

# Dharmagiri News - November 2009

## Dharma Nugget

***'Giving Something of yourself is giving something to yourself'***

Ajahn Santacitta

When we choose to go through a transformation process by actively staying with unpleasant feeling rather than by reacting to things, we give something of ourselves and at the same time we are giving a lot *to* ourselves. We give up habitual ways, which is painful at first, but what we receive in terms of freedom is just so much better.

If you have been fortunate enough to see the result of being able to withhold reacting, then increasingly, the faith that this is the right path will become stronger and stronger. Then we can take on more and more difficult patterns by holding still and bearing with the pain of transformation 'the fire of transformation' which is sometimes really hot and wild. But once the material which is up for transformation has all been burned away, the spaciousness and freedom which result from that is very much worth the pain of standing your ground and not believing in the conceptual mind. Spaciousness and freedom arise from embracing insecurity and the 'not-knowing'.

The Buddha did just the same. When he was sitting under the bodhi tree, he was assaulted from all sides. He just kept on sitting, not believing that he couldn't bear it and suddenly the arrows of Mara turned into flowers. That's a very beautiful image to reflect on, if that which we fear the most turns out to actually be a blessing, because it's the cause for wisdom to arise.

Ajahn Santacitta is a senior nun at Amaravati.

To connect with the Forest Sangha Nuns of the Ajahn Chah tradition go to:

[Saranaloka](#)

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## Message from Guiding Teachers

*'Buddhism is a religion of the heart. Only this. One who practices to develop the heart is one who practices Buddhism'* Ajahn Chah

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Some will say 'he was just a dog', but the dharma moves in mysterious ways. There is a story about the great Indian saint Maharaji Neem Karoli Baba. He had a disciple who always pestered him to attend one of his banquets (it's always considered a great honour and good karma to feed a saint). This disciple hosted a huge feast in the hope Maharaji would come by. During the evening a dog came into the gathering only to be beaten away by that disciple. When this disciple next saw Maharaji he lamented that Maharaji hadn't come to take food at his banquet. Maharaji replied; 'I came but you beat me away!'

Jack was a Dharma protector; he was by our side through all the struggles and joys of starting Dharmagiri. Now he is gone he has left us with a powerful teaching. At the end of the day this teaching is about cultivating the heart - as Ajahn Chah pointed out. But also when death stabs that same heart, then we glimpse its deeper nature. Within the bitter - sweet of grief, the tenderness and beauty of love is revealed.

*May all those who experience the pain of loss take courage in the confirmation which death brings: that the deepest nature of the heart, which is love, is indestructible.*

**Kittisaro & Thanissara**

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**Jack Numzaan Vajrapani**

**December 15th 1995 - September 25th 2009**



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**Thanks to:** Tod Collins & the great team at Underberg Vets, Jane Fraser - Durban based homeopathic vet, Brett the Vet (JP's friend) and Dr Zambelli.

**From Tod.....**What a dog he was! I see we (Jack & I) first met on 19th March 1997. Twelve and a half GOOD YEARS....All of us here at "the vets" extend our sincerest sympathies to you on Jack's moving on. He certainly did enrich our lives and will be one of a handful of dogs that I shall never forget. Thank you for entrusting us with his care, and thank you again for giving him such a wonderful, loved life in the shadow of that magical mystical mountain.

**In memory of Jack, support animal welfare:**

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FYI - Numzaan, meaning Mr, sir, gentleman, the man - was a name given to Jack by the local Zulu's and Vajrapani was the name given by Ajahn Sucitto!

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### **From JP**

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On the 20th July Dharmagiri welcomed 20 members from the Khuphuka Project for a recording session with Lydia van Vuuren. A CD of their fantastic music will be available in the near future to raise funds for the project.

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### **From Marlene**

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**[Click here for full retreat descriptions](#)**

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## **Kittisaro & Thanissara teaching Schedule 2010**

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**June 21-27 Thanissara [Vancouver Insight](#)**

**Nov 18-27 K & T [Tovana Israel](#)**

**And at IMS - USA**

**December 11-16 2009 Wings of Awakening: The Five Spiritual Faculties**

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For IMS retreat info, & to access an interview with Kittisaro & Thanissara that appeared in a US based magazine The Sun called [The Mindful Marriage](#)

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It is highly recommended that participants join or create a group for mutual support while undertaking the course. Groups hosted by graduates of SMS1 are available in the following geographical locations: Underberg, Cape Town, Johannesburg, Durban, South Devon UK, Tel Aviv Israel, Bay Area & Sanoma County US and Cologne area, West Germany.

**[For further details and to apply](#)**

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In 2010 we are looking for those who wish to undertake an opportunity to become a community member at Dharmagiri on a work-retreat basis from 3 - 6 months, with a weeklong 'try out' period. In return for food and lodging and support in your dharma practice, your responsibilities include housekeeping, meal preparation, hosting of retreatants and a sincere willingness to assist with any tasks that support the smooth running of a small meditation centre.

**For more info:** [office@dharmagiri.org](mailto:office@dharmagiri.org)

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## **Dharmagiri Outreach**

### **The Khuphuka Project**

**London Insight Meditation raises £15,000 + for Khuphuka Project!**

### **Report from Jaya**

'Support London Insight Meditation's Walk for Khuphuka' was a great success. Many dharma friends gathered and brought their friends along as well for a beautiful sunny walk around Hampstead Heath, enjoying spectacular views of London and the autumn leaves as well as the company of other sangha. It was great to have Matt (Khuphuka's co-director) walk with us and tell us all more about the project.

One sangha member kindly offered a talk on the paintings in Kenwood House, where we stopped to picnic, while another provided some wonderful homemade cakes for a celebratory tea at the finish. It was a fun and inspiring day for all of us and we were pleased to exceed our fund raising target: we are all really excited about what is happening at Khuphuka and look forward to staying involved.

[Khuphuka Project August - Sept E-Bulletin](#)

### **The Woza Moya Project**

[For an update from Gavin Harrison](#)  
[Woza Moya Annual Report 2009](#)

### **Prison Project**

JP is continuing to coordinate the support of meditation groups in Bavianspoort and Kutama prisons and JHB Correctional Centre in Roodepoort through correspondence and provision of Dharma materials. Please contact JP if you would like to help or donate to the provision of materials: [prison.project@dharmagiri.org](mailto:prison.project@dharmagiri.org)

News from the Prison Project is that one of the inmates who we correspond with will be released at the end of next year and has informed us that he is preparing to be ordained in the New Kadampa Tradition.

In September, while in San Francisco, Thanissara spoke with Jacques Verduin from the Bay Area, USA of Insight Prison Project who plans to visit South Africa next year.

[Click here to check out Jacques amazing work in American prisons.](#)

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**Purchase a meditation bench & note book  
& support South African crafts, DG Outreach & your meditation practice!**

Support Khuphuka Project & Woza Moya Project by ordering beautiful meditation benches & cushions, a 'Bodhi Bench' and 'Blue Turtle Recycled Journals'.

[For further details click here.](#)

## **Meditation Classes in Cape Town facilitated by Judy Tobler**

- For beginners or those wishing to refresh their practice
- Eight weekly sessions on Tues 6 -7pm or Weds 10.30-11.30am
- These classes will run until the 10th or 11th November in Claremont (pls note: a new course will start in the new year)
- Individual sessions are also available by arrangement
- Enquires: Judy 021-671-6194 or 072-638-6835 / jtobler@xsinet.co.za

Core Buddhist meditation teachings of cultivating mindfulness, calm and insight, which transcend religious denomination and can be integrated into daily life of any spiritual or religious observance, form the basis of this course. Judy has attended many retreats at Dharmagiri over the last 7 years and has completed Dharmagiri's yearlong study, practice programme facilitated by Kittisaro & Thanissara. In keeping with the Buddhist tradition, the courses and classes are run on a Dana (free will offering) basis. Teachings are given freely and participants offer a donation in accordance with their own resources.

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## **The Ten Paramitas by Ajahn Sucitto**

At present approx R15,000 has been gathered for Ajahn Sucitto's book. If you would also like to contribute to this collection of Ajahn's talks please contact Dharmagiri office. Meanwhile Kittisaro is patiently working on bringing the book together after initial edits from Judy Tobler and Chantel Erasmus. While our time line to have the book ready for Ajahn's 60th birthday in November now seems unlikely, we are positive it will be published during his 60th year!

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## **Dana & all things Money Wise!**

### **Good News -- 18A Approval -- Tax Deductibility for Donations to Dharmagiri Outreach**

**Dharmagiri is officially recognized as a welfare organization that can issue tax deductible receipts for donations to its eligible Outreach programmes.**

Realizing that Public Benefit Organizations are dependent on the generosity of the public, the South African government crafted legislation (Section 18A of the Tax Act) for the tax deductibility of donations to encourage support of certain approved Public Benefit Activities.

In September of this year Dharmagiri was finally granted 18A approval, and now

donations to Dharmagiri for its Outreach activities -- Khuphuka, Woza Moya and The Nkululeko Foundation -- are tax deductible for the donors.

A tax payer making this sort of donation is entitled to a deduction of up to 10% of their taxable income. If you make a Dharmagiri donation dedicated to our Outreach work and would like a tax deductible receipt, please contact us.

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### **Dharmagiri runs entirely on an Ethos of Dana (free will offering)**

Since the first retreat in 2000, Dharmagiri has run entirely on an ethos of Dana which has subsidized many retreats for hundreds of people. We have encouraged the principle of Dana in accord the ancient tradition of giving has enabled the transmission of Buddhist practice and teachings over thousands of years.

Throughout our time at Dharmagiri we have never charged any fees. This is because we believe this is a beautiful way to run a dharma centre that encourages a shared spirit of offering and service. Your support of Dharmagiri, its retreats and outreach programmes is greatly appreciated. We most sincerely thank all those who support Dharmagiri through financial contributions, your well wishing and your practice at the hermitage.

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### **To make an offering:**

#### **From South Africa**

Standard Bank (Pietermaritzburg Branch)

Name of Account: Dharmagiri

Account Number: 052117391

Branch Code: 05752500

#### **From Overseas**

**follow the link to Pay Pal on the DG web site.**

<http://www.dharmagiri.org/12.html>

**To make a Standing Order please follow this link:**

[From South Africa](#)

[From the UK](#)

Thank You for support which we value and appreciate.  
Standing orders allow us to translate your support into sustainability of  
Dharmagiri, its retreats and its Outreach Programmes.

**For further details of self retreats, Dharma talks to order and  
general information regards Dharmagiri, please go to:**

<http://www.dharmagiri.org>

**Dharmagiri, PO Box 270, Underberg, 3257, KZN, South Africa  
+27 (0) 33 7011138 office@dharmagiri.org**

**Join ' Friends of Dharmagiri' on Face Book**



**To Unsubscribe or Subscribe please follow the Link!**

**[Link](#)**

**Dharmagiri (Association Incorporated under Section 21) is a Non Profit Organisation 028 378 and Public Benefit Organisation  
18/11/13/1926 within South Africa.**

**Patrons: Ajahn Sucitto, Ven Bhikkhu Bodhi, Ajahn Munindo**

**Directors: H.R Weinberg, L.M. Weinberg, JP Meyer, M.Matheson**

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For an update from Gavin Harrison  
Woza Moya Annual Report 2009

### **Prison Project**

JP is continuing to coordinate the support of meditation groups in Baviaanspoort and Kutama prisons and JHB Correctional Centre in Roodepoort through correspondence and provision of Dharma materials. Please contact JP if you would like to help or donate to the provision of materials: [prison.project@dharmagiri.org](mailto:prison.project@dharmagiri.org)

News from the Prison Project is that one of the inmates who we correspond with will be released at the end of next year and has informed us that he is preparing to be ordained in the New Kadampa Tradition.

In September, while in San Francisco, Thanissara spoke with Jacques Verduin from the Bay Area, USA of Insight Prison Project who plans to visit South Africa next year.

[Click here to check out Jacques amazing work in American prisons.](#)

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**Purchase a meditation bench & note book  
& support South African crafts, DG Outreach & your meditation practice!**

Support Khuphuka Project & Woza Moya Project by ordering beautiful meditation benches & cushions, a 'Bodhi Bench' and 'Blue Turtle Recycled Journals'.

[For further details click here.](#)

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## **Meditation Classes in Cape Town facilitated by Judy Tobler**

- For beginners or those wishing to refresh their practice
- Eight weekly sessions on Tues 6 -7pm or Weds 10.30-11.30am
- These classes will run until the 10th or 11th November in Claremont (pls note: a new course will start in the new year)
- Individual sessions are also available by arrangement
- Enquires: Judy 021-671-6194 or 072-638-6835 / [jtobler@xsinet.co.za](mailto:jtobler@xsinet.co.za)

Core Buddhist meditation teachings of cultivating mindfulness, calm and insight, which transcend religious denomination and can be integrated into daily life of any spiritual or religious observance, form the basis of this course. Judy has attended many retreats at Dharmagiri over the last 7 years and has completed Dharmagiri's yearlong study, practice programme facilitated by Kittisaro & Thanissara. In keeping with the Buddhist tradition, the courses and classes are run on a Dana (free

will offering) basis. Teachings are given freely and participants offer a donation in accordance with their own resources.

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## **The Ten Paramitas by Ajahn Sucitto**

At present approx R15,000 has been gathered for Ajahn Sucitto's book. If you would also like to contribute to this collection of Ajahn's talks please contact Dharmagiri office. Meanwhile Kittisaro is patiently working on bringing the book together after initial edits from Judy Tobler and Chantel Erasmus. While our time line to have the book ready for Ajahn's 60th birthday in November now seems unlikely, we are positive it will be published during his 60th year!

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## **Dana & all things Money Wise!**

### **Good News -- 18A Approval -- Tax Deductibility for Donations to Dharmagiri Outreach**

**Dharmagiri is officially recognized as a welfare organization that can issue tax deductible receipts for donations to its eligible Outreach programmes.**

Realizing that Public Benefit Organizations are dependent on the generosity of the public, the South African government crafted legislation (Section 18A of the Tax Act) for the tax deductibility of donations to encourage support of certain approved Public Benefit Activities.

In September of this year Dharmagiri was finally granted 18A approval, and now donations to Dharmagiri for its Outreach activities -- Khuphuka, Woza Moya and The Nkululeko Foundation -- are tax deductible for the donors. A tax payer making this sort of donation is entitled to a deduction of up to 10% of their taxable income. If you make a Dharmagiri donation dedicated to our Outreach work and would like a tax deductible receipt, please contact us.

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### **Dharmagiri runs entirely on an Ethos of Dana (free will offering)**

Since the first retreat in 2000, Dharmagiri has run entirely on an ethos of Dana which has subsidized many retreats for hundreds of people. We have encouraged the principle of Dana in accord the ancient tradition of giving has enabled the transmission of Buddhist practice and teachings over thousands of years.

Throughout our time at Dharmagiri we have never charged any fees. This is because we believe this is a beautiful way to run a dharma centre that encourages a shared spirit of offering and service. Your support of Dharmagiri, its retreats and outreach

programmes is greatly appreciated. We most sincerely thank all those who support Dharmagiri through financial contributions, your well wishing and your practice at the hermitage.

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**To make an offering:**

**From South Africa**

Standard Bank (Pietermaritzburg Branch)

Name of Account: Dharmagiri

Account Number: 052117391

Branch Code: 05752500

**From Overseas**

**follow the link to Pay Pal on the DG web site.**

<http://www.dharmagiri.org/12.html>

**To make a Standing Order please follow this link:**

[From South Africa](#)

[From the UK](#)

Thank You for support which we value and appreciate.  
Standing orders allow us to translate your support into sustainability of  
Dharmagiri, its retreats and its Outreach Programmes.

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**For further details of self retreats, Dharma talks to order and  
general information regards Dharmagiri, please go to:**

<http://www.dharmagiri.org>

**Dharmagiri, PO Box 270, Underberg, 3257, KZN, South Africa  
+27 (0) 33 7011138 office@dharmagiri.org**

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**Join ' Friends of Dharmagiri' on Face Book**



**To Unsubscribe or Subscribe please follow the Link!**

**[Link](#)**

**Dharmagiri (Association Incorporated under Section 21) is a Non Profit Organisation 028 378 and Public Benefit Organisation 18/11/13/1926 within South Africa.**

**Patrons: Ajahn Sucitto, Ven Bhikkhu Bodhi, Ajahn Munindo**

**Directors: H.R Weinberg, L.M. Weinberg, JP Meyer, M.Matheson**