



At a glance... Spring-Summer at Lifeflow

Members' Seminar – Being human ...	Tara Hills	Sun 18 September, 11 am – 12.30 pm
Kurlana October Long w/end Retreat	Kurlana	Sat 1 – Mon 3 October
Free <i>Come and Try</i> sessions	Various	Mon 10 – Thu 13 October
Term 4 commences	Various	Mon 17 October onwards
Special Event 3: Ashley Hribar Recital	Lifeflow Studio	Sat 5 November, 3 – 4.15 pm
Tara Hills Working Bee	Tara Hills	Sat 26 November, 10 am onwards
Tantra Meditation – Clarity	Tara Hills	Sun 27 November 11 am – 12.30 pm
Summer Retreat – Light your own fire	Tara Hills	Wed 28 December – Fri 6 January

Members' Seminar: being human – opening to love

Sunday, 18 September
11am – 12.30 pm
Tara Hills Retreat Centre
Graham Williams

When we talk about being human we usually say, 'Well, I'm *only* human'. What, then, did the Buddha mean when he said that his attainment was being human?

Having both a mind and a body, and being conscious of both, is what makes us human. And according to the meditation tradition, keeping mind and body together is the great achievement of meditation.

This is also the true meaning of love and compassion: when our minds and bodies are working together, we have the confidence to be fully open to the world in which we live, to those in our

communities, and to those we care for and love.



In this seminar we will explore this view of our humanity, and of love and compassion. We will also consider how we can use the tools of meditation to be 'more human' in our every-day lives. Bring along your questions. Discussion is very welcome.

The seminar is followed by lunch. Please bring a plate of food to share.

Members' Seminars at Tara Hills are a great way to meet other members, enjoy the beautiful Retreat Centre, and soak in some country air.

Feel free to bring a friend.

Members: Free
Non-members: \$15/\$10conc

Easter Retreat: The dance of life – through the many worlds we live in – part 2

Starts with lunch Sat 1 October
Ends with lunch Mon 3 October
Kurlana Riverland Sanctuary
Graham Williams et al

As human beings we are all shaped differently, each of us identifying with some character traits and associated mind-states more than others – this helps to create the ‘world’ that we live in. Through habit we favour particular states, roles and worlds.

The Tantra tradition has brilliantly described all of these ‘realms’ – both positive and negative. At the core of each is the calm, clear awareness which meditation practice teaches. Getting to know this state, and learning to access it at will, allows you to move freely between the different worlds, and participate fully in the dance of life.

This retreat will continue on from the Easter retreat, exploring all of the different realms, with vivid illustrations of each.

You will have the opportunity to discover which ones you identify with most, and to practice resting in the clear state of calm and balance.

Prerequisites:

Participation in the Easter retreat will *not* be assumed at this retreat and is not a prerequisite.

The only requirement for Kurlana retreat is membership. We do recommend however, 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 Kurlana retreat, 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, expect to be cooking one of the meals with three or four others.

For more details please contact Lifeflow either by email or phone.

Lots of useful info is also available at www.lifeflow.com.au. Go to ‘**About retreats at Kurlana**’ under ‘Lifeflow Membership’.

Please note changes to booking and payment procedures:

Course and accommodation fees are now due *prior* to Kurlana retreats.

Please book and pay by Thursday 22 September by phoning Lifeflow reception on 8379 9001.

Retreat Course Fees:
\$210/\$160conc

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

To those who experienced the mice plague last Easter: **No mice** have been sighted recently at Kurlana, so you can expect a mouse-free retreat in October



Special Members' Event: Ashley Hribar in Recital

**Saturday, 5 November,
3 – 4.15 pm
Lifeflow Studio**

We are delighted to be able to bring Ashley, a truly wonderful pianist (and Lifeflow Member) back to Lifeflow in a return recital. In 2009 he dazzled us with Gershwin's Rhapsody in Blue. This year his program will include his breath-taking set of variations on the famous theme of Paganini. Always a generous performer, Ashley has again agreed to do this concert for Lifeflow while on tour of Australia.

Now based in Germany, Ashley is a former student of Stephan Ammer and Graham Williams. He is the first Australian to win the prestigious Gaudeamus competition in Germany. Described by critics as 'brilliant', and 'an exceptional artist'. Ashley in recital is an

Win one of two free double passes to Ashley Hribar in Recital!

Describe in 50 words or less, a situation in which you have found a 'spot' or 'informal' meditation particularly useful.

Winning entries will be published in Insight. **Entries close Monday 19th Sept.** Winners will be notified by Mon 26th Sept.

opportunity not to be missed!

Refreshments will be served after the recital. Seating is limited. Please purchase your tickets prior



to the event by calling Lifeflow on 8379 9001.

Members: \$20/\$15

Non-Members: \$25/\$20conc

Tantra Meditation: the essence of clarity

**Sunday 27 November
11am – 12.30 pm
Tara Hills Retreat Centre**

A mind that is clear, vibrant and engaged – this is the essence of clarity.

Use this meditation to train in the habit of keeping your mind clear, letting go of the debris from the day, opening to a fresh, radiant stillness. Bring clarity into your mind, and clarity into your life.

Tantra Meditation sessions offer an experience that engages all of your senses – sight, touch, sound, smell and taste. This gives a far more powerful experience than is available in our city classes. The meditation will be accompanied with a mantra which, once learnt, can be used to easily bring back



the feeling of the experience.

Lunch follows the meditation. Everyone is very welcome. Please bring a plate of food to share.

Payment is by donation. \$20/\$15 conc recommended

Contact Lifeflow for further info by email or phoning 8379 9001.

Working Bee – enjoy a *free* Saturday night at Tara Hills prior to the Tantra Meditation on Sunday

Saturday 28 November
starting 10am



Come and meet other members, soak up the country air, and help prepare Tara Hills for the summer months. Indoor and outdoor jobs; something to suit all levels of energy and fitness!

Stay for a couple of hours, or for the whole day.

Bring the kids or take the opportunity to show a friend around.

Please bring food to share, and breakfast provisions for yourself if staying overnight.

For more information, or **if you intend to stay Saturday night**, please contact Lifeflow.

Yoga classes come to the Lifeflow Studio

Saturdays 11.30 am – 1 pm
Term 4, 22 Oct – 3 Dec
Margaret Strathearn



My daughter and I look forward each week to Margie's yoga class. We both have returned to yoga as part of our fitness routine and could not be happier that we chose to attend. Margie has made our weekly classes a journey of self discovery: of what our bodies can achieve when one is taught to discipline it in a gentle but structured way.



This year, we are delighted to be introducing Yoga classes conducted by Margie Strathearn, to Lifeflow. Margie is a highly accomplished and respected Yoga teacher, remembered fondly in Adelaide Yoga circles for the school she ran during the 80's and 90's.

Yoga is such a great non-competitive workout: one's energy levels rise, and the feeling of calm and well being after taking class is wonderful. I can honestly say I couldn't think of a better way to start my weekends than stretching, breathing and relaxing at a yoga class taught by Margie.

Christine A Gibson.

A student of the renowned BKS Iyengar, Margie has returned to teaching after an 18 year break.

Drawing on her wealth of experience, each session is tailored to the fitness, flexibility and level of experience of class participants.

Fees for 7-week course:
\$110/\$90conc
Members: \$100/\$80conc
Special introductory class
Saturday 22 Oct \$15/\$10conc

Summer 10 – day retreat at Tara Hills 2011 – 2012

Light my fire...? Light your own fire with Yoga-Tantra

2pm Wed 28 Dec 2011 –

2pm Fri 6 Jan 2012

John Burston

Lisa Hancock

Tantra is about working with the spark of life, the spark of desire, the spark of life energy. Usually this either gets repressed, or it drives us ever onwards, looking for the next big thing, looking for 'the one' that will satisfy.

The Tantra tradition in meditation has always had a place for this quality, which we usually first pick up as desire. It's actually deeper than desire, and can be tapped to keep our own feeling for life alive. It's about lighting your own fire, and recharging your feelings by yourself. These practices add some kick to meditation too!

The 10-day retreat setting is an ideal environment to practise Yoga-Tantra: with the calm and concentration of retreat you can build the experiences of inner fire meditation, developing it to a much greater intensity than in everyday life.

We will also look at how you can bring this into your everyday life after retreat.

As with all Members Retreats there will be a daily guided meditation and a deep relaxation session, allowing ample time for you to develop your own practice.

The first formal session will be a deep relaxation starting at 2 pm on the Wednesday. You can arrive any time from 10 am onwards on the Wednesday, and everyone is welcome to come for lunch.



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 9 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 .

Please note changes to booking and payment procedures below:

To secure a place on this retreat full payment or a \$100 deposit is required. Please phone Lifeflow reception 8379 9001 to book.

Fees:

Waged, or if a member and *not* attending Lifeflow courses: \$490
Concession: \$400

Full payment is required one month prior to the retreat: **by Monday 28th November.**

Thanks for your assistance with this.

Members Feature – Chris Mroczek

Chris, originally from New Zealand, has been living in Australia for over 25 years. He is a geologist working in the mining and oil & gas industries – a very satisfying career which has seen him work and live throughout rural New Zealand and outback Australia. In early 2008 he moved to Adelaide with his family, and is still enjoying the hustle and bustle of city life (including the streets with more than one set of traffic lights). He has been a Lifeflow member since arriving in Adelaide.

What brought you into contact with meditation?

Over the years I had come into fleeting contact with various people who practised meditation, including family. At that time it was more of an academic curiosity. Then a CEO of a company I was working for mentioned that he had taught himself how to meditate as a way of coping with the pressures and demands of his role. This time my interest was piqued as I was having similar issues. Living in remote Australia at the time, and not being strong on self learning, there were no readily available resources. But within a few months of arriving in Adelaide I had enrolled at Lifeflow.

philosophy surrounding the practice of meditation, it has become part of my daily routine. This has also shaped how I try to approach life in general.

Lifeflow teaches that meditation can liberate you from the pressures of time. I've discovered that this is true: time spent meditating does not add to the day's tasks. Instead this time is more than made up by the gain in efficiency and focus with which I can conduct my affairs.



What difference has it made?

To be honest, still very much a work in progress and discovery process. Apart from the obvious feelings of well-being and relaxation after a good session, the positive effects can sort of creep up on you. I have found myself, in situations that in the past would

and more importantly how to get back to that state as moods wax and wane. This has been another very positive outcome. It has given me a sense of confidence that whatever the highs and lows, I can ultimately cope.

Lastly – sleep, glorious sleep – the tips work!

What has surprised you about doing meditation?

I am still impressed by the simplicity and ease of the meditation techniques taught at Lifeflow – and with a minimal time investment, the feelings of bliss and contentment they can impart. Always a good start to the day.

What have you found valuable in the Lifeflow meditation classes?

The encouragement, practical instruction, the demystification of the tradition surrounding meditation, the application of meditation to daily life and the understanding of human nature. Love the anecdotes.

Without the classes I would probably have given up a long ago. They definitely enrich the practice of meditation.

'I felt that the benefits would flow if I just did it; and it didn't matter whether I immersed myself deeply or otherwise in the practice and the tradition.'

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

Setting up a time for regular daily practice was the initial difficult step (and still occasionally is), but I considered it as 'me time'. We all need a break. As the practice has become more of a habit, and I've taken on board some of the ideas/

have elicited a habitual suboptimal response, stepping back, assessing what is actually happening, finding that sense of balance, and then responding in a more considered fashion. Afterwards you think 'where did that come from?'

Also, an overall sense of what being in a balanced state feels like

Do you have any personal suggestions or tips for beginners?

Perseverance. For me it was important to develop a mindset that meditation is not a chore, and that even a few minutes a day is better than nothing; it was all about building the daily routine. I have found the guided meditations recorded on Lifeflow CDs to be particularly useful on

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days when it all just seems too frantic. This goes back to the value of developing a daily habit.

The practice of spot meditations is always important, even inventing your own to add that personal touch.

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

'We wouldn't be doing it if it wasn't enjoyable' – a comment by Graham during one of his classes. This appealed to the hedonist in me and from then on, set the tone for my meditation practice. Simplistic? Maybe, but it worked for me.

Ultimately I felt that the benefits would flow if I just did it; and it didn't matter whether I immersed myself deeply or otherwise in the practice and the tradition.

Other interests/passions in life?

In the short term very passionate about New Zealand winning the Rugby World Cup this year.

During periods of leisure, other pursuits I enjoy include bushwalking, gardening, reading and regular sampling of good South Australian reds.

Lifeflow Library book review: *The Brain that Changes Itself*

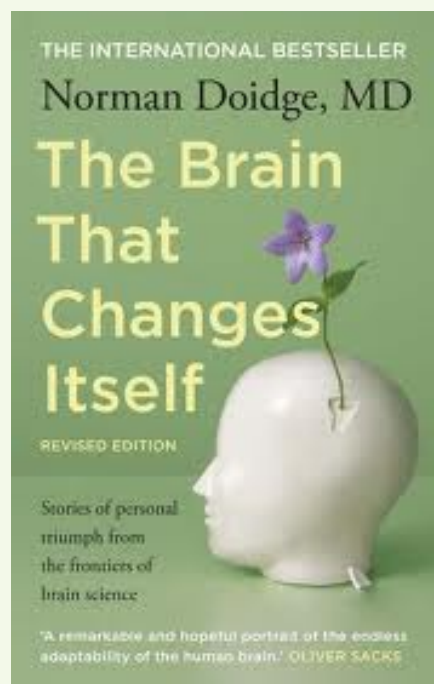
In this easy-to-read, inspiring and moving book, psychiatrist and psychoanalyst Norman Doidge provides striking evidence of the mind's ability to change its own structure and function; that is, evidence supporting the 'neuroplasticity' of the mind.

Neuroplasticity is a scientific concept which challenges the 'mechanistic' view that the brain's structure is fixed – a view which replaced more mystical notions about the soul and the body, and has guided neuroscience since the seventeenth century.

Doidge's research was spurred on by his observation that when patients did not progress psychologically as much as hoped, often the conventional medical wisdom was that their problems were deeply 'hardwired' into an unchangeable brain - hardwiring being another metaphor which identifies the brain with a machine.

In the book Doidge takes you on a journey to meet medical practitioners, scientists, carers and patients who have been able to heal serious psychological and physical medical conditions employing unconventional techniques which support this 'plastic' view of the brain. He

introduces you to: a scientist who employs new techniques to enable a person blind since birth to begin to see; stroke victims (of several decades) declared incurable who were helped to recover; people whose learning disorders were cured; and others who 'rewired their brains with their thoughts' to cure previously incurable obsessions and traumas.



It includes a fascinating discussion of the work of Paul Bach-y-Rita who says that 'We see with our brains, not with our eyes', challenging common-sense views of perceptual processes.

It also provides evidence supporting Freud's view that formative developmental periods in early childhood have life-long impact. It introduces the concept of competitive 'brain maps' which helps to explain why 'unlearning' a 'bad' habit is often a lot harder than learning a 'good' one in the first place. It also suggests that human libido, even sexual preference is 'curiously fickle, easily altered by our psychology'.

Perhaps most heartening (particularly for meditators) is Michael Merzenich's research which suggests that we *can* keep our minds vital right through old age, so long as we regularly learn something truly *new* to us, and do so with the same intense focus we had when we learnt things as children.

The book also provides a wealth of information and insight into the relationship between our minds, bodies and experience.

Love: open and luminous – Graham Williams

What is love? When we talk about 'love' we are often thinking of special people, pets, places, even foods (ice cream!) in our lives that we are particularly fond of. Within the meditation tradition, the essence of love is being open to everything; being receptive to everything in yourself and the world.

A couple of years ago one of our course participants said to me, 'What I have found really striking about the Lifeflow teachers is that they literally seem to glow. It is so inspiring to come to the courses – it's such a contrast to the environment I work in.'

The glow she was referring to is called 'luminosity' or 'clear light' in the meditation tradition, and is the natural state of our being. It opens up when our minds, emotions and bodies are balanced and so completely united. When you realise this and are able to hold it no matter what you are doing, your life literally lights up, and this is the essence of what is meant by enlightenment. Your life becomes luminous.

One of the reasons for this is that you no longer have to hide anything from yourself, and so there are no dark areas in your life where you fear to look. You are able to accept everything about yourself.

And this also translates to the

relief because you no longer have to use up your energy keeping it hidden from view.

Love is being open to life

Through knowing how to keep your senses and your mind open, you discover the rich and vivid experience we call life. Your experience everything through your whole body and mind, and so



you feel connected with your whole body and the people and life around you.

You discover that love is actually a decision – not just a feeling. It is something you can practice, and so you can learn to sustain a state of

Being kind to yourself

Learning to be truly open with others begins with learning to be kind to ourselves. For how is it possible to truly love someone else if we aren't able to like or be kind to ourselves?

Kindness itself is based on the word 'kin' and so a meditation on kindness brings to mind our kinship with other human beings and with

everything that lives – that we're all in it together. We all share the same home.

Kindness is the simple acceptance of the fact that we are all here together, that our bodies all live within the same limits, that we are

'...love is actually a decision – not just a feeling. It is something you can practice, and so you can learn to sustain a state of love...'

world around you. Even if you don't understand or agree with everything that is happening, you don't have to ignore it or pretend it is not happening. This is a great

love in the same way that you can learn anything else. It doesn't have to be left to chance.

totally dependent on the earth for our survival, and that all other people and living creatures share this with us.

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It is a state where you see yourself and the world from the heart, opening to the feeling of kinship with all of life.

The Kindness meditations we teach at Lifeflow help to open and strengthen the heart centre. These meditations begin with imagining a flower – perhaps a rose – at the centre of the heart. You can then imagine soft light flowing from your heart centre, taking feelings of warmth and acceptance to all of the different parts of your body. Eventually you are able to extend this warm love beyond your own body, to the world around you.

Letting go of boundaries

Opening to others also means

letting go of boundaries. You can practice how to do this by meditating on love – something which is common to both the Western and Eastern traditions. Meditations on love are designed to take you beyond the boundaries of your view of yourself and your world.

There is a little text book called *The Cloud of Unknowing*, written for his students by an anonymous monk, which has survived from the 13th century. The aim of the book was to lead the student to a point where he or she could let go of themselves, enter a state of unknowing, and penetrate it to reach a state of union.

In it is an exercise which links meditating on the breath with a meditation on love. While

consciously following the breath, the student was asked to use the word 'God' on the inbreath and 'love' on the outbreath – they filled themselves with the love of God and then breathed it out to the world. Meditations on love become increasingly inclusive, until you can hold in your mind people, places and other forms of life way beyond your own immediate experience.

By meditating on love you can consciously create feelings of acceptance, warmth, understanding, compassion and joy. In this way you are opening yourself to states of mind and feelings without any boundaries, and literally strengthening yourself emotionally.

Members' news, events, contributions ...

Frauline Antje a hit at Lifeflow



Thanks to Antje, Chris and a great team of members who helped make this evening of cabaret such an entertaining and enjoyable event in June.

New regular Insight features

Thankyou to all of you who responded with suggestions for our expanded bi-annual format. By request, articles by Graham Williams, library book reviews and meditation tips will feature regularly.

Please contact the Lifeflow if you would like to receive a printed copy by post.

Contributions (book reviews, meditation tips, relevant links for example) and feedback are always welcome.

Stage 2 Building works have begun!

After a protracted planning period, Stage Two building works at the Lifeflow Studio are now underway.



We are looking forward to being able to spread our classes into a

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Members' news, events, contributions (cont)...

second teaching space, and admin and consultations into three additional offices by December.



Rental space available soon

Unit 8A (adjacent to Lifeflow 8/259) should be available for lease by November. If you know of any (relatively quiet) businesses or organisations which might be interested in an approx 120m2 rental space, we would be keen to hear from you.

Contact Lifeflow for more info or to receive an application form.

Musical additions

We are excited to report that a large **new Gong** is making its way from Bali, headed for the Lifeflow Studio.



We are also delighted to announce that we will be christening a **Grand Piano**, recently donated to Lifeflow, at Ashley Hribar's recital in November.

Library News

The Lifeflow library is a wonderful resource for members. We hope you are able to find time to make use of the extraordinary collection.



A list of Teachers' recommended titles is currently being compiled and should be available in the coming months. Contact our Librarian Robyn Walden if you have any suggestions or queries.

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?

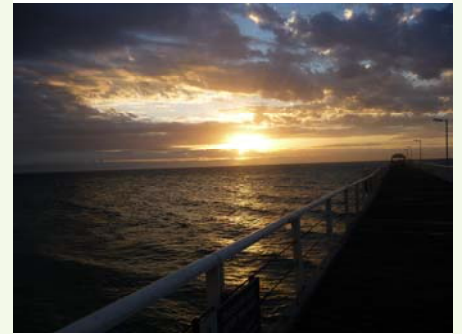
Then you might like to consider applying for Voting Membership.

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.

Please contact Lifeflow reception if you would like further information, or to be sent an application form.

Meditation Tip Daydreaming...

The difference between meditation and daydreaming is that meditation keeps the awareness there, whereas daydreaming is unconscious.



If you find yourself in habitual daydreams, try using a meditation like the Body Scan to become aware of the actual sensations in your body. You may discover an unexpected emotion is driving the daydream...

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