

Insight

News and events for Lifeflow Members

Spring 2010 at Lifeflow



At a glance... Spring at Lifeflow

Refresh and Restore	Lifeflow Studio	Wednesdays 28 Sep & 6 Oct, 6–7 pm
Members Retreat	Kurlana	Sat 2 Oct–Mon 4 Oct
Come and Try free intro session	Flinders Uni	Wed 6 Oct, 5.30–6.15 pm
Come and Try free intro session	Lifeflow Studio	Wed 6 Oct, 7.30–8.30 pm
Come and Try free intro session	47 South Tce	Thurs 7 Oct, 5.45–6.30 pm
Term 4	Lifeflow Studio	Commences week of Mon 11 Oct
Working Bee	Tara Hills	Sat 20 Nov, 10 am onwards
Tantra Meditation – Cutting through..	Tara Hills	Sun 21 Nov, 11 am–12.30 pm
Refresh and Restore	Lifeflow Studio	Wednesdays 1–15 Dec, 6–7 pm
Summer 10 day Members Retreat	Tara Hills	Tues 28 Dec–Thurs 6 Jan

Lifeflow Studio – Unit 8/259 Glen Osmond Rd update

It's been nine months now since we started planning renovations to Unit 8b, and we will be ready to move in and open in time for the Term 4 (Monday 11th Oct)!

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3 Demo and Aircon ducting



More pictures celebrating Coady Green in recital at the new Lifeflow Studio inside...



1 Before



4 Suspending the ceiling supports



2 Remains of NE wall post termites



John (Architect) & Mark (Builder)





1 Admin & Library early morning



2 Pasterboard before the paint



3 Paint, lights, ply ready for boards

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At the time of writing the final touches are being made to the joinery for the reception and admin areas, and the floor in the foyer is being polished. It will be exciting to see these features fully installed.



Kya laying the ply ready for the boards

Since our last newsletter the unanticipated challenges and costs of termite damage, internal drainage systems, and building certification requirements have all been met – in part thanks to the other owners and Strata members of the Osmond Grove complex. At the Strata AGM mid September, Strata Members were very understanding of Lifeflow’s difficulties, and agreed to assist with all Strata-related repair costs - retrospectively. We are very fortunate to be sharing the property with such a lovely group of people and anticipate having a productive relationship with them well into the future.

Over the coming months we look forward to settling in, and with an expanded team of Admin support (John, Lisa and Robyn will be assisted by Amanda Goodfellow, and Ann Calvert). We also look forward to moving the Lifeflow

construction and installation. Other imminent projects are cleaning up the adjoining parking areas, and introducing better signage.

A huge thankyou to everyone who has been involved in the process so



Foyer Sept 18th after Coady’s recital

Library down from Tara Hills. Thanks to Peter Hume for his time and expertise designing the Library’s joinery and managing its

far: the members who have given generous donations (both small and large); John Adam, Damien, Dan and the rest of the team at Roarkus Moss Architects; Mark Di Mauro, Kevin and the team at MDM Constructions; Petra Tietjens for providing storage space; Kirsten Potoczky for planning advice; Wendy Fairclough for glass and colour advice; the moving teams – including John Burston, Annie Bond, Andrew Baldwin, Ann Calvert, Ian Nuberg, Matt Reichstein and Mark Tatyzo; and the Board for over-seeing the process. It has been a real pleasure to work and marvel together as the space has gradually taken shape.

Lisa Hancock
GO Rd Project Manager

Coady Green in recital at the Lifeflow Studio

On Saturday 18 September Lifeflow Members, friends and family were treated to an inspirational performance by Coady Green, piano.



Graham Williams (Director)

Coady took us on a journey into the sometimes tormented, other times tender and intimate world of Robert Schuman; we danced with the devil through Liszt's *Mephisto Waltz* and were transported by Ollivier Messian's *Kiss of the Infant Jesus*.

The appreciative audience included first-time recital-goers as well as dedicated piano students and aficionados.

Thankyou Coady for your masterful performance, and for sharing your music with us so generously.

After the recital Graham Williams presented Coady with a gift to 'help him on his way'.

Celebrating the Studio renovations John Burston (General Manager) then presented John Adam (Architect) and Lisa Hancock (Building Project Manager) with beautiful glass works by artist Andrew Baldwin.



Andrew Baldwin (Glass Artist) and John Adam (Architect)



Lisa Hancock (Project Manager)

Thankyou to all of those who helped make our first event in the new Lifeflow Studio such a special one: Ann Calvert (organiser); Ric Daniel and Andrea Fiebig (drinks), Gretta



Petra Tietjens and Margie Strathearn (Board Member)



Graham Williams and Coady

Koch (flowers); Bonnie Sandercock and Margie Bok (food); Eileen Lubianna and Robyn Walden (front



Members, family and friends in the new studio prior to the recital

of house), Ian Nuberg and Mark Tatyzo (car ushers); Sam Lang, Petra Tietjens, Sally Rush, Peter

Hume (clean up); Catherine Gasmier (photographs).

October long weekend retreat Stages of the path (Part 2)

Starts with lunch Sat, 2 Oct 1pm
Ends with lunch Mon, 4 Oct 2pm
Kurlana Riverland Sanctuary
Graham Williams et al



If you have a regular meditation practice, you may be becoming curious about what stage or level your practice is up to, or where your meditation experiences are likely to take you. At this retreat we will continue to investigate a particularly useful system for

understanding what is likely to unfold as your meditation deepens. This system comes from the tradition of Tantra, and outlines the different levels and stages experienced along the whole path of meditation: from

developing the skill of meditative concentration, through to a stage of “no more meditation”.

This retreat will provide you with a valuable framework to help you better understand your own

meditation experiences, and to further develop your practice.

Prerequisites:

The only requirement for Kurlana retreat is membership. However, we do recommend that you have completed at least one public retreat. Please check with a teacher before booking. If you have not completed a public retreat but still wish to attend a members-only retreat, then please

contact Lifeflow or check with a teacher.

Accommodation at Kurlana is very limited, and most people camp near the house or in the bush reserve.

Food is prepared on a shared, rostered basis. Generally, you can expect to be part of a group of three or four cooking for one of the dinners and lunches.

Retreat Course Fees:

\$170/\$130conc

Accommodation fees per night: House, Caravan, Hut: \$20/\$15conc
Tenting: \$10

To book please contact Lifeflow by email or phone.

Payment is by CC, cash or cheque at Kurlana.

Please get in touch for more details.

Working Bee – enjoy a free night at Tara Hills

**Saturday 20 November
commencing 10am**

**Stay overnight for Tantra
Meditation (see below) Sunday 21
November**

Come and meet other members, soak up the beautiful air and atmosphere, and help prepare Tara Hills for the Summer months.

Stay for a couple of hours or the whole day; do a little or a lot.



Stay overnight for free and experience the Tantra Meditation on the Sunday.

Please contact Lifeflow for more information, or if you intend to stay overnight.

Tantra Meditation – Cutting through appearances

**Graham Williams
Sunday 21 November
11am – 12.30 pm
Tara Hills Retreat Centre**

This meditation allows you to tap a fiery quality of direct awareness – learning not to be fooled or dulled into believing appearances, or believing that situations are immutable. Sometimes in life you need to tap the power of your gut instinctual energies for cutting through – this meditation is for training yourself to do this skilfully.

At our advanced visualisation sessions we offer an experience that engages all of your senses – sight, touch, sound, smell and taste. This gives a far more

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powerful experience than what we can offer in our classes in the city. The meditation will be accompanied with a mantra (a series of words that are repeated, bringing an aural component to

the meditation) which, once learnt, can be used to easily bring back the feeling of the meditation. A shared meal follows the meditation. Please bring a plate of food to share.

Payment is by donation.

Recommended fee:
\$20/\$15conc

Contact Lifeflow for further information.

Summer 10-day Members' retreat: Not sleeping... dreaming



Ann Calvert & Gretta Koch
Starts 2pm Tues 28 Dec 2010
Ends 2pm Thurs 6 Jan 2011
Tara Hills Retreat Centre

For many people dreaming is an important link to a rich inner world. Dreams provide a bridge to the core of the mind's creativity and a way of understanding ourselves at a deeper level.

This retreat will allow the time to bring awareness to the dreaming process, and present a structure to interpret the language of dreams. We will focus on the study and practice of 'Dream Yoga'. This is one of the Six Yogas of Naropa, a set of traditional meditation practices. Dream Yoga develops the skill of bringing awareness to the intermediate state between deep sleep and wakefulness.

As with all Members Retreats there will be a daily guided meditation and a deep relaxation session,

allowing ample time for members to develop their own practice. The first formal session will be deep relaxation starting at 2 pm on the Tuesday. You can arrive any time from 10 am onwards on the Tuesday, and everyone is welcome to come for lunch that day.

Prerequisites:

Either Attending or have completed Level 2, 3 or 4 AND attended at least one public retreat AND one members' retreat;
Or If not attending the city classes, then completion of two public retreats AND one members' retreat. Please contact Lifeflow if you would like to attend the retreat and have not fulfilled these prerequisites.

Participants are expected to stay

for the entire 10 days. Also, if you are going straight back to work after this retreat, we recommend that you allow one extra day to settle back into your normal routines before recommencing work, ie arranging your leave so that you are not required back at work until Mon 10 Jan.

Food is prepared on a shared, rostered basis. In the week prior to the retreat we will let you know by email how many people will be attending, and how many meals you will be contributing to .

Fees:

Waged, or if **not** attending classes in the City: \$440 Concession: \$360

Bookings: Please book and pay by Friday 10 December by contacting Lifeflow.

Member feature: Marg Nelson

Marg lives in the western suburbs and works in outreach for CYWHS (Women's and Children's Hospital) working with vulnerable infants and their families. She is an unapologetic feminist, includes environmental and social justice activism in her doings, and has three activist kids who hold discussion nights on current affairs, and also like to meditate. Marg recovers by spending her annual holiday at Blues Fests stalking scared artists for autographs.

What brought you into contact with meditation?

A long time ago I discovered the works of Edgar Cayce which puts meditation at the top of everything, and explained the how and why of it, so I was hooked.

Did you have to do anything differently to make room for meditation in your life?

I had to make room for it in my head first. I also was fairly careful about what I read and tried to be discriminating about it. It's actually not for everyone, and I wanted to be clear about what I was doing, so I researched that too. Then I made space and made time.

What difference has it made?

The Cayce material claimed 15 minutes of meditation can save one from dire suffering. That's a tall order, but over time I have come to understand what he meant. The suffering is in my stories, the meditation takes me away from the stories.

It does have positive physical effects on the body as well as calming the mind, and there is more and more research on this.

For me meditation brought into sharper relief my dreams, and

brought to attention some of what is called the psychic aspect.

What has surprised you about doing meditation?

The personal work with Lifeflow is something I didn't expect. You do it for yourself but with guidance. I first went to classes thinking we would OM all night! I find these little classes challenging in oh so nice ways, while still helping you think and explore yourself and your motivations in life. It's all done in safe, knowledgeable and humorous ways.

'To bring the meditation to the parent group who have children with disabilities, and to see the tension melt off them when taking them through the Lifeflow exercises is a joy to us all.'

What have you found valuable in the Lifeflow meditation classes?

I feel there is a strongly practiced ethical base. It IS a service to community. That everything I had been learning from the previous research on meditation, was also in fact the knowledge-base and practice of the teachers of Lifeflow. I have been looking for this for 20 years. It's like coming home.

Also, Lifeflow meditation teaches us to drop our judgments about ourselves and others.

Do you have any personal suggestions or tips for beginners?

Allow the wonder and awe of the process of discovering the inner world. It's the wonder of it that keeps us intrigued 'till we reach deeper levels of comprehension. Reach into that kindness to oneself and kindness to others. Keep that in mind, especially when going through dry periods of meditation.



Clair Tatyzo (daughter), Marg Nelson and Bonnie Sandercock at Coady's recital

Is there a piece of advice you have received regarding your meditation practice that stands out?

The three C's has been a lifesaver for me on more than one occasion. Spot meditations are very cool, and realistic. Meditation practice reminds us of the oneness of life, and meditating on oneness is a very interesting journey.

Other interests/passions in life?

I have long had a passionate interest in studying the dream world and I convene a "dream group" with friends. Meditation and dreams can be closely entwined. Correct dream exploration is like meditation, in that it requires guidance, a sense of humour and a willingness to be open to and think about our habits. Guided

group learning in most any area of life is a wonderful way to ground each other, support each other, and explore.

My work with babies and new parents is my passion as well. To bring the meditation to the parent group who have children with disabilities, and to see the tension melt off them when taking them through the Lifeflow exercises is a joy to us all.

Become a Voting Member

Have you been a member of Lifeflow for more than two years? Would you like to get more involved in the workings of the Centre? Yes?

Then you might like to consider applying for Voting Membership.

Voting Membership enables you to vote at Annual and Special General Meetings and if interested, nominate to take up a position on the Board or stand as a position-holder.

To become a Voting member you simply complete an application

form which asks you to support the values of the centre, and await formal approval of your application by the Board.

Contact Lifeflow if you would like more info or to be sent an application form.

Easy access to Members' info on the web



Look here for quick links to Members-only classes and retreats at Tara Hills, plus easy access to back issues of *Insight*.

Members quicklinks:
Retreats | Classes
Newsletter archive

Web quicklinks

- Members classes www.lifeflow.com.au/members_classes.php
- Members retreats www.lifeflow.com.au/members_retreats.php
- Past newsletters .. www.lifeflow.com.au/news/members_newsletter_pdfs.php

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