



Welcome!

INTRODUCTORY NEWSLETTER

NOVEMBER 2009

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"What makes life spiritual or worldly is not our vocation, but our view."

—Sakyong Mipham Rinpoche
Contemplation for October 14th, 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), 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

Special Open House offerings

On Monday, November 2nd, visiting senior teacher Acharya Allyn Lyon will give an Open House talk titled "Shambhala: A Buddhist Shamanic Journey for Modern Times." This is a great opportunity to hear teachings from someone widely appreciated for her wisdom and earthiness.

Then, in a series of four consecutive Open House talks starting on Monday, November 9th, Kootenay Shambhala Centre teacher David Marshall will present a newcomer-friendly overview of the way the energy of our emotions can become the basis for discovering our innate wisdom and compassion.

Learn more below.

On our blog

Our blog is one of the main ways we convey news. Linked in the main menu on our website, it's an easy way to stay in touch with the life of our community. Check out these recent posts:

- Exploring community
- Taking Refuge
- Matcha ceremony photo series - 1

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, Meditation Instruction Coordinator, at 250-357-2497 or eldoradocreek@netidea.com.

INTRODUCTORY PROGRAMS

November 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, November 2

"Shambhala: A Buddhist Shamanic Journey for Modern Times," with special guest Acharya Allyn Lyon

Monday, November 9

WORKING WITH EMOTIONS: Part 1: "Understanding Emotions," with David Marshall

Monday, November 16

WORKING WITH EMOTIONS: Part 2: "The Tools of Meditation and Loving-Kindness," with David Marshall

Monday, November 23

WORKING WITH EMOTIONS: Part 3: "Unfiltered Experience," with David Marshall

Monday, November 30

WORKING WITH EMOTIONS: Part 4: "Discovering the Wisdom of Emotions," with David Marshall

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

The Tibetan Book of the Dead

With Russell Rodgers

Thursdays, November 12 - December 10, 6:30 - 9:00 PM

All welcome • Online participation possible • Suggested donation: \$50

This five-class course may not be as accessible to newcomers as some of our other introductory programs. It is listed in this newsletter because it offers an entertaining introduction to key aspects of the Tibetan Buddhist view of reality.

The course features the National Film Board of Canada's two-part video *The Tibetan Book of the Dead* and talks by senior teacher Russell Rodgers. The first video includes footage of the rites surrounding and following the death of a Ladakhi elder. The second depicts the perils and opportunities of the after-death bardos (literally, "intermediate states").

The Tibetan Book of the Dead is not just about dying and death; it also describes an extremely subtle level of our minds. The course talks will explain how the bardo principle manifests, and how we can work with it in this life—bringing benefit both now and when we die.

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

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 Jill Kelly, Membership Coordinator, at info@nelsonbuddha.com.

