



KOOTENAY SHAMBHALA MEDITATION CENTRE

Meditation Instruction

Meditation is looking at our own backyard, you could say, looking at what we really have and discovering the richness that already exists.

—SAKYONG MIPHAM RINPOCHE

In Shambhala, mindfulness-awareness meditation is the foundation of everything we do. Originating from Shakyamuni Buddha about 2,600 years ago, this practice is the art of resting the mind, opening the heart, and appreciating what it is to be fully human.

About Meditation Instruction

Perhaps the Kootenay Shambhala Centre's most valuable offering, meditation instruction is available to anyone, free of charge. 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. Anyone interested in looking closely at her/his "own backyard" is encouraged to work regularly with a meditation instructor (see reverse).

Depending on a student's interest and experience, meditation instruction might include:

- **Introducing the practice of meditation**

Introductory meditation instruction presents the basic meditation practice taught in the Shambhala community. This practice combines a simple three-part technique and a particular view or attitude.

- **Clarifying the view of meditation**

In our tradition, meditation instruction involves more than the communication of a technique; it is, at heart, about the transmission of the revolutionary view that unconditional wisdom and compassion are the very ground of our being, and that by learning to relax more and more fully, we allow this fundamental nature to flower.

- **Instruction on working with obstacles to meditation**

Common obstacles to meditation include disheartenment, resistance, procrastination, discursiveness and spacing out. The obstacles are well documented in the Shambhala Buddhist teachings—and so are their antidotes.

- **Guidance on the path of practice and study**

Shambhala presents many opportunities for students to deepen their practice and study—public meditation sessions, weeknight classes, weekend programs, retreats and seminars, to name a few. A meditation instructor can help you decide what to do next and when to do it.

- **Guidance on joining meditation and daily life**

The workaday world is where the rubber meets the road. Getting the tools to meet life's ups and downs with a strong and pliable mind and an open heart is another potential benefit of working with a meditation instructor.

continued on reverse

continued from reverse

Meditation Instructors

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 (see reverse). We encourage anyone interested in this journey to establish a working relationship with the meditation instructor of her/his choice and keep working with the instructor for as long as doing so feels beneficial.

For the latest and most complete information about meditation instruction, including a list of Kootenay Shambhala Centre meditation instructors currently available, visit our website at www.nelsonbuddha.com.

For help connecting with an instructor, contact Tim Albert, Meditation Instruction Coordinator, at 250-357-2497 or eldoradocreek@netidea.com.



Kootenay Shambhala Meditation Centre

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