

# Buddhist Programme

## THE WAY OF THE BUDDHA

*The Buddhist spiritual path, based on meditation, involves making friends with oneself, opening to others, and relating directly to the energies of the world. We offer a graduated training programme in meditation and study of the Tibetan Buddhist path presented in the West by Chögyam Trungpa Rinpoche.*

## THE BODHISATTVA'S PATH

### An introduction to aspects of the Mahayana

The word *bodhisattva* means one who is brave enough to walk on the path of *bodhi*. *Bodhi* means awake or the awakened state. This is not to say that the Bodhisattva must be fully awake, but he or she is willing to walk the path of the awakened ones. The Vidyadhara Chögyam Trungpa Rinpoche said "The bodhisattva vow acknowledges confusion and chaos - aggression, passion, frustration, frivolousness - as part of the path. The path is like a busy, broad highway, complete with road blocks, accidents, construction work and police. It is quite terrifying. Nevertheless it is majestic, it is the great path. From today onward until the attainment of enlightenment I am willing to live with my chaos and confusion as well as with that of all other sentient beings. I am willing to share our mutual confusion."

*7:30pm Thursdays 7, 14, 21, 28 November  
Cost £5 per evening (members & concessions £4)  
Discounts available for the full course*

## NGEDON SCHOOL WEEKENDS

### with Mathias Pongracz and Acharya Robert Puts

Open to authorised students only. For further details, please contact Orhun Cercel.

*7 to 8 September Abhidharma  
14 to 15 December Uttarantra*

## THE ART OF INTELLIGENT LISTENING

### with Jim O'Neill

"All dharmas agree at one point" as the slogan runs. There are many places where Buddhism and Western psychotherapy meet. Both start from an acceptance of the reality of suffering, both are practical in their application and involve the development of an intelligent, compassionate relationship with the self and others, and both acknowledge that we hurt ourselves and others through our failures in communication. In these three evenings we will be using some of the technologies of Buddhism and psychotherapy to try to deepen our capacity for compassionate and intelligent listening and relating with ourselves and others. Jim O'Neill is a practising Buddhist and psychoanalytic psychotherapist.

*7:30pm Thursdays 12, 19, 26 September  
Cost £5 per evening (members & concessions £4)*

## THE SADHANA OF MAHAMUDRA

### with Acharya Jeremy Hayward

A weekend of intensive practice of the Sadhana of Mahamudra, the first terma that the Vidyadhara Chögyam Trungpa Rinpoche received after teaching five years in the West. Talks on the practice itself, the unique qualities of the Kagyu and Nyingma lineages, the principles of devotion and crazy wisdom, the Three Lords of Materialism, Padmakara and the Karmapas, the relation with the Shambhala teachings as well as the life of Vidyadhara. Dr Jeremy Hayward was one of the foremost students of the Vidyadhara and is among the most senior teachers in the Shambhala community. He is the author of *Sacred World* and *Letters to Vanessa*. This programme is open to members only.

*Friday 6 December to Sunday 8 December  
Cost £45 (concessions £35)*

## KINDNESS AND COMPASSION IN ACTION A practical workshop on Tonglen and other Buddhist heart exercises

How do we apply the Buddhist practices of awakened heart in daily situations? How do we respond to conflict, aggression and suffering in the workplace, our homes, in relationships and in our response to world events? This weekend workshop will include presentations on tonglen and lojong practice coupled with group work based on participants' experience. This weekend will be suitable for three streams of participants: those who recently attended the "Awakening the Heart" programme on loving kindness and compassion, those who have attended programmes on The Four Limitless Ones, and people who have taken the Bodhisattva Vow and wish to deepen its application in practice. The weekend will be led by David Hope and Richard Reoch.

*10am to 6pm Saturday and Sunday, 21 to 22 September  
Cost £40 (members & concessions £30)*

## LET IT BE!

### WORKING WITH THE KLESHAS IN VAJRAYANA with Sarah Coleman

This weekend we'll discuss welcoming heightened neurosis as path, and chaos as our best opportunity to let ego sabotage itself. We'll explore the real vajrayana magic of stopping trying to "let go" of the messy, painful and confusing battleground experience that we call our kleshas, and learning instead to let it be - just as painful and overwhelming as it is. Open to authorised students only.

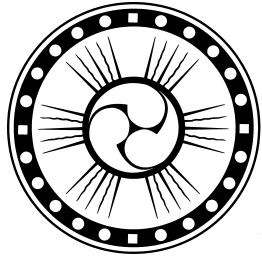
*Friday 6 to Sunday 8 November  
Cost £45 (concessions £35)*

## MEDITATION INSTRUCTOR WORKSHOP with Jane Hope

Open to authorised students only. For further details, please contact Caroline Helm.

*7:30pm Thursdays 10, 17, 24, 31 October*

# 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.*



## 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 Philbedge (020 7226 3339).

Shambhala Training Level 1 is open to all, whilst subsequent weekends require the completion of the preceding level, so are by invitation only.

### Level 1 The Art of Being Human 13 to 15 September

Beginning with a free public talk on the Friday evening, level 1 introduces the rich Shambhala tradition, which inspires and encourages us to explore and celebrate what it is to be human. During the weekend we begin to work with the practice of meditation which allows this gentle exploration to take place. Level 1 offers both a good introduction for complete beginners and a fresh inspiration for those who may already have some experience of meditation within their own spiritual traditions. Although booking is not essential, it will ensure you have a place on the weekend.

### Level 2 The Birth of the Warrior 15 to 17 November

### Level 4 Awakened Heart 18 to 20 October

## 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 Philbedge (020 7226 3339).

If you wish to attend a weekend, it is **vital** that you return the registration slip (on the bottom of the invitation letter) as soon as possible. If this is not done, there is a real risk that the level may be cancelled because too few replies have been received. As some levels are held only once during a year or less often, there may be a long wait until the opportunity to attend comes round again.

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 at no charge.

Whilst we endeavour to find accommodation for 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.

If you have already completed a level, you are warmly invited to join the Sunday reception (usually around 6:30pm) the next time it is held, particularly for level 5.



Dechen Chöling was founded in 1994 by Sakyong Mipham Rinpoche. Located near Limoges in France, it serves as a European residential practice centre. It also hosts programmes all year round, including group retreats and programmes for the international Shambhala Buddhist community and anyone who wishes to further his or her spiritual path. The facility consists of a chateau and charming old stone farm buildings surrounded by rolling meadows and ancient trees.

Dechen Chöling needs people interested in becoming staff and who can commit themselves for between 6 months and 2 years, or for a few weeks or months during the summer when it is very busy with programmes. A variety of jobs include working in the office, gardening, maintenance, housekeeping, cooking, building, fundraising and finance, working with computers, planning and administering programmes, laundry etc. You are also welcome to come for a retreat or visit.

For further details, see [www.shambhala.org/centers/dechen-choling](http://www.shambhala.org/centers/dechen-choling), email [dechen-choling@shambhala.org](mailto:dechen-choling@shambhala.org) or phone 00 33 5 55 03 55 52.

Meditation is the foundation of all our activities at the Shambhala Centre. Monday and Wednesday evenings offer an opportunity for people to practice meditation together. Instruction is available both for newcomers who have not done any meditation before and also for those who have been practising for a while and want to clarify what they are doing. There will always be a meditation instructor at the Centre on Monday evenings but if you cannot attend on Monday evenings, you can always call us and we can arrange appointments at other times, either during the day or in the evening.

#### OPEN EVENINGS

Newcomers to the Centre are particularly welcome on any Monday evening. You can just look around and get information, talk informally with members or learn how to meditate. On the third Monday of each month there is a talk on meditation and an informal discussion group. Tea and biscuits will be served before the meditation sessions at 7:30pm.

#### COMMUNITY PRACTICE EVENINGS

Community Practice evenings are on Wednesdays. Meditation practice is from 7:30pm to 9pm, followed by Buddhist and Shambhala chants. You are welcome to come to all or part of the session. Meditation instruction is usually available but if you are coming to the centre for the first time, please check first by phone to see if a meditation instructor will be available. Refreshments are served at 9:30pm.

#### RETREATS

We 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 2002

## London Shambhala Meditation Centre

Autumn 2002

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 or our website [www.shambhala.org.uk](http://www.shambhala.org.uk) for any changes to the announced programme or additional talks or activities, including events organised elsewhere in the world by Shambhala International.

### SEPTEMBER

7 Sat - 8 Sun	Ngedon School weekend *
11 Wed	Padmasambhava Feast *
12 Thu	<i>The Art of Intelligent Listening</i> (1)
13 Fri -15 Sun	Shambhala Training Level 1
16 Mon	Open Evening
19 Thu	<i>The Art of Intelligent Listening</i> (2)
21 Sat -22 Sun	<i>Kindness and Compassion in Action</i> with David Hope and Richard Reoch
25 Wed	Werma Sadhana *
26 Thu	<i>The Art of Intelligent Listening</i> (3)

### OCTOBER

5 Sat	Vajrayogini Feast *
9 Wed	Padmasambhava Feast *
10 Thu	Meditation Instructor Workshop (1) *
17 Thu	Meditation Instructor Workshop (2) *
18 Fri -20 Sun	Shambhala Training Level 4 *
21 Mon	Open Evening
23 Wed	Werma Sadhana *
24 Thu	Meditation Instructor Workshop (3) *
31 Thu	Meditation Instructor Workshop (4) *

### NOVEMBER

2 Sat	Vajrayogini Feast *
6 Wed	Padmasambhava Feast *
7 Thu	<i>The Bodhisattva's Path</i> (1)
8 Fri -10 Sun	<i>Let It Be: Working with the Kleshas in the Vajrayana</i> with Sarah Coleman *
13 Wed	Padmasambhava Feast *
14 Thu	<i>The Bodhisattva's Path</i> (2)
15 Fri -17 Sun	Shambhala Training Level 2 *
18 Mon	Open Evening
20 Wed	Werma Sadhana *
21 Thu	<i>The Bodhisattva's Path</i> (3)
28 Thu	<i>The Bodhisattva's Path</i> (4)
30 Sat	Vajrayogini Feast *

### DECEMBER

4 Wed	Padmasambhava Feast *
6 Fri - 8 Sun	<i>The Sadhana of Mahamudra</i> * with Acharya Jeremy Hayward
14 Sat -15 Sun	Ngedon School weekend *
16 Mon	Open Evening
18 Wed	Padmasambhava Feast *

\* open to authorised students only



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[www.shambhala.org.uk](http://www.shambhala.org.uk)

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