



Welcome!

INTRODUCTORY NEWSLETTER

MARCH 2010

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"It isn't what we possess, it's what we enjoy."

—Sakyong Mipham Rinpoche
Contemplation for February 10th, 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, March 16 & 30—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

Special introductory program

We're pleased to offer a rare opportunity to complete the first two levels of Shambhala Training in one three-day weekend, from March 5th to 7th. Everyone is welcome. See page 3 for more information. For a full description go to the Programs area on our website.

Movie Night

Please join us on Friday, March 19th, from 6:00 to 10:00 PM for soup and salad and "The Age of Stupid," a climate-change drama. Learn more in the Programs area on our website. Or just show up!

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:

- Shambhala Year in Review 2009 video
- Shambhala Day message from Gampo Abbey
- [VIDEOS] Shambhala Art: Awakening the Sacred

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

March 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, March 1

"Letting the World Speak for Itself," with Jim Northcote

Monday, March 8

"What Is Devotion?" with Miles Parker

Monday, March 15

"Creating an Enlightened Society," with Tim Albert

Monday, March 22

"Mindful Communication," with Maria Stella

Monday, March 29

"Ordinary Magic," with Peter Maloff

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

Shambhala Training Levels I & II: The Art of Being Human & Birth of the Warrior

With Ginny Evans • March 5 - 7

All welcome • Suggested donation for both levels combined: \$160; \$40 for repeat participants

Shambhala Training is a sequence of contemplative weekend workshops, suitable for anyone looking to explore the transformative benefits of meditation. The program involves the study and practice of Shambhala warriorship—a path of nonaggression born from the willingness to meet our world without bias or judgment. This path shows how to take the challenges of everyday life as opportunities for both contemplative practice and social action. The workshops include thorough instruction in meditation, the practice of sitting and walking meditation, one-on-one interviews to clarify questions, group discussions and talks by senior teachers.

Level I presents the practice of meditation as a way to uncover and contact basic goodness, the innate dignity and wakefulness that we all possess. In Level II, we cultivate our willingness to observe our cocoon of habitual fear and defense mechanisms and begin to appreciate that there is no fundamental obstacle to experiencing basic goodness.

We welcome all to take advantage of this rare opportunity to complete the first two levels of Shambhala Training in one three-day weekend. For a full description of the weekend please 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.