



Kootenay
Shambhala
Meditation
Centre

NEWSLETTER • September 2007

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"If you want there to be peace—anything from peace of mind to peace on earth—here is the condensed instruction: stay with the initial tightening and don't spin off. Keep it simple."

—PEMA CHÖDRÖN

Practicing Peace in Times of War

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 every description awaken their innate wisdom, compassion and sense of irony.

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

For the most complete and up-to-date information about the Kootenay Shambhala Centre, please visit our 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 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 (suspended until September 10th) • **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.

Café Shambhala/Meditation Tune-Up

First Sunday of the month, 9 am - noon

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 October)

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

Take a hike!

Anticipating the Kootenays' late summer splendor, we're updating our Drala Hikes contact list. Our drala hikes are a mix of meditation and day-hiking. If you want us to notify you about upcoming hikes, email us at info@nelsonbuddha.com (and let us know your hike recommendations and whether you're willing to provide transportation).

Fall programming set to begin

With our summer season coming to an end—a busier-than-usual summer at our Centre—we're looking forward to the start of a very lively fall. We've planned a full schedule of programs and events, with a range of practice, study and community offerings for people at every level of interest and experience (and it looks as if we'll add even more as we go). For more info, read on.

SPECIAL PROGRAM

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 Tepoztlan, 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 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 invite everyone to explore any of these offerings to the degree they want. 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

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, a key introductory program, presents 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.

Shambhala School of Buddhist Studies

Karma & the Nidanas

With Cameron Wenaus and Sohan Ko

Thursdays, November 8 - December 13, 6:30 - 8:30 pm

Open to anyone • Online participation possible

Suggested donation: \$60

Pre-registration requested

Karma—cause-and-effect action—can be broken down into twelve links, or nidanas. In this course we look at how these links work together, how the vicious circle of confusion and suffering arises and therefore how it can cease, allowing innate wisdom to manifest. For more information, visit our website or contact Jim Northcote at info@nelsonbuddha.com.

OTHER PROGRAMS/EVENTS

Movie (Etc.) Night

With head cook Lynn Dragone

Friday, September 7, 6 - 10:30 pm

Open to anyone • Suggested donation: \$10

Everyone is invited to our fall season's first Movie (Etc.) Night, featuring homemade pizza and the movies "Unknown White Male" and "Zen Noir." RSVP to Lynn Dragone at nandalynn@yahoo.com or 250-352-1964.

September Open House Talks

Mondays, 8-9pm

Open to anyone, free of charge or by donation

Our Open House program offers a friendly introduction to meditation practice, Shambhala Buddhist teachings and our community. Senior Shambhala Centre practitioners present the teachings, typically in talk-and-discussion format. Upcoming talks are outlined below. For the latest information, see our events calendar at www.nelsonbuddha.com or email us at info@nelsonbuddha.com.

SEPTEMBER 3

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

SEPTEMBER 10

Drala: Linking Inner and Outer Vastness

With Peter Maloff

SEPTEMBER 17

Bringing Loving-Kindness into Everyday Life (Part 1)

With Robin Higgins and Sohan Ko

SEPTEMBER 24

Bringing Loving-Kindness into Everyday Life (Part 2)

With Robin Higgins and Sohan Ko

Harvest of Peace Community Celebration

Sunday, September 30, 9 am - noon

Open to anyone

Harvest of Peace, a worldwide Shambhala community event held each year around the time of the autumn equinox, is an opportunity for local Shambhala communities to gather, hear teachings by Sakyong Mipham Rinpoche, and celebrate the riches of our local cultures and heritage. Everyone is welcome. Stay tuned for details.

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.

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

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.

Winter Weekthüns, Double-Weekthüns, & Dathün

With John Osajima
Camp Pringle, Shawnigan Lake, BC
December 8, 2007 - January 5, 2008
From \$315

The theme of this year's Pacific Northwest winter dathün (one-month meditation retreat) is "the time is now." Recognizing the ignorance and aggression loose in the world adds a special urgency to our decision to meet

with ourselves on this seat of meditation. For more information, go to nelsonbuddha.com/dathun/

Mahamudra Retreat

With Scott Wellenbach
Camp Pringle, Shawnigan Lake, BC
December 15 - 29, 2007
From \$620

The nature of mind teachings, known as *mahamudra* in the Kagyü tradition, are considered the heart essence of all the teachings. During this two-week retreat, guided by the seminal mahamudra text *Pointing Out the Dharmakaya*, by Wangchuk Dorje, Karmapa IX, we will practice shamatha and vipashyana mahamudra to clarify and stabilize our experience of the nature of mind. For more information, go to nelsonbuddha.com/dathun/

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 diverse and vibrant community of about 35 members who share a connection to mindfulness-awareness practice and the aspiration to realize 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. 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.

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