

Tauhara News



Kotahi tonu te Wairua o nga mea katoa ~ There is one Spirit that flows through all



Hyacinths bursting out all over Tauhara!

Newsletter Contents

- Welcome!
- Working bee and Spring Gathering.
- Elders of Tauhara #1: Jim Chapple
- Homage to Volunteers
- From Tauhara Archives
- Book Review
- Teresa Gibson: Touched by Tauhara
- Who comes to Tauhara #1: Paul Barton
-

The Tauhara Centre

Postal and street address:

60 Acacia Heights Drive,
Acacia Bay, Taupo 3377

p: +64 7 378 7507

f: +64 7 378 7528

tauhara@tauharacentre.org.nz

www.tauharcetre.org.nz

Welcome! As we celebrate the spring equinox this week, we send hearty greetings from the Trustees and staff to all friends of the Centre both within Aotearoa New Zealand and abroad. The Centre is a picture of beauty at the moment, with rhododendrons, azaleas, camellias and all manner of other delightful flowers vying for our attention.

In this issue of our newsletter, we have embarked on some new directions, including: a biography of Tauhara elders, the first being Jim Chapple; profiling some of our wonderful Wwoofers (work exchange volunteers); recalling some of the history of Tauhara with an article about the Centre's first manager, David Morris; and commencing a series of articles about the various groups regularly using Tauhara with one on Paul Barton, who brings his Iyengar Yoga and meditation retreats to Tauhara each year.

It is interesting to note that the Centre is being used by a much broader variety of groups these days, including sport and youth. We hosted a retreat by one of New Zealand's leading netball teams early this year, and since then we have had secondary school students visiting Taupo staying here for a yachting regatta, the Seido Karate Federation bringing its Instructors' clinic, St. Peter's School with its annual school of music, local Taupo-Nui-A-Tia students holding their Business Enterprise Students' Product Launch, Iona College students recently staying for 5 nights during their girls' secondary school football competition, Sai Baba Youth gathering here on a recent weekend, and last week Sport Waitakere bringing 60 sports staff from all around the country for their Forum. In November young people from all over the world will be at Tauhara for 6 nights for their Global Volunteers Network gathering. The scientific community, also, has discovered Tauhara, with a major gathering in May shaping up, more about that in a later issue. We are, indeed, blessed by all the groups that come to Tauhara, and their contribution to the unfolding story of this retreat centre.

Working Bee and Spring Gathering

We extend a warm-hearted invitation to all those who have a love of Tauhara to join us for the spring Working Bee, which will be happening this weekend September 24-26. This is a wonderful opportunity to experience a community of friends, some old, some who will be new, working and playing alongside one another, and experiencing those qualities that make Tauhara such a special place. At the Centre there are many altars – the sanctuary – the kitchen – the bathrooms – the garden – the bush bank – the staff quarters – the buildings. We welcome you to come and join us as together we co-create a community weekend, while helping Tauhara to SHINE!

Guys and gals with an **outdoors bent** – bring tools/overalls/safety gear/chainsaws if you have any. **Artistic painting types** – bring overalls and paint-brushes – donate any paint from your garage you no longer need or use. **Gardeners** – bring gloves and some tools if you have any. Sewing bods – bring a machine and cotton if you have any. We will make aprons etc. Have you any material to donate from your local op shop or cupboard? Bring it along! Please

put your name on your own tools to ensure they go home with you.

The actual Working Bee days are Saturday 25th and Sunday 26th, so if you are staying for these, we are offering two extra free days – Thursday 23rd and Monday 27th, to enjoy Tauhara. **Just bring your own bedding and food to share** for the days you are staying. For those arriving on Friday afternoon from 3pm onwards, there will be time to settle in before a meal together at 6 pm prepared by our wonderful kitchen team – followed by a relaxing, light-hearted evening reconnecting and getting to know each other. Old friends and new are all welcome to come and be part of the extended family of Tauhara. We look forward to your company!

Elders of Tauhara #1: Jim Chapple

Presenting Jim Chapple, Tauhara Elder

Tauhara has been very fortunate over the years to have had so many deep thinkers, heart-focused folk and practical souls, all of whom have enriched both Tauhara and the broader planetary community. One of these is Jim Chapple, father of 7 children, teacher, environmental educator, eco-warrior, motor mechanic, jazz pianist and more recently, our wonderful neighbour from 2007 who fixes our old tractor, re-handles broken tools, and participates in our local get-togethers. Many of you will have met him at *Heart Politics*, *Wananga* or *ChrissieFest* gatherings here at Tauhara, or have marched with him over the years on many a campaign, including ensuring a nuclear free NZ, and saving the Coromandel from mining. At Tauhara gatherings you can hear him “tinkling the ivories” as he plays the honeyed tones of ragtime and jazz standards, a skill he acquired from a fellow Maori student many a long year ago when he was at secondary school.



Now a venerable 83 years of age, Jim was born at Mangonui way up there in Northland/Te Tai Tokerau in 1927, the eldest of 5 children (he had 2 sisters and 2 brothers). His parents were both primary school teachers who met in Christchurch where they did their teacher training, and their first posting was to Herekino on the west coast of Northland opposite Mangonui. Roding was very primitive in those days, being tracks rather than the sealed highways we know today, and with the road to hospital at Mangonui frequently closed, Jim’s mother took the precaution of spending three weeks at the hospital before Jim arrived. It would be a huge understatement to say that the world as Jim first knew it has undergone massive change, with the technological mega explosion and huge growth in planetary population. Jim can remember being a two year old and seeing the power being connected to the schoolhouse, when his parents moved to a new teaching post in Hawkes Bay.

After completing his secondary schooling, Jim was fortunate in finding an ex-Air Force mechanic, who took him on a crash course in motor mechanics as an apprentice for two years, which is when Jim acquired some excellent skills that continue to bless Tauhara today. No doubt inspired by growing up with parents in the teaching profession, Jim then did his teacher training at Epsom Teacher Training College at the same time as his younger sister, Joss, and towards the end of World War II, with the shortage of teachers for the posts available, Jim was selected as 1 of 6 who were deemed ready to teach, and was appointed to his first post at Mt. Maunganui.



What were the critical influences that shaped the life of this inspirational Tauhara elder? Tolerance of others and a respect for their values came from his parents. His grandfather was a senior Presbyterian minister, Jim’s father was a Presbyterian, and his mother was a Methodist, but never at any time did they try to impose those values on their children. Jim grew up in a very free-thinking environment, and his parents both later became Quakers. If he were asked the question, “What is sacred”, Jim would reply, “Everything around us”, much as the Sufi Master Hazrat Inayat Khan, one of Jim’s contemporaries would say: “There is one holy book, and that is the sacred manuscript of Nature.” The second influence was growing up in a Maori community. He and his sister, Joss, were the only two Pakeha pupils in a Maori school, so Jim grew up deeply imbibing Maori language, culture, community and especially respect for the environment, all of which are a part of who he is, and eventually a driver of his environmental activism.

There was no, one tipping point for Jim’s entry into the world of campaigning for peace and environmental consciousness, rather, a gathering awareness of the growing need for change. As a 6th and 7th form student at Whanganui Technical College, where his uncle was Deputy Principal, young Jim Chapple, as the only student unwilling to participate in military drills, was blessed to have a Principal who, upon finding that Jim had managed to gain his driving licence by the age of 15, arranged for him to be off running

Elder's of Tauhara #1: Jim Chapple continued.....



errands for him in his car while Jim's classmates marched up and down playing soldiers! Jim was teaching at an intermediate school in Christchurch when the anti-Vietnam war protests broke out, and he became an active participant. He was subsequently a deeply committed member of the Nuclear Free Campaign, and travelled extensively up and down the country as a member of the national co-ordinating committee, working with the 300 peace groups that played a huge role in nuclear free legislation being passed in 1987. When the Values Party came along, Jim found it a natural home for his own values and beliefs, as did the Green Party when it emerged. One of Jim's over-riding concerns, underpinning the whole question of climate change, is the population explosion. The world had 2 billion people when Jim was born, now has 7.5 billion, and every year another 90 million are born onto a planet of diminishing resources to support them. In Jim's view, this is deeply confronting Nature, and if we as a species do not find a solution, then Nature will impose her own solution upon us: death!

In recent years, Jim has become known for his poetry, which he shares at various Tauhara and other gatherings. He has published three volumes, *Te Reo Tahawai/Spirit of the Flowing Waters* in 2004, *Te Puawaitanga/The flowering: poetry spanning 45 years* in 2005, and *Kaitiaki Tatou Tatou E/Caretakers ... Everyone* in 2009. He was inspired to start writing when teaching in Christchurch, while studying for his BA Dip Ed at Canterbury University, first being published in *Canta* (University of Canterbury student newspaper), and later at a Palmerston North arts festival was encouraged by James K. Baxter "never to stop writing".

How did Jim get involved with Tauhara Centre? While teaching at Ponsonby Intermediate he had met Betty Wark, a Maori woman working to re-incorporate young Maori ex-prison inmates back into society, and she just happened to have found encouragement from a young Vivian Hutchinson from Taranaki, who had begun to hold gatherings at the Tauhara Centre, opened in 1977. Jim came to his first peace gathering in 1982, was drawn back by *Heart Politics* gatherings, and was so inspired by the principle of a community of people working together for social change that down the years, he has missed only two, and has also served as a Trustee of those gatherings. Joining a group of people who wanted to meet together for a full week each year, Jim came to the first *Wananga* gathering, has attended every one since, and will continue to do so while there is life in him. For Jim, Tauhara has become his spiritual turangawaewae, his place to stand, to share, to be inspired and enriched on many different levels. At the back of one of our lodges, there is a small house-trailer that has been turned into ongoing accommodation for people who need space to themselves to enjoy. Made from all recycled materials by Jim himself, and enjoying sweeping, sunny views out to the hills, Whare Jimbo is a reminder of Jim's enduring connection with Tauhara, and the values for which it stands.



What has inspired Jim to take a stand on matters of urgency and principle? Two quotations say it all for him, says Jim, the first from Oscar Wilde: "He or she who thinks they are too small to make a difference, has obviously never spent a night in bed with a flea"! The second is from Margaret Mead: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."



How would Jim like to be remembered? "As a change-maker" says Jim. Yes, guilty as charged, adds Jim, to quote some famous lines from one of his oft' read poems reflecting all the negative labels that the "money-rules-our-lives brigade" tries to impose on anyone who questions the status quo, "I'm glad to be one of them/A loopy Luddite/A wacky, woolly-minded enviro-wanker/A muesli-munching fruitcake/An anti-global propagandist/A cranky conspiracy theorist/An over-emotional eco-radical/A disruptive, mentally disabled dissident". The progress of our society owes much to our "radicals", those who go back to the very root (*radix* in the original Latin) or underlying issue, and ask the difficult questions, the ones that make us uncomfortable. At the tender age of 83, Jim is unlikely to change, and we would all be surprised if he did!

"From our hearts, with our hands, for the Earth, all the world together."

Richard St Barbe Baker

"I sometimes think my Heaven may be a green place with an orchard tree."

C. C. Fraser-Tytler, quoted in *The Lantern*, V1 No.2 September 1941

Homage to Volunteers

Tauhara is a popular destination for volunteers from all over the world, who come to us through word of mouth, or through volunteering agencies such as WWOOF NZ (Willing Workers on Organic Farms), HelpEx (Help Exchange) and Working Away. This is a wonderful way for people of all ages to get to know New Zealanders off the tourist tracks, and for the hosts they stay with to get to know people of many different cultures, languages and belief practices, while working alongside one another. Lifetime friendships often grow from these mutual experiences, and help to break down that sense of separateness which can cause misunderstandings and even conflict in the world. As we often say at the Centre's morning circles, "May we, the united nations of Tauhara, work alongside one another with interest and compassion, in harmony, peace and joy!"

In this issue, we would like to introduce you to some of the wonderful beings who come to us through volunteering, and who leave the fragrance of their presence behind when they head off into the world after their visits.

Nathalie and Quentin Larose from France.

In June we hosted two remarkable French Wwoofers in their 20s, Nathalie and Quentin, brother and sister who grew up in Alsace in the northeastern corner of La Belle France, but now reside in Lyons and Nice respectively. Nathalie, Quentin's big sister (!), was employed in communications and marketing for five years before travelling, working most recently in a company selling electrical equipment and supplies for electricians, organising events and collating product catalogues. She commented that the recession had been very difficult in her area of work, so she was pleased to be able to travel to take a break from it all. Quentin, the little brother (!), has spent the last two years in horticultural training, a combination of study and practicum encompassing vegetables, trees, flowers and cut flowers.

This energetic two-some have been travelling by bicycle the length and breadth of New Zealand for a year since September, 2009. It was their love of active, and particularly outdoor pursuits, that drew them all the way to NZ, which Quentin describes as "the paradise of the outdoors", and in all their time in Aotearoa, their experiences have matched their huge expectations. Lovers of tramping, they have found the tracks here well marked and maintained, and the huts have been of a high standard (well done, DoC!). What has taken them by surprise is how wet NZ has been, even quite challenging at times.

They have really enjoyed helping WWOOF hosts on small holdings or lifestyle blocks with a wide range of domesticated animals, including sheep, cattle, hens and ducks. They have found people in NZ very friendly and welcoming, Tauhara being their 19th Wwoofing host. In all that time, all but one of their experiences have been very positive, and they will return home with wonderful memories of their time in La Nouvelle-Zelande. What are our memories of Nathalie and Quentin? First of all, their incredible work output and ethic. Energetic and highly self-motivated, they worked well beyond their allocated hours, and transformed our ornamental and organic vegetable gardens. What a blessing they have been, especially to have people who can be let loose on a garden without fear of finding a trail of destruction! Second, but not least, Quentin is a self-trained, superb French pastry cook, who regaled us with mouth-watering croissants, and the most divine custard squares ("mille feuilles" in French). Formidable! We say a fond "au revoir" to these amazing beings, and hope that Quentin will be able to realise his dream of coming back to help us in our gardens again sometime in the future.

Kersti and Rait Matiisen from Estonia



To our knowledge, Tauhara has not hosted volunteers from this Baltic republic before, and if this amazing couple is anything to go by, please send more our way! This young couple in their 20s married in February, 2009 before leaving for NZ, and instead of a grandiose wedding celebration and traditional honeymoon, invested their savings in a "honey year" in the Pacific.

Kersti and Rait hail from Tallinn, capital of Estonia, a small, flat country about 20% of the size of New Zealand, with lots of forests, lakes and swamps, a population of 1.2 million people, situated on the Baltic Sea looking across to Sweden in the west, bordering Russia to the east, Finland to the north and Latvia to the south. They both grew up before the bloodless revolution in 1987, when people from the republics of Estonia, Latvia and Lithuania held hands to form a Baltic chain over 600 kilometres long, in places several lines deep, to secure their independence from Russian occupation. Kersti grew up out in the country in a village situated next to a large Russian military base, so half of her relatives are Russian, while Rait's childhood was in the city of Tallinn. Both had happy childhoods, but widespread anxiety set in in 1986 as so many parts of the former Soviet Union pressed for their independence. Kersti and Rait are a little bemused that Russia still tries to assert its previous dominance over this tiny country of theirs, but old habits die hard! Estonians speak a language (from the same language family as Finnish) that is very difficult for foreigners to learn, but interestingly enough, it is pronounced similarly to Te Reo Maori, so Estonians coming to Aotearoa find it relatively easy to pronounce Maori place names and to use Maori language.

Both have left demanding jobs in order to travel to NZ. Kersti, after graduation, entered the field of providing professional development in companies, including training, sales marketing and management. She left her job at the Estonian Business School to come to NZ, and her training position there she describes as "the most interesting job you can do", organising for business people retreats on stress management and work/private life balance. Rait graduated from university with a degree in public administration, and went on to a number of interesting positions, having been at various times the manager of a theatre, then a night club, and an organiser of festivals. In 2005 he joined the Estonian Ministry of Finance, where he first met Kersti, and he is now on leave from his communications position at the Estonian Insurance Association, where he deals with difficult situations between insurance companies arising from anonymous accidents, and liaises with the European Union.

But why travel all the way to NZ? In a way, it was a spur of the moment inspiration, based on a cluster of interesting motivations, including the fact that Kersti has relatives in Australia but NZ has no deadly snakes or spiders(!), the best wine Kersti had ever imbibed was from NZ, NZ was well-known to both of them as having a wonderful, natural environment with great mountains (very inspirational for people coming from a flat country!), this is an English-speaking country, and Rait had a work colleague who had been both to NZ and the Cook Islands.



Did the experience live up to the dream? They found it very peaceful, the natural environment green and luxuriant, the mountains much larger than they had anticipated, and the weather much colder and wetter. They are glad that NZ has a nuclear-free policy, but generally were quite surprised by how far behind Europe we are in terms of the uptake of alternative energy generation, how poorly insulated our houses are, and inefficient our home-heating systems. They found also that NZ is marketed as a pure green destination, but in reality struggles with pollution of its own lakes and streams. They really enjoyed being travellers, though, and feel that Europe has much to learn from NZ in terms of tourist information. They found all the i-Sites very helpful, and tourists facilities were great. Given that the Maori culture is such a distinctive part of our attraction for the rest of the world, they were somewhat taken aback at

times by the number of Kiwis who were antagonistic towards Maori people, mainly Pakeha who had little contact with Maori people, those with Maori extended family or regular contact with Maori in the workplace being much more even-handed. They sensed that Kiwis have a sense of isolation here in the far south of the Pacific, and were surprised that so many had not explored their own country before heading off overseas, turning their backs on some of the most amazing walking tracks the world has to offer in otherwise quite inaccessible places, so much beauty unknown to so many Kiwis.

Kersti and Rait Wwoofed at many different places during their NZ sojourn, mainly cafes, motels, small holdings and family properties, doing a great range of tasks. Tauhara was quite different from most other places both in terms of its size, and being a retreat centre founded on a vision of unity within diversity, run as a charitable trust, had piqued their curiosity when they spotted our entry in the WWOOF NZ guide book. This Estonian couple had a great impact on us all, with their deep appreciation for everything, their practical skills, their wonderful sense of humour, resilience but above all, their willingness to undertake anything asked of them, showing initiative and often working much longer than they were required to do in the sense of reciprocity lying at the heart of Wwoofing.

What has their year spent Wwoofing in NZ taught them? Perhaps their biggest insight, is that it has shown them what they do not wish to give any energy to in their lives back home. They have learned to travel light, releasing the consumer habit, become much more aware of environmental issues, and have seen at first hand it is the quality of relationships that is important and defines us, not the possessions we acquire along the way. What was special about Tauhara is that, having been with other hosts as the only Wwoofers, they worked here alongside so many other Wwoofers from many different countries, with different languages, sharing life experiences, realising that beneath the differences were so many common human values, ideas and belief systems. A real sense of family developed in our Wwoofing community, with the work helping to integrate everyone. Kersti and Rait have concluded, based on their own experience, that Wwoofing is the best way to experience and really get to know a country and its people. Their year ended, they return to Estonia feeling they have completed what they set out to do, leaving Tauhara with a renewed sense of purpose. Namaste!



If you require more information about the Tauhara Centre or what's happening, visit our website at www.tauharacentre.org.nz

From Tauhara's Archives: David Morris and the Opening of Tauhara Centre, 1977

Contributed in 2009 by Doug Morris, aged 58, son of David Morris, aged 88, Trustee and First Manager of the Tauhara Centre

"I have just read the book *Tauhara: the Growing of an Educational and Spiritual Centre*, as told by Skye Isaac. It has given me a basic understanding and rounding off of what my father, David Morris, was actively involved in during the 1960s and 70s, with visitors arriving at our home in Havelock North from around the country and overseas. I remember his involvement with Whare Ra when the Jones were the caretakers. Dad got me the job of mowing the lawns at Whare Ra in my high school days. There was an underlying mystery of Whare Ra. To the uninformed, ghosts were in the underground room at the house.

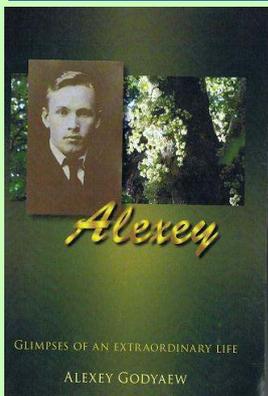
In 1963, Dad became a Trustee of Tauhara. I remember the dusty car trips to Taupo and back in a day, to this gorse-ravaged piece of land. It was being cleared by bulldozers towing huge crushing rollers. Then came the construction of the grey fibrolite hall where meetings were held. Such names come to mind as Stan and Phyllis Beazer from Fielding, Hector Baillie and his wife, Ian Hutton, Frank Salt, Neville Hollaway and Clive Hull (who saw Broadlands as the future base for Tauhara), and, of course, John and Michael von Dadelszen, who were all there with watchful eyes. It was time to move on when pressure grew from the local Taupo Council that this piece of land was integral to the urban spread of Taupo. It was bounded in the east by Taharepa Road with Hinemoa Ave, Hinakura Ave and Taupo View Road all coming to dead ends.

In 1969 Dad gave up his successful real estate business in Hastings and moved the family to Taupo. With his involvement in real estate at Taupo, he became aware of the Mapara Road property. Initially Mum and Dad were looking to try and buy the property for themselves, but then saw it as an ideal opportunity to progress the vision of the Tauhara Trust. Finally the decision to go ahead was made, and at this time Dad committed his full time to progressing the desires of the Trust.

Once the implement shed was built, the first Trust meetings were held on the property there. The roadside hedge was planted and Dad then continued the contouring of the property with the Massey Ferguson tractor and blade. He formed the road, pond area and a number of caravan sites. He oversaw the building of the manager's residence with an extra lounge for Trust meetings and an attached guest facility. We all moved in during 1973. Mum planned and planted the gardens with conifers, magnolias, roses, proteas and the like. Mum also remembers Dad's visits by the architects from Hamilton for the planning and building of the complex, including the Sanctuary. In 1977 with the facilities largely in place and more and more groups arriving, Mum and Dad moved back to their residence at Taupo township, Dad's work done.



Book Review: Alexey: glimpses of an extraordinary life, by Alexey Godyaew.
Published by Tanya Hillerby and Jacquelyn E. Lane, Taupo, 2010. Illus; 314 p



Every now and again a life story in book form crosses my path, proclaiming "Read me!", and as I turn the last page, I am left with both inspiration and a renewed sense of gratitude for all that I have in my own life. *Alexey* is one of those, the remarkable story of a young man born in Russia in 1900, growing up in the loving bosom of his family, his father a Russian Orthodox priest (in the Eastern rite, only bishops and above are celibate), and gaining his education in a Church seminary. Caught up in the upheaval of the Russian Revolution, Alexey barely manages to escape into Estonia after great privation, eventually becoming a priest himself, moving around much of Europe ministering to the needs of his parishioners. This is also, in part, the story of his daughter, Tanya Hillerby, neighbour and longtime friend of Tauhara. Her preface and postscript are, in themselves, beautiful passages. No book review could ever adequately encapsulate Alexey's story, so I recommend that you savour it for yourself. Copies available from Tanya (phone 07 378-4590) for \$30 + p & p.

FAITH Is a bird that feels dawn breaking and sings while it is still dark.
Old Scandinavian saying

Teresa Gibson: *Touched by Tauhara*

Teresa was unable to come to the 70th Anniversary Weekend in November, 2008 which celebrated the founding of the Tauhara Centre Trust (known in those early times as the Mt Tauhara Trust), but sensing a strong connection with the Centre, having served here as a long-term volunteer, she asked then that the following be shared with others.

"As for many others, Tauhara Centre has been my Spiritual Anchor-point ever since I landed in the Land of New Zealand over 16 years ago. While I wish I had been able to be part of the 70th Anniversary celebration, I am sending my love and support via these words and from my heart.

I was fortunate to synchronistically discover Tauhara Centre in the summer of '92 during the second week of my holiday to NZ from Portland, Oregon. Little did I know that this was the start of my Spiritual Pilgrimage, which has impacted on my life ever since.

From my initial two-day visit, which turned into a three-month Wwoofing session, I took on an energetic bungy jump to follow my heart and to step onto the next major rung of my spiritual ladder. For me, Tauhara Centre was buzzing with energy at that time, starting with "Timeshift" and many amazing group gatherings and connections to follow, including several ChrissieFests [Tauhara Christmas and New Year gatherings]. I found this place to be a meeting ground for my Family of Light, a homecoming and welcoming by many wonderful and kind people, and she also served as the core of my netweaving web in Aotearoa over the years that followed.



Teresa Gibson

To my surprise, many of those early connections still remain close to my heart, even though it may be years between our contact on the physical plane. (You know who you are!) Those initial seeds sown through Tauhara have sprouted an abundant wealth of fruits in my life, for which I am eternally grateful.

While visits to Tauhara have been few and far between and this season of my journey is focused on my family and work service in the Leigh/Matakana area, I was fortunate to be in Taupo a few weeks ago. It was a joy to briefly share this wonderful place again with our two boys (now 10 and 13 years old), to see all the improvements, and to reconnect with some treasured friends.

In closing, I send my love and support to the Ancestors and to ALL the wonderful souls who have contributed their amazing energies to make Tauhara Centre what she has been ... and is now ... for the thousands of beings who have stepped onto her land and been deeply touched. May this energy continue to serve as a Spiritual Anchor-point for other light-workers and soul seekers in the decades to come. So be it!

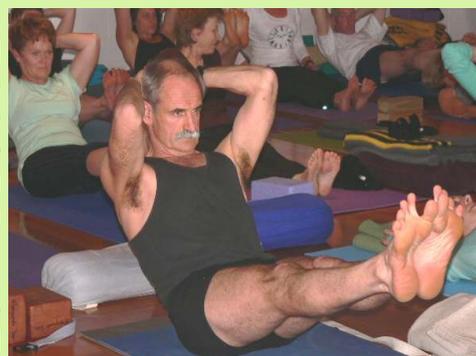
With my gratitude and appreciation ... Namaste to each of you ... Teresa Gibson"

Who Comes to Tauhara # 1: Paul Barton, Iyengar Yoga and Meditation Retreat Leader

In the first of a series of articles appearing in this and subsequent newsletters, we are introducing some of the many groups, organisations and individuals who hold their gatherings at Tauhara. The first of these is Paul Barton, who runs his own Iyengar Yoga studio in Rotorua, and regularly holds yoga and meditation retreats at Tauhara.

As it is for most of us, Paul experienced quite a journey in consciousness before he eventually discovered and embraced the modalities of his own transformation, in his case, yoga and meditation. By nature, he was always a little different in the way he looked at the material world, infusing it with deeper meanings and relational connectivity. Paul comes from a predominantly scientific background, his earlier years in the 70s spent in scientific research, enjoying understanding and refining the interrelationships between processes, disciplines and applications in environmental engineering. He was mainly involved in earth sciences, plant nutrition and nutrient cycling, waste recycling in plant systems – he found these were marvellous places to develop integrative capacities for various disciplines from scientific research, engineering, legislation and politics. Paul commenced yoga and meditation training seriously in the 1970s while in his science years but, even as late as the 90's, he felt a lack of holistic integration among mind/heart, the theory he was given and the various communities of his life in which he interacted, including the yoga teaching community.

It was life itself that was to drive his breakthrough in understanding and integration. After a rather challenging time in Vietnam as a volunteer to the United



Nations, a broken marriage and ravaging by intense intestinal parasites, Paul started to see some basic patterns and behaviors that were helpful in health, mindfulness and compassion. He discovered that blaming the creative energy and intelligence of the universe (God) for the mass of human suffering just transferred the problems and worsened moods. It was then he settled on Yoga teaching rather than scientific research as an expression of conscious work and earning, as yoga had helped him survive the 3.5 years in Vietnam and awoke in him a desire to help bring different options to suffering. By 2000 he was settling down and exploring the deeper maps of human consciousness, including the teachings of Patanjali, Buddha and the works of western writers, including Robert De Ropp.



Paul started to see the brilliance in the mapping of the human condition held within the Tibetan Buddhist traditions and the work of Ken Wilber, touching as they did the critical nature of how each and every one of us views the world. Integral theory has helped Paul to map an orientation in teaching



yoga, pranayama and meditation which both honors the wisdom tradition with which he is most closely aligned, that of Iyengar Yoga, and helps to build structures in consciousness. The desired outcome is that seeing and acting are actually changed via these inner practices rather than these practices being merely methods to satisfy desires, existing structures in the mind and sensate life along with body image and "feeling-good yoga". Based on his many years of practice, Paul has concluded that since pranayama is a very valuable tool, it must be learnt correctly to bring transformation: "If the practice is not allowing you to truly relate to pain and suffering in the world and in your own life and how you create it, along with the happiness and wonder, then your practice is not doing its job".

Over the past few years, Paul has developed a well rounded retreat program aimed at providing attendees with tools to help balance their current stage of inner development and outer life, and to assist their movement through higher stages of consciousness which all humans can master when dedicated to a Wisdom tradition, whether Eastern or Western.

Paul feels strongly that the costs of learning in these traditions should be kept reasonable. He acknowledges that, regrettably, there are plenty of very practiced meditators and yogis offering retreats at a cost which earns the celebrated teachers an income in the order of magnitude greater than a medical registrar at a NZ hospital! Paul believes strongly that it is the birth-right of all people to be able to access clear and well structured teachings which develop the individual in harmony with their own culture and with the Cosmos. Paul's background practices have included a great deal of study with Iyengar teachers both within and outside New Zealand and in India, and also with the meditation traditions of Buddhism. An especially close friend with whom Paul worked in science is now a Zen Roshi, and their co-teaching has been well received at Tauhara.

Paul was the first male in NZ to achieve a level 3 JI (intermediate) Iyengar teaching certificate in a mainly women-dominated community, so it is encouraging for him that increasingly his classes and workshops are attended by mainstream Kiwi males gaining a range of benefits from retreats such as improved body function, clearer mind states, and more clarity in perception and choice. "Ahhhh", says Paul "the dawn of the witnessing consciousness!"



But why bring his retreats to Tauhara? On a personal level, Paul has had a long association with this place, going back to the early 80s, when he participated in retreats led by Imre Vallyon. But what makes Tauhara such a good space for his retreats is that it has such good facilities; is affordable for the people who wish to come; has such a good support staff who are committed, have an understanding of what he is working to achieve, provide an appropriate atmosphere for his retreats, and attend to the outer needs with care, heart and laughter.

Paul's next silent yoga retreats are this November over the weekend 19, 20, 21, and in 2011 May 27-29.

Namaste, Paul



This newsletter is published four times a year in spring, summer, autumn and winter. It is available at no charge by email, and can be downloaded from our website.
Postal subscription: \$25.
Editor: Nasir Grace Layout: Alyssa Baynham

