



Kootenay
Shambhala
Meditation
Centre

NEWSLETTER • November 2008

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"It is easy to be brave from a distance."
—OMAHA PROVERB

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.

For the most up-to-date and complete information about the Kootenay Shambhala Centre, please visit our website at www.nelsonbuddha.com or contact us at info@nelsonbuddha.com.

REGULAR PUBLIC EVENTS

Everyone is welcome to attend these events. Participation is free of charge. (Donations are gratefully accepted.) For the latest schedule information, go to the Clickable Calendar on our website.

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. Sunday sessions include mid-morning refreshments and, occasionally, short teachings and/or maitri bhavana healing practice. 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 • **9 pm:** Tea

Sadhana of Mahamudra

New and full moon days (this month, November 12 & 26), 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

A great way to get started

We're running one of our most important introductory programs—Shambhala Training Level I: The Art of Being Human—on November 8th and 9th, and you're invited!

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.

For more information about the upcoming Level I program, see the program listing on page 3 or go to the Programs area on our website.

Responding to a difficult time

"Practicing, serving, and giving: this is the path of the warrior bodhisattva."

—Sakyong Mipham Rinpoche

"Message to the Shambhala Mandala" (October 8, 2008)

The Pacific Northwest Shambhala community presents an opportunity to rise to the challenge of this time: this year's Pacific Northwest Winter Dathün, at Shawnigan Lake, BC, from December 6th to January 3rd. For more information, see the program listing on page 4 or go to the Programs area on our website.

Two worthy questions

Amy Conway, the Executive Director of Northern California Shambhala, asks two pointed and helpful questions in her region's recently published Annual Report 2006-07:

- "What is one thing that *you* would like to change, or see manifest in Shambhala or in our surrounding communities?" and
- "What is one thing that you are willing to do or offer to make it happen?"

How would you answer these questions? If you want to share your answers, you can send them to Jim Northcote at info@nelsonbuddha.com.

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

- **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 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 below.

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

SHAMBHALA SCHOOL OF BUDDHIST STUDIES
Union of Shamatha-Vipashyana
With Russell Rodgers
Thursdays, October 30 - November 27, 6:30 - 9 pm
All welcome • Suggested donation: \$60

Full awakening is not possible until we realize the inherent unity of shamatha (mindfulness) and vipashyana (insight). Traditionally, we practice these qualities of shamatha precision and vipashyana insight as if they were separate and gradually blend them together. Finally, we realize they have never been apart. This five-class, practice-oriented course, recommended for practitioners at all levels, can help us deepen and stabilize our shamatha practice and experience glimpses of vipashyana and its union with shamatha.

For more information, go to the Programs area on our website or contact Jim Northcote at info@nelsonbuddha.com.

SHAMBHALA TRAINING
Level I: The Art of Being Human
With Ginny Evans
Saturday, November 8, 8:45 am - 6 pm, and
Sunday, November 9, 8:30 am - 1 pm
All welcome • 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, 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 Sally Albert at 250-357-2497 or eldoradocreek@netidea.com.

CONTEMPLATIVE ARTS
Shambhala Art: Awakening to the World As It Is
With Lynn Dragone
Friday, November 28, 7 - 9 pm; and Saturday & Sunday, November 29 & 30, 9 am - 5 pm
All welcome • Suggested donation: \$120

Shambhala Art is art that springs from the meditative state of mind. It is based on a collection of teachings by Chögyam Trungpa Rinpoche on appreciating the uniqueness of everyday sensory experience, the art of

everyday life. Shambhala Art does not teach a particular skill or technique such as painting, sculpture, or dance. It is about the source of inspiration, its manifestation, and how it speaks to us. Seeing the simplicity of things as they are provides the ground for genuine creative expression. This core Shambhala Buddhist path program comprises Shambhala Art Parts One and Two.

For more information, go to the Programs area on our website or contact Lynn Dragone at 250-352-1964 or nalandalynn@yahoo.com.

OTHER PROGRAMS/EVENTS

November Open House Talks
Mondays, 8 - 9 pm
All welcome • Free of charge (donations gratefully accepted)

Our Open House program offers a friendly 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, November 3
"Fresh Nowness," with Sally Albert

Monday, November 10
AUDIO: "Motivation," with Sakyong Mipham Rinpoche

Monday, November 17
AUDIO: "Working with Pain," with Acharya Pema Chödrön

Monday, November 24
"Art of Simplicity: Discovering Elegance," with Lynn Dragone

This newsletter describes 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

**Pacific Northwest Winter Dathün
With John Osajima
Camp Pringle, Shawnigan Lake, BC
December 6, 2008 - January 3, 2009
All welcome
Whole dathün: \$1,150 (discounts available)**

The dathün is a one-month residential meditation retreat, conducted in accordance with practices established at the first retreats led by Chögyam Trungpa Rinpoche over thirty years ago. The focus is the mindfulness-awareness practices of the Shambhala Buddhist tradition.

This program, designed for both beginning meditators and persons wishing to deepen their practice, will include:

- Group sitting meditation and walking meditation
- Movement exercises
- Private interviews with qualified meditation instructors
- Talks and contemplation
- Short daily work sessions
- Oryoki (meditative-style) meals
- Alternating periods of silence and functional talking

Everyone interested is encouraged to attend the whole dathün; however, anyone is welcome to come for one, two or three weeks.

For more information and to register, go to the Programs area on our website.

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 wonderfully diverse and vibrant community of about 35 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, visit the Programs area on our website, subscribe to one or both of our email lists, or contact Lynn Dragone 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 our Membership Coordinator, Lynn Dragone, at 250-352-1964 or nalandalynn@yahoo.com.