

Buddhist Programme

SHAMATHA: THE PRACTICE OF CALM ABIDING

An Intensive Training Seminar with Acharya Allyn Lyon

This weekend programme, open to beginners as well as older students, will look at the meditation practice of shamatha, in particular the nine stages of resting the mind as well as the obstacles and antidotes that occur along this path. The programme will consist of talks, discussion groups, group and individual instruction as well as plenty of shamatha practice. Acharya Allyn Lyon is a senior student of Chögyam Trungpa Rinpoche and Sakyong Mipham Rinpoche. Formally director of Rocky Mountain Shambhala Centre, Allyn now travels and teaches extensively. This autumn she will be co-teaching the first sutrayana seminary at Dechen Choling.

Fri 26 October to Sun 28 October (begins 8pm Friday).

Further details to be announced.

ORDINARY MIND: RESISTANCE AND DEVOTION

A Vajrayana Assembly with Sarah Coleman

In this Vajrayana Assembly we will discuss ordinary mind as our main practice for the rest of our lives; specifically how our various vajrayana practices work with ordinary mind at the level of body speech and mind, and what effect this has on our daily lives. This will be an intensive vajrayana practice and study weekend open to all tantrikas and sadhakas.

Fri 7 December to Sun 9 December. Open to authorised students.

INTRODUCTORY TALKS

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

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| Wed 12 Sep | Body, Speech and Mind |
| Wed 10 Oct | Emptiness and Compassion |
| Wed 14 Nov | Buddha Nature |
| Wed 12 Dec | The Twelve Nidanas |

THE HARVEST OF PEACE

The Harvest of Peace is one of the four Nyida Days on the Shambhala calendar, coinciding with the solstices and equinoxes. Each Nyida Day connects us to a particular aspect of the natural and elemental cycles of the year. The Harvest of Peace falls on the autumn equinox and coincides with the season of harvests in the northern hemisphere and the sowing of seeds in the southern. This festival honours community life, with all its distinctive qualities and cultural diversity. The Harvest of Peace is an opportunity for local communities to gather, hear teachings by the Sakyong, and celebrate the riches of our particular cultures and heritage.

Sakyong Mipham Rinpoche will address the worldwide Shambhala Community at 7pm by phone link.

Sunday 23 September. Further details to be announced.

THE BATTLE OF EGO

The Battle of Ego describes the type of conflict and struggle many of us feel as part of the insecurity of daily life. We are carried this way and that by emotions and events, and it is often hard to open up to the fundamentally sane quality of our experience. For over 2000 years, meditation has helped people to uncover their innate intelligence, wisdom and compassion. Bridging the gap between Buddhist tradition and the western world today, this course, intended for beginners and enquirers, offers a provocative series of talks and discussions combined with instruction and practice in meditation. Those with knowledge and experience of Buddhism and meditation are welcome. The course will be led by Peter Conradi, a senior student of Sakyong Mipham Rinpoche.

7.30pm Thursdays 4, 11, 18, 25 October. Cost: £24 (£16 concessions), members £16 (£12 concessions).

NYINTHÜN – 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 NYINTHÜN

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.

SUNDAY TALKS

Short talks on practice-related subjects are given on the first Sunday of each month. Talks normally start around 3:30pm and are free of charge.

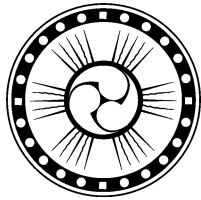
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|-----------|-----------------------------|
| Sun 2 Sep | Vipasyana, Awareness |
| Sun 7 Oct | The Four Dharmas of Gampopa |
| Sun 4 Nov | The Heart Sutra |
| Sun 2 Dec | The Four Reminders |



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.



REGULAR MEDITATION PRACTICE

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

SHAMBHALA SHORTS

On most Monday evenings at 9pm there will be a short talk by a new or experienced Shambhala teacher, followed by informal discussion at 9:15pm. The talks are intended to encourage and challenge all warriors, regardless of experience to allow the inspiration of Shambhala to extend further into our daily lives. Hopefully they will cheer us up and rattle all our cages (and cocoons) whether we are newly hatched or old birds!

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 2 The Birth of the Warrior 16 to 18 November

Continuing our journey, we explore how we usually shut out the experience of basic goodness in our lives and discover how, through gentleness and curiosity, we can give rise to the fearlessness that makes it possible for us to live our lives more fully.

Level 5 Open Sky 14 to 16 September

Having developed trust in basic goodness, we can appreciate the freedom of 'open sky' and celebrate our journey along the path of warriorship.

Great Eastern Sun 13 October

A one day introduction to the Sacred Path Programme which offers a deeper exploration of warriorship within the Shambhala tradition.

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 Drala 14 to 16 December

An exploration of the drala principle (the 'aliveness' of the sacred world) which allows us to connect with its wakefulness and wisdom.

Whilst we endeavour to find accommodation for those participants from outside London, this is not always possible, so an economical alternative is to book a place at the nearby Jamyang Buddhist Centre (020 7820 8787). In either case, you are likely to be more successful if you book a few weeks in advance.

People often wish to deepen or refresh their practice by repeating a weekend. This can be done for half price and, once you have completed Level 3, you may staff any Level you have completed for free!

DECHEN CHÖLING PROGRAMME HIGHLIGHTS

Vajrayogini Fire Puja: Four Karmas

with staff of Dechen Chöling
4 to 15 September

A Sustainable Garden in France: Autumn Harvest

with Bob Howard
25 September to 2 October

Kado Slant Form

with Marcia Shibata
25 September to 1 October

Shambhala Training Sacred Path: The Four Dignities

with David Hope and Yeshe Fuchs
6 to 13 October

The Practice of Authentic Presence

with Acharya Robert Puts and Patricia Ullman
19 to 28 October

Sutrayana Seminary

with Acharyas Jeremy Hayward and Allyn Lyon
10 November to 8 December

Three Yana Practice Intensive

24 December to 2 January

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 10am to 1pm, 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.

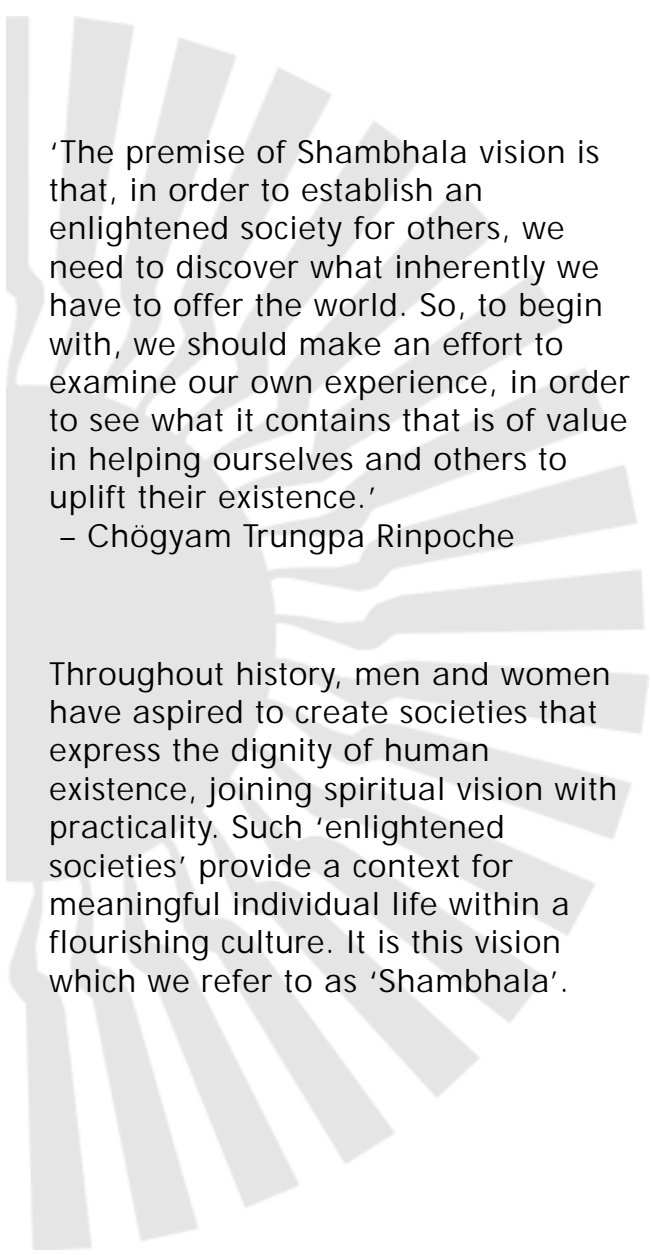
BRISTOL AND BRIGHTON STUDY GROUPS

There are Study Groups in Bristol and Brighton where regular meditation sessions and occasional weekend programmes take place. For further information, please contact
Brighton: Kevin and Sybille Barrett 01273 557610
Bristol: Irene Cleghorn 0117 970 6586

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, see www.shambhala.org/centers/dechen-choiling, email to dechen-choiling@shambhala.org or phone 00 33 5 55 03 55 52.

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 David Hope or Chris de Block (020 8673 6115).



'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'.

Calendar Autumn 2001

London Shambhala Meditation Centre

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 organised elsewhere in the world by Shambhala International.

AUTUMN 2001

SEPTEMBER

| | |
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| 1 Sat | Vajrayogini Feast * |
| 2 Sun | Nyinthün Talk: <i>Vipasyana, Awareness</i> |
| 10 Mon | Werma Sadhana * |
| 12 Wed | Talk: <i>Body, Speech and Mind</i> |
| 14 Fri-16 Sun | Shambhala Training Level 5 * |
| 18 Tue | Padmasambhava Feast * |
| 23 Sun | The Harvest of Peace |

OCTOBER

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| 4 Thu | Course: <i>The Battle of Ego (1)</i> |
| 6 Sat | Vajrayogini Feast * |
| 7 Sun | Nyinthün Talk: <i>The Four Dharmas of Gampopa</i> |
| 8 Mon | Werma Sadhana * |
| 10 Wed | Talk: <i>Emptiness and Compassion</i> |
| 11 Thu | <i>The Battle of Ego (2)</i> |
| 13 Sat | Great Eastern Sun * |
| 16 Tue | Padmasambhava Feast * |
| 18 Thu | <i>The Battle of Ego (3)</i> |
| 25 Thu | <i>The Battle of Ego (4)</i> |
| 26 Fri-28 Sun | Shamatha Intensive Training Seminar with Acharya Allyn Lyon |

NOVEMBER

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|---------------|--|
| 3 Sat | Vajrayogini Feast * |
| 4 Sun | Nyinthün Talk: <i>The Heart Sutra</i> |
| 12 Mon | Werma Sadhana * |
| 14 Wed | Talk: <i>Buddha Nature</i> |
| 16 Fri-18 Sun | Shambhala Training Level 2 * |
| 20 Tue | Padmasambhava Feast * |

DECEMBER

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|---------------|---|
| 1 Sat | Vajrayogini Feast * |
| 2 Sun | Nyinthün Talk: <i>The Four Reminders</i> |
| 7 Fri-9 Sun | Vajrayana Assembly with Sarah Coleman |
| 10 Mon | Werma Sadhana * |
| 12 Wed | Talk: <i>The Twelve Nidanas</i> |
| 14 Fri-16 Sun | Shambhala Training Level A * |
| 18 Tue | Padmasambhava Feast * |



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www.shambhala.org.uk

* open to authorised students only

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