



# Summer 2010 Newsletter



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## 1. NOTE FROM THE EDITOR:

Nearly there in Burntisland but not quite. We wait for a decision in September. Meanwhile, please fill in the monkey survey on-line about the Sustainable Education Centre we are proposing for the Widow's Land; Lusi Alderslowe brings you up to date with our negotiations with Fife Council. Meanwhile there's the Big Tent: time to play, listen to music, share poems, listen to the voices of the land. Please send your striving towards Compassionate Communication to our Aunt Em(pathy), she's here to offer you a few guiding words. In this issue Robin Adair offers 10 powerful reasons to move towards a vegan diet. In Kid's Corner, Kali suggest many ways of going green. Liz Lawrence attended the Mind Remind Remember workshop in Mugdock Country Park and photographed our walk around Gallowhill, then sat by the pond wrote her thoughts and reflections. Gaie Cruise suggest we be still with "The Girl Beneath the Blossoms " and I agree. I look forward to meeting you at one of our forthcoming events.

rippling rain drops  
in a still rock pool  
—a Bach prelude

all day Summer rain  
meandering through hills  
—what could be better?

Larry Butler



Photo by Liz Lawrence

## 2. DATES FOR YOUR DIARY

| Event                                 | Dates  | Location                      |
|---------------------------------------|--|-------------------------------|
| Big Tent Festival                     | 23rd to 25th July 2010                           | Falkland, Fife                |
| MindRemindRemember                    | 25th July, 19Aug, 25Sept                         | Falkland, Edinburgh, Dalkeith |
| Waking-up with Compassion             | 28Aug, 26Sept, 30Oct, 21Nov, 19Dec - 1 to 5      | various venues                |
| Nature Connection                     | 11 & 12th September                              | Dawsholm Park - Glasgow       |
| Weaving Our World                     | 27 & 28th November                               | Glasgow                       |
| Explorations in empathy & mindfulness | 11 <sup>th</sup> December                        | Glasgow                       |
| Great Turning with Compassion         | 4 <sup>th</sup> to 6 <sup>th</sup> February 2011 | Stroove House, Ayrshire       |

### 3. LETTER TO BODHI

*Hi there, I'm really interested in your project. I've been Buddhist for about a year and it has made me open my eyes to how unsustainably I was living. Are you affiliated with any Buddhist group or sect? I couldn't find anything about that on your website. Also, are there any ways of supporting the project other than financially (bearing in mind that I don't live locally - I'm in Ireland).*

*Best wishes, Nuala*

Hi Nuala, thanks for getting in touch. To answer your questions, we are not affiliated to any particular Buddhist group, and we are not a religious charity. We are an educational charity inspired by Buddhist ethics. Some of our members and directors are practicing Buddhists from various traditions including InterBeing, Theravada, Triratna Community - but there are also members from a wide range of backgrounds.

Some folk who live at a distance from our base in Scotland have got involved by setting up a local group or project committed to the aims of Bodhi. Others have come on facilitator training courses in the Work that Reconnects or come on a retreat we have organised at Dhanakosa (a Buddhist retreat centre in Scotland), and taken that back to their local communities. Another way to get involved is to contribute to our newsletter: poems, stories, reports, dates for events, etc.

All our newsletters you can download from our website.

I hope to hear more from you.

very best

Larry Butler

#### 4. CONNECTION CORNER

Your help is requested in a change to the Bodhi Newsletter's CONNECTION CORNER. We'd like to respond to real-life, everyday situations that come up for you, rather than a 'lecture' kind of column. Send in your situation, and I'll write back (via the column) with ideas of how you can apply Compassionate Communication.

So... would you be willing to send in a situation that you'd like to be considered for a future Connection Corner?

Things to include:

- write IN THE PRESENT TENSE;
- one specific incident that you are remembering, including:
  - \* what the other person/being said or did;
  - \* what you said, or the thought that was in your mind; and
- please keep the event description to 50 words or less.
- If you're aware of your feeling and/or needs (as you are writing and remembering the incident), please include those;
- your first name (pseudonym is OK).

Below is an example of what you might write.

*I'm remembering trying to get my dog inside at 11:30 pm last Monday, and how he sat down and refused to move. I remember thinking to myself, 'He's being difficult and should do what I want,' then going over with a huff, picking him up and carrying him inside. I'm feeling disappointed in my response and needing a more compassionate way of expressing myself. And I'm frustrated as I don't know what else I could have done. Do you have any advice? -- Rose*

Please send in your questions, and we'll pick one or two to answer for the next Connection Corner.

Dear Auntie Em,,

*My neighbour upstairs, Mrs J, has started to play her radio and TV right above my bed and work room at a volume that I find distressing – it wakes me up in the mornings and makes it hard to concentrate on my work or sit and meditate. I wrote her a (what I thought was a friendly) note about 4 weeks ago (since she didn't answer the bell) to which she reacted very angrily. 'I have lived here for 44 years and nobody has ever complained. I am a very quiet person'. I don't know what to do and feel helpless. I don't want to upset her any further, but I also don't want to just put up with the sound level. Any ideas? Hopefully, Madeleine*

Dear Madeleine,

I am hearing your feeling of distress and longing (need) to have freedom and ease in your own flat. As a first step, you may want to explore if there are further feelings and needs. Then give yourself empathy, or talk to friends who can offer you some empathy.

Why start with self-empathy? Compassionate Communication informs us that if we are in pain about something, we aren't really available to someone else, in this case Mrs J, until we feel heard.

I'm guessing your strategy is for Mrs J to turn the volume down? Keep working with self-empathy until your focus is on your needs rather than the strategy. If you feel rigid about your strategy, keep getting empathy for yourself until you feel a softening of that rigidity.

When you are able to focus on and express your feelings and need(s), rather than the strategy, you are ready to talk with Mrs J.

When you do, lead with empathy for *her* feelings and needs. Remember, Mrs J is in pain too. She won't be available to hear you until she feels heard. Her words 'I've lived here for 44 years...' give you a clue that she may have strong needs around acknowledgment, respect or appreciation. So try making very simple empathic guesses like, 'Remembering our interaction the other day, I'm wondering if you'd like some acknowledgement?' Keep the guesses simple and in the present tense. If she tells you how she felt THEN, ask her if that's how she's feeling NOW?

Whatever she answers, you can reflect it back. You do not need to agree. Just reflect back what she is saying. This lets Mrs J know that you are hearing her.

If you are feeling uneasy about starting up the conversation, express your unease and desire (need). Maybe that's having a cordial relationship with her (harmony), or honouring each other (respect), etc. It might sound like, 'Mrs. J, I'm a bit nervous and uneasy just now... and I really value good communication... what I'm wanting to ask is, would you be willing to sit down with me for 5 or 10 minutes to chat about what happened the other day?'

Finally, check to make sure your intention is to **connect** with Mrs J rather than to get the outcome you want. With best wishes, Auntie Em(pathy)

## 5. IDEAS FOR A GROUP MIDSUMMER RITUAL

using NVC tools based on a ritual of our NVC practice group, led by Ratnadevi

- Choose a protected outdoor space, preferably around a fire (we were at our allotment with the fire in a wheelbarrow– when the wind turns, you can just wheel the fire somewhere else, and it also keeps the ground from being burnt.) Sit comfortably and have some pen and paper ready.
- Spend some time connecting with the spirit of the summer solstice. Where are we in the cycle of growth, in nature and personally?
- Bring to mind an event of last year that enhanced your sense of wellbeing. How are you feeling as you are bringing it back to life, using all your senses? What are the needs that were met? Note down any of these reflections.
- Bring to mind an event of last year that decreased your sense of wellbeing? Again, become aware of your feelings and the needs that were not met. Focus on the main need and imagine what it would be like if that need WAS fully met; what does that feel like, right now in your body? Take notes of your experience, as you wish.
- Make a request/requests of yourself for the next year, that would lead to the fulfilment of your needs. Remember to keep them concrete, doable, and make sure they are not 'demands'.
- Write down on a separate piece of paper something in yourself that might be an obstacle to the fulfilment of your aspirations, something that you want to transform.
- Go round to share any of your reflections and put the piece of paper into the fire, for ritual burning and transformation. The group acknowledges this action in some way....



## **6. THE ECOVILLAGE - BURNTISLAND, BY LUSI ALDERSLOWE, JUNE 2010**

This has been an interesting year for the Bodhi-SCI ecovillage. This partnership project has been taking shape over the months. This year we have completed a lot of useful work from a renewable energy feasibility study to market research for the business plan, however, the main thrust of our efforts recently has been negotiating with the council. Here's why: In meetings held in 2009 it was decided that it was legal for us to purchase the land, and we were led to believe that the next step was to put in an offer. We did so in November. After hearing no word for months on end (despite chasing it) eventually they decided that it was the Area Committee who should decide whether or not the land was for sale. With further negotiations, they realised that the land is theoretically saleable and they just have to decide whether they wish to sell the land to us! We were hoping that they would make this decision at the June Area Committee meeting, but they decided to postpone to the next meeting (after recess) which is in September. So we have now equipped the local councillors with a 20 page report, packed with information about the plans for the site as well as the process we have gone through to get here, from site searches to school consultation. So please keep your fingers crossed for us on the 1<sup>st</sup> September!

The consultations which we have done so far have been fantastic, if I do say so myself! We started with questionnaires to local people, of which 100% of the (20) adults questioned agreed with all aspects of the proposed ecovillage at the Widow's Land, and found that 83% of (180) school children would like to visit it. We also have 50 letters of support from various local people and community groups including the nursery, playgroup and school.

A community consultation meeting was held in February, and the community council was attended in March, these were well attended by local people who came forward with information about landslide history and concerns about the safety of building there, which was helpful to the project's development. An initial structural survey of the site is intended, and will be carried out once we have confirmation that the land is available for purchase.

Workshops were carried out over a 3-week period at the Burntisland Primary School where the children of P4K designed and built models for the eco education centre. Their models were displayed at the town Library from March 31<sup>st</sup> – April 14<sup>th</sup>, along with information about the proposed project, information leaflets, a project plan and a notebook for members of the public to write any comments. Letters were also written to all PK4 parents informing them of the project and inviting them to attend the workshops or get in touch. One parent joined the workshop, and 1 contacted SCI by email expressing interest and requesting a place at future ecovillage volunteer days.

A report on the consultation has also been submitted for inclusion in the *Burntisland Burgh Buzz* newsletter, April edition, which is delivered to all Burntisland households.

In addition, 152 people have responded to our online survey. Responses have come from all over the UK, from Totnes to Essex, from Burntisland to St Andrews, and even one from Germany who is interested in attending the ecovillage in Burntisland.

Of the 152 responses so far, 83% (126) said that they would like to visit a sustainable living education centre in Fife, visit the organic café and purchase local food in Burntisland. For the full survey please see:

<http://www.surveymonkey.com/s/G3GMQ67>

It would be very helpful if you could contribute to the consultation process. Please:

1) complete the survey online at <http://www.surveymonkey.com/s/G3GMQ67> and/or 2) write a letter of support, and please which organisation you are writing from (or for example if you are a local resident). And keep your fingers crossed for 1<sup>st</sup> September! Thank you

Lusi Alderslowe  
Ecovillage Development Officer

## 7. [TOP TEN POWER REASONS TO GO VEGAN.](#) by Robin Adair



When I decided to go vegan, it was only for one reason: the animals! But as we grow and evolve, we realize that there are so many reasons to go (and stay) vegan. Here are my top ten power reasons to make the change:

1. **We're saving the planet:** Even if you think global warming is bunk, it's hard to dispute the fact that meat is bad for the environment. A recent United Nations study suggests that "a global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change." The study, which is called "[Assessing the Environmental Impacts of Consumption and Production](#)," is one of the first of global importance. Among environmentalists, there often seems to be a disregard for compassionate eating, but vegans can be rest assured, we're tree-huggers whether we like it or not. It takes around ten times more land space to produce meat and dairy as it does to produce the same quantity of plant foods for human consumption. In a world fast running out of space due to unchecked population growth, this is no longer sustainable.

**80% of deforestation is directly due to the production of meat and dairy.**

2. **We live longer:** While our genetics have some impact on our cholesterol levels, our chances of getting cancer and the likelihood that we will suffer from heart disease, a healthy vegan diet is far more beneficial than most realize. Not only has the reversal of diabetes and hypertension been chalked up to veganism, but according to a study by the German Cancer Research Center, vegans, on average, live longer than those who eat meat!

3. **Lose weight:** We vegans are more likely to maintain a healthy weight than our omnivorous counterparts. Ever read *Skinny Bitch*? Those ladies are on to something! Besides the obvious health benefits of being vegan, fitting into short shorts and skinny jeans are more likely on an animal-free diet. Having said that,

there are still some heavier vegans, and there's no shortage of pride coming from the deep-fried vegan movement!

**4. Better food:** When one switches from a diet full of animal products to a vegan one, a drastic change sometimes occurs...the phenomenon of the peanut butter and jelly sandwich binges. After a couple of months, once you've attended your first protest and found out that "soy cheese" does usually contain dairy, you start experimenting with the dozens of vegan cookbooks you've bought on impulse. Because of our limited dietary choices, vegans are often forced to be well-suited culinarians. One reason is because non-western diets tend to have fewer animal products, so vegans are often more likely to explore foods from different cultures.

**5. Better food choices equals better people equals better friends** Vegans exist on the fringe of society. We are misfits. But, a recent [study](#) suggests that vegans may possess more empathy than omnivores. I mean, think about it: if we are making conscious decisions to not use animals for our purposes, that morality will generally creep into our personal relationships as well. Vegans are good people by reputation! Well, at least *most* of us are.

**6. We don't kill animals:** Veganism is about more than death and suffering. We are against the use *and* abuse of non-human animals. One of the greatest reasons to go vegan is being able to wipe the blood off your hands. Who we choose to be, by adopting a vegan diet and lifestyle, is the moral baseline. But it almost goes without saying that it takes a certain level of awareness to connect our actions with the rest of the world. Being vegan means that you're not murdering animals. Dairy calves are normally separated from their mothers after as little as two days and put on milk substitutes, normally they would suckle for up to six months. This separation causes severe stress and anxiety to both mother and calf. Nature intends the calf and not humans to consume the milk of cows as it is suited for calves alone and is largely unsuitable for human digestion.

**7. Because vegetarians are omnivores.** In the words of [Gary Francione](#), there is more cruelty in a glass of milk than a pound of beef. Being vegetarian is no different than choosing a hamburger over a chicken sandwich. The milk industry is directly related to the beef and leather industry. Every cow that gives its milk, gives a child. Remember that in order to continue lactating, a mammal must continue to have children. When those children are born, 9 times out of 10, they will end up on someone's plate. Go vegan, and you won't have to worry about transitional guilt.

**8. Actions consistent with principles:** If you oppose violence, fight hierarchy, love nature's creation, etc. you should clearly be vegan. And once you're vegan, you'll have a bigger reason to be a good person! Unlike other "causes," veganism sticks.

Someone once told me “if you go back from being a vegan, you never were a vegan to begin with.” And it’s true! When you’re sure of yourself, you have more confidence, and confidence will only lead to success.

**9. Gives other social issues credibility:** It’s hard to say that you’re a feminist and not be vegan. That is to say, that when you drink milk or eat eggs, you’re consuming products that are the direct result of female slavery. You can’t really call yourself an environmentalist, either. My veganism influences my beliefs on politics, environmental issues and social issues as well. Veganism is by no means just about food. If anything, it’s an enlightening, humbling way of life.

**10. Because it’s the right thing to do:** Finally, going vegan is the best thing you can do for yourself, for non-human animals and for the world. In my opinion, veganism is the least you can do; it is the minimum. Reading labels really isn’t that hard, buying vegan clothing is incredibly effortless and doing your best is as simple as choosing a veggie burger over macaroni and cheese. Don’t waste your time with vegetarian transitioning - there’s no time like the present. Just because you go vegan doesn’t mean that you have to protest, and it doesn’t mean you have to become a walking billboard for the veg-lifestyle, but it’s great if you choose to!

**Recommended publication:** *Skippy Bitch*, By Rory Freedman and Kim Barnouin. A streetwise way of getting across the benefits of a vegan diet and lifestyle. Includes recipes.

## 8. KIDS CORNER



## 9. EVENTS IN DETAIL

### **BIG TENT FESTIVAL – 23rd to 25th July Falkland, Fife**

Haven't been to Big Tent before? Well, the Big Tent is Scotland's environmental festival. It is set against the beautiful backdrop of Falkland Estate and the East Lomond Hill. The festival started as a grassroots reaction to the G8 summit in Gleneagles and has grown to become the annual event for activists to come together, to be inspired and to enjoy a great weekend.

There's a fusion of world and folk music, children's activities galore, debates, poetry, exhibitions, workshops, demonstrations and fantastic local food in our One Planet Food Village. Children under 12 go free and there's both day, weekend and camping tickets available.

Bodhi will host a programme of events around the theme of arts & ecology.

<http://www.bigtentfestival.co.uk/>

## **MIND REMIND REMEMBER**

**Sunday 25th July, 12 to 2pm**

BIG TENT FESTIVAL Falkland, Fife (meet at the poetry tent)

**Thursday 19th August, 4:30pm**

ROYAL BOTANIC GARDENS

Edinburgh

**Saturday 25th September 2 to 5pm**

DALKEITH COUNTRY PARK

An experimental workshop to witness and explore our environment with our senses our knowledge and our creativity. How can artists and scientists co-operate to create new ways of waking ourselves up to the issues of our fragile and precious world?

You are invited to spend two hours with Geology Professor Stuart Hazeldine, Poet Larry Butler and Sculptor Ian Newton to immerse ourselves as a group and individually in an area of Falkland estate grounds. We will sense and respond to the landscape through thoughts, words, drawing, movement and whatever comes to hand and heart. As we **Mind** what is here, and we **Remind** ourselves of our place in the world, and **Remember** what has gone before us and passed away, we can seek to find a response to a small pace on our planet. Join us to think, feel and respond.

For more details email: [info@bodhi-eco-project.org.uk](mailto:info@bodhi-eco-project.org.uk)

a collaboration between Bodhi Eco Project and Lapidus Scotland for the BIG TENT FESTIVAL

## **WAKING UP WITH COMPASSION**

**Saturday 28th Aug, Sunday 26th Sept, Sat 30th Oct, Sun 21st Nov, Sat 19th Dec. 1 to 5pm**  
**5 afternoon workshops leading to a residential weekend in Feb 2011**

*If you don't know the kind of person I am  
and I don't know the kind of person you are  
a pattern that others made may prevail in the world  
and following the wrong god home we may miss our star...*

*For it is important that awake people be awake,....  
the signals we give—yes or no, or maybe—  
should be clear: the darkness around us is deep. (William Stafford)*

How do we overcome the obstacles - our fears, inertia, hopelessness, anxiety - to make the changes we know need to happen in the world? How can our use of language support our "being the change" we want to see? Come join us, and let's wake-up together and learn from each other.

Through writing, moving, talking, singing, we will find ways to make the Great Turning from an industrial growth-economy towards a life-sustaining society. These workshops are open to anyone especially folk who are new to Bodhi and want to find out more about us. Please bring an open mind and a willingness to explore. We will begin each workshop with a shared lunch.

**Larry Butler** will guide these workshops. He one of the founding directors of Bodhi and is a facilitator of the Work that Reconnects. To book or find out more details email: [info@bodhi-eco-project.org.uk](mailto:info@bodhi-eco-project.org.uk), or tel. 0141-946 8096 Venues will vary - to be confirmed. Suggested donation: £10.

**A WEEKEND OF PRACTICAL NATURE CONNECTION TOOLS FOR EDUCATORS:  
Saturday & Sunday 11&12th Sept - 10am - 4pm Dawsholm Park in Glasgow.**

Many people are now realising the importance of nature connection in their lives, and the lives of the children they care for. However, sometimes we wonder what we can do with children to help them to become genuinely engaged with their environment?

This course is designed to help you to answer that question. The weekend will help you to create a powerful culture of nature connection in your community, whether that is a school, after-school care, nursery, home educators, or group of friends. The course is hands on practical, so come ready to play and be a child again! The curriculum draws on modern education, eco-therapy and indigenous wisdom. Its about building an engaged relationship with the natural world. Activities are largely outside and include sensory awareness, practical nature skills, naturalist observation, storytelling, team work and creative arts.

There will be some peeling back of the layers, with an introduction to flow learning – teaching based on the natural cycles. This course is suitable both for experienced outdoor educators as well other kinds of educators who would like to bring nature connection into their repertoire. The emphasis will be on working with children and teens.

**Maeve Gavin** and **Victoria Mew** both did a year long immersion training at the leading nature connection school in America, the Wilderness Awareness School. Since returning form America, they have co-founded of the Art of Nature Mentoring UK. Maeve has lived in Glasgow for 10 years and was a founding director of the North Glasgow Community Food Initiative. Victoria was lucky enough to be immersed in nature awareness since she was a child at Trackways Survival school. Suggested Donation: Sliding scale, depending on what you can afford: £120/ £100/ £85/ £60 (ie £120 full price and organisations/ waged/ low waged/ unwaged)

How to book?: Please send a £20 deposit and cover note to:

Bodhi Eco Project, 14 Garrioch Drive, Glasgow G20 8RS

If you require further information, please call Lusi on 07787 376475

**Please bring some lunch to share and clothes for all weather.**

## WEAVING OUR WORLD

combining Rag-Rugging and The Work That Reconnects



**27<sup>th</sup>/28<sup>th</sup> November**

venue: in Glasgow, to be confirmed

Weaving is an ancient, creative way of recycling the stuff our world is made of. Save your discarded garments and shape them into objects of beauty and hope. Learn the art of rag-rugging in the context of games and meditations that connect us with each other and our feelings, concerns and aspirations for our world. No previous experience necessary.

facilitators:

**Margo Winning**, a fibre artist who has worked as a creative facilitator for many years.

**Ratnadevi**, an artist, highly experienced mindfulness teacher and facilitator of the Work That Reconnects (Joanna Macy)

To book a place please send a non-returnable donation of £20 payable to "Bodhi" (total suggested donation: £120 / £90 low wage / £70 unwaged)

Please include your contact details. Bodhi Eco-Project, (2/1) 14 Garrioch Drive., Glasgow G20 8RS

## **EXPLORATIONS IN EMPATHY & MINDFULNESS INTEGRATING MBCT (Mindfulness-Based Cognitive Therapy) & COMPASSIONATE COMMUNICATION**

**Saturday 11 Dec 10am – 5pm**

**venue: in Glasgow, to be confirmed**

Learn how to use mindfulness practices to investigate your present experience, including the kind-hearted observation of sensations, feelings and thoughts, shedding light on some patterns of your inner life.

Explore the simple, practical language tools of Compassionate Communication (based on NVC – Nonviolent Communication) and how they can be used to express mindfulness and empathy so that you can stay in connection with yourself and others.

Build awareness and a caring, non-judgmental attitude towards oneself and others. Integrating both practices, we'll learn to rest in the present moment, in an acceptance that can instill a sense of deep interconnectedness with all life.

The workshop is open to anyone with some experience of meditation and/or NVC. Please bring an open mind and willingness to explore with openness and authenticity as well as food to share for lunch.

### **Course facilitators:**

**Ratnadevi (Dr. Luise Holtbernd)** is an ordained Buddhist and has been practising and teaching meditation for over 25 years. She is a certified MBCT teacher and has been practising NVC for 6 years. <http://www.ratnadevi2.talktalk.net>

**Claralynn Nunamaker** is an NVC certified trainer candidate and is in her fourth year of NVC practice teaching. A member of the Theravada Forest Sangha and Community of Interbeing, she has been practising meditation and aligning with Buddhist teachings for 10 years.

[www.co-co.org.uk](http://www.co-co.org.uk)

To book a place please send a non-returnable donation of £20 payable to “Bodhi” (total suggested donation: £60 / £45 low wage / £35 unwaged)

Please include your contact details.

Bodhi Eco-Project, (2/1) 14 Garrioch Drive., Glasgow G20 8RS

[www.bodhi-eco-project.org.uk](http://www.bodhi-eco-project.org.uk)

**GREAT TURNING WITH COMPASSION: 4th to 6th February 2011**  
**Residential weekend workshop at Stroove House**

How do we overcome the obstacles - our fears, inertia, hopelessness, anxiety - to make the changes we know need to happen in the world? How can our use of language support our "being the change" we want to see? Come join us, and let's find out together. Through writing, moving, and Compassionate Communication, we will find ways to make the Great Turning from an industrial growth economy towards a life sustaining society. The workshop is open to anyone with some experience of the Work that Reconnects and/or NVC. and/or anyone who has done the Transition Training. Please bring an open mind, willingness to explore with openness & authenticity.

**Larry Butler** is a writer, tai-chi teacher & drama therapist; he is one of the founding directors of Bodhi, and has done a facilitator training in the Work that Reconnects. 0141 946 8096

**Claralynn Nunamaker** is an NVC certified trainer candidate and is in her third year of practice teaching. A member of the Theravada Forest Sangha and Community of Interbeing, she has been practicing meditation and aligning with Buddhist teachings for 10 years. [www.co-co.org.uk](http://www.co-co.org.uk)

£150 suggested donation for the weekend (£140 for Bodhi members)

To book a place, please email: [info@bodhi-eco-project.org.uk](mailto:info@bodhi-eco-project.org.uk) and send a non-returnable donation deposit of £30 to:

Bodhi, 2/1, 14 Garrioch Drive, Glasgow G20 8RS

## 10. POETRY

### The Girl Beneath the Blossoms

Life is still and subtle as the blossoms fall beneath your feet  
Life can be meaningless, it's only you and silence  
Don't think, just be aware of yourself  
Let the inner you caress into an array of colour.

As dreams and thoughts collide you stand still  
Look around you, nature and beauty abound  
As the wind brushes against your face  
Away, away with the blossoms.

Under the blossom tree is only you, yourself and me.

-Gaia Cruise

## Thoughts by the Pond

The soft, early summer breeze  
Bends the tops of the trees  
Sycamore, larch and silver birch  
Their brilliant green  
Outlined against an intense blue sky  
Story book cotton wool clouds  
Drift in space.

Birds singing and calling  
In the heat of an early summer afternoon.  
In the distance, a car engine  
Nearer, the laughter and cries of teenagers.

Hard ground covered with mosses  
and grasses  
Dotted with seedlings  
A tiny black spider  
Clambers through the grasses  
Escaping from death  
By squashing by the heavy human form.  
A sudden whirring sound  
A pair of mallards  
Hidden in the reeds  
In a synchronised take off.  
Last year's rhododendron flowers  
Thin, brown and dry

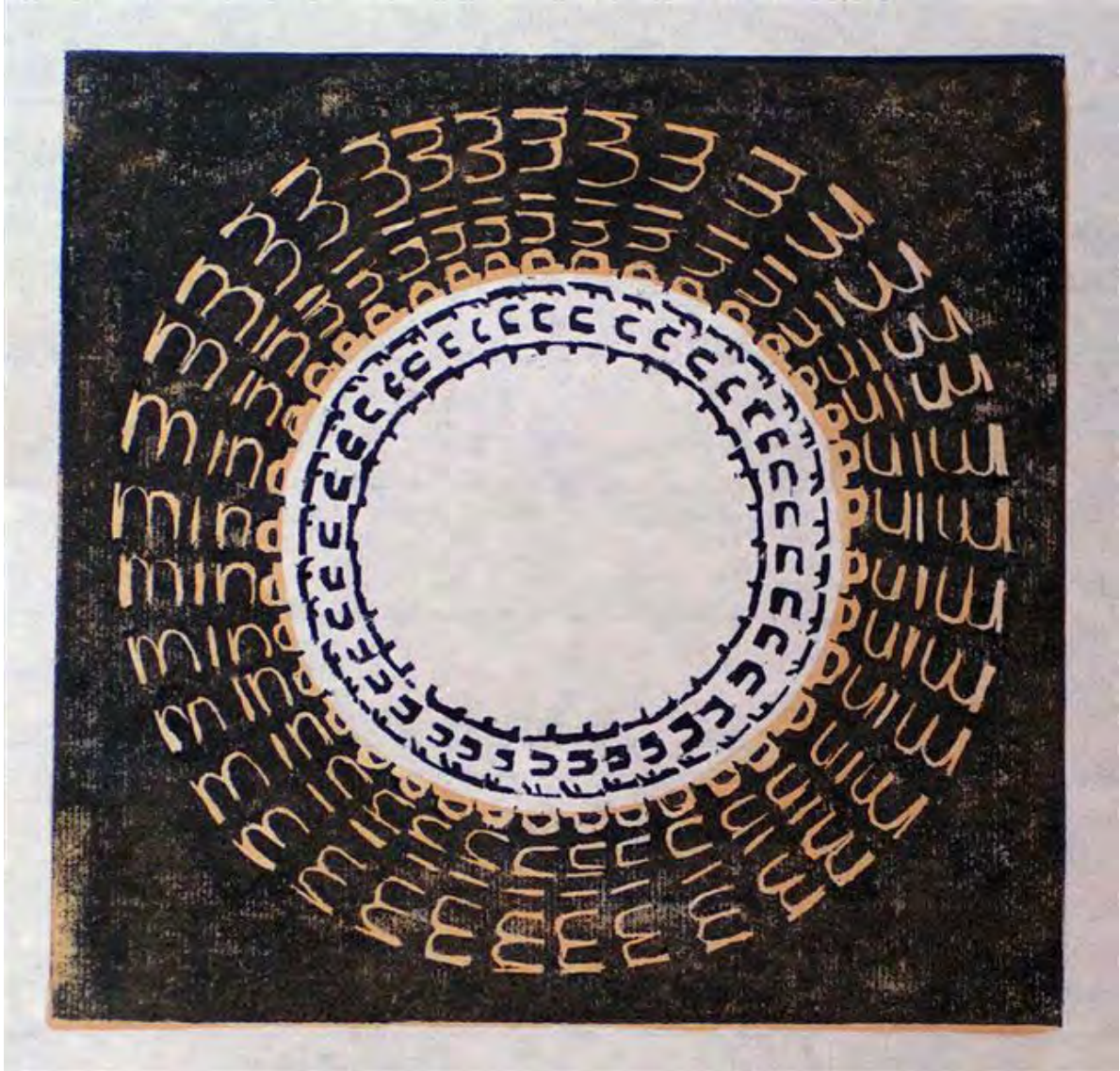
Contrast with the fat buds  
Of this year's flowers  
Here and there, a bursting out of purple petals.  
In the lower part of the bush  
Numerous gossamer thin webs  
Reach across the darker, older leaves  
But no spiders to be seen  
Week old vivid green ferns  
Contrast with the diseased leaves of  
the rhododendron

Water skaters skim across the pond  
Two fight about something unseen, dominance  
perhaps?  
Water boatmen zig zag across the water  
In a fair imitation of a speed boat  
Or is it the other way round?

Everywhere the fresh, vibrant colours of Spring  
A range of greens  
From the sage of the reeds  
To the dull, old evergreen of fir trees  
Blues, pinks, yellows, purples, whites and browns  
Make a rainbow of colours by the pond.

23/5/10 Liz Lawrence

artwork by Ratnadevi



**ANNUAL DONATIONS GREATLY APPRECIATED FROM 1ST JANUARY  
BY STANDING ORDER TO "BODHI":**

Co-operative Bank, Sort Code 08-92-99 Account # 65130148

**Please send contributions for next Bodhi newsletter by the 30<sup>th</sup> September 2010 to:**

We welcome your letters, poems, stories, reports from events and dates for forthcoming events, and contributions to the "kids corner" edited by Kali and Gaie.

info@bodhi-eco-project.org.uk or Bodhi Eco Project, 14 Garrioch Drive Glasgow

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**[www.bodhi-eco-project.org.uk](http://www.bodhi-eco-project.org.uk)**