

BODHI SEEDS 27th July- 4th September 2017



Celebrating Bodhi Seeds 2017, summary statement.

Bodhi Seeds is a training for young adults to find refuge and a sense of belonging. It is a growing body of community work, a school, a hinting at a true university to empower young adults to function well in the truth of living in and on a wave of *not knowing*, this is not an ignorant *not knowing*, rather a skill set to include it all and move well.

Our studies and reflections this year were deep and various. Beginning with the Hui and AGM with the wider Wangapeka community, we studied and practised yoga, wholesome eating and Non-Violent Communication. As a community of all males, we explored some of our conditioning as people of privilege living in this world. We also used this opportunity to explore sex, sexuality, trust and intimacy with a deep and powerful ritual and sharing. Running throughout the six weeks was robust meditation schedule and weekly Open Floor dances to integrate and explore body. Tarchins' visit was a highlight for all, exploring Vajrasattva through the lens of biology, a profound and powerful journey merging ancient wisdom with contemporary inquiry. During the six weeks many opportunities were created for each of the Bodhi Seeds to find their voice and lead the group through various activities such as Yoga, music, drama, rap and guided meditations. We sealed this years programme with a powerful Rite of Passage experience at the Tui Tree field in Golden Bay, this would not of been possible without the financial support given by the Wangapeka community. Finally to help our bodies integrate the journey we took to the hills and tramped into the Kahurangi National Park.

It has been a rich exploration, weaving old with new, tradition with innovation, ritual with science, movement with stillness. Thanks to the generosity of many the whole experience remains affordable for young people. Kindness is a powerful teacher.

"Hope is not the conviction that something will turn out well, its the certainty that something makes sense, regardless of how it turns out."— Vaclav Havel

This is the motivation, we certainly do not know what kind of world the far children will inherit but I do know that this retreat makes sense regardless of how things turn out. Thank you for helping this to happen again, Sarva manglam, Jaime Howell.



Reflections from the BODHI SEEDS



Blake Owers

Bodhi Seeds has been an absolutely amazing experience and has really helped me to make a conscious change in my life. I have found confidence, friendship, guidance, support and purpose. I have had an incredibly transformative experience and acquired many new skills and teachings to help me be a better person.

I am so grateful for all the support that has helped Bodhi Seeds run: the teachers, the Wangapeka, the donors, and the whole community. It is a time that means so much to me and will inform my whole life.

Logan Ford

Bodhi Seeds has been an incredible experience. I have got immense value out of the opportunity to take a big step back from day to day life and have the space to really build my practice in a meaningful way, and explore deeply issues arising in me with a feeling of being supported by others on the same journey. The personal insights and sense of community I have gained over the last six weeks will surely carry me well into the cresting wave of now, and inform my choices that will continue my evolution as an aware being.



Shea Dawson

Bodhi Seeds has been a highly transformative and deeply healing experience for me. Jaime's excellent guidance and facilitation allowed for the creation of a safe and supportive group space for me to share and work through some of my biggest personal challenges. Bodhi Seeds has also helped me to deepen my meditation practice, my understanding of Dharma, and equipped me with invaluable skills to bring back into everyday life. I am immensely grateful for everyone who has contributed to making this retreat affordable & accessible for young people in New Zealand.

Andy McIntosh

I have been fortunate to attend the last two weeks of the Bodhi Seeds programme as a voluntary assistant.

I found the equality of teaching and attendees participation during the week at Wangapeka with Tarchin and the week at the tree field to be both passionately engaging and supportive to all. During this time I saw the seeds of Dharma sprouting and blooming with a lot of change and understanding for the participants. I thoroughly recommend this programme to continue in the future.



Daniel Burgess-Milne



Bodhi Seeds has provided me with a fantastic opportunity to press pause, step away, go deep into myself and do some contemplation, and gain more clarity in how I want to be in this world. I have seen enormous change and growth in myself and others, and have no doubt in my mind that Bodhi Seeds is bringing forth something beautiful for the world.

Enormous gratitude to Jaime, for committing to creating this experience and giving himself whole-heartedly to hold space for 7 young men to have a life changing experience. Thank you to all the people who have contributed time, resources and finances to allow this to happen. Opportunities like this feel so vital during this transformative stage of life, and without support from the board and funders, none of us would have been able to afford the financial costs of having this experience. I feel the support of a whole web of beings coming together to create

the opportunities for the people of tomorrow to develop to their full potential. What a gift to the world.

Max Deutsche

For me Bodhi Seeds has been a powerful journey of deepening my aspirations and has helped to clear a path into my truth.

I have benefited through developing a meditation practice that will stay with me. The duration of Bodhi Seeds and the diversity of retreats, teachers and events has made for a rich and rewarding experience.

Bodhi Seeds affords a priceless opportunity where young people can meet themselves and grow.



Jeremy Burgess-Milne

Starting out with the Young Adults Retreat and now returning

for the second Bodhi Seeds, I have now spent quite a bit of time walking and working on the land.

I want to express my dedication to supporting the centre.

However the support I can offer is not financial aside from a small donation here and there, and the boards willingness to provide a labour exchange agreement in order to make retreats more af-



fordable has been a blessing for me, and others I'm sure. I don't know how to describe what I have gained from the retreat. It is great to have a space of dedicated practice to deepen and strengthen to re-center and realign. But I hope that I will see you all again soon and that you can see for yourself the benefits of providing this retreat space to us. Thank you and much love.

Rowan Brooks

I know I got a lot out of Bodhi Seeds and am sure further benefits will become clear with time.

At its core I benefited from time to be with sangha, in the supportive environment of the Wangapeka. My practice feels

stronger and like I can work with greater clarity and intention. I can see how this may help me carry a greater sense of spaciousness, and integration into what could previously feel a busy and fragmented day to day.

The weaving together of retreat work, group process and dana, as well as community living allowed me to find both breadth and depth of insight into patterns in my being. Within the program I could find continual opportunities to apply practice, and develop skilful means to relate to others.

The space for emergence that Jaime held within Bodhi Seeds created opportunities for me to facilitate some pieces and hold space, and for a degree of fluidity that kept the program feeling relevant to the edges I want to explore and develop. I am incredibly grateful to all the support that allowed Bodhi Seeds to happen.



Dana to the land and centre



Once again the Bodhi Seeds were committed to giving back to the centre in a wholesome relationship of generosity. In our 5 weeks at the Centre we were able to make a huge impact and complete a wide range of jobs that needed doing.

-The kitchen has had a long overdue paint job. We also cleaned all the shelving, had a good clean-out of old equipment, and relabelled the spice jars.



-The tent sites have been under-utilised in the last few years at the Wangapeka. We scoped out which sites were still functional and cleared and repaired 4 sites. We have also created a brand new tent site looking out towards the bluff, a perfect location for the sun. The tent sites have been renamed after the 6 perfections, and new signs have been created.

-Near the swings was an overgrown figure 8 of wooden posts stuck in the ground. We have removed these posts and created a big outdoor circle for gatherings.



-Building the bridge on the waterfall track has been an enormous job, and the Bodhi Seeds were able to help with this by having the two supporting beams treated, and then carrying them both to the bridge site.

-A table in the main hall and a number of benches around units 1-8 have been sanded and oiled.

-One Bodhi Seed was also able to apply his I.T knowledge to work with the land caretaker on updating some of the admin systems, such as solo retreat booking, scheduling and calendars.

-Omahu, Skydancer, Pemaling and Triple Gem all received big spring cleans, including restocking Omahu with new firewood and doing some repairs to the roof on Dumo hut.



The hall roof was thoroughly scrubbed and washed, and the firewood and recycling shed roofs were swept clean.

-A new track up to Omahu was scouted, but the conclusion was that due to fallen debris, this doesn't seem tangible for a few more years.

Much more Dana took place in various jobs here and there, such as:

- Repairing, widening and cutting tracks around the centre
- Chopping and stacking firewood, and restocking the Whare wood supply.
- Clearing the unending Blackberry, bracken and broom around the centre.



Thank you for supporting this retreat.

Bodhi Seeds would like to thank deeply everybody who contributed to making this vision a reality. Bodhi Seeds has been a powerful, transformative and life changing event for the young people involved and this journey of transformation wouldn't have taken place if it weren't for the generous support of a community. We feel the love and the aspirations of countless beings willing to support growth and unfolding in this world.

Thanks also to Heidi Bleackley who supported the work in the role of cook. Both Faith and Guy the caretakers are amazing, true embodiments of kindness, patience and love.

Thank you to the Wangapeka BOT for allowing Bodhi Seeds to utilise the beautiful Wangapeka at a subsidised rate in exchange for Dana on the land. A great opportunity to keep the course affordable, and to strengthen a relationship of giving and receiving

Plans are already underway for Bodhi Seeds 2018, and enthusiasm amongst participants from previous years is bubbling. Stay tuned for more info. Sarva Mangalam



Tarchin with the Refuge Tree gifted by the young seeds, may the plums be ripe and plentiful.