



KOOTENAY SHAMBHALA MEDITATION CENTRE

The Way of Shambhala

Within the broad range of programs offered at Shambhala Centres, *The Way of Shambhala* is our core path of training, suitable for both beginning and experienced meditators, and open to people of any spiritual tradition.

This series of weekend retreats and weeknight courses provides a structured, in-depth foundation in meditation, philosophy, contemplative arts, and physical disciplines, each rooted in the ancient traditions of Shambhala and Tibetan vajrayana Buddhism.

Guided by senior instructors and enhanced by engaging participants' own intelligence, emotions and creativity within a supportive community, this unique training provides tools for establishing and deepening a regular meditation practice, transforming relationship to stress, fear, doubt and dissatisfaction, and revealing contentment, confidence and compassion in everyday life.

The Way of Shambhala can benefit people of any way of life. Those who meet the prerequisites may participate to the extent they wish. This training also prepares students seeking to deepen their practice and study at Warrior Assembly and Sutrayana Seminary. We offer all programs on a suggested-donation basis (see our accommodating Generosity Policy).

Way of Shambhala I

The teachings of Way of Shambhala I are organized into five sequential levels. Each level consists of a Shambhala Training weekend program and a weeknight course from the "Everyday Life" series.

While you may take either the sequence of weekend programs or the sequence of weeknight courses exclusively, we encourage participation in both, as the combination can profoundly deepen and extend meditation. There is no need to commit to more than one weekend program or weeknight course at a time.

At the Kootenay Shambhala Centre, the entire Way of Shambhala I curriculum will likely be offered every two years. Completion of the curriculum sets the ground for Way of Shambhala II and will be a prerequisite for both Warrior Assembly and Sutrayana Seminary after 2010.

Way of Shambhala I is outlined in the corresponding table on the reverse. Both *Shambhala Training Level I* and *Meditation in Everyday Life* offer good introductions to meditation practice; you may start with either.

continued on reverse

WAY OF SHAMBHALA I		
LEVEL	WEEKEND PROGRAM	FIVE-CLASS WEEKNIGHT COURSE
I	Shambhala Training Level I Open to newcomers	Meditation in Everyday Life Open to newcomers
II	Shambhala Training Level II Prerequisite: Shambhala Training Level I	Contentment in Everyday Life Open to newcomers
III	Shambhala Training Level III Prerequisite: Shambhala Training Level II	Joy in Everyday Life Prerequisite: Contentment in Everyday Life
IV	Shambhala Training Level IV Prerequisite: Shambhala Training Level III	Fearlessness in Everyday Life Prerequisite: Joy in Everyday Life
V	Shambhala Training Level V Prerequisite: Shambhala Training Level IV	Wisdom in Everyday Life Prerequisite: Fearlessness in Everyday Life
CULMINATING WEEKEND PROGRAM: Rigden: Unconditional Confidence Prerequisite: Shambhala Training Level V and Wisdom in Everyday Life, or Shambhala Training Outrageous & Inscrutable		

WAY OF SHAMBHALA II	
WEEKEND PROGRAMS	SIX-CLASS WEEKNIGHT COURSES
Great Eastern Sun Prerequisite: Way of Shambhala I, or Shambhala Training Level V and commitment to complete the rest of Way of Shambhala I as soon as possible	Karma & the Nidanas Prerequisite: Shambhala meditation instruction
Windhorse Prerequisite: Great Eastern Sun	Lojong: Training the Mind Prerequisite: Shambhala meditation instruction
Drala Prerequisite: Windhorse	Lineage & Devotion Prerequisite: Karma & the Nidanas and Lojong: Training the Mind
Meek & Perky Prerequisite: Drala	Journey Without Goal Prerequisite: Karma & the Nidanas and Lojong: Training the Mind
Outrageous & Inscrutable Prerequisite: Meek & Perky	Emptiness Prerequisite: Completion of at least two Way of Shambhala weekend programs/weeknight courses
Golden Key Prerequisite: Outrageous & Inscrutable	

Way of Shambhala II

Way of Shambhala II builds on Way of Shambhala I. It includes Shambhala Training Sacred Path weekend programs, and weeknight courses.

You may take the sequence of weekend programs without taking the weeknight courses, or vice versa. Completion of the whole curriculum will be a prerequisite for Sutrayana Seminary after 2010.

For the latest and most complete information about the Way of Shambhala or any other aspect of the Shambhala Buddhist path, visit our website at www.nelsonbuddha.com or contact Jim Northcote, Director of Practice & Education, at info@nelsonbuddha.com.



Kootenay Shambhala Meditation Centre

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