

May, 2003

Dear Friends

Our time at the Wangapeka Study and Retreat Centre is coming to an end, as Tarchin begins to round up a full 3 months of teaching and ongoing retreat work. This year we've had people from 8 different countries joining us during the autumn retreat time.

With so much global conflict and war, it was wonderful to be able to 'sit' with different nationalities from all around the planet, meditatively exploring how one's body / mind actually works. Each person's aspiration is the same, though expressed differently. Each person in their own unique way, is doing the work of developing lovingkindness, so all their interactions become skilful and compassionate.

Appreciation blossoms for the teaching and the teachers who point the way; and gratitude for all the beautiful retreat centres, and people who staff them, that offer places of peace and beauty.

We are travelling overseas again, soon, with a fairly intensive teaching schedule ahead of us, so the following will probably be the last teaching article from Tarchin until January 2004, when we plan to arrive back in NZ.

These two pieces were written on the same sunny day in June 1999. May they both inspire your practice.

with metta
Mary

A Cubic Metre of Air
or
A Few Breaths in the Life of a Mystic Scientist
by Tarchin Hearn

I look into the air and see right through it. I move my body and feel invisible pressures, waftings of liquid presence, pressing round with no gaps or spaces. Looking opens to knowing this mystery; in the room, in the door locks, between the carpet tufts, around my tongue, wrapping each object so intimately that no violence of movement can cause a total vacuum.

Playfully I isolate a cubic metre of space and begin to sift the invisible contents with sieves of in-place knowing. Dust, moulds, tiny seeds, spores, bits of hair and flakes of skin; pollen grains of many species, globs of soot, perfume, diesel fuel exhaust, tiny micro organisms grazing the three dimensional field; tiny insects, great birds of prey in this micro vastness, and all of these beings, complex weavings in themselves, are leaking chemicals and absorbing others.

There is a cacophony of chemical conversations, a silent deafening clinking of countless bottles all carrying messages, to land eventually on new and unexpected shores. "Goods

for sale." "Accommodation wanted." "Flatmate looking for companion." "Employment offered" and "employment wanted"; a vast metropolis floating in the matrix, trusting in the universe to further all their stories.

Around these fluid becomings are molecules of gas, translucent to photons streaming from the solar being's great unfathomable heart. Nitrogen, carbon dioxide, oxygen, hydrogen, carbon monoxide, ammonia, methane and so forth. They are jiggling and flowing, vibrating to the dance of changing temperature, always on the move from here to there; linking into forms and disappearing from space. Entering the space and bursting free from opaque forms. This cubic metre is a bouillabaisse, an ether soup, a ferment of beingness, rich and flavourful to tongues designed to taste these worlds.

Breathing in a sucking swirling of beings, logs, flotsam and jettison the whole avian universe rolling round the nostril hairs, heating, transforming, descending into a new time and place of constant changing activity. Gaseous universe plunging into the ocean. My blood is filled with beings. Conversations everywhere, orgies of potlaching, gifts given and received, a never ending party with guests coming and going.

How rare to recognise the richness of activity that is needed to do nothing!

Living Samatha, For All Meditators Seeking Rest

by Tarchin Hearn

Absolute zero is the place of rest
Meditating she tried to find
 the best
 the quest
 the goal of peace
A place of stillness
The place of death.

Life is moving
Rest is abstraction
 a relative concept that hides the
Ceaseless, restless dancing.
Nothing moves
 and nothing is still
Yet repetitive cycling is stillness
And novel spiralling is movement.

Day, night, sleeping, waking
Birthing dying
We need in English a new word
 to highlight the moving, stilling, being.

A year went by of
 dedicated practice

And all she found was constant action
From atom through to
 galactic whirl
A joyous registering knowing fine
 – so fine.

She found the river tumbling vast
 and threw herself into the torrent
 gone from sight
 the birth of light
A bubbling joy of running free.

The bubbling burst its banks
 and flooded
Streams are joining
Ground and water sogged and
 shining, wetlands of becoming
To feed the migrant flocks of
 feathered beauty being now.
And still the flow to sea she goes
 streams within streams
 flashing in the light of dawning grace
The glistening of knowing vast and wide
Like hands and arms embracing from the heart.
Holding the vision.
Holding the sky!

Tarchin's 2003/04 Teaching Schedule

Queenstown NZ May 31 - June 2
Andrew, ph 441 8008

Christchurch NZ June 5 - 10
Kathleen; kathleen@xtra.co.nz

Switzerland - Bern June 20 - 22
Rita; rita.tobler@bluemail.ch

N. Germany - June 26 - July 6
Peter; info@combi-nations.de

England/Wales

Teaching in Cardiff July 10
Flow; fernfire@aol.com

Retreat at "The Orchard" near Abergavenny, July 12 - 18
Retreat in Cornwall July 25 - 27
Stephanie; unitynz@yahoo.com

Canada

Dharma Centre of Canada and surrounding area

August 1 - Sept. 8

dharma@halhinet.on.ca

Port Hope Aug. 23 - 25; Sept 5 - 7

Susan; herbal.healing@sympatico.ca

Toronto - Friends of the Heart Sept. 9 - 15

Joyce; Joyce@friendsoftheheart.com

Ottawa Sept. 16 - Oct. 4

Beth; BethGordon@magma.ca

Guatamala Oct 5 - Nov. 3

(People are invited to come and join us for teaching and various explorations)

contact Tarchin and Mary directly, or

Thilda; vivacasamilagro@hotmail.com

Canada - con't

Winnipeg Nov 5 - 10

Gerry; gkphoto@yahoo.com

Edmonton Nov. 12 - 30

Pat; patmackenzie@shaw.ca

Robert; rsinclair@nucleus.com

Vancouver/W. Coast Dec. 3 - 7

Dec 3 - Vancouver

Dec 4 - 7 Sunshine Coast Retreat House

Matthew - helper@dccnet.com

Jan 6 Return to New Zealand

Being so far away, the following dates may shift a bit

Wangapeka Feb 21 - 29 retreat for Cleansing the Senses
wangapeka@ts.co.nz

Te Moata March 6 - 14
temoata@xtra.co.nz

Wangapeka - Autumn Retreats April 10 - June 28
"Mandalas of Awakening" & Ngondro