available. It is conveniently located 15 minutes from the city and easily accessible by public transport. Call the KSDH office 304202 (am only) to book.

**Fund raising** – we now have a fund-raising committee who are organizing a number of events this year (see information in this newsletter on the event on 25<sup>th</sup> May). If you would like to join this fund-raising committee, or have any ideas, please contact Marijke Alcock Legerstee at [marijke@zol.co.zw](mailto:marijke@zol.co.zw)

Looking forward to seeing you at some of the many exciting events we will be hosting in the next few months!

KSDH MC Chair, Barbara Vitoria

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## LUCID DREAMING with Charlie Morley 8<sup>th</sup> – 13<sup>th</sup> August 2013

A lucid dream is a dream in which the dreamer is actively aware that they are dreaming while the dream is happening. Through lucid dreaming we can actively seek out "shadow aspects" (parts of the unconscious mind made up of all the undesirable aspects of our psyches which we have unconsciously rejected, disowned, and denied) with the intention to integrate and assimilate these into the wholeness of the Self, leading to what Jung called "individuation" or full psychological completeness.

By using the best of both Tibetan Buddhist and Western dream-work techniques, Mindfulness of Dream and Sleep offers a uniquely holistic approach to lucid dreaming with the aims of psychological growth, mind training and nocturnal spiritual practice. Charlie Morley will be offering one introductory talk, and a 3-day retreat.

**About Charlie Morley:**

Charlie received the traditional 'authorization to teach' from Lama Yeshe Rinpoche in 2008, and has been described by Rob Nairn as "the most authentic practitioner of lucid dreaming teaching in Europe". Since then he has run workshops around the world, co-created the Mindfulness of Dream and Sleep approach and has recently done a talk at the well-known TED conferences. <http://youtu.be/p1i6A7t6L2g>

For more information about Lucid Dreaming follow these links:

**LUCID DREAMING WEBSITE:** <http://www.charliemorley.com>

**LUCID DREAMING YOUTUBE:** <http://www.youtube.com/user/CharlieMorley1/videos>

**B-BOY DANCE BATTLE BOOK:** <http://www.artofbattle.com>

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## **Introductory Dream Talk**

**Thursday 8<sup>th</sup> August 5.30pm – 7.00pm**

**Place:** 7a Ernie's Lane Monavale, Harare

**Cost:** USD 5 (bring a headlamp or torch, so you can walk safely to your car after the talk)

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## **Mindfulness of Dream and Sleep**

**3-day sleepover retreat**

**Saturday 10<sup>th</sup> to Monday 12<sup>th</sup> August 2013**

Over 3 days we will have an overview of the history, science and practice of lucid dreaming from both the Western psychological and Tibetan Buddhist traditions, instructions on how to maintain awareness into and out of sleep, and of course plenty of teachings on learning 'how to lucid dream'.

The days are spent learning about lucid dreaming, practicing and receiving instruction on mindfulness, having free time for relaxation and taking guided group naps.

The nights are as full as the days, with lucid dreaming sessions and optional 'group dreaming' sessions every night, in which we set up a 'sacred sleeping area' in the shrine room where we sleep side by side with our shared aim of lucidity! The retreat will be based on new teachings and practices from Charlie's new book "Dreams of Awakening". All ages and abilities welcome!

**Cost:** \$120 (pay either at Thursday evening talk, or upon arrival please)

**Booking :** advance email booking please to Sabina at the KSDH office at [rokpa@zol.co.zw](mailto:rokpa@zol.co.zw) or tel: 304202

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# Retreat and Teachings by Ken and Katia Holmes

## 21<sup>st</sup> October – 4<sup>th</sup> November

The Buddhist community is honoured to be welcoming Ken and Katia Holmes to Zimbabwe once again. On this trip, they will be offering a 5-day retreat in Susurumba and a number of public teachings in Harare. Their schedule as below:

Date	Event	Venue
Monday 21 <sup>st</sup> October 6pm	Arrive Harare from Johannesburg Bring and Share <b>Welcome Party</b>	Rinpoche House, 7a Ernie's Lane
Tues 22 <sup>nd</sup> Oct 6pm - Sun 27 <sup>th</sup> Oct 10am	<b>Retreat: Beautiful Rain of Compassion, Harvest of Wisdom</b> 5 night retreat – see below for details	Susurumba, Nyanga
Monday 28 <sup>th</sup> 5.30pm – 9pm	3 year Dharma study evening (For course participants only)	29 Swallow hill , Helensvale
Tues 29 <sup>th</sup> Oct and Wed 30 <sup>th</sup> Oct 9am -12.30noon	<b>Teaching: Ngondro guidance</b> – see below for details	7a Ernie's Lane Temple
Thurs 31 <sup>st</sup> Oct and Friday 1 <sup>st</sup> Nov 9am -12.30noon	<b>Teaching: Learning the Seed Syllables &amp; Mantras</b> with Katia – see below for details	7a Ernie's Lane Temple
Friday 1 <sup>st</sup> Nov 5.30pm – 7pm and Sat 2 <sup>nd</sup> Nov 9am – 4pm	<b>Teaching: 37 Practices of the Bodhisattva</b> (bring and share lunch on Saturday) – see below for details	7a Ernie's Lane Temple

### **Beautiful Rain of Compassion, Harvest of Wisdom Retreat in Susurumba**

On this visit—and once again using the Chenrezig practice as a basis—Ken and Katia will help us explore the Vajrayana vision of the human mind, its rich resources and the power of meditation to bring these forth. To do this, they will share teachings from Patrul Rinpoche's *Heart Treasure of the Enlightened Ones*, Milarepa's *100,000 Songs* and the advice of Gampopa. These take us deeper into the practice and give an even more profound vision of the meaning of compassion and wisdom.

### **Teaching: 37 Practices of the Bodhisattva**

With skilful training and intelligent reflection, compassion becomes a whole way of life, a path of liberation, rather than just a temporary emotive reaction. Ken and Katia will explore the invaluable guidance of the "37 Practices of the Bodhisattva", the most concise of the three famous texts on the bodhisattva path used by Tibetans. The 37 verses set the benchmarks for a kind, caring and enlightening way of a bodhisattva life.

### **Teaching: "Learning the Seed Syllables & Mantras"**

All Vajrayana practices are based around the visualisation of seed syllables and mantras: the secret keys to the power of the practice. In order to visualise them, one needs to be very familiar with their shapes and proportions. As in previous visits, Katia will take us through the main ones used in daily practices.

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# **MOTHER AND DAUGHTER WISDOM ROKPA FILM CLUB**

**KSDH is happy to announce an afternoon of  
entertainment and  
thought-provoking discussion over drinks and snacks**

- When:** Saturday 1st June, film starts 2.30 pm promptly  
**Place:** Rokpa, 34 Quendon Rd., Monavale. (guided parking @ 1\$ at the Italian Club across the road)  
**What:** Mother-Daughter Wisdom, a film by Dr. Christiane Northrup (90 min) followed by a discussion led by Dr. Ginny Iliff  
**Cost:** \$10, includes refreshments

Dr. Christiane Northrup is an obstetrician-gynaecologist who helps empower women to tune in to their inner wisdom and take charge of their own health.

In this presentation she combines personal reflections, clinical experiences and research findings to reveal the powerful dimensions behind the mother-daughter relationship, irrespective whether this relationship is biological or adoptive. In fact, this presentation has important messages for anybody with a mother!

Dr. Northrup covers a range of topics designed to bring mothers and daughters to greater consciousness, including “the five facets of feminine power”, how to end the mother/daughter “chain of pain”, the power of forgiveness and how to deal with a difficult mother or daughter.

She presents her material with a great sense of humour, which makes this film educational and entertaining at the same time.

The film will be followed by a discussion with Dr. Ginny Iliff and refreshments

For more information, contact [rokpa@zol.co.zw](mailto:rokpa@zol.co.zw) or phone 304202, mornings only.

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# Chenrezig, Public Talk and Food from Around the World Africa Day: Saturday 25<sup>th</sup> May 2013 7a Ernies Lane, Monavale

Africa Day is a very auspicious day this year as it is not only Africa Day, but Lama Yeshe Rinpoche's 70th birthday and also Full Moon Chenrezig practice. To celebrate, the Fundraising Committee has the following on offer:

09.15 - 10.00	Tea and muffins
10.00 - 12.30	Full Moon Chenrezig Practice in the Temple
12.30 - 13.00	Talk by Dave Sheehan and Jayne Pilosof '10 factors that lead to True and Lasting Happiness'
13.00 - 15.00	Lunch - " <b>Food From Around the World</b> " Cost: USD 20.00

The Dharma Shop will be open during lunch. Please come and browse around. Just arrived are beautiful candles of all shapes and sizes at a very reasonable price, books, cards, CD's, incense, prayer flags, etc. Candles and incense will be on sale for special dedications.

You are welcome to join the Celebrations at any time during the day.

## MINDFULNESS TRAINING COURSES AND RETREAT May – June 2013

KSDH is offering four mindfulness courses in Harare over the next two months and one 5-day mindfulness retreat in Susurumba, Nyanga. Please contact either Sheelagh Tozer [shelagh.tozer@yahoo.com](mailto:shelagh.tozer@yahoo.com) or Dave Sheehan [zimsheehans@gmail.com](mailto:zimsheehans@gmail.com) if you would like to attend any of these programmes. Each mindfulness course costs USD 60 (or whatever you can afford) for the whole course, including a CD. More information about the retreat to follow.

COURSE	TIMINGS	DATES	VENUE	PRESENTER(S)
Introduction to Mindfulness	Six Monday mornings 9.30 – 11.30am	13 May to 17 June	Larmenier Village Hall, 4 Ridgeway North, Highlands	Dave Sheehan and Jayne Pilosof
Mindfulness Training as a way to bring more Harmony and Peace into our lives	Six Monday evenings 17.15 – 19.00	13 May to 17 June	Larmenier Village Hall, 4 Ridgeway North, Highlands	Dave Sheehan and Mia Moers
Using Mindfulness	Six Wednesday	15 May to 19 June	Larmenier Village Hall,	Mia Moers and

Techniques to help reduce stress	evenings 17.15 – 19.00		4 Ridgeway North, Highlands	Jayne Pilossof
The Key to Tranquility and a Life of happiness is in the understanding of your own Mind	Six Wednesday mornings 10.00 – 12.00	15 May to 19 June	Alliance Francais, 328 Herbert Chitepo Ave	Dave Sheehan
5 Day MEDITATION RETREAT “Learning to overcome our anxieties and fears “	Start : 6.00 p.m. Tuesday 25 <sup>th</sup> June	25 to 30 June inclusive	Susurumba , Juliasdale, Nyanga	Dave Sheehan

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## **MY EXPERIENCE ON THE SUSURUMBA RETREAT WITH DONAL CREEDON**

**By Bev Taylor**

In mid-March 2013, about 20 people spent 12 days in Susurumba with Donal Creedon at a retreat on “The Search for the Meaning of Security: Time and Change as the Rhythm of Life and Death”. Bev Taylor, a member of the South African sangha sent us the following report on her experiences at Donal’s retreat:

*I’ve taken the coward’s way out! I can only now admit and apologise for my lack of courage to say my thanks publicly when I left near the end of the retreat with Donal at Susurumba in the Nyanga mountains – too fearful of blundering on through a hazy tearful mist and with a trembling voice, embarrassing myself and everyone else completely! But it did seem very incomplete not to have expressed something of my heart-felt gratitude for being part of such an incredibly memorable retreat. So thanks to everyone for being so inclusive, generous, open-hearted and welcoming of us from “down south” and further afield – it was impossible to remain strangers amongst you for long. Thanks to Barbara and Ro for so enthusiastically sharing with us Beautiful Zimbabwe as seen from Worlds View. This is a magnificent country with remarkable people.*

*In particular, thanks to Pam and Dave for so generously sharing the family homestead with us. It is a jewel of a place. ...for taking us on walks (even in the rain!), making heroes of us by talking us up mountains (and down again!) ...for tirelessly organising the endless logistics of holding a retreat... To the cooks who produced world-class cuisine and worked unflinchingly ...to the mbira players Stanley and Immanuel who softly accompanied Donal’s morning riwo sangcho, offering prayers to the local spirits, and whose melodic strains enticed us back into the shrine room after breaks. And, of course, to Donal himself who gave so generously of his own experience and enquiry to help us understand how to engage properly with the practice to gain a toehold for*

*our own development and growth... and who personally sought the Karmapa's blessing for all of Zimbabwe ... how could we wish for more?...except to come back and do it again!!*

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# BEYOND OUR BORDERS - OTHER RETREATS

## AT KAGYU SAMYE LING, SCOTLAND AND TARA ROKPA CENTRE, GROOT MARICO, SOUTH AFRICA

For those of you who are interested in attending a 7-day retreat in Kagyu Samye Ling (where Lama Yeshe and Akong Rinpoche reside) or have the passion and commitment to undertake a 6-month Ngondro retreat, see below:

### KAGYU SAMYE LING, SCOTLAND

Drupen Rinpoche, a high lama and venerable teacher, will be offering a short retreat at Kagyu Samye Ling in Scotland from **26<sup>th</sup> July – 4<sup>th</sup> August 2013**. Over the last few years Drupon Rinpoche has only given long periods of teaching in Samye Ling. Many people who wish to receive his teachings are without the favourable circumstances to be able to come for such long periods of time. Thus, Drupon Rinpoche has kindly agreed to offer this shorter period of combined retreat and instruction.

Akong Rinpoche particularly requests that all Samye Ling residents, all those involved with Samye Dzong centres and those engaged in Tara Therapy around the world attend this course.

For more information, see the Samye Ling website [www.samyeling.org](http://www.samyeling.org) or contact Dave Sheehan at [zimsheehans@gmail.com](mailto:zimsheehans@gmail.com)

### TARA ROKPA CENTRE, GROOT MARICO, SOUTH AFRICA

Tara Rokpa Centre, situated in Groot Marico in the North West Province in South Africa, is delighted to offer the following 3-month Ngondro retreats

- Women's retreat, commencing 20<sup>th</sup> July 2013
- Men's retreat, commencing in March 2014

**Both retreats are structured so that people can come for a minimum stay of two weeks or do 1-3 months.** The Ngondro retreat is led by an experienced Ngondro practitioner who has spent over 10 years practicing and teaching this essential foundational Vajrayana practice.

Whether you are starting the Ngondro for the first time, or continuing the process, this is a wonderful opportunity to deepen your practice in a protected and supportive closed retreat environment. It will also give you an opportunity to experience how you respond to a retreat of this length in preparation for a long term closed retreat that you may be considering in the future.

To find out more, or to request an application form, please email [trcngondroretreat@gmail.com](mailto:trcngondroretreat@gmail.com)

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## Regular Events

Unless otherwise mentioned, these events take place at either the Kagyu Samye Dzung Harare Temple (7a Ernies Lane, Monavale) or at Rokpa Centre Shrine Room (34 Quendon Road, Mabelreign, opposite the Italian Club).

Day	Event/Practice	Time	Venue
Monday	Meditation followed by soup and socializing	5.30pm – 6.10pm	Quendon Road
Tuesday	Amitabha and Dorje Sempa Yoga (Angie)	4.00pm – 5.15pm 5.30pm – 6.30pm	Quendon Road Quendon Road
Thursday	Green Tara	7.30am – 8.45am	Quendon Road
Friday	Chenrezig	5.30pm – 6.10pm	Quendon Road
Saturday	Yoga (Roger or Pippa)	7.30am – 9.00am	Quendon Road
Sunday morning	Meditation, followed by a presentation of a Dharma topic, discussion and tea	9.00 – 11.00pm	Ernie's Lane (KSDH)

## Contact Details

KSDH Office	Sabina Nkonde Gomo	304 202
MC Chairperson	Barbara Vitoria	0772 309 211
Monday meditation	Debra Chimuka	0772 336 017
Chenresig	Kala Antao	302 137
Amitaba / Dorje Sempa	Maia C. Repond	303 591
Green Tara	Tania Dos Remedios	744724
	Maia C. Repond	303 591
Yoga	Roger Castelin	0712 630 698
	Angela Neighbour	740 580
Sunday Morning Meditation and Dharma talk	Bravo Nyamudoka	0772 908 535

For issues to be included in the next **Newsletter** send your mail to  
Sabina Gomo: [rokpa@zol.co.zw](mailto:rokpa@zol.co.zw) or Barbara Kaim: [zimbarbs@gmail.com](mailto:zimbarbs@gmail.com)

Note that the KSDH office is only open in the mornings 8am - 1pm Monday - Friday