

Tauhara News



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



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The Tauhara Centre

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Welcome to all readers! As we rapidly approach the summer solstice, we send heartfelt greetings from the Trustees and staff to all friends of the Centre both within New Zealand and throughout this beautiful planet that we all call home. The Centre has in recent days been filled with the mellifluous chants of the Dances of Universal Peace, from participants in the **Deepening in the Dance** group of nearly 30 people who come to Tauhara four weekends each year to pray for peace in the world. Then, in a matter of hours, the Centre has been transformed into a meditative temple of scholarly endeavour, as members of the **Women Writing Away** retreat take time out from their busy lives in the halls of Academe to work on their doctoral dissertations, published papers and research.

We have been blessed at Tauhara with absolutely extraordinary weather, week after week of glorious sunshine and warm temperatures reaching as high as 28 degrees Celsius. The lawns may be browning off, but our organic gardens are bursting with vitality and wonderful fresh produce, offering guests an abundance of broccoli, broccoflower, cabbages, beetroot, snow peas, silver beet, broad beans, strawberries, lettuce of many varieties and now from the hothouse, our first ripe tomatoes. Catherine has started a fresh produce stand at Tauhara's gate to sell vegetables surplus to the Centre's requirements, and business is brisk! It is hard to imagine that on the other side of the world, Britain lies under a blanket of snow so early in their winter, and Western Europe has been assailed by blizzards.

We here at Tauhara wish you all a restful and peaceful Christmas, and hope that 2011 brings us all many blessings, some in plain view, others coming well-disguised in these difficult times, but possibly offering the promise of new directions.

Room With A View: Tauhara Seeks Open-Minded Tenant!

Tauhara's retreat chalet with its stunning views down into Acacia Bay and across the Lake to the distant Kaimanawas, has charmed hundreds of retreatants over the years, and now it **is available for long-term rental**. The Centre is looking for someone who would love to experience the peace, quiet and spaciousness of Tauhara, is supportive of the vision that underpins it, and would be able to live happily on the periphery of all the comings and goings of life in a retreat centre, sometimes teeming with guests and activities, at other times resting. The weekly rental is \$200 + power. While the space within the chalet might be more attractive to a single person, many couples have lived there quite happily for extended periods, making good use of the Centre's library, Sanctuary and meeting spaces outside group times. Contact the Centre Manager, Catherine, if you are interested.



Important Eco Announcement!

At its meeting over the weekend December 4-5, the Trust Board resolved to go ahead with securing future energy sustainability for Tauhara by proceeding with installing solar water heating systems for the whole Centre, with back-up from wet-back woodstoves in the main kitchen and cottages during the cooler months. The full project will cost around \$90,000, and will be funded by way of a low-interest loan. Depending on the terms of the loan, the Trust will implement the full system in the first six months of 2011, it is hoped, but it is designed to be installed in stages if that proves to be more manageable financially. The system will include a digital display of energy generation from the main heat gathering array. The break-even point for this project is 7.9 years, and the life of the system is estimated at 30 years. The installation will serve as a public demonstration site for other people interested in sustainable energy generation and usage. A follow-up to this project will be the incremental installation of 25,000-litre rainwater tanks around the Centre, to collect water for Tauhara's extensive gardens. If you would like to support these projects, please complete the form below.

Become a Tithing Friend of Tauhara

Over the past few years, more and more people have become aware of the need for sustainable energy resources and land use practices. If you are one of them, and would like to get in behind Tauhara Centre Trust's commitment to using sustainable energy, conserving rain water and using its land resources in a sustainable way so that a strong and vital Tauhara is handed over to the next generation, please consider

Becoming a Tithing Friend of Tauhara

Yes! I want to support the on-going development of Tauhara in a sustainable way by becoming a Tithing Friend.

I would like to make a one-off donation of \$_____

Please debit my Mastercard/Visa card no

Expiry date Name on card

I would like to offer a regular tithe of

\$_____ per day

¢_____ cents per day

Name:

Address:

Phone: Home: (.....)..... Mobile:

Email:.....

I will be setting up a regular weekly fortnightly or monthly automatic payment into Tauhara's bank account **38-9009-0271000-04** at Kiwibank.

Signature

Please note that Tauhara Centre is a registered charitable trust (NZ Charities Commission registration no. CC354131), so all tithes and donations over \$5 per annum are tax deductible. Yearly receipts for tax purposes will be sent out.

Please complete and return this form to us at: **Tauhara Centre,**
60 Acacia Heights Drive, RD5
Taupo 3385.

Tauhara Welcomes Helios Therapeutic Retreat

Tauhara Centre has a long-standing connection with the work of **Rudolf Steiner** going back to our Founders, who had a particular interest in his horticultural discoveries, known as **Biodynamics**. We welcome Deborah Bednarek and her team of Anthroposophical physicians, nurses and healers, who will run their first *Helios* retreat at Tauhara in 2011, which will be of particular interest to those with a chronic illness or condition.



Rudolf Steiner PhD

From March 19 through to April 8 2011, Tauhara Retreat Centre will be the home of the Helios Therapeutic Retreat community. This will be the third time that a three-week residential retreat **working out of anthroposophic medical principles** is offered for those living with chronic health conditions. Previous retreats were held in Napier in 2007 and 2008 with a shift to Tauhara's more supportive natural environment for the therapeutic activity in 2011.

Anthroposophic medicine was developed by Rudolf Steiner PhD and Ita Wegman MD following Dr Wegman's request to Rudolf Steiner for a renewal of medicine. Dr Michaela Gloeckler, the current leader of the International Anthroposophic Medical Section, describes the approach as a modern day esoteric medicine that meets the challenges faced by the contemporary human being. More than 1200 physicians are working worldwide out of this perspective.

It is a **holistic and human-centred approach** that addresses each individual as a being of spirit and soul and not just a physical object. It recognizes and uses the vast information acquired by modern scientific medicine in the fields of anatomy, physiology, biochemistry, and diagnosis then adds knowledge of the laws of the living organism, of the psyche and the spirit derived from a spiritual scientific methodology. The result is an integrated image of the whole human being in illness and in health that makes possible a holistic and rational approach to physiology, pathology and therapy.



The anthroposophic physician and therapist strive together with the patient to perceive the meaning of the illness with a view toward physical, soul and spiritual development within the individual biography. A new approach to healing and therapeutic substances arises out of the consideration of the individual manifestations of illness on the one hand, and the exploration of the relationship between the human being and the kingdoms of nature in which remedial substances are found, on the other. Understanding the vital and spiritual forces behind substance and illness is the key to healing which is then informed by an understanding of the functional-dynamic aspects of the human organism and its interaction with body, soul, and spirit.

An important aspect of the practice of anthroposophically-extended medicine is the use of the **complementary therapies** which have been developed or enriched through anthroposophy. These include therapeutic eurythmy (movement therapy); sculpture, painting, music and speech therapy; physical therapies, including rhythmic massage, hydrotherapy, compresses and external applications; and psychological and biographical counselling.

Helios Retreat works out of this perspective and **emphasises the creative therapeutic potential** that arises within a therapeutic team of doctor, nurses and therapists. A living connection with the destiny of the patient can be developed, which has meaning for the future and offers insight into the relevance of the illness process.

A **warm community of care** evolves with the focus being the journey of those participating as patients. The first few days of the Retreat provide an opportunity to orientate to the rhythm of the process and allow for the initial medical consultation and development of an individual care plan. This plan is responsive and evolves during the Retreat in accordance with each participant's experience, requirements and process throughout the three weeks.

The environment provides for warmth and rhythm through **healthy, nutritious food** (emphasising organic and biodynamic ingredients), care around the social context, cultural events and the opportunity to gain the knowledge and experience to carry new strategies into the future through charting life stories and themes. Quiet, reflective space and rest times are an important part of the therapeutic journey and are incorporated into each day.

The nursing team will provide 24-hour support including the coordination and care for the daily and weekly rhythm and the environment to best enable each participant's regenerative capacity. The nursing care will encompass the administration of prescribed remedies and the application of external treatments such as



Helios Therapeutic Retreat continued. . .



Dr Ita Wegman

compresses, hydrotherapy, rhythmical body oiling (a special application of specific oils through warming, rhythmical touch to support balance, revitalisation, the breathing process and a stronger inner and outer boundary).

Living with a chronic illness or condition is a complex experience. **Helios Retreat provides an opportunity for the anthroposophic medical and therapeutic model of care usually only available in hospitals and clinics in Europe to be accessed here in New Zealand.** We work together in a socially therapeutic way using scientific, artistic and spiritual insight to address the cause and impact of illness. We welcome any enquiries. (Sources: Michael Evans MD, Peter Hinderberger MD, Michael Sargent MD)

The following is contributed by a past Helios Retreat participant:

Gratitude and Hope

"In 2011 the **Helios Therapeutic Retreat** will be held at Tauhara and I am extremely blessed to be able to be a patient again for the three weeks. I first went to **Helios** in 2007 and I can say without exaggeration that it changed my life from, amongst other things, being a decrepit geriatric in her forties to becoming a more upright and mobile woman of that age. My world grew from being a struggle to get to the letterbox to being able to walk into the Village and even on occasion to help out at the local kindy.

Next year I am returning to **Helios** for some "respite care" from the struggle of living on my own with a chronic illness for some intensive medical therapy, and, I admit, for a holiday! I wish the hot pools were closer! But I know for people like me to get to **Helios** once is unbelievable but to manage it twice is a miracle. I am deeply grateful to be so blessed.

I know that all the work, therapies, remedies and organisation happens out of the funding generated by the money that pays for each of the twelve places. I understand that there is also a significant process of gifting time, resources and professional input to bring the Retreat into being each time. I encourage anyone living with a chronic illness to consider attending for all that will unfold personally.

May I also be so bold as to ask you friends of Tauhara, to consider this Christmas enabling a gift of health and maybe even life to those of us who live with a chronic, debilitating illness? As holidays go, \$6000 for three weeks all inclusive, with 24/7 medical support, is cheap at twice the price, but for most of those who need that holiday it is horrendously expensive and becomes the door that shuts them out from much needed medical support.

Continuing with my boldness, I would thank you in advance for your kindness and generosity in supporting this initiative with however many cups or bucketsful of money you are able to spare for the Johannes Charitable Trust that offers an umbrella for the Retreat.

Thank you so very, very much."

If you are interested in this retreat, please contact::

Deborah Bednarek RN MN, Anthroposophic Nurse Specialist and Coordinator Helios Therapeutic Retreat 2011
helios11@xtra.co.nz Phone 06 844 5412. 2 Dolbel Street, Napier



A Huge Thanks from the Trustees and Staff team:



This message is to all of you who have visited the Centre this year, whether you were a group participant, a working 'bee', a volunteer, or simply staying over at Tauhara. Also for all those who hold Tauhara and its vision in their hearts, who are doing the 'inner work' (you know who you are!) We thank you deeply for your support and encouragement - and look forward to welcoming you back when the time is ripe!

Have a wonderful and Blessed Christmas holiday time - Blessings and Love from us, Catherine, Gwenda, Louise, Nasir, Stan and the team at Tauhara Centre



Information Technology and All That



We would like to say a special thank you to Julien Mardelet (see photo at left) who spent the best part of a year with us as a Wwoofer (volunteer) cum paid IT specialist, who did a great deal to update and improve our website, plus helped us with the day-to-day management of all our computer hardware and software. Up until recently, Julien maintained our calendar of events remotely through the internet from France and England. He is the perfect embodiment of a Franglais, someone equally at home with his native French culture and language, but also a lover of English and all that the English culture has to offer. He also has a great knowledge of the best of American English literature. Julien brought a patient, careful approach to his IT tasks, and his good-humoured nature fitted in very well at Tauhara. We hope we will see him on these shores again in the not too distant future. We now have Scott Wylie from local IT support company, Techworks, looking after all our IT requirements, in what is proving to be a much more testing digital environment. His extensive experience and knowledge is already bearing fruit, and he will take us to the next level with all our internal systems and public interface through the internet. Welcome, Scott!



Working Bee

We would like to express a heartfelt "Thank you" to the 50 or so people who turned out to our September Spring Working Bee (see photo montage on rear cover). We are blown away by the sheer volume of work that has been carried out at our recent Bees, and delighted by the mix of ages that these gatherings manage to attract. For people wishing to connect with the wider Tauhara whanau, these are great opportunities to eat, dance, work, pray and play alongside one another, and friendships made here endure long after the event, with people staying in touch and visiting one another. The next one will be held March 4-6, focusing on bottling and firewood for the winter months. As for the last two Bees, people are welcome to stay over, leaving the morning of Tuesday 8th, if they are here for the full Bee. Just bring food to add to the communal pool, for preparation by some of the Bee kitchen fairies.



Enthusiastic Working Bee-ers smile for the birdie!

Feedback

A Note of Thanks From Stephen and Martine Batchelor
Dear Everyone at Tauhara,

Thank you so much for making this retreat (**Secular Buddhism** November 8-14) such a wonderful experience for participants and teachers alike. We greatly enjoyed our stay in this delightful chalet, wandering through your well tended grounds, and delighting in the "parson birds" (Tui).

Very much hoping that we will be able to visit Tauhara again.
With warm regards,

Stephen and Martine Batchelor

Quote of the month

"The place where you are right now
God circled on a map for you.
Wherever your eyes and arms and heart can move
Against the earth and sky,
The Beloved has bowed there -
Our Beloved has bowed there knowing you were coming."

Hafiz (Shams-ud-din Muhammad, c. 1320-1389, Persian Sufi poet)

Past Lives—Beyond an Experience and into Healing

Tauhara welcomes Andy Tomlinson and Reena Kumarasingham, who are bringing their Past Life Therapy Training to the Centre in 2011

Past Life Memories – Are they real?



Fact - Thousands of ordinary people have provided reports of near death experiences, of leaving their body and entering a tunnel. Often they come back with memories of obscure details of the physical environment that they left behind that have subsequently been proved correct. This may include the room that their body was in or the conversations between the medical people attending to them. Often they have been monitored by medical staff and found to be brain dead at the time.

Fact - Dr Ian Stevenson has investigated 2600 young children who have been found to suddenly make statements about their last life, often to the complete bewilderment of their parents. Some have displayed a depth of knowledge of obscure but verifiable facts about people or places that they could not have acquired in any normal way. And a few have unusual birthmarks or even physical defects that correspond exactly to the wounds from which they died in their previous life. It seems that not only does our consciousness or soul survive physical death, but it also returns to earth again and again in different lives.

Sceptics insist that the people are creating intricate and imaginative stories from information they have gained by perfectly normal means, even if they might have consciously forgotten it. But how would they account for those cases where subjects recall details so obscure that they could never have gained knowledge of them in this life? What, for example, are we to make of the Australian woman who had never been to England in her life, but led a documentary team to a disused chicken shed just outside Glastonbury, where they found an intricate carving on the floor, just as she had drawn it back in Sydney?

Memories obtained through past-life regression are not infallible. But such cases seem to prove that they cannot be dismissed en masse.

Can experiencing a past life help heal our current life problems?

At this point we'll turn to a client that we'll call Claire. She was a 35 year-old single woman who had re-occurring thoughts and dreams of stealing, which made her anxious because she was an accountant responsible for managing her company accounts. Worst of all she had re-occurring thoughts of, "They are taking my children" and would get so angry that tears would roll down her cheeks. This had been going on for about 15 years, and she had tried everything to stop it. The strange thing is that she was not married and had never had children.

Claire quickly regressed into a past life story of being a woman living with her two children in the woods and healing people with herbs. She had been living in harmony with the local villagers for a number of years. One day however, a group of stern looking Quaker men came to her house. Some held her children and others dragged her away and accused her of being a witch. She was taken to a river by the village and tied to the end of a wooden plank face down. As the plank was positioned over the water of the river she was unable to look at it, and the fear of the water was vividly remembered as she told the story. As she drowned still tied to the plank all her energy was focused on her dying thoughts, "My children have been taken away, who's going to look after them".

In her second past life she found herself a poor man in England in the Middle Ages not able to find the money to buy food for his family. The poor man broke into a big country house, stole a painting and rode off on a horse. The noise he had made alerted members of the household who chased him on foot. One of them fired a pistol and shot him in the shoulder. He fell off the horse and was caught by the crowd and hung. The poor man's dying thought was about the mistake of stealing. Claire was amazed at experiencing the pain in her shoulder at the point of being shot, and the difficulty breathing as she experienced the poor man's hanging.

With both these past lives there was unfinished business at the point of death. Thoughts, emotions and physical pain associated with a trauma appear to be imprinted on the soul. When the person is reincarnated again these memories are acted out again in the new body and new situation. It is as if the pattern needs to be recreated until the person's soul has resolved the problem.

With Claire she was able to resolve the unfinished business by clearing the blocked energy from the past life in therapy. She reported afterwards that the reoccurring thoughts of stealing and having her children taken away had stopped. She also noticed other things in her life had changed. She used to have a phobia about water. Her mother had been

Past Lives—Beyond an Experience and into Healing cont'd

shocked at her loud screaming when she had simply tried to wash her hair in a basin when Claire was a small girl. After resolving the past life conflict Claire was no longer scared about water. It also cleared another unexplainable problem she had in her life with men in authority. After therapy an aggressive businessman accused her of bumping her car into another car. She said, "My legs would normally have turned to jelly but I was able to hold my ground and tell him he was just as much at fault."



Physical pain too can be carried from one life to another. This can be illustrated with a client that we'll call Joan, who was a single mother with four children on income support. She had been in a series of abusive relationships for most of her life and had suffered from unexplainable pains in her joints and in different parts of her body.

Joan regressed into the past life of a girl abandoned in Victorian times and brought up by nuns. She left the nuns at an early age and found work in a laundry. Her miserable job was washing other peoples clothes by stirring the clothes in a large caldron of hot water for long hours each day. She caught the eye of a wealthy older gent who eventually married her. Although he was well respected in the community as a successful businessman, he didn't want a sexual relationship and took his frustrations of life out on her. As a poor woman with no family she found no one would listen to her. She was regularly beaten and left on the floor covered in blood. Unable to leave the relationship she felt powerless and just took the beatings. The final beating was more severe than normal. She was thrown down the long stairs of the house and half unconscious dragged into a dark cellar.

As she died she was able to recall the relief of leaving the physical body. Her feelings of powerlessness and her physical symptoms appeared to be carried with her. As she experienced powerlessness in relationships in this life the physical symptoms were triggered from the past life. When the blocked energy from the past life was released she was able to stand up to the man in her current relationship and tell him, "Be good to me or leave". This was something she had never before been able to do before and her unexplainable physical pains never bothered her again.

Can we heal our Karma?

Reincarnation is a process governed by Karma. Every thought or action we take has a consequence. If we hate others then hate will eventually come into our lives too, if we give out love we fill our lives with love. The bible calls it, 'we reap what we sow'. However Karma goes further than this and is the way our soul learns by repeating lives until a lesson is learnt.³ If we are at harmony with our fellow humans and our environment at our death the energy is balanced and no karma will be carried to the next. As shown in the case studies of Claire and Joan, when unfinished business from a past life has been resolved it can bring about a profound healing of chronic unexplainable emotional and physical symptoms in the current life.



Andy Tomlinson BSc (psy), Dip THP, Dip IRT, U.K.C.P.

Andy is the Principal Trainer for the Past Life Regression Academy. He is a registered Psychotherapist, Hypnotherapist, IBRT certified Past Life Therapist and an MNI certified Life between Lives Therapist. Andy is a graduate in psychology and has had a private practice dedicated to Past Life and Regression Therapy since 1996. He is a founder member of the European Association of Regression Therapy and his books *Healing the Eternal Soul* and *Exploring the Eternal Soul*, are recognized as an extremely valuable contribution and advancement to the field of Regression Therapy. Andy is a highly experienced international trainer.



Reena Kumarasingham BA (psy), Dip RTh.

Reena is a Psychology graduate, and certified Hypnotherapist, Neuro Linguistic-Programming practitioner and Regression Therapist. She is the Director of Divine Aspect that has a vision of totally empowering people as they journey towards embracing and honouring their own authentic being through life coaching, regression therapy and hypnotherapy. Reena is also the creator of Divine Essence that offers a range of transformation oils for emotional and energetic enhancement.

Andy and Reena are conducting Regression Therapy Professional Training Program at the stunning Tauhara Centre in 2011. To find out more about regression therapy and regression therapy training in New Zealand, please visit www.regressionacademy.com or contact Reena at reena@divineaspect.com.

Transitions: Jenni Smith and David Bloodworth

We wish to acknowledge the passing of two people whose lives have woven in and out of Tauhara over the years.

Jenni Smith 1953—2010

The Tauhara Centre held a special place in Jen's life: from the early eighties until the present day, this was one of her 'second homes'. She was a well known figure, walking the bush paths and checking out the chiller (!) Over the many years she was connected with Tauhara, she potted in the garden, both the veggie garden and the flower garden, and also helped to make salads and chop veggies in the kitchen on many an occasion. Her beautiful voice and her love of dance still echoes here for those of us who remember.

Around 60 friends and family gathered here at Tauhara Centre on October 30th, to celebrate Jenni's life. We came together to remember her, wish her well, and to share our individual memories and connections with Jen. Aware of her struggles in life with anorexia, with tears and laughter we celebrated her many achievements, and remembered the happiness Jen found in simple pleasures.

Jenni was at heart a devoted follower of her spiritual path, Sant Mat – a path that she received her inspiration from, and often the strength to continue what was often an uphill road for her. Her devotion to these teachings spans up to three decades – and her journeys to India were to enable her to deepen, strengthen and reconnect with her Master and the fellow devotees. It would have been a great comfort to her that she died at her Master's ashram in India.

"Jen – when the Tauhara roses bloom and we walk in the gardens, we will remember your bright spirit and the love you had for all living things. "

Poem for Jenni

A rose bloomed
In my garden nigh
While wandering
It caught my eye.
It beckoned me to closer come
And drink of it's rich perfume.
This sweet scent filled me full and
admiration then did spill
for beauty of form was not its strength
but this rich perfume was heaven sent.
We sat together and shared ourselves
Growing our hearts as the petals fell
Falling, falling one by one
As its longing grew for whence it came.
Then, not a day too late nor a day too soon
It was gone, leaving it's rich perfume
In my heart, to live on.

Love from April xxxxxx



Jenni as her closest friends remember her.

David Bloodworth 1938—2010

David Bloodworth, a former staff member, died on November 25th. Affectionately known to us all as Davey B, he worked at the Centre during various periods from the late 80's, mainly as Tauhara's House-keeper, but also helping in the kitchen where he could be very handy, at one stage serving as second cook under Clare Keay. Davey B was a reticent man who took a little time to get to know, but once a friendship was started, all his other more private aspects came out to play, including a wry sense of humour, and an ability to spin a good yarn in an entertaining delivery. Many Wwoofers who worked with him will remember his kindly disposition, and no doubt he is now swapping notes with his long-time buddy, June Skentelbery, who served at the Centre



during his years, and to whom Dave was very devoted. Rest in peace, old friend.

Spring Working Bee 2010

