



Kootenay
Shambhala
Meditation
Centre

NEWSLETTER • June 2007

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"What do we discover when we let go?
Space. Sometimes it is known as
openness, selflessness, or emptiness . . .
Emptiness is empty of our assumptions,
and it is full of compassion. This is basic
goodness. Discovering it is freedom."

—SAKYONG MIPHAM

*Ruling Your World: Ancient Strategies for
Modern Life*

ABOUT US

The Kootenay Shambhala Meditation Centre is part of an international community of meditation centres founded by Chögyam Trungpa Rinpoche, a Tibetan Buddhist meditation master, and now led by his son and lineage holder, Sakyong Mipham Rinpoche.

Our centre offers free meditation instruction, a well-defined path of practice and study, a variety of community activities and more. All of our offerings are meant to help people of all traditions awaken their innate wisdom, compassion and sense of humour.

We heartily invite you to join in this journey of discovery!

REGULAR PUBLIC EVENTS

These events are open to anyone, free of charge or by donation. For the latest information, see our events calendar at www.nelsonbuddha.com or email us at info@nelsonbuddha.com.

Meditation Practice

Sundays, 9am-noon

Mondays, 7-8pm

Thursdays, 5:15-6:15pm

These sessions highlight the Shambhala community's core practice—mindfulness-awareness meditation—in both sitting and walking forms. Most sessions start and end with chants. Participants are welcome to come and go as they choose.

Open House

Mondays, 7-9:30pm

Our Open House program introduces participants to meditation, Shambhala Buddhist teachings and our community. • **7pm:** Meditation instruction and practice (introductory meditation instruction available at 7pm, further instruction for experienced practitioners at 7:30pm) • **8pm:** Talk and discussion • **9pm:** Tea

Sadhana of Mahamudra

New and full moon days, 7-8pm

The Sadhana of Mahamudra, a text written by Chögyam Trungpa Rinpoche, embodies a way of cutting through all forms of dogmatism. The practice involves chanting the text and relaxing into the atmosphere that doing so creates.

Meditation Tune-Up

First Sunday of the month, 9am-noon (suspended until September)

Meditation instruction (at 9am), practice, a couple of short talks and a light mid-morning community breakfast combine to create a sociable way for participants to perk up their meditation.

Children in Shambhala

First Sunday of the month, 10:15am-noon (suspended until September)

Aimed at children ages 5 to 11, this program offers a fun introduction to Shambhala, with yoga, mindfulness-awareness-related activities, storytelling and refreshments.

TIDBITS

Russell Rodgers takes a break

Kootenay Shambhala Centre bodhisattva Russell Rodgers is taking some well-deserved time off from formal teaching. He plans to return to this newsletter in September with more of his "Looking Closer" commentaries.

Sneak preview of our new website

The Shambhala Centre's new website is going live any day now. Built on a template designed by the guys just downstairs from the centre at Blue Mandala, the site is

bright, easy to use, full of up-to-date information about our centre and community, and extensively linked to offsite resources—a great way to stay in the Shambhala loop. Check it out at:

<http://nelson.shambhala.org/index.php>

SPECIAL PROGRAM

Riding the Energy of Emotions *A One-Week Exploration of the Path of Wakefulness*

With Acharya Dale Asrael

Saturday, July 7 - Sunday, July 15

At Senge Ling, our retreat land near Nelson

Open to anyone • Suggested donation: \$450

The Kootenay Shambhala Meditation Centre warmly invites you to our annual weeklong retreat at Senge Ling, our retreat land near Nelson.

We will spend a week exploring the ways that anger, jealousy and other emotions can either trap us in struggle or open us to the direct experience of awakening. Even the most painful emotions can be the basis for developing compassion for ourselves and others, providing us glimpses of the pure energy that is the essence of emotion. We will work with techniques that expose the core belief structures that perpetuate emotional confusion, and meditation practices that lead to the development of insight.

Acharya (senior teacher) Dale Asrael, a student of Chögyam Trungpa Rinpoche for 34 years and a professor at Naropa University, will direct the program. The retreat will include meditation instruction, eight to ten hours of daily meditation practice, talks, oryoki meals (a monastic eating style), and camp chores. Both seasoned and novice meditators are welcome.

Senge Ling is rustic. Accommodation is in personal tents, and there is no electricity. The shrine hall is a screened pavilion open on all sides to the forest.

All our programs are run on a donation basis. The suggested donation for this program is \$450; feel free to offer more or less according to your situation. Space is limited to 25 people. Please register with Laurel Williams at retreat.registration@shaw.ca or (250) 354-7924. A \$100 deposit is requested, refundable before June 1st. Preference will be given to people who plan to attend the whole program.

ACHARYA DALE ASRAEL has been leading meditation retreats internationally for more than 25 years. A professor in

Transpersonal Counseling Psychology, Buddhist Studies and Contemplative Education at Naropa University, she also trains meditation instructors who wish to serve in hospices, prisons and homeless shelters.

CORE PATH PROGRAMS

As currently presented at the Kootenay Shambhala Centre, the Shambhala Buddhist path consists of three interconnected elements, each grounded in meditation practice:

- **Buddhist Study** is offered primarily through the Shambhala School of Buddhist Studies, a curriculum of weeknight courses and weekend programs that presents a thorough introduction to Buddhism in general and Tibetan Buddhism in particular.
- **Shambhala Training** is a sequence of weekend workshops in embodying bravery, gentleness and wakeful intelligence in every sphere of human activity.
- **Contemplative Arts** are a vehicle for integrating mindfulness and awareness into everyday life.

We invite everyone to explore these offerings to the degree they wish. Altogether, this training is a big part of the preparation students require to attend Shambhala seminars and other advanced programs and engage in subtler practice and study.

SHAMBHALA TRAINING • LEVEL I: The Art of Being Human

Director TBA

Friday, September 21, 7-9:30pm, and Saturday, September 22, 8:30-6pm (to be confirmed)

Open to anyone • Suggested donation: \$90

As human beings, we long for sanity, compassion and inspiration in our lives. According to the Shambhala teachings as presented by Chögyam Trungpa, this longing is a manifestation of basic goodness—the dignity and wakefulness that we all possess. Shambhala Training Level I introduces the practice of meditation as a way to uncover and contact this innate dignity and wakefulness.

This introductory program, open to anyone, includes meditation instruction and practice, group discussion, private interviews and talks on the Shambhala teachings. To pre-register or for more information contact Sally Albert at info@nelsonbuddha.com.

OTHER PROGRAMS/EVENTS

Open House Talks

Mondays, 8-9pm

Open to anyone, free of charge or by donation

Our Open House program introduces participants to meditation, Shambhala Buddhist teachings and our community. Senior Shambhala Centre practitioners present the teachings, typically in talk-and-discussion format. Upcoming talks are outlined below. For the latest information, see our events calendar at www.nelsonbuddha.com or email us at info@nelsonbuddha.com.

MAY 28 & JUNE 4

No Time to Lose: Science and the Way of the Bodhisattva

A two-part exploration of the rational basis for compassionate action
With Deryk Wenaus

JUNE 11

If You Want to Be Happy, Think of Others

A look at awakening the joy of living one's life for the benefit of all
With Jim Northcote

JUNE 18

Dharma Rain: Buddhism and Environmentalism

What do the Buddhist teachings have to say about protecting the planet? How are students and teachers of the dharma interpreting and applying these teachings in today's environmental context?
With Candace Batycki

JUNE 25

Looking Closer

A lighthearted exploration of the possibility that things are not what they seem
With Jim Northcote

JULY 2

This is a holiday Monday, so no talk is scheduled.

JULY 9

Open House is suspended due to our annual summer retreat.

This newsletter describes only some of what's happening at our centre. For the most complete and up-to-date listing of the centre's current and upcoming programs and events, see our events calendar at www.nelsonbuddha.com.

ELSEWHERE IN SHAMBHALA

Enlightened World

The Three Yanas of Shambhala Buddhisthadharma
With Sakyong Mipham Rinpoche

Enlightened World provides an introduction and exploration of buddhadharma taught by Sakyong Mipham Rinpoche. The teachings will take the student through an overview of the three yanas—hinayana, mahayana and vajrayana—giving an idea of the breadth of the buddhist teachings as well as the unique path of Shambhala. This retreat includes meditation instruction, study, and contemplation in a natural retreat setting, and will provide an opportunity to meet the Sakyong and practice under his guidance. Those who have been practicing meditation for at least six months are invited to attend this program.

SHAMBHALA MOUNTAIN CENTER, Colorado
August 1-5, 2007

www.shambhalamountain.org

DORJE DENMA LING, Nova Scotia
September 28-30, 2007

www.dorjedenmaling.com

Mountain Meditation

With Martin Evans

Sea to Sky Retreat Centre, Whistler, BC

September 1-8, 2007

From \$325 (5% discount if paid by June 30)

The Bellingham Shambhala Center invites you to the Sea to Sky Retreat Centre in Whistler, BC, from September 1st to 8th, for seven days of buddhist practice—sitting and walking meditation, teachings and oryoki ("just enough")-style meals—led by Martin Evans. For more information, contact Robin Rieck at (360) 676-0315 or robinrieck@msn.com.

For information about other programs and events taking place in the wider Shambhala world—or about any other aspect of the community—visit www.shambhala.org.

OUTSIDE PROGRAM

Meditation Retreat

With Duncan Grady and Paul Erickson

Tipi Camp (near Kootenay Bay, BC)

July 29 - August 3, 2007

Open to everyone

Periods of silent meditation will be interspersed with question periods, Dharma talks, exercises and individual interviews. Daily yoga sessions with Karuna Erickson and an evening of trance dance with Rosalyn Grady will help to bring greater awareness to the body through movement. For more information contact Duncan at (250) 352-9243 or Paul at (250) 229-4793.

COMMUNITY

The Shambhala Centre is home to a diverse and vibrant community of people who share a connection to mindfulness-awareness practice and the aspiration to realize a more wakeful, sane society. There are many ways to get involved—attending meditation practice sessions and celebrations, joining in recreational activities, taking courses, working with a meditation instructor, and volunteering, to name a few. Everyone's participation is invited and appreciated.

Volunteering at the Centre

We currently have openings for volunteers in our social action, graphic design, and renovations groups. We're also open to exploring other ways people can contribute according to their interests. Let us know what interests you!

You can stay in the loop about what's on at the centre by visiting our events calendar at www.nelsonbuddha.com and/or by subscribing to one or both of our email lists. If you subscribe to the Newsletter list, we'll send you our monthly newsletter and little else. If you subscribe to our Active Friends and Members list, you'll get the newsletter plus reminders about upcoming programs and events and a variety of other community-related messages. To join either list—or for more information about any aspect of Shambhala—email us at info@nelsonbuddha.com.