



Welcome!

INTRODUCTORY NEWSLETTER

OCTOBER 2009

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"Fear comes from ignorance of who you really are."

—Sakyong Mipham Rinpoche
Contemplation for September 16th, 2009
www.mipham.com

REGULAR PUBLIC EVENTS

Everyone is welcome to attend these events, free of charge. For the latest schedule information please go to the Clickable Calendar on our website.

Open House

Mondays, 7:00 - 9:30 PM

Ideal for newcomers, our Open House program offers a casual introduction to meditation practice, Shambhala Buddhist teachings and our community. • 7:00 PM: Meditation instruction and practice (introductory instruction is available at 7:00 PM; follow-up instruction, at 7:30 PM) • 8:00 PM: Talk and discussion • 9:00 PM: Tea

Meditation Practice

Sundays, 9:00 AM - 12:00 PM • Mondays, 7:00 - 8:00 PM • Wednesdays, 12:00 - 1:00 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, 9:00 AM - 12:00 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.

Calm Abiding Together: Parents & Infants Meditation Group

Thursdays, 10:30 AM - 12:00 PM

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. Drop-ins are welcome.

Sadhana of Mahamudra

New and full moon days (schedule permitting)—this month, October 4 & 18—7:00 - 8:30 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.



Welcome!

You have found a place to rest your mind and make friends with being human.

The Kootenay Shambhala Meditation Centre is part of an international community of meditation centres founded by Tibetan Buddhist meditation master, scholar and artist Chögyam Trungpa Rinpoche and now led by his son and lineage holder Sakyong Mipham Rinpoche.

Our Centre offers free meditation instruction, a core path of Shambhala Buddhist practice and study, a range of community activities and more—all meant to help people of all kinds awaken their innate wisdom, compassion and sense of delight.

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

For the latest and most complete information, please visit our website:

nelsonbuddha.com



NEWS HIGHLIGHTS

New course complements Shambhala Training Level I

"Meditation in Everyday Life" is a new introductory course designed to complement Shambhala Training Level I and help students bring the transformative benefits of meditation into their daily lives. Appropriate for newcomers and seasoned practitioners alike, the course is scheduled to run on Thursday evenings, from October 8th to November 5th. See page 3 to learn more.

Open House with Acharya Allyn Lyon

Visiting senior teacher Acharya Allyn Lyon is giving Open House talks on Mondays, October 26th ("Why Meditate?") and November 2nd ("Shambhala: A Buddhist Shamanistic Journey for Modern Times"). This is a wonderful opportunity to hear teachings from someone widely appreciated for her wisdom and earthiness. For more information go to the Open House page on our website.

On our blog

Our blog is one of our main communication links. Accessible through the main menu on our website, it's an easy way to stay in touch with the life of our Centre. Check out these recent posts:

- Introducing our new Audio Library
- Journey with collage - 3
- To tweet or not to tweet

Generosity Policy

"Generosity is the virtue that produces peace."
—from the *Sutra of the Recollection of the Three Jewels*

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 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.

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.

INTRODUCTORY PROGRAMS

October Open House

Mondays, 7:00 - 9:30 PM

All welcome • Free of charge

Join us on Monday nights for our weekly Open House program, a casual introduction to meditation practice, Shambhala Buddhist teachings and our community. Here's the schedule:

- 7:00 PM: Meditation instruction and practice (introductory instruction is available at 7:00 PM; follow-up instruction, at 7:30 PM)
- 8:00 PM: Talk and discussion (upcoming topics are listed below)
- 9:00 PM: Tea

Monday, October 5

"Natural Wealth," with Jim Northcote

Monday, October 12

"Working with Anger," with Candace Batycki

Monday, October 19

"Choosing Peace," with Peter Maloff

Monday, October 26

"Why Meditation?" with special guest Acharya Allyn Lyon

For more information go to the Open House page on our website.

Meditation in Everyday Life

With Sally Albert

Thursdays, October 8 - November 5, 6:30 - 8:30 PM

All welcome • Suggested donation: \$70 (\$50 for Shambhala Training Level I graduates)

Designed as a companion to Shambhala Training Level I, this new five-class course uses a range of learning aids—including simple instructions, experiential exercises and strong community support—to help students make mindfulness meditation practice part of their lives, bringing greater stability, clarity, and strength.

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

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.

Community

The Kootenay Shambhala Centre is home to a wonderfully diverse and vibrant community of about 40 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 other 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 our blog or one or both of our email lists, or contact Jim Northcote (or any other Centre member) at info@nelsonbuddha.com.

For information about the international Shambhala community, visit Shambhala's main website at shambhala.org.

Membership

We heartily invite you 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 at info@nelsonbuddha.com.