



Kootenay
Shambhala
Meditation
Centre

NEWSLETTER • June 2009

3rd Floor - 444 Baker Street, PO Box 136, Nelson, BC V1L 5P7 • 250-352-5560 • info@nelsonbuddha.com • www.nelsonbuddha.com

"The entire ocean is affected by a pebble."

—BLAISE PASCAL

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.

This newsletter is intended largely as an introductory handout for newcomers. For the most up-to-date and 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, or by contacting us at info@nelsonbuddha.com.

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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

Sundays, 9 am - 12 pm

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 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

Parents & Infants Meditation Group

Thursdays, 10:30 am - 12 pm

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, June 7 & 23), 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

Work party at Senge Ling, June 13th

Join us on Saturday, June 13th for a work (and fun) party to prepare Senge Ling, our retreat land near Nelson, for our "Touching the Earth" meditation retreat. Senge Ling work parties are a great way to get into the woods and enjoy being part of a community. Everyone is welcome.

We plan to leave Nelson at 10:00 am and be back around 6:00 pm. Jobs will include cleaning the pavilion and kitchen shack, and grooming the tent sites and paths. Bring work gloves, lunch and something to drink. To arrange rides or for more information, contact Russ Rodgers at 250-352-6559.

If we don't get everything done, we'll have another work party on Saturday, June 20th.

Centre closing for meditation retreat

The Shambhala Centre will be closed from Saturday, June 27th to Sunday, July 5th for our "Touching the Earth" meditation retreat at Senge Ling. (For information about the retreat see the program listing below or go to the Programs area on our website.)

New on our blog: Lisa Hill speaks about Awake in Action

Lisa Hill, along with partner Julian Gonzales, coordinates Awake in Action, the Vancouver Shambhala Centre's social action arm. She gave an hour-long talk on the group's history, organization and activity to some thirty people at the Kootenay Shambhala Centre's Open House on May 18th. You can listen to her talk on our blog, linked in the main menu on our website.

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 below.

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

KOOTENAY PUBLIC WEEKTHÜN 2009

Touching the Earth

With Russell Rodgers

At Senge Ling

Saturday, June 27 - Sunday, July 5

All welcome • Suggested donation: \$450

When we humans get out of touch with our world, environmental problems result. When we discover this is happening to us personally, we long to reconnect in the most authentic and deepest way possible. Meditation in a natural environment is a profound way to do this.

The Kootenay Shambhala Centre heartily invites 25 people to participate in this year's annual public one-week meditation retreat at Senge Ling, our retreat land near Nelson, from Saturday, June 27th to Sunday, July 5th.

In this retreat, led by senior Kootenay Shambhala Centre member Russell Rodgers and appropriate for new and experienced meditators alike, we will explore our

experience of the natural world in the context of *shunyata*, or empty/fullness. The empty aspect of shunyata involves seeing through barriers between us and our world. The full aspect is the basic goodness, freshness and power of the resulting experience.

When Buddha was challenged about the truth of his enlightenment, he took the earth as his witness. We will follow his example.

The program will include:

- Mindfulness-awareness meditation instruction
- Eight to ten hours of meditation practice each day
- A range of other practices of exploring our world—among them, *lujong* (literally, “body purification”) exercises and *oryoki* (meditative-style) meals
- Talks based on Shambhala Buddhist teachings
- Group discussions
- Private interviews with authorized meditation instructors
- Camp chores
- A celebratory closing banquet

Senge Ling is rustic. Accommodation is in participants' own tents, and there is no electricity. The shrine hall is a screened pavilion open on all sides to the forest.

The suggested donation is \$450 (see our accommodating Generosity Policy).

For a full program description go to the Programs area on our website.

OTHER PROGRAMS/EVENTS

June 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, June 1

“Buddhism and Deep Ecology,” with Russell Rodgers

Monday, June 8

“What is generosity and how do we practice it?” with Katie McEwen

Monday, June 15

“The Art of Hosting Mindful Conversations,” with Robin Higgins

Monday, June 22

“Discovering Basic Goodness,” with Maria Stella

Monday, June 29

Open House suspended due to our “Touching the Earth” meditation retreat

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

Sangha Retreat

With Sakyong Mipham Rinpoche & Acharyas Pema Chödrön & Adam Lobel

Shambhala Mountain Center, Red Feather Lakes, Colorado

July 17 - 24, 2009

This retreat provides an opportunity for the Shambhala community to gather, practice and connect with Sakyong Mipham Rinpoche, and Acharyas Pema Chödrön and Adam Lobel. The retreat will focus on the sitting practice of meditation and include talks, guided meditation, contemplation practice, and shamatha yoga. Open to members of Shambhala, this week will count as one week of a dathün. For more information visit Shambhala Mountain Center’s website at www.shambhalamountain.org.

For information about other 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 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 and to stay in the loop, visit the Programs area on our website, subscribe to the Kootenay Shambhala 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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