



PUBLIC TALK with Acharya Jeremy Hayward
Wednesday October 8, 7.30pm, public talk, open to all

SADHANA OF MAHAMUDRA
with Acharya Jeremy Hayward
Thursday October 9, 7.30pm, open to members

**DEVOTION CRAZY WISDOM
AND THE PROTECTOR PRINCIPLE**
with Acharya Jeremy Hayward
Friday October 10, 7.30pm to Sunday 12

Open to all members of the London Shambhala Centre
This programme is based around talks on the morning and evening chants done at the Centre and how they relate to aspects of our practice. Each of these chants contains profound teachings and together they encapsulate the three-yana path of Shambhala Buddhism: the Four Dharmas of Gampopa and the Kagyu Lineage Supplication summarise the entire mahamudra path of devotion; the Supplication to Padmasambhava provides a glimpse into the maha ati principle of crazy wisdom and the awake action; the mahakala chants introduce us to the protector principle; and finally the Shambhala Lineage chant speak of natural hierarchy and enlightened society. The weekend will include periods of sitting practice as well as the Sadhana of Mahamudra, and also group discussions

Jeremy Hayward is one of the most senior Acharyas in the Shambhala community. He was a student of Trungpa Rinpoche for many years and now works closely with Sakyaong Mipham Rinpoche and teaches on a wide range of subjects across Europe. He is the author of many books, including "Sacred World" and "Letters to Vanessa", and is the Acharya in residence at Dechen Chöling, the community's retreat centre in Europe

This programme is open to all members of the Shambhala Centre
Cost £45, concessions £35

**GURU YOGA AND ORDINARY MIND:
HEART AND MIND OF OUR PRACTICE**

with Acharya Jeremy Hayward
Friday December 5, 7.30pm to Sunday 7

Guru yoga is the fruition of Ngöndro practice; it is also the essence of all yidam practices, as we have been told by great teachers of both Kagyu and Nyingma lineages. In the context of practicing the Padmasambhava guru yoga together, we will discuss ordinary mind, devotion, adhistana, visualisation and the union of bliss and emptiness. These teachings can be fully appreciated only when we do not cling to mistaken views of emptiness and go beyond nihilism as well as theism. Then visualisation practices can open us to a larger realm of being, experienced in the midst of daily life. During the weekend we will try to create an open forum in which each of us can genuinely bring our experience of Vajrayana practice, "good or bad", "neurotic or sane", "pleasant or unpleasant", to the discussion. The weekend will culminate in a Padmasambhava feast. All Vajrayana students in the Shambhala mandala, from prostrators to sadhakas, are warmly invited. Come, let us celebrate together as Vajra sisters and brothers

Cost £45, concessions £35

THE YOGACHARA SCHOOL

with Acharya Han de Wit:
Friday 19 September 7.30pm to Sunday 21 September

Open to all Vajrayana students in the sangha

A unique opportunity to hear the teachings on the Eight Consciousnesses and on Rangjung Dorje's "Treatise Which Differentiates Consciousness from Wisdom" from one of our leading Acharyas. In his commentary to this text Thrangu Rinpoche states that:

"In the graduated path of meditation, after appearances are taught to be the mind, the mind is taught to be emptiness...the "Great Brahmin", Saraha, speaking from his own experience, said that the mind is the seed of everything. While we reside in samsara, everything that we want can be obtained from the mind, and when we achieve Buddhahood, all its results are obtained from the mind. Therefore if we use the mind properly we can obtain both the happiness of samsara and the happiness of nirvana from it. If we don't use the mind properly, we will fail to get either. Saraha said that the mind was a wish-fulfilling jewel, to which he paid homage"

Cost £45, concessions £35

NGEDON SCHOOL.

The school will study the Yogachara and Buddha Nature modules, contact Orhun Tel: 020 7737 1096

Saturday 4 and 18 October, Saturday 1 November,
Sunday 9 and 23 November, Sunday 14 December

SHAMATHA: THE NINE STAGES

Saturday 22 November and Sunday 23 November

Through meditation we learn to rest fearlessly in our natural state. We could call this natural state a sense of well-being, or basic goodness. We experience it when we relax into how things are, without wanting to change them. The stability, clarity and strength we discover through meditation can make our life simpler and less pressured. Meditation leads the practitioner along a well-defined path from confused mind to a mind that is stable, clear and strong. As the lineage of meditators sat on their cushions and worked with their minds, they saw the same unfolding process; nine ways that the mind can be true to its inherent stability, clarity and strength. In their descriptions of the nine stages of training the mind through shamatha meditation they left us signposts of that process. These guidelines are helpful, because the mind is so vast that if we're left to our own devices, we will usually just wander through. The nine stages are a map of the meditative process

Cost £40, concessions £30. Open to all

GOING FURTHER; THE SIX PARAMITAS

Five Thursday evening classes starting at 7.30pm
October 2, 16, 23, 30, November 6

Our approach involves the delight of feeling oneself invincible, of having nothing to lose, of being completely convinced of your aloneness. Sometimes, of course, beginning bodhisattvas have second thoughts about such a daring decision to abandon enlightenment and throw themselves to the mercy of sentient beings and work with them, taking delight and pride in compassionate action. They become frightened. This hesitation is described metaphorically in the sutras as standing in the doorway of your house, having one foot in the street and the other foot inside the house. That moment is the test of whether you go beyond the hesitation and step out into the no man's land of the street or decide to step back into your familiar home-ground, your cocoon

Cost per evening £4 or £16 for the entire course, concessions and members £3. Open to all

CITY RETREAT with David Hope
Saturday 13 December

City retreats are one-day programmes open to everyone. They provide an opportunity for practitioners to come together and spend a day meditating. The programme includes talks, meditation instruction and sitting practice. It is also an opportunity to spend time together and share meals

Cost £12, concessions and members £8

LINEAGE AND DEVOTION

November 13,20,27, December 4, 11 Thursdays evenings
starting at 7.30pm

This course will look at the history of our two lineages; the Nyingma and the Kagyu. On this subject, the Vidyadhara wrote:

"It is very fine to look back on the lives of the great spiritual teachers, but equally, it is not particularly romantic. They had the same problems and difficulties in searching for the teachings that we have in this century. So there's always hope for all of us; we don't particularly have to be born perfect. We could just be ordinary people, perfectly ordinary in the rugged sense, but equally we have a chance to develop spiritual understanding, as well as to attain enlightenment. So therefore, the point of looking back to various great teachers, is not that there is something mysterious, something magical about them, but that they were just ordinary when they began. The point is just to see the way they proceeded through the various necessary situations, which forced them to develop"

Chögyam Trungpa, Rinpoche, Jewel Ornament of Liberation Seminar, Karmé Chöling, 1970

Cost per evening £4 or £16 for the entire course, concessions and members £3. Open to all

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

S E P T E M B E R

5	Fri -7 Sun	Shambhala Training Level 3*
5	Fri	Padmasambhava Feast*
6	Sat	Vajrayogini Feast*
10	Wed	Sadhana of Mahamudra
12	Fri -14 Sun	Shambhala Training Level A
19	Fri -21 Sun	The Yogachara School*
21	Sun	Vajrayogini Feast*
26	Fri -28 Sun	Shambhala Art Programme

O C T O B E R

2	Thu	The Six Paramitas
4	Sat	Vajrayogini Feast* Ngedon School
5	Sun	Padmasambhava Feast*
8	Wed	Public Talk with Jeremy Hayward
9	Thu	Sadhana of Mahamudra with Jeremy Hayward*
10	Fri	Devotion Crazy Wisdom*
16	Thu	The Six Paramitas
18	Sat	Ngedon School
20	Mon	Vajrayogini Feast*
23	Thu	The Six Paramitas
24	Fri -26 Sun	Shambhala Training Level 1
30	Thu	The Six Paramitas

N O V E M B E R

1	Sat	Vajrayogini Feast* Ngedon School
3	Mon	Padmasambhava Feast*
6	Thu	The Six Paramitas

8	Sat	Warrior in the World staff training day
9	Sun	Ngedon School
12	Wed	Sadhana of Mahamudra
13	Thu	Lineage and Devotion
14	Fri -16 Sun	Shambhala Training Level W
19	Wed	Vajrayogini Feast*
20	Thu	Lineage and Devotion
22	Sat -23 Sun	Shamatha: The Nine Stages
23	Sun	Ngedon School
27	Thu	Lineage and Devotion
28	Fri -30 Sun	Shambhala Training Level 2*

D E C E M B E R

3	Wed	Padmasambhava Feast*
4	Thu	Lineage and Devotion
5	Fri -7 Sun	Guru Yoga and Ordinary Mind
6	Sat	Vajrayogini Feast*
10	Wed	Sadhana of Mahamudra
11	Thu	Lineage and Devotion
13	Sat	City Retreat with David Hope
14	Sat	Ngedon School
18	Thu	Vajrayogini Feast*

J A N U A R Y 2 0 0 4

16	Fri-18 Sun	Shambhala Training Level B
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M A R C H 2 0 0 4

12	Fri-14 Sun	Shambhala Training Level C
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J U N E 2 0 0 4

4	Fri-6 Sun	Shambhala Training Level D
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J U L Y 2 0 0 4

9	Fri-11 Sun	Shambhala Training Golden Key
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A U G U S T 2 0 0 4

14	Thu-28 Thu	Warriors Assembly: Dechen Chöling
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*restricted, authorised students only