



Kootenay
Shambhala
Meditation
Centre

NEWSLETTER • December 2008

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"A true teacher, a true spiritual partner, is one who encourages you to look deeply in yourself for the beauty and love you are seeking."

—THICH NHAT HANH
Shambhala Sun (November 2008)

WELCOME

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 clearly defined path of practice and study, a range of community activities and more. All our offerings are meant to help people of all kinds awaken their innate wisdom, compassion and sense of irony.

We invite you to join us in celebrating this journey of discovery.

For the most up-to-date and complete information about the Kootenay Shambhala Centre, please visit our website at www.nelsonbuddha.com or contact us at info@nelsonbuddha.com.

REGULAR PUBLIC EVENTS

Everyone is welcome to attend these events. Participation is free of charge. (Donations are gratefully accepted.) For the latest schedule information, go to the Clickable Calendar on our website.

Meditation Practice

Sundays, 9 am - noon

Mondays, 7 - 8 pm

Thursdays, 5:15 - 6:15 pm

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. Sunday sessions include mid-morning refreshments and, occasionally, short teachings and/or maitri bhavana healing practice. Participants are welcome to come and go as they choose.

Open House

Mondays, 7 - 9:30 pm

Our Open House program offers a friendly introduction to meditation practice, Shambhala Buddhist teachings and our community. • **7 pm:** Meditation instruction and practice (introductory instruction is available at 7 pm; follow-up instruction, at 7:30 pm) • **8 pm:** Talk and discussion • **9 pm:** Tea

Sadhana of Mahamudra

On (or near) new and full moon days (this month, December 12 & 27), 7 - 8 pm

The Sadhana of Mahamudra is a text written by Chögyam Trungpa Rinpoche. It embodies a way of invoking the energy and wisdom of the Kagyü and Nyingma schools of Tibetan Buddhism and cutting through all forms of dogmatism. The practice involves chanting the text and relaxing into the atmosphere that doing so creates.

TIDBITS

New Membership Coordinator

We're delighted to announce that Cameron Wenaus has stepped into the role of Membership Coordinator. As such, he's a guy to whom you can take any membership-related questions. Questions like: What does it mean to become a member of Shambhala? Do I have to be or become a Buddhist? What are the responsibilities and benefits of membership? You can contact Cameron at info@nelsonbuddha.com.

Upcoming programs and events

Our Winter-Spring 2008-09 programs and events schedule is wonderfully rich (and getting richer by the week), with offerings for people at many different levels

of interest and experience. Check it out in the Programs area on our website—and stay tuned there as well.

GENEROSITY POLICY

Our Generosity Policy allows anyone to participate fully in the life of our Centre regardless of his or her ability to contribute financially. It states:

The Kootenay Shambhala Meditation Centre thrives due to the generosity of its program participants, friends and members. Recognizing that generosity, trust and openness are interconnected, we offer all of our programs on a suggested-donation basis and welcome participants to donate less or more than the suggested amounts as they choose.

To learn how you can make a donation, please go to the Donations page on our website.

MEDITATION INSTRUCTION

Mindfulness-awareness meditation is the basis of all Shambhala activity. Originating from Shakyamuni Buddha over 2,500 years ago, this practice is the art of resting the mind, opening the heart and appreciating what it is to be fully human.

Free instruction in this practice is perhaps our Centre's most valuable offering. We offer introductory instruction to newcomers and follow-up instruction to other practitioners on Monday evenings, as part of our Open House program, and at other times by appointment. We encourage anyone curious about the path of meditation to work regularly with a meditation instructor.

Shambhala meditation instructors are senior Shambhala Buddhist practitioners specially trained and authorized to help people deepen and expand their conceptual and experiential understanding of meditation.

For more information, visit the Meditation area on our website or contact our Meditation Instruction Coordinator, Tim Albert, at 250-357-2497 or eldoradocreek@netidea.com.

CORE PATH PROGRAMS

As currently presented at the Kootenay Shambhala Centre, the core Shambhala Buddhist path consists of three interconnected elements, each grounded in mindfulness-awareness meditation.

- **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 that emphasizes 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 welcome everyone to explore these offerings to the degree s/he wants. 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. Upcoming core path programs are listed below.

For more information about the Shambhala Buddhist path, visit our website or contact Jim Northcote at info@nelsonbuddha.com.

SHAMBHALA TRAINING

Meek & Perky

With John Fox

Thursday, January, 8, 7 - 9 pm, and Friday,

January 9 - Sunday, January 11, 8:30 am - 6 pm

Prerequisite: Drala

Suggested donation: \$180; \$60 for repeat participants • Materials: \$22

This program presents a rare opportunity to explore levels Meek and Perky in one extended weekend. It introduces "the four dignities" as a path and a process, which describe a warrior's maturing and widening sphere of benevolent engagement in the world. The training in the dignities allows one to maintain awareness and delight at each stage.

Meek is a study of the grounded, humble and gentle beginning stages of a warrior's journey. Here one trains to overcome arrogance—the primary obstacle to learning. Perky focuses on cultivating sharp, vibrant and uplifted energy through natural discipline. Overcoming

the trap of doubt, the warrior of perky is able to accomplish his or her activities with a sense of nobility and ease.

For more information, go to the Programs area on our website or contact Sally Albert at 250-357-2497 or eldoradocreek@netidea.com.

SHAMBHALA SCHOOL OF BUDDHIST STUDIES

The Three Jewels

With Lynn Dragone

Thursdays, January 15 - 29, 6:30 - 8:30 pm

All welcome • Online participation possible

Suggested donation: \$40

This three-class course explores what it means to take refuge in the three jewels—Buddha, dharma and sangha—and to become a Buddhist. It is both essential preparation for students aiming to take the refuge vow and open to anyone interested in exploring the topic of refuge yet not ready to make a formal commitment.

The Kootenay Shambhala Centre will provide an opportunity to take the refuge vow, with Acharya Jenny Warwick, on April 19th, 2009. If you are interested, stay tuned for details.

For more information, go to the Programs area on our website or contact Jim Northcote at info@nelsonbuddha.com.

OTHER PROGRAMS/EVENTS

December Open House Talks

Mondays, 8 - 9 pm

All welcome • Free of charge (donations gratefully accepted)

Our Open House program offers a friendly introduction to meditation practice, Shambhala Buddhist teachings and our community. Typically, senior or intermediate Shambhala Centre members present the teachings in talk-and-discussion format. Upcoming talks are listed below. For the latest schedule information, go to the Clickable Calendar on our website.

Monday, December 1

"Understanding Obstacles," with Jill Kelly

Monday, December 8

"How to End the Day," with Cameron Wenaus

Monday, December 15

"Meditation: The Gift That Keeps On Giving," with Margaret McKeown

Monday, December 22

"Family and Generosity," with Lynn Dragone

Monday, December 29

"Living with Enlightened Society Now!" with Katie McEwen

Children's Day Celebration

With Lynn Dragone

Sunday, December 21, 1 - 4 pm

All children & their families welcome

Free of charge

Celebrated by the Shambhala community on or near the winter solstice each year, Children's Day provides a special opportunity to express appreciation for and with our children. It emphasizes that every child can be a king or a queen.

At a time when the weather and darkness begin to bear down upon us, we turn to family for celebration, creativity, and generosity. At the heart of the Children's Day festivities is the children's shrine, the representation of the dignity of the family, the joy and creativity of the youthful heart, and the celebration of the senses.

At the Kootenay Shambhala Centre, we're celebrating this year's Children's Day on Sunday, December 21st, from 1 to 4 pm. Activities will include decorating the shrine, crafts, games, storytelling and a cookie-and-tea ceremony. All children and their families are welcome.

For more information contact Lynn Dragone at 250-352-1964 or info@nelsonbuddha.com.

This newsletter describes only some of what's happening at our Centre. For the most up-to-date and complete listing of our programs and events, please visit the Programs area on our website.

ELSEWHERE IN SHAMBHALA

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.

COMMUNITY

The Kootenay Shambhala Centre is home to a wonderfully diverse and vibrant community of about 35 members. We share a connection to mindfulness-awareness meditation and the aspiration to create a wakeful, joyful 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. We invite and appreciate everyone's participation!

To learn how you can join in, visit the Programs area on our website, subscribe to one or both of our email lists, or contact Lynn Dragone, Cameron Wenaus or Jim Northcote (or any other Centre member) at info@nelsonbuddha.com.

MEMBERSHIP

Everyone is invited to become a member of the Kootenay Shambhala Centre. Membership is a way to express appreciation for what Shambhala provides and help make it available to others.

Membership involves supporting the community in three main ways:

- Practicing mindfulness-awareness meditation
- Volunteering
- Providing financial support

Membership also brings several privileges. For more information, please go to the Membership page on our website or contact our Membership Coordinator, Cameron Wenaus, at info@nelsonbuddha.com.