

Buddhist Programme

PUBLIC EVENTS

SHAMBHALA BUDDHISM

A public talk by Acharya Allyn Lyon

Who are we? What kind of a group are we? Are we Buddhist? Are we Shambhalian? We have inherited a path of practice and study which draws on different traditions and cultures: Buddhist, Shambhala, Shaman and Japanese. How do these different strands meet in Shambhala Buddhism and what does this mean for the way we live our lives and practise meditation?

Allyn Lyon is the former Director of the Rocky Mountain Shambhala Centre, one of our contemplative centres in North America. She is well known to many of the London sangha and has a direct, challenging and humorous teaching style.

Wednesday 25 October, 8pm

OPENING THE HEART AND MIND

A video course by Sakyong Mipham Rinpoche

These weekend teachings are based on a series of video recordings by Sakyong Mipham Rinpoche, spiritual leader of Shambhala International and son of Vidyadhara Chögyam Trungpa Rinpoche. Meditation is the practice of relating to the mind, resting and working with the mind, trying to get some comfort, familiarity, relaxation and calmness. In these videos the Sakyong presents instructions to guide us as we meditate and when we encounter obstacles or difficulties on the path of meditation. These teachings are presented in a clear, accessible and humorous style. The weekend will include talks, meditation practice and discussion groups. Open to new and old students alike. Newcomers are particularly welcome.

Saturday 11 and Sunday 12 November, 9am to 7pm.

Cost: £60 (concs £40), members £40 (concs £30).

WINTER WEEKTHUN

An opportunity to experience a period of intensive meditation practice over the Christmas and new year period. For many people this time of year is one of heightened anxiety, and also of some hope and fear. The practice of weekthun is an excellent way to relax into the discipline of shamatha-vipashyana, in preparation for the new year.

Saturday 23 to Sunday 31 December.

PUBLIC EVENTS

INTRODUCTORY TALKS

Evenings start at 7:30pm and talks are preceded by a period of sitting meditation. Meditation instruction will be available.

Wed 13 Sep	The Disciplines of Body, Speech and Mind
Wed 11 Oct	The Protector Chants
Wed 8 Nov	Personality and Emptiness
Wed 13 Dec	The Six Obstacles to Meditation Practice and their Eight Antidotes

NYINTHUN – DAY OF MEDITATION PRACTICE

This is a day-long session of meditation on the first Sunday of every month. The first part of the day is from 10am to 1pm followed by lunch, the afternoon session is from 3pm to 5pm and the evening session is from 5:30pm to 7pm. Lunch is normally served oryoki style in the meditation hall. This is a meditative exercise for serving and eating based on traditional forms in Japanese Zen Buddhist practice. The final session on Sunday evening often includes recitation of the Sadhana of Mahamudra, an extensive text written by Chögyam Trungpa Rinpoche as a means of enabling all students to connect with the richness of the vajrayana tradition.

FAMILY NYINTHUN

Families with young children are invited to join us for the morning session. Parents will alternate meditation with child care. Please meet by 10:30am and bring a few favourite toys or books.

NYINTHUN TALKS

Short talks on practice-related subjects are given during the second session of the monthly nyinthun. Talks normally start around 3:30pm and are free of charge.

Sun 3 Sep	The Four Dharmas of Gampopa
Sun 1 Oct	The Seven Line Supplication to Padmasambhava
Sun 5 Nov	Maitri
Sun 3 Dec	The Six Paramitas

EVENTS FOR MEMBERS

MEDITATION INSTRUCTORS COURSE

with Allyn Lyon

Allyn will present the view and practice of shamatha meditation as taught by the Sakyong Mipham Rinpoche over the last few years as well as the view and practice of contemplative meditation. We will practise these techniques as well as discussing how to use them in working with our students. This course is intended for qualified Meditation Instructors who wish to develop further their skills and confidence. Please register early as places are limited. For further information please contact 020 7278 5398.

Friday 20 October 7:30pm, Saturday 21 and Sunday 22 October, 9am to 6pm.

TEACHER TRAINING COURSE

with Allyn Lyon

This programme is for those who wish to teach classes or give talks at their local centre. Participants will discuss teaching style and content, and will be able to gain confidence and practise their skills in a supportive environment. By invitation only. For further information please contact 020 8673 6115.

Friday 27 October 7:30pm, Saturday 28 and Sunday 29 October, 9am to 6pm.

VAJRAYANA PRACTICE WEEKEND

The preliminary practices (ngöndro) are an essential preparation for entering the vajrayana path. For those returning from Seminary, the programme will be an introduction to prostrations, the first of the preliminary practices. All Vajradhatu tantrikas are invited to participate in this practice weekend. Please register early so we can plan for the different practice requirements.

Saturday 7 and Sunday 8 October, 9am to 6pm.

TONGLEN DAY

The practice of tonglen opens our hearts and cultivates loving-kindness towards ourselves and others. This day is open to those who are already familiar with tonglen practice and who have attended previous tonglen classes. Please phone 020 8673 6115 if you would like to attend.

Saturday 9 December 10am to 5pm.

Shambhala Training Programme

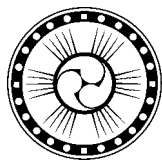
THE WAY OF THE WARRIOR

Shambhala Training offers a non-religious spiritual path of meditation practice and study based on teachings by its founder, Chögyam Trungpa. In the Shambhala tradition, a 'warrior' is 'one who is brave' and fearless in overcoming aggression. A progressive series of five weekend workshops, entitled *The Heart of Warriorship*, teaches the practice of mindfulness and awareness meditation and explores how these principles apply in daily life. Level 1 of this programme is presented periodically.

CHILDREN'S DAY

Children's Day is a celebration to mark the winter solstice and to celebrate the change of the season with families and friends. There will be a ceremony in the meditation hall, arts, crafts, activities and games and a reception. Everyone is warmly invited to attend.

Saturday 2 December 2pm to 5pm. For further information call Sybille Barrett (01273 557610).



Stroke Practice

Stroke practice sessions are open to all graduates of Warriors Assembly. For further details, contact Peter Conradi (020 7622 0607).

Werma Sadhana

Werma Sadhana practice is open to all who have attended Kalapa Assembly. Practice sessions take place periodically. For further details, contact Peter Conradi (020 7622 0607).

REGULAR MEDITATION PRACTICE

Monday evenings offer an opportunity for people to practise meditation together. Newcomers to the Centre are particularly welcome. There is a meditation instructor available each Monday evening for those who would like initial instruction or an opportunity to talk further with an instructor about their meditation practice.

THE HEART OF WARRIORSHIP

The Shambhala Training path of study and practice begins with the Heart of Warriorship Programme. This consists of five weekend programmes which offer meditation instruction and practice, talks on the Shambhala teachings, group discussions and interviews. Completing the Heart of Warriorship provides the tools you need to establish a personal meditation discipline and take the basic principles of warriorship forward into your daily life. For further information please contact David Philbidge (020 7226 3339).

Level 1 The Art of Being Human 13 to 15 October

'The way of the Great Eastern Sun is based on seeing that there is a natural source of radiance and brilliance in the world, which is the innate wakefulness of human beings.' Chögyam Trungpa Rinpoche.

The practice of meditation provides a means to look at our experience in a fresh, unconditioned way. We discover that our existence is basically good, regardless of the particular condition of our lives. The experience of basic goodness, our innate wisdom, is the ground for the development of confidence and gentleness. The weekend consists of meditation instruction and practice, individual interviews, talks and group discussions.

Level 2 The Birth of the Warrior 15 to 17 December

Recognising your habitual patterns and discovering fearlessness. We try to cover up our feelings of inadequacy in coping with the world, with our own inner feelings of uncertainty and doubt. Our fear is related to our attempt to protect who we feel we are. At Level 2 we continue our practice of relaxing in who we are, which is being genuine.

THE SACRED PATH OF THE WARRIOR

For members who have completed the Heart of Warriorship programme and are interested in deeper study of the Shambhala teachings, Shambhala Training offers the Sacred Path of the Warrior programme. It consists of six weekend levels followed by a two-week residential programme. Mindfulness/awareness meditation continues as the foundation practice. You are also instructed in further warriorship practices and study the Shambhala root texts and commentaries. For further information please contact David Philbidge (020 7226 3339).

Level A The Drala Principle 15 to 17 September

This first programme of The Sacred Path begins with an account of how human society manifests: how warriors and cowards arise by delighting in or turning away from the confidence that is primordially free. This sets the tone for the entire Sacred Path which is dedicated to establishing enlightened society.



Level W Windhorse 17 to 19 November

Windhorse is a wind of delight and power. The experience of wind connects us completely and powerfully with the present, and the stability of the horse aspect enables us to ride this energy. This level introduces us to a simple and profound practice that allows us to embody this energy on the spot in our daily lives.

Welcome

Regular Practice

Dechen Chöling

'The premise of Shambhala vision is that, in order to establish an enlightened society for others, we need to discover what inherently we have to offer the world. So, to begin with, we should make an effort to examine our own experience, in order to see what it contains that is of value in helping ourselves and others to uplift their existence.'

– Chögyam Trungpa Rinpoche

Throughout history, men and women have aspired to create societies that express the dignity of human existence, joining spiritual vision with practicality. Such 'enlightened societies' provide a context for meaningful individual life within a flourishing culture. It is this vision which we refer to as 'Shambhala'.

Meditation practice is the foundation of all the activities at the Shambhala Centre. Meditation instruction is provided free of charge and qualified instructors are available at practice sessions to provide personal tuition. The Centre is open for meditation practice every Monday and Wednesday evening from 7:30pm to 9:30pm. Meditation practice also takes place on Sunday mornings from 10:00am to 1:00pm, but normally no meditation instructor is on hand for tuition.

COMMUNITY PRACTICE

Meditation and meditation-in-action begin with each individual. But they are not limited to our personal worlds. The ultimate purpose of these practices is the creation of Enlightened Society. Community practice is an essential element which enriches our own experience and supports others on the path.

At the London Shambhala Meditation Centre we offer regular community practice. The various weekend programmes, courses and special events are also opportunities to meditate, study and work together.

RESIDENTIAL PROGRAMMES

A wide variety of residential programmes are held at Dechen Chöling, Shambhala Europe's residential contemplative centre situated in beautiful countryside near Limoges, France. For further details about events, phone 00 33 5 55 03 55 52 or fax 00 33 5 55 03 91 74.

We also have a retreat facility at 'Ivy Bank' which is available to members of the London Shambhala Meditation Centre for individual and group retreats. For details, please contact 020 8673 6115.

DECHEN CHÖLING PROGRAMME

Laying the Foundation for the Practice of Vajrayana 3 to 13 September

with Khenpo Tsultrim Gyamtso

Shambhala Training Intensive (levels 4 and 5) 14 to 22 October

with Acharya Jeremy Hayward and Catherine Eveillard-Elsky

Werma Intensive 28 October to 5 November

with Acharya John Rockwell

Furthering the Vision of Dharma Art (levels 3, 4 & 5) 19 to 25 November

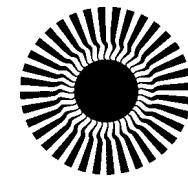
with Herb Elsky and Pia Palme

Shamatha Instructors Training 3 to 9 December

with senior staff of Vajradhatu

Awake Action: the Four Dignities and Four Karmas 24 December to 1 January

with Acharya Jeremy Hayward, Melissa Moore and Arawana Hayashi



Calendar Autumn 2000

London Shambhala Meditation Centre

AUTUMN 2000

This list shows all events scheduled to take place in addition to the regular meditation practice sessions on Monday and Wednesday evenings. Regular meditation practice is always provided for, even if some events below are listed on the same dates or at the same time. Please check the notice board at the Centre for any changes to the announced programme or additional talks or activities, including events organized elsewhere in the world by Shambhala International.

SEPTEMBER

2 Sat	Vajrayogini Feast *
3 Sun	Nyinthun Talk: <i>The Four Dharmas of Gampopa</i>
13 Wed	Talk: <i>The Disciplines of Body, Speech and Mind</i>
15 Fri - 17 Sun	Shambhala Training Level A *
19 Tue	Padmasambhava Feast *
23 Sat	Dorje Kasung Training Day *
24 Sun	Meditation Instructors Conference * Shambhala Lodge meeting & Werma Sadhana *
30 Sat	Vajrayogini Feast *

OCTOBER

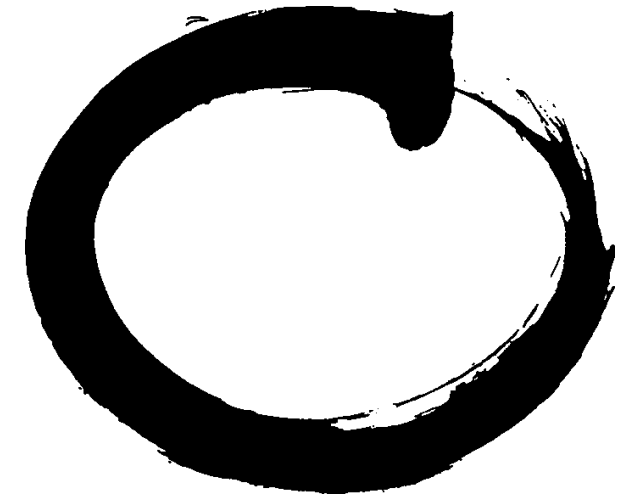
1 Sun	Nyinthun Talk: <i>The Seven Line Supplication to Padmasambhava</i>
7 Sat - 8 Sun	Vajrayana Practice Weekend *
11 Wed	Talk: <i>The Protector Chants</i>
13 Fri - 15 Sun	Shambhala Training Level 1
17 Tue	Padmasambhava Feast *
20 Fri - 22 Sun	Meditation Instructors course *
25 Wed	Talk: <i>Shambhala Buddhism</i> Allyn Lyon
27 Fri - 29 Sun	Teacher Training *

NOVEMBER

3 Fri - 5 Sun	Dorje Kasung Intensive Training Seminar *
4 Sat	Vajrayogini Feast *
5 Sun	Nyinthun Talk: <i>Maitri</i>
8 Wed	Talk: <i>Personality and Emptiness</i>
11 Sat - 12 Sun	<i>Opening the Heart and Mind</i> video course by Sakyong Mipham Rinpoche
17 Fri - 19 Sun	Shambhala Training Level W *
21 Tue	Padmasambhava Feast *
25 Sat	Dorje Kasung Training Day *

DECEMBER

2 Sat	Children's Day Vajrayogini Feast *
3 Sun	Nyinthun Talk: <i>The Six Paramitas</i>
9 Sat	Tonglen Day *
13 Wed	Talk: <i>The Six Obstacles to Meditation Practice and their Eight Antidotes</i>
15 Fri - 17 Sun	Shambhala Training Level 2 *
19 Tue	Padmasambhava Feast *
23 Sat - 31 Sun	Winter Weekthun



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* open to authorised students only

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