



Kootenay
Shambhala
Meditation
Centre

NEWSLETTER • August 2009

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“Appreciation cuts through the clutter of negativity, revealing love and compassion, which are natural and permanent.”

—SAKYONG MIPHAM RINPOCHE
Contemplation for July 15th, 2009
www.mipham.com

WELCOME

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

Our Centre offers free meditation instruction, a core path of Shambhala Buddhist practice and study, a range of community activities and more—all meant to help people of all kinds awaken their innate wisdom, compassion and sense of delight.

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 latest and most 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—just follow the links in the “Staying in Touch” section on our Home page.

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, August 5 & 19), 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

Summer schedule

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

Also, please note that our Children in Shambhala program and Parents & Infants Meditation Group are suspended until September.

On our blog

You can stay connected on our blog. Recent entries include:

- Update from Shambhala's Touching the Earth working group
- Making friends with being human
- "Touching the Earth" meditation retreat photo gallery
- Becoming Fearless Now
- Environment as our teacher

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

Don't miss this introductory program!

Save the dates for Shambhala Training Level I: The Art of Being Human, a key 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 more information, see the listing on page 3 or go to the Programs area on our website. Don't pass up this opportunity!

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.

SHAMBHALA TRAINING

Level I: The Art of Being Human

With Dan Peterson

Saturday, September 26, 8:30 am - 6 pm, and

Sunday, September 27, 8:30 am - 2 pm

All welcome • Suggested donation: \$100 (\$25 for repeat participants)

Shambhala Training is a sequence of contemplative weekend workshops, suitable for anyone looking to explore the transformative benefits of meditation.

The program involves the study and practice of Shambhala warriorship—a path of nonaggression born from the willingness to meet our world without bias or judgment. This path shows how to take the challenges of everyday life as opportunities for both contemplative practice and social action.

The workshops include thorough instruction in meditation, the practice of sitting and walking meditation, one-on-one interviews to clarify questions, group discussions and talks by senior teachers.

Level I: The Art of Being Human

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

For more information go to the Programs area on our website or contact Maria Stella at info@nelsonbuddha.com.

OTHER PROGRAMS/EVENTS

August Open House

Mondays, 7 - 9:30 pm

All welcome • Free of charge

Join us on Monday nights for our weekly Open House program, a casual introduction to meditation practice, Shambhala Buddhist teachings and our community.

Here's the usual schedule:

- **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 (upcoming topics are listed below)
- **9 pm:** Tea

Monday, August 3

"Opening Our Hearts to the World," with Maria Stella

Monday, August 10

"Foundations for Everyday Life," with David Marshall

Monday, August 17

"Cultivating Compassion in Everyday Life," with David Marshall

Monday, August 24

"Celebrating Everyday Life," with David Marshall

Monday, August 31

"Joining Heaven and Earth," with Peter Maloff

For more information go to the Open House page on our website.

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

For information about 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.

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