



Welcome!

INTRODUCTORY NEWSLETTER

FEBRUARY 2010

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"Meditation is the best preparation for working in a world where we are increasingly pressed into each other's faces. By engaging our mind on the cushion, we learn to work with our own reactivity."

—Sakyong Mipham Rinpoche
Contemplation for January 14th, 2010
www.mipham.com



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



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 contemplations. Participants may come and go as they wish.

Children in Shambhala

First & third Sundays of the month (schedule permitting), 10:00 AM - 12:00 PM

Intended for children of parents participating in our Sunday morning meditation practice, this program offers a playful introduction to Shambhala, with developmentally appropriate activities to nurture body, mind and heart.

Calm Abiding Together: Parents & Infants/Toddlers Meditation Group

Thursdays, 10:30 AM - 12:00 PM

This group provides opportunities for parents with infants/toddlers to receive *shamatha* ("calm abiding") meditation instruction and practice with their infants/toddlers present. Discussion follows practice. Drop-ins are welcome.

Sadhana of Mahamudra

New & full moon days (schedule permitting)—this month, February 28—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.

NEWS HIGHLIGHTS

Coming soon

Several special upcoming programs and events are open to newcomers:

- Polish Your Mind, Pacify Chaos: Winter Practice Intensive, February 3 - 12
- Looking at Mind: An Introduction to Buddhist Psychology, Thursdays, February 11 - March 18
- Neutral Day Deep-Cleaning Party, February 13
- Shambhala Day Community Celebration, February 14
- Shambhala Training Levels I & II: The Art of Being Human & Birth of the Warrior, March 5 - 7

See page 3 for brief descriptions of two of these. Get full descriptions in the Programs area on our website.

On our blog

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

- [VIDEO] Learning to smile at fear, with Pema Chödrön
- [VIDEO] The Sakyong, and others, on Shambhala Households
- Deepening community and manifesting kindness

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

February 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.

- 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, February 1

"Living without Clinging," with Jim Northcote

Monday, February 8

"Befriending Your Obstacles," with Peter Maloff

Monday, February 15

"Romantic Love, Everyday Disappointment," with Maria Stella

Monday, February 22

"Nowhere to Hide," with Jim Northcote

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

Polish Your Mind, Pacify Chaos: Winter Practice Intensive

February 3 - 12

All welcome • Free of charge

Please join us for all or part of our annual pre-Shambhala Day meditation practice intensive, an opportunity to clear the karmic clutter said to accumulate over the previous year.

For schedule details and other related information go to the Programs area on our website.

Looking at Mind: An Introduction to Buddhist Psychology

With David Marshall

Thursdays, February 11 - March 18, 6:30 - 8:30 PM

All welcome • Online participation possible

Suggested donation: \$60

In this six-class course we will explore how the functions of mind described in Buddhist foundation teachings are directly accessible in meditation experience, and how experience and understanding of these functions can help reduce suffering and ultimately lead to enlightenment.

Topics will include the eightfold division of consciousness, the basic functions of mind called the *skandhas*, and how the ego-based operation of mind produces the repetitive patterns of thought and behaviour known as *karma*.

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.

