



Kootenay
Shambhala
Meditation
Centre

NEWSLETTER • July 2009

3rd Floor - 444 Baker Street, PO Box 136, Nelson, BC V1L 5P7 • 250-352-5560 • info@nelsonbuddha.com • www.nelsonbuddha.com

“People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth.”

—THICH NHAT HANH

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.

This newsletter is intended largely as an introductory handout for newcomers. For the most up-to-date and complete information about our Centre, please visit our website at www.nelsonbuddha.com.

You can also stay in the loop by subscribing to our blog or one or both of our email lists. Follow the links in the “Staying in Touch” section on our Home page to learn more.

Get the latest news at:

nelsonbuddha.com



REGULAR PUBLIC EVENTS

Everyone is welcome to attend these events. Participation is free of charge. (We gratefully accept donations.) For the latest schedule information please go to the Clickable Calendar on our website.

Meditation Practice

Sundays, 9 am - 12 pm

Mondays, 7 - 8 pm

Wednesdays, 12 - 1 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 may come and go as they wish.

Children in Shambhala

Suspended until September

Intended mainly for children of parents participating in our Sunday morning meditation practice, this weekly program offers a playful introduction to Shambhala, with developmentally appropriate activities to nurture body, mind and heart.

Open House

Mondays, 7 - 9:30 pm

Our Open House program offers a casual 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

Parents & Infants Meditation Group

Suspended until September

Called “Calm Abiding Together,” this weekly gathering provides opportunities for parents with infants up to 18 months of age to receive *shamatha* (“calm abiding”) meditation instruction and practice with their infants present. Discussions follow practice.

Sadhana of Mahamudra

On (or near) new and full moon days (this month, July 8 & 21), 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

Centre closed for meditation retreat

The Shambhala Centre will be closed from Saturday, June 27th to Sunday, July 5th for our "Touching the Earth" meditation retreat at Senge Ling, our retreat land near Nelson. (For information about the retreat go to the Programs area on our website.)

Summer schedule

This year, unlike most years past, we're planning to run our weekly Monday night Open House program at full steam all summer long! July Open House talks are listed on page 3.

Also, please note that starting June 29th we're suspending our Children in Shambhala program and Parents & Infants Meditation Group until September.

On our blog

Responding to a call to the Kootenay Shambhala community for artwork for our blog, longtime member and sculptor Stephen Manuel submitted a photo of his latest casting, which he calls "Cambodian Bodhisattva." Check it out in our blog's "Arts and Poetry" section.

In the "Video, Audio, Photos" section, you can listen to a talk on Buddhism and deep ecology, from our June 1st Open House. Senior teacher Russell Rodgers led participants in an exploration of the cultural and perceptual underpinnings of current ecological problems and described three Buddhist practices for addressing these problems at their root.

Our blog is linked in the main menu on our website.

On the horizon: Key introductory program

Save the dates for Shambhala Training Level I: The Art of Being Human, an important introductory workshop, set to run on September 26th and 27th. This program presents the practice of meditation as a way to uncover and contact basic goodness—the innate dignity and wakefulness that all human beings possess. For a full description go to the Programs area on our website.

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 go to the Meditation area on our website or contact Tim Albert, our Meditation Instruction Coordinator, 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.

- **Shambhala Training** is a sequence of weekend workshops that emphasizes embodying bravery, gentleness and wakeful intelligence in every sphere of human activity.
- **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.
- **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 in the Programs area on our website.

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

OTHER PROGRAMS/EVENTS

July Open House Talks

Mondays, 8 - 9 pm

All welcome • Free of charge (donations gratefully accepted)

Our Open House program offers a casual 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, July 6

"Fresh Start—This Very Moment," with Jim Northcote

Monday, July 13

"Fear and Fearlessness," with Maria Stella

Monday, July 20

"Precious Human Birth," with David Marshall

Monday, July 27

SLIDESHOW: "Bodhgaya: Land of Awakening," with Stephen Manuel

This newsletter outlines 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

Sangha Retreat

With Sakyong Mipham Rinpoche & Acharyas Pema Chödrön & Adam Lobel

Shambhala Mountain Center, Red Feather Lakes, Colorado

July 17 - 24, 2009

This retreat provides an opportunity for the Shambhala community to gather, practice and connect with Sakyong Mipham Rinpoche, and Acharyas Pema Chödrön and Adam Lobel. The retreat will focus on the sitting practice of meditation and include talks, guided meditation, contemplation practice, and shamatha yoga. Open to members of Shambhala, this week will count as one week of a dathün. For more information visit Shambhala Mountain Center's website at www.shambhalamountain.org.

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

COMMUNITY

The Kootenay Shambhala Centre is home to a wonderfully diverse and vibrant community of about 40 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 and to stay in the loop, visit the Programs area on our website, subscribe to our blog or 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 Cameron Wenaus, our Membership Coordinator, at info@nelsonbuddha.com.

The Kootenay Shambhala Meditation Centre Newsletter is published monthly. You can contact the editor, Jim Northcote, at info@nelsonbuddha.com.

Shambhala, Shambhala Meditation Center, Shambhala Center, and Shambhala Training are registered service marks of Shambhala International (Vajradhatu).