



SHAMBHALA TRAINING

There is a natural source of radiance and brilliance in the world which is the innate wakefulness of human beings. The essential discipline for connecting with this inherent brilliance is the practice of meditation - not as an escape from life but as the basis for developing personal openness, kindness and insight. Shambhala Training begins with a progressive series of five weekend workshops which teach the practice of mindfulness / awareness meditation and how to discover the principles of warriorship in your daily life

All shambhala training weekends cost £75:00 and concessions are available. If you would like a concession or accommodation please contact the Resident Director of Shambhala Training, John Seex on 01453 889609 or john.seex@virgin.net

LEVEL 3: WARRIOR IN THE WORLD

5-7 September 2003

Level 3 is about developing courage, the ability to step out and develop confidence in all aspects of your life

WARRIOR IN THE WORLD

Staff Training Day, November 8

After level 3 you are able to staff Shambhala training levels; this is a great opportunity to hear the teachings again and to manifest basic goodness. This will be an opportunity, to learn about Shambhala forms, the shrine, timekeeping, the role of co-ordinating, staffing, looking after the teacher and sacred space. The day will be approximately 10-6 and those who would like to could go out for dinner in the evening

LEVEL 1: THE ART OF BEING HUMAN

24-26 October 2003

This is the first level in Shambhala training which introduces the practice of meditation, experiencing the world as sacred and seeing basic goodness as your birthright

The weekend is a mixture of meditation practice, talks, meditation interviews and discussion groups

The weekend begins with a free introductory talk on Friday at approximately 7:30pm, Saturday from 9am-6pm starting with breakfast and going out for an evening meal and Sunday 9am-7pm ending with a reception

LEVEL: 2 THE BIRTH OF THE WARRIOR

28-30 November 2003

When you start to recognise your habitual patterns how you shut out the experience of basic goodness, you discover fearlessness. How to feel the fear and keep going

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 Rinpoche. 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 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 Sybille Barrett Tel: 01279 557610

LEVEL A: THE DRALA PRINCIPLE

12 - 14 September 2003 directed by David Schneider

This first weekend programme of the Sacred Path of the Warrior introduces the study of the Shambhala root text 'The Letter of the Black Ashe'. The text describes the whole path of warriorship from a beginner to a master warrior who manifests completely

authentically in the world and is able to show others the way to be genuine

Open to all members who have completed the Great Eastern Sun programme

LEVEL W: WINDHORSE

14 - 16 November 2003 directed by Peter Conradi

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 allows us to ride this energy

In this level we will receive instruction in a simple and profound practice that allows us to embody this energy to connect with the meek, perky, outrageous and inscrutable qualities of our own warriorship and to connect with the drala energy in our own lives

Open to all members who have completed Level A

Level A	12-14	Sep 2003	David Schneider
Level W	14-16	Nov 2003	Peter Conradi
Level B	16-18	Jan 2004	Jane Hope
Level C	12-14	Mar 2004	
Level D	4-6	Jun 2004	Jim O'Neill
Golden Key	9-11	Jul	

Warrior's Assembly is scheduled for 14 - 28 August 2004 at Dechen Chöling

SHAMBHALA ART PROGRAMME 1

with Herb Elsky

Friday 26 September at 7.30pm to Sunday 28 September

Shambhala Art is based on the teachings presented by Chögyam Trungpa Rinpoche regarding perception and creative process. Art as a path of awakening can touch every aspect of our life.

This weekend will explore how we can learn to perceive our world clearly and express its vividness and act with "first thought, best thought". Activities will include calligraphy, voice work, and space awareness exercises

Herb Elsky, MA (Pictorial Arts, UCLA) teaches Shambhala Buddhism in the USA and Europe and exhibits internationally. His sculptures are included in many private and public collections
Cost £40, concessions £30. Open to all

REGULAR PRACTICE

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 and on Sundays from 10:30am to 1:30pm

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

18 August, 15 September, 20 October, 17 November

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

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 details about events, see website: www.dechencholing.org, email: dechencholing@dechencholing.org, Tel: 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
Tel: 020 8673 6115

WELCOME



“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'



L O N D O N
SHAMBHALA
meditation centre



AUTUMN 2003

27 BELMONT CLOSE, LONDON SW4 6AY
TEL: 020 7720 3207 FAX: 020 7627 4224

www.shambhala.org.uk