



Kootenay
Shambhala
Meditation
Centre

NEWSLETTER • July 2007

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"If we believe absurdities, we shall
commit atrocities."

—VOLTAIRE

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 well-defined path of practice and study, a range of community activities and more. All our offerings are meant to help people of every description awaken their innate wisdom, compassion and sense of humour.

We invite you to join in this journey of discovery.

For the most complete and up-to-date information about anything you read in this newsletter, please visit our new website at www.nelsonbuddha.com or contact us at info@nelsonbuddha.com.

REGULAR PUBLIC EVENTS

These events are open to anyone, free of charge or by donation. For the latest schedule information, see our online calendar.

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. Participants are welcome to come and go as they choose.

Open House

Mondays, 7 - 9:30 pm

Our Open House program introduces participants to meditation, 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

New and full moon days, 7 - 8 pm

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, 9 am - noon
(suspended until September)**

Meditation instruction (at 9 am), 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, 10:15 am - 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

We're closing for a week

Due to our annual summer retreat (see "Riding the Energy of Emotions" below), the Shambhala Centre will be closed Saturday, July 7th through Sunday, July 15th. Apologies for any inconvenience this causes.

On our website

Now that our new website is live, we're tapping its potential to help interested people keep in touch with the Shambhala community (and more). For instance, our Community Bulletin Board page provides "a place for messages that might not call for posting to either of our email lists yet might be helpful, interesting or just plain fun for members, friends or passersby." See what you think.

SPECIAL PROGRAMS

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.

Vajrayana Intensive

With Acharya Allyn Lyon

Saturday, October 27 - Sunday, November 4

Suggested donation: \$400 - \$500

The Kootenay Shambhala Meditation Centre invites all Shambhala/Vajradhatu Vajrayana Seminary graduates to gather for one week of intensive ngöndro, Werma and Vajrayogini practice and celebration with Acharya Allyn Lyon in beautiful Nelson, British Columbia this fall. The arrival and departure dates are Saturday, October 27th and Sunday, November 4th respectively. The program will begin Sunday morning, October 28th and end with a group feast Saturday afternoon, November 3rd; it will count as one week of acharya-led group practice at a practice centre.

Basic accommodation at the centre and a limited number of billets are available, and most meals will be provided at the centre. The program will also include a trip to the nearby hot springs and a taste of downtown Nelson's delights.

The suggested donation is \$400 to \$500 (see our Generosity Policy). In addition, a teacher's gift will be collected. We request a reservation deposit of \$50, refundable until September 30th.

ALLYN LYON was appointed an acharya in 2000, after several years serving as Director of Shambhala Mountain Center and in other Shambhala administrative positions. Since then she has been traveling and teaching while creating a home base in Tepotzlan, Mexico, where she is the resident acharya. Her main interest in teaching dharma is the nature of mind and how it functions: "What is mind? How does practice work with mind? What is real?" But if there's a bottom line, Allyn says, "it's that I really enjoy teaching and practicing the dharma."

To register, or for more information, contact Jim Northcote at info@nelsonbuddha.com.

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 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 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 School of Buddhist Studies
The Bodhisattva Warrior: Six Paramitas
With Sally Albert
Thursdays, September 20 - October 25, 6:30 - 8:30 pm
Open to anyone • Online participation possible
Suggested donation: \$60
Pre-registration requested

This weeknight course presents the six transcendent actions, or paramitas, of the bodhisattva path. The six paramitas are the means by which bodhisattva warriors actualize their aspiration to attain complete enlightenment for the benefit of all. For more information, visit our website or contact Jim Northcote at info@nelsonbuddha.com.

Shambhala Training
Great Eastern Sun
An Introduction to the Sacred Path
With Eric Watson
Friday, September 21, 7 - 9:30 pm, and Saturday & Sunday, September 22 & 23, 8:30 am - 6 pm
Prerequisite: Level V • Suggested donation: \$120

This weekend program teaches how to see the Great Eastern Sun, the primordial energy and brilliance that is the basis of all that exists, and introduces membership in Shambhala, a living context for building a sane society.

For more information, visit our website or contact Sally Albert at info@nelsonbuddha.com.

Shambhala Training
Level I: The Art of Being Human
With Ginny Evans
Saturday, October 13, 9 am - 6 pm; and Sunday, October 14, 9 am - 3 pm (times to be confirmed)
Open to anyone • Suggested donation: \$100

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 introduces the practice of meditation as a way to uncover and contact this innate dignity and wakefulness. For more information, visit our website or contact Sally Albert at info@nelsonbuddha.com.

OTHER PROGRAMS/EVENTS

Open House Talks
Mondays, 8 - 9 pm
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.

JULY 2

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

JULY 9

Open House is suspended due to our annual summer retreat.

JULY 16, 23 & 30

Resting the Mind, Opening the Heart

A three-part introduction to mindfulness-awareness meditation

With Jim Northcote

AUGUST 6, 13, 20, 27 & SEPTEMBER 3

No talks are scheduled. (Talks are set to resume September 10th.)

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, visit our website at www.nelsonbuddha.com.

GENEROSITY POLICY

The Kootenay Shambhala Meditation Centre thrives because of 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.

ELSEWHERE IN SHAMBHALA

Enlightened World

The Three Yanas of Shambhala Buddhadharma **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 30th)

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 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.

You can keep in touch with the Shambhala Centre by visiting our website 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 (as a PDF file) 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, announcements about community activities and an assortment of other community-related messages. To join either list—or for more information about any aspect of Shambhala—contact us at info@nelsonbuddha.com.