



“Meditation is just trying to see what *is*, and there is nothing mysterious about it.”

—CHÖGYAM TRUNGPA  
*Meditation in Action*

## About Us

Established in 1976, the Kootenay Shambhala Meditation Centre is part of an international community of some 170 meditation centres and groups founded by Chögyam Trungpa Rinpoche and now led by his son and spiritual heir, Sakyong Mipham Rinpoche. At the heart of the community are the Shambhala Buddhist teachings, a unique expression of the wisdom of the Kagyü and Nyingma lineages of Tibetan Buddhism and the Shambhala tradition of living an uplifted life, fully engaged with the world.

Our core offerings include free mindfulness-awareness meditation instruction, a curriculum of Shambhala Buddhist teachings, and training in contemplative arts. The common thread in all we do is the aspiration to create a society based on the realization of innate wakefulness.

We invite everyone to participate in this journey of discovery.

## Regular Public Events

These events are open to everyone, free of charge or by donation. For the most up-to-date information about any of our programs or events, see our “events calendar” at [www.nelsonbuddha.com](http://www.nelsonbuddha.com). For additional help, email us at [info@nelsonbuddha.com](mailto:info@nelsonbuddha.com).

### Open House

**Mondays, 7-9:30pm**

Our Open House program introduces participants to Shambhala Buddhist practice, teachings and culture.

• **7pm:** Meditation practice (introductory meditation instruction is available at 7pm, further instruction at 7:30pm) • **8pm:** Talk, discussion or video • **9pm:** Tea

### Meditation Practice

**Thursdays, 5:15-6:15pm, and Sundays, 9am-noon**

These sessions emphasize the Shambhala community’s central practice—mindfulness-awareness meditation—in both sitting and walking forms. Sessions start and end with chants. Participants are welcome to come and go as they please.

### Café Shambhala

**Sunday, September 10 (thereafter, first Sunday of the month), 9am-noon**

A variation of the usual Sunday session format, Café Shambhala includes group meditation instruction at 9am, a couple of short talks, and a break for snacks, relaxed discussion and getting acquainted.

### Children in Shambhala

**Sunday, September 10 (thereafter, first Sunday of the month), 9am-noon**

Through art and movement activities and storytelling, this program aims to remind children of their inherent goodness.

### 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. Practicing the sadhana involves chanting the text and relaxing into the atmosphere that doing so creates.

## Dharma for Dinner: A New Format for Classes

This Fall we’re going to try a new way of doing classes. Starting with the first class of the course “Taming the Mind” (see below), on Thursday, September 28<sup>th</sup>, we’re going to hold a class every Thursday evening through mid-December, offering courses back to back. And we’re going to do it in a way we hope everyone will enjoy.

At 6:15pm each Thursday, after the regular meditation practice session, we’ll re-arrange the main shrine room for a practice of mindfulness and awareness of sharing the evening’s meal. Following a period of meditative

silence and eating, we'll begin the class with a discussion of study questions (given out in advance) based on the week's assigned readings. The classes, open to everyone, will be more in-depth than the teachings presented in our Open House program, and participants will be expected to complete each course they start, do the readings and contemplate the study questions, for the benefit of everyone involved.

We hope these changes will enable interested students to complete the nine courses in the Shambhala School of Buddhist Studies curriculum more quickly, and more joyfully, than ever.

## **Shambhala School of Buddhist Studies**

### **"Taming the Mind"**

**With Russell Rodgers**

**Thursdays, September 28 – October 26, 6:30–8pm**

Suggested donation: \$50 (meals and sourcebook not included)

This course will cover the foundations of the Buddhist path. Students will need to purchase or borrow the sourcebook *Taming the Mind and Walking the Bodhisattva Path*, based on a seminar Sakyong Mipham Rinpoche gave in 1999 (available through Jim Northcote at [info@nelsonbuddha.com](mailto:info@nelsonbuddha.com) for about \$35; at least three weeks' notice is required). This sourcebook is also the main text for "Walking the Bodhisattva Path," a course starting on November 9<sup>th</sup>. We'll try to keep the food cost in line with that of eating at home. Dinners could be as simple as ordering pizza, or soup, salad and buns supplied by participants.

## **Other Special Programs & Events**

### **Choosing a Fresh Alternative**

**With Pema Chödrön (on DVD)**

(Postponed)

### **Shambhala Training Level "Perky"**

**With Ginny Evans**

**Friday, September 22 (evening) – Sunday, September 24**

### **"Harvest of Peace" Celebration**

**Sunday, September 24 (morning)**

(Check our online events calendar for details.)

## **Vajrayana Practice and Studies "Creation and Completion"**

**With Russell Rodgers**

**Saturdays, starting September 30, 1–4pm**

"Creation and Completion" is a text by Jamgön Kongtrül the Great. This text was the basis for two seminars that Khenpo Tsültrim Gyamtso gave to vajrayana students in Boulder in 1995 and 1996. In these seminars Khenpo surveys the vajrayana path and discusses how its visualization practices actually work, and how mahamudra, maha ati, and the six dharmas of Naropa all fit together. This course, open to all tantrikas, will explore these teachings.

Each session will comprise two hours of vajrayana practice—done in silence (except for bells and dorjes), unless a group feast is taking place—followed by a class facilitated by Russell Rodgers.

## **An Evening with Shambhala President**

**Richard Reoch**

**Tuesday, October 3, 5–9:30pm**

This event is part of President Reoch's Fall tour of all 50 North American Shambhala Centres. The purpose of his visit is to bring together the entire local Shambhala community—members, friends and their families—to practice, enjoy a potluck dinner and share information and opinions. Specifically, he would like to update everyone on what's happening in our worldwide mandala and hear whatever people feel he needs to know as their president.

The evening's schedule: **5pm**: Council meets with the President • **6pm**: Mess hosted by the Dorje Kasung, open to the community • **6:30pm**: Community potluck dinner with the President • **7:30pm**: Short address by the President, followed by practice, questions, answers and discussion • **9:30pm**: Evening concludes with an opportunity for people to speak personally to the President.

*RICHARD REOCH was appointed President of Shambhala by Sakyong Mipham Rinpoche in October 2002. He was previously the Sakyong's secretary in Europe, Director of the Consecration of The Great Stupa of Dharmakaya and Director of the London Shambhala Centre. After studying at Trinity College, University of Toronto, he joined the international staff of Amnesty International, where he worked for 23 years, more than half of those in senior leadership as the organization's head of media. He is a trustee of the Rainforest Foundation and Chair of the International Working Group on Sri Lanka, aiming to end the Buddhist world's longest-running war. His refuge name is Auspicious Enlightenment.*

## **Shambhala Training Level I: The Art of Being Human**

With Acharya Allyn Lyon

Friday, October 20 (evening) and Saturday, October 21

Suggested donation: \$110

This introductory program is about experiencing the world as sacred and discovering basic goodness in ourselves and our world. The program includes meditation instruction and practice, group discussions, individual interviews and talks on the Shambhala teachings.

## **Shambhala School of Buddhist Studies "The Four Foundations of Mindfulness"**

With Acharya Allyn Lyon

Friday, October 27 (evening) – Sunday, October 29

Suggested donation: \$150

The four foundations of mindfulness—mindfulness of body, feeling, mind and mental events—represent one of the most widely practiced teachings on Buddhist meditation. This weekend program, suitable for practitioners at all levels, demonstrates the degree of precision that can be applied to meditation practice and the degree of insight that can arise at the same time.

## **Refuge Vow Ceremony**

With Acharya Allyn Lyon

Saturday, October 28 (evening)

Taking the refuge vow might be described as committing oneself to relaxing evermore fully into the present moment. It marks the point at which one formally becomes a Buddhist. Anyone interested in making this commitment is encouraged to take the "Taming the Mind" course described above and to ask us about further recommended preparation.

## **Elsewhere in Shambhala**

### **Pacific Northwest Winter Dathün**

With Acharya Eve Rosenthal and Ben Hines

Shawnigan Lake, BC • December 9 – January 6

!,\$045 (or \$345 for each week-long segment); discounts are available

This *dathün* ("month session") is a month-long meditation retreat open to anyone. For details visit [www.nelsonbuddha.com/dathun](http://www.nelsonbuddha.com/dathun).

## **Other Programs & Events**

The Kootenay Shambhala Centre continually receives information about programs and events taking place in the wider Shambhala world (as well as other helpful resource materials). To keep abreast of this information, see the blue "Further Resources" binder in the community room at the Centre.

## **Outside Programs at the KSMC**

*The KSMC is pleased to make space available for the two Nonviolent Communication courses described below.*

### **Foundations of Compassionate Communication**

With Melody Greger and Eric Bowers

Wednesdays, September 20 – November 22, 7–9pm

\$160–\$220 sliding scale

This is an experiential introduction to Compassionate Communication. This model offers practical tools for a way of being in the world that is based on creating heartfelt, empathic connections where everyone's needs can be met. Through demonstrations, role-plays, individual/partner/group exercises, games and use of the "NVC Dancefloors," we will explore principles of creating compassionate relationships in all areas of life.

### **Living The Dance**

With Melody Greger and Eric Bowers

Thursdays, September 21 – November 23, 7–9pm

\$160–\$220 sliding scale

This class is for people who already have the basics of NVC and want to deepen their fluency through working with real-life situations. We will use the "NVC Dancefloors," which offer interactive maps using visuals and movement. The Dancefloors help us to integrate and embody a compassionate consciousness. With a focus on cultivating empathy, we will explore the dance of connecting with ourselves, expressing honestly and receiving others empathically. We will also explore the "Dances" for self-empathy, anger/guilt/shame, inner mediation and making choices.

Both of these courses are based on Nonviolent Communication created by Marshall Rosenberg. The NVC Dancefloors were created by Bridgette Belgraves and Gina Lawrie.

To register for either course, or for more information, contact Melody or Eric at 354-4224 or [source@sunwatercreatives.ca](mailto:source@sunwatercreatives.ca).

## Column

### The Lineage Chant for the 17<sup>th</sup> Karmapa

By Russell Rodgers

*RUSSELL RODGERS, a senior member of the KSMC, has been practicing and studying Shambhala Buddhism for about 30 years.*

This article is the first of a series on things that raise questions for people at the Shambhala Centre. Here, we'll look at the short evening chant *Supplication for the Longevity of the Seventeenth Glorious Gyalwang Karmapa*, one of three 'lineage supplication' chants.

The purpose of lineage supplications is to remind us that enlightenment is not a myth but something that real, contemporary human beings like us can accomplish. Another reason for doing this chant has to do with the fact that enlightened beings don't have the normal egotistical reasons for perpetuating their human lives. Their existence in this realm is a response to the openness and devotion of students who look to them for guidance. So we do this chant to help create a connection that can further this relationship and extend their lives.

The Karmapa line of reincarnations began with Tüsum Khyenpa in the 12<sup>th</sup> century. (Tüsum Khyenpa was a student of Gampopa, who was himself a student of Milarepa.) Tüsum Khyenpa started the *tülku* (reincarnated master) tradition in Tibet. In this tradition, a realized master would choose to be reborn as a *tülku*, who would be recognized as a child by other masters, then go through an intense training process, and often be installed as the abbot of the same monastery as his predecessor. Often the teachers of the young child would be people who had attained realization under the guidance of the previous reincarnation. This created stability in the teachings and resulted in certain monasteries enduring as centres of profound excellence over many generations. Although the *tülku* system has sometimes been subject to bureaucratic corruption, in the case of the Karmapas, it has worked remarkably well for nine hundred years.

The Karmapas are the heads of the Karma Kagyü lineage—the lineage of our founder Trungpa Rinpoche. Karmapas are regarded as very high *tülkus* and are immensely respected by Tibetans and those who know them. High *tülkus*, for instance, don't learn in the normal way: it's almost as though they only have to be reminded of things they learned in a previous life. Their seeing a book, for instance, can bring them knowledge of its contents. Stories about their clairvoyance and other special powers abound.

The 17<sup>th</sup> Karmapa, Ogyen Trinley Dorje, is 21 years old. He is now being trained in Dharamsala, India. The chant for his longevity begins:

*Indestructible, eternal self-existing dharmakaya,  
Arising in the form of the miraculous rupakaya,*

Dharmakaya refers to the space-like but luminous quality of enlightened mind. Out of this space-like luminous emptiness, anything can manifest. What manifests here is a *rupakaya*, or form body, that will be visible to other sentient beings and thus enable communication and teaching.

The next lines go:

*Karmapa, may your three secrets remain in the vajra  
nature  
And may the splendor of your limitless, spontaneous  
buddha activity blaze.*

The three secrets refer to his body, speech and mind. Remaining in the vajra nature means that these are indestructible, because the Buddha mind, being luminous emptiness, has no *thing* in it to destroy. Karmapas intentionally take birth from within luminous emptiness, but unlike ordinary people, they maintain awareness of where they came from, so that even if their bodies pass away, their essential nature remains. Their Buddha activity blazes spontaneously because they are completely open to the needs of situations as they arise.

## Community

The Shambhala Centre is home to a community of people who share a connection to mindfulness-awareness practice and the aspiration to realize a more wakeful, saner society. There are many ways to get involved—attending programs and celebrations, working with a meditation instructor, joining in recreational activities and helping out at the Centre, for instance. Everyone's participation is invited and appreciated.

Another way of tapping into our community's life is via the Internet. The KSMC has two email lists. Addressees on the first, larger list receive an electronic version of this monthly newsletter and little else. Those on the other list, intended mainly for (but not limited to) members and active friends, receive the newsletter plus mailings related to everyday matters, such as upcoming practice events, committee meetings and parties.

To learn more, contact us.