

# Armada Online Meditation Group

## Rains Retreat Guest Speakers

### 10 July – 16 October 2022

	<b>Date</b>	<b>Speaker</b>
Week 1	19 July	<p><b><u>Mr Yogesh Sharda</u></b></p> <p>Born in Malawi, Africa, with an Indian background and brought up in London and Oxford, Yogesh Sharda has been a <b>Personal Development trainer and workshop facilitator</b> for over 30 years, presenting many hundreds of seminars, workshops and courses for businesses, hospitals, universities, youth organisations and local community groups throughout Europe, the UK, Middle East, Southeast Asia, Australasia, the USA, Central and South America, the Caribbean, Japan and India. Over the last seventeen years he has been living in Turkey and making presentations in nearby countries on a variety of topics relating to “The Art of Relaxation and Problem Solving through Meditation”</p> <p><b><u>Who owns your Happiness?</u></b></p> <p>The need to experience Happiness is perhaps the main driving force behind our behaviour. Is your Happiness dependent upon other people and circumstances ..... or can it be in your own hands?</p> <p>We will explore the mechanisms of being in charge of your own Happiness, including:</p> <ul style="list-style-type: none"> <li>● developing Inner Strength</li> <li>● managing relationships</li> <li>● understanding purpose</li> </ul>
Week 2	26 July	<p><b><u>Richard Thomas</u></b></p> <p><b>Richard</b> was first taught to meditate in the early 1980s &amp; discovered BSWA in 1992. He has completed several 3-month Rains retreats &amp; has stayed in Bodhinyana. He has also attended retreats at Kyaswa monastery in Myanmar. He was the editor of the book "<i>Emptiness and Stillness</i>" which marked Ajahn Brahm's 60th birthday, a key co-ordinator of the 2015 Global Conference on Buddhism in Perth and a Member of the BSWA Committee &amp; occasional teacher of the <i>Introduction to Meditation</i> course at Dhammaloka.</p>
Week 3	2 August	<p><b><u>Richard Thomas</u></b> - as above</p>
Week 4	9 August	<p><b><u>Geetha Mendis</u></b></p> <p>Geetha grew up with Buddhist teachings during her childhood in Sri Lanka. Her interest continued after her family immigrated to Australia when she was 15. In her profession as a Psychiatrist she found the teachings were very helpful for relating to problems encountered by her patients and in her own life. She has retired recently and is looking forward to exploring the teachings further.</p> <p>Geetha will be discussing the Four Noble Truths which will then lead into a translated Ajahn Chah talk/meditation and will end with questions and</p>

		comments.
Week 5	16 August	<p><b><u>Sandra Henville</u></b></p> <p>Meditation and spiritual inquiry have enriched Sandra's life over the last 15 years. Her meditation classes take you on a journey to the deep and quiet places within us all. Sandra has spent time living and working in Sri Lanka where she was first introduced to Buddhism. Her love of the Dharma and meditation shines through with weekly meditation classes around Perth. As part of her personal commitment, Sandra maintains a daily practice and undertakes regular Vipassana/Insight retreats with the Perth Insight Meditation Group under the tutelage of a range of well-known international and national teachers. Sandra registered Senior Teacher with the Meditation Association of Australia, the peak body for meditation teachers in Australia. Sandra is a regular supporter of the BSWA spending time helping at the Bodhinyana and Dhammasara Monasteries and the local Buddhist Care Group - an outreach service to the lay community.</p> <p>We will be joining Sandra's Yoga Om class, via Zoom, which she currently teaches on Tuesday evenings in Perth.</p>
Week 6	23 August	<p><b><u>Chris Lafrenz</u></b></p> <p>Chris spent time at Bodhinyana as a monk for a short time and he now works at Armadale Hospital.</p> <p>He has been a guest speaker during Rains the last few years and has given talks/guided meditations at the Armadale Hospital in pre-covid years during Mental Health Awareness Week.</p>
Week 7	30 August	<p><b><u>Mark Simpson</u></b></p> <p><b>Mark</b> is a yoga teacher, coach and facilitator. He is also the author of "Light Up the World – Inspiration for a New Humanity", a book about love and transformation – both personal and collective. The Zen tradition, and particularly the teaching of Thich Nhat Hanh, has been a significant source of wise inspiration and Mark has completed retreats at the Plum Village Monastery in France, including one focussing on compassionate leadership.</p> <p>Mark's approach is to make his ideas easily accessible and to encourage inquiry with kindness and an understanding of interconnectedness.</p>
Week 8	6 September	<p><b><u>Fuyuko Takita</u></b></p> <p>Dr. Fuyuko Takita was born and raised in Hiroshima, Japan. She holds a MBA in International Management and a PhD in International Studies. She is a full-time Associate Professor at Hiroshima University, teaching students and undertaking research on intercultural and peace studies. Fuyuko has been involved in organizing a number of international peace conferences including the Hiroshima Peace Summit 2006 with the Dalai Lama and Desmond Tutu. Fuyuko has also worked closely with other Nobel Peace Laureates and humanitarian workers to make Hiroshima a special place in the world, to promote global peace. She has studied Buddhist meditation and is an inspiring practitioner of Raja Yoga Meditation</p> <p><b><i>What is our Spiritual Power?</i></b></p>

		<p>What are the spiritual powers we have within us? Raja Yoga teaches us that there are the powers to accommodate, tolerate, pack-up, face, discriminate, judge, cooperate and to withdraw. In this talk, Fuyuko will talk about "Power to withdraw". We all have the spiritual power to step back and disengage from the external world around us for a moment or so. Our aim is to recognize and experience that we are eternal souls, not simply our roles or the responsibilities we have in our lives. Our original nature is peace, love, purity and happiness</p>
Week 9	13 September	<p><b><u>Shona Olykan</u></b></p> <p>Shona draws on her upbringing in the then isolated community of Karamea on the West Coast of the South Island in New Zealand, her teaching background and her family of seven and their near self-sufficient lifestyles in Canterbury. She is an intrepid traveller, spending time in less known areas. The Iona Christian Community in Scotland and Ikari, one of the Blue Zone areas, where people are known to live beyond 100 years, in good health, have both inspired her. In Ikaria dementia and Alzheimer's are seldom heard of and heart disease and cancer are significantly less, compared to other parts of the world. Her time on the island has given her a renewed vision, and has stimulated her passion to share her insights on the art of ageing well with others through her seminars and talks.</p> <p><b><i>Ageing Well</i></b></p> <p>Shona will speak on her continued efforts to seek more depth within her Christian journey which has led her into contemplative meditation. In developing her daily practice she has been inspired by the teachings of Eckhar Tolle. She is passionate towards leading a balanced life based on sound dietary practices, sensible exercise and compassionate meditation. Shona believes that right now is the best time to exercise the choices we currently have, to increase our awareness and well being.</p>
Week 10	20 September	<p><b><u>Dennis Sheppard</u></b></p> <p>Dennis came to Buddhism as a young man and immediately discovered the benefits and truth that meditation offers. He has been heavily involved with the BSWA from near the beginning and has watched it grow to what is now a wonderful City Centre that offers teaching and guidance to thousands of people throughout the world and two monasteries that are full with wise and practicing monks and nuns. Dennis has served as President of the BSWA for quite a few years. Amongst other things, Dennis is a Past Life Hypnotherapist and a Poet.</p> <p>Dennis' talk will centre around working with the three states of consciousness.</p>
Week 11	27 September	<p><b><u>Kathryn Choules</u></b></p> <p>Kathryn began meditating 30 years ago at the Armadale group (AMG) and has practised in Theravada, Tibetan and Zen/Chan traditions. She is the founder of "Mind and Movement" and is a certified teacher of Jon Kabat-Zinn's program, "Mindfulness Based Stress Reduction" (MBSR). Kathryn is recognised as a Senior Teacher by the Meditation Association of Australia.</p> <p>With another AMG participant, Helen Gardner, Kathryn creates mindfulness programs for schools. Kathryn is now slowing down her meditation related work but continues to run mindfulness, compassion and other contemplative programs and retreats.</p>

Week 12	4 October	<p><b><u>Sol Hanna</u></b></p> <p>Sol has been on the BSWA Committee for 12 out of the past 20 years, including for 4 years as president. He's done a lot to develop BSWA online systems from scratch including <a href="http://bswa.org">bswa.org</a> website, youtube and podcast channels, translations.</p> <p>He is currently the convenor of BAMBI (Busselton Augusta and MR Buddhist initiative) which is active in the South-West.</p> <p>Sol was a monk at Bodhinyana for several years</p>	
Week 13	11 October	<p><b><u>Kathryn Choules</u></b> - as above</p>	