

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.

MEDITATION: THE FOUR FOUNDATIONS OF MINDFULNESS

Through developing familiarity with the simple practice of mindfulness in meditation and in daily life, we are able to cultivate an attitude of friendliness to self and calmness and openness in the face of the pressure and conflict of the everyday world.

These three evenings will include meditation practice, talks and discussion. The course is open to all, and beginners and newcomers are especially welcome.

7:30pm Thursdays 27 January, 3 & 10 February. Cost: £6 per evening (concessions £4), or £12 (concessions £8) for the whole course.

THE FOUR NOBLE TRUTHS AND THE PATH OF MEDITATION

The Buddha taught that everything we experience, including suffering, anxiety and unease can be a gateway to the realisation of freedom and happiness which is the birthright of all human beings. The Four Noble Truths describe this journey from suffering to enlightenment through the practice of meditation.

This weekend course will be taught by senior students of Chögyam Trungpa Rinpoche and will include meditation instruction and practice, discussion groups and talks. The weekend is open to all and will be of particular interest to those new to the practice of meditation and those wishing to deepen their understanding of Buddhist teachings. For further information, phone 0208 673 6115.

7:30pm Friday 10 March, free introductory talk. Saturday 11 March & Sunday 12 March 9:00am to 6:00pm. Cost: £40 (members £30). Concessions £25 (members £15).

VAJRA ASSEMBLY: GROUND, PATH, FRUITION with Herb Elsky

A weekend of vajrayana practice and study based on recordings made in 1976 of Chögyam Trungpa's teachings to his first vajrayana study group in the West. Mr Elsky is a long-time student of Chögyam Trungpa Rinpoche and has taught widely in Europe and the USA. He has a uniquely humorous, accessible and insightful way of presenting the Vajrayana teachings. The course is open to those who have completed Vajradhatu seminary.

7:30pm Friday 28 January, Saturday 29 January & Sunday 30 January. Cost: £30 (concessions £20).

TONGLEN AND LOJONG: EXCHANGING SELF FOR OTHERS

The practice of tonglen awakens the heart and enables us to develop compassion towards ourselves and others. This one day workshop will include tonglen practice, talks and discussion of the lojong slogans of Atisha and is open to all who have experience of tonglen practice and are familiar with lojong. For further information, phone 0208 673 6115.

Saturday 19 February 9:30am to 5:00pm. Cost: £15 (concessions £10).

MILAREPA DAY

Our annual celebration of the life of the great Tibetan meditation master Milarepa (1040-1123AD), famous for his mountain retreats and his spontaneous songs of realisation (*dohas*), centres around the group reading of *The Rain of Wisdom*, a traditional collection of *dohas* by masters of the Kagyü lineage.

Sunday 20 February 10:00am to 7:30pm.

PARINIRVANA DAY

The Vidyadhara Chögyam Trungpa Rinpoche passed away on 4 April 1987. The anniversary of his parinirvana will be commemorated by the special celebratory practice of the Feast Offering of the Sadhana of Mahamudra. There will be a charge to cover food and drink.

Sunday 2 April 6:30pm.

COMPASSIONATE GUIDE TO THE HIGHER REALMS A Vajrayogini Seminar led by Ato Rinpoche

We are very honoured that the Venerable Ato Rinpoche has agreed to lead this weekend of sadhana practice and study. Open to those who have received Vajrayogini abhisheka with Vajradhatu/Shambhala.

9:00am Saturday 8 January to Sunday 9 January. Cost: £50 (concessions £30)

INTRODUCTORY TALKS

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

Wed 19 January	Working With the Emotions
Wed 16 February	Stories from the Life of Milarepa
Wed 15 March	The 6 Obstacles to Meditation Practice and their 8 Antidotes
Wed 19 April	Glimpses of Buddha Nature

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 10:00am to 1:00pm followed by lunch, the afternoon session is from 3:00pm to 5:00pm and the evening session is from 5:30pm to 7:00pm. 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.

NYINTHÜN TALKS

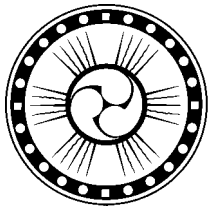
Short talks on practice-related subjects are given during the second session of the monthly nyinthün. Talks normally start around 3:30pm and are free of charge.

Sun 5 March	The Nine Stages of Resting the Mind
Sun 2 April	The Lineage Supplication

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.



KITCHEN WISDOM COOKING AND SERVING IN THE FOUR YANAS with Joe Mauricio

A weekend introduction to various approaches to cooking, serving and eating food on the Hinayana, Mahayana and Vajrayana paths as well as in the Shambhala tradition. The weekend will include talks on these aspects, meditation practice, and direct practical work in planning, preparing, serving and enjoying a banquet and reception. Mr Mauricio is one of the personal cooks to Sakyong Mipham Rinpoche and has travelled and studied with him on retreat in India and elsewhere. He is a professional chef and has run the kitchens at Karmé Chöling and Rocky Mountain Shambhala Center.

7:30pm Friday 25 February, 9:30am Saturday 26 & Sunday 27 February (will include Saturday evening banquet and Sunday evening reception). Cost: £60 (members £45, concessions £35). For further information, please contact Richard Reoch (0207 272 4271 or Debbie Coats (0207 703 1954).

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 the basic principles of warriorship in your daily life. For further information please contact Linus Bewley (0208 673 6115).

Level 2: The Art of Being Human 14 to 16 January

Seeing that we continually avoid basic goodness leads to an investigation into the nature of fear and fearlessness.

Level 5: Open Sky 11 to 13 February

By trusting to let go of private concerns, the warrior discovers the space of 'open sky'.

Level 3: Warrior in the World 24 to 26 March

Daring to be genuine, we can extend a sense of warriorship into the outside world, into our relationships with others.

MONDAY EVENING TALKS

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

- 7 February Shakespeare, Love and Meditation
- 13 March Psychotherapy: Finding the Words that Heal
- 17 April Joyful Noise: Spontaneity and Awareness in Music Making

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. Please call Irene Cleghorn (0117 970 6586) for further information.

Level D: Outrageous and Inscrutable 7 to 9 April

The warrior no longer entertains small scale vision. Being settled in one's existence, one has a lot of space within oneself and one is able to appreciate that.

REGULAR MEDITATION AND OTHER PRACTICES

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.

Stroke Practice

Stroke practice sessions are open to all graduates of Warriors Assembly and take place on the second Monday of each month.

Werma Sadhana

Werma Sadhana practice is open to all who have attended Kalapa Assembly. Practice sessions take place on the third Monday of each month. For further details, call Peter Conradi (0207 622 0607).

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'.

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. 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

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 Ione Heaton (0207 460 1797).

Community Events

SHAMBHALA DAY

The celebration of the Tibetan New Year starts with the ceremonial opening of the main shrine at dawn and proceeds throughout the day. Full details to be announced.

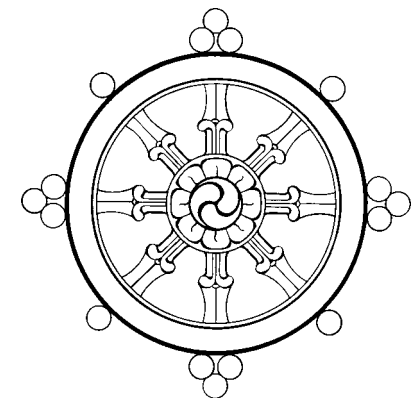
Sunday 6 February

ANNUAL GENERAL MEETING

All members are invited to attend the Centre's Annual General Meeting to be held on Shambhala Day. We will receive reports from the Directors and Trustees on all aspects, including membership, finances and activities at the Centre.

Please come and contribute - this is a chance for all members to have some input into the activities at the Centre and to give direct feedback to the governing body.

Sunday 6 February



Calendar Spring 2000

London Shambhala Meditation Centre

SPRING 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.

JANUARY

2 Sun	Nyinthün
4 Tue	Padmasambhava Feast *
8 Sat - 9 Sun	Vajrayogini Seminar with Ato Rinpoche *
10 Mon	Ashe Society *
14 Fri - 16 Sun	Shambhala Training Level 2 *
17 Mon	Werma Sadhana *
19 Wed	Talk: <i>Working with the Emotions</i>
27 Thu	Course: <i>Four Foundations of Mindfulness</i> (1)
28 Fri - 30 Sun	Vajra Assembly: <i>Ground, Path, Fruition</i> *

FEBRUARY

1 Tue	Padmasambhava Feast *
3 Thu	Course: <i>Four Foundations of Mindfulness</i> (2)
6 Sun	SHAMBHALA DAY Annual General Meeting
7 Mon	Talk: <i>Shakespeare, Love and Meditation</i>
10 Thu	Course: <i>Four Foundations of Mindfulness</i> (3)
11 Fri - 13 Sun	Shambhala Training Level 5 *
14 Mon	Ashe Society *
16 Wed	Talk: <i>Stories From the Life of Milarepa</i>
19 Sat	Tonglen and Lojong Practice Day
20 Sun	Milarepa Day
21 Mon	Werma Sadhana *
25 Fri - 27 Sun	Kitchen Wisdom weekend with Joe Mauricio

MARCH

5 Sun	Nyinthün & talk: <i>The Nine Stages of Resting the Mind</i>
7 Tue	Padmasambhava Feast *
10 Fri - 12 Sun	<i>The Four Noble Truths</i> weekend
13 Mon	Talk: <i>Psychotherapy: Finding the Words that Heal</i>
15 Wed	Talk: <i>The 6 Obstacles to Meditation Practice and their 8 Antidotes</i>
20 Mon	Werma Sadhana *
24 Fri - 26 Sun	Shambhala Training Level 3 *

APRIL

2 Sun	Nyinthün & talk: <i>The Lineage Supplication</i> Parinirvana Day
4 Tue	Padmasambhava Feast *
7 Fri - 9 Sun	Shambhala Training Level D*
10 Mon	Ashe Society *
17 Mon	Talk: <i>Joyful Noise: Spontaneity and Awareness in Music Making</i>
19 Wed	Talk: <i>Glimpses of Buddha Nature</i>

* Open to authorised students only



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