

# Buddhist Programme

## INTRODUCTORY COURSES: STAGE 1

### MEDITATION: SETTING OUT

Meditation is a journey of discovery leading towards a better understanding of ourselves and the world around us. On this journey we need three important provisions: Shila - an ethical ground for daily activity based on mindfulness and awareness, Samadhi - the practice of sitting meditation, a way to cut through unnecessary mental activity, and Prajna - openness of mind that allows us to look objectively at whatever we encounter. This three-week course gives an overview of Buddhist teachings as part of the ground and inspiration for meditation practice. It will be taught by Joy Wunsche, one of our senior teachers and meditation instructors. The course includes talks, meditation instruction and discussion. Newcomers are particularly welcome to attend.

7:30pm Thursdays 25 January, 1 and 8 February  
£18 whole course, £7 per evening (concessions £12 and £5)  
For further information telephone Joy on 020 8653 5659

### THE PATH OF LIBERATION

Much of the time we may experience our lives as being overshadowed by a sense of incompleteness, unfulfilment and uncertainty. In the course of this weekend we will explore the possibility of unravelling our confusion about who or what we are through the process of sitting meditation. There will be five talks, group meditation instruction and discussion groups, interspersed with meditation practice. Individual meditation instruction will be available. This weekend will be led by Werner Wunsche, who has received teachings from many renowned teachers including Chögyam Trungpa Rinpoche, Dilgo Khyentse Rinpoche and Kalu Rinpoche. He is well known for his humorous and accessible teaching style. Pre-registration is recommended for this course. Please contact Werner for information: 020 8653 5659.

7:30pm Friday 6 April: introductory talk  
9:00am to 6:00pm Saturday 7 and Sunday 8 April  
£45 (£35 members). Concessions £35 (£25 members)

### INTRODUCTORY TALKS

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

Wed 14 Feb	The Four Noble Truths
Wed 14 Mar	Buddha Nature
Wed 11 Apr	The Five Skandhas

## TAKING A LEAP IN MEDITATION: RETREATS AND DATHUN

### A talk by David Hope

In our Shambhala Buddhist heritage there has been a tradition of group and individual retreats. Weekthuns and dathuns are held at our contemplative centres and our members are encouraged to experience the benefits of this important step on the path of practice. David Hope is a senior student of Chögyam Trungpa Rinpoche and Sakyong Mipham Rinpoche, and a former co-director of Dechen Chöling, our contemplative centre in France.

8:00pm Wednesday 10 January

### WINTER NYINTHUN – DAY OF MEDITATION PRACTICE

This is a day-long session of meditation. 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 will be served oryoki style in the meditation hall. This is a meditative form of serving and eating based on the style of the Japanese Zen Buddhist tradition. The final session will include a 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. At the end of the day there will be a reception.

10am to 7:30pm Saturday 6 January

### 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.

Sun 7 Jan	Shambhala Buddhism
Sun 4 Feb	The Lineage Supplication
Sun 4 Mar	Milarepa
Sun 1 Apr	Fulfilling the Aspirations of the Vidyadhara

### 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 11 March 10am to 7:30pm

## INTERMEDIATE COURSES: STAGE 2

### TONGLEN AND LOJONG: EXCHANGING ONESELF FOR OTHERS

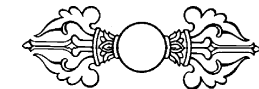
At the request of Venerable Khandro Rinpoche and following on from her summer course on Lojong Mind Training, we will be presenting this programme of weekend and evening teachings. The practice of tonglen and the study of Lojong develop our ability to open our hearts and cultivate loving kindness towards ourselves and others. This course will include talks, tonglen instruction, discussion, and study of the ancient Lojong Mind Training slogans, which provide guidance on applying the mahayana teachings of compassion in everyday life. The programme is open to those who have a grounding in the practice of meditation, and is intended for those new to tonglen practice, or who wish to deepen their practice. Participants from outside London will receive guidance on study and practice between the two weekends if they are unable to attend the evening sessions. Course leaders will be Jim O'Neill and Herb Elsky, senior students of Chögyam Trungpa Rinpoche and Sakyong Mipham Rinpoche. Both Jim and Herb have taught Shambhala and Buddhist meditation programmes in many countries.

9:00am to 6:00pm Saturday 27 and Sunday 28 January.  
£45 (£35 members) concessions £35 (£25)

7:30pm Thursdays 15 and 22 February, 1 March  
£18 for 3 evenings (members £12) concessions £12 (£10)

9:30am to 6:00pm Saturday 10 March  
£25 (members £18) concessions £18 (£12)

Participants are encouraged to attend the whole course. Pre-registration is recommended. For further information or for a registration form please telephone 020 8673 6115.



### VAJRAYANA PRACTICE AND STUDY WEEKEND

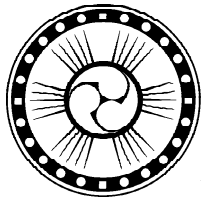
This weekend is open to Vajradhatu Seminary graduates. Contact 020 8673 6115 for further details.

Friday 19 January to Sunday 21 January

# 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.

## Stroke Practice

Stroke practice sessions are open to all graduates of Warrior Assembly. For further details, contact Peter Conradi (020 7622 0607).

## Werma Sadhana

Werma Sadhana practice is open to all who have attended Kalapa Assembly. Practice sessions take place periodically. For further details, contact Peter Conradi (020 7622 0607).

## 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 1 The Art of Being Human 12 to 14 January and 23 to 25 March

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 3 The Warrior in the World 16 to 18 February

As warriors, we begin to develop a gentle curiosity about our world and how we relate to other people. Rather than just feeling stuck, besieged by our awkwardness or frustration, we explore how, by daring to be genuine when relating to others, our lives are enriched.

### Level 2 The Birth of the Warrior 20 to 22 April

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.

## 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 B Meek 27 to 29 April

Beginning an exploration of how we can manifest warriorship in any situation that arises in our lives. The dignity of meek is the foundation for the development of the other three dignities.

## Warrior Assembly

Warrior Assembly is an introduction to further expression of warriorship and a wonderful opportunity to explore the possibilities of creating, with other warriors, a society that inspires and nurtures fearlessness and gentleness. Warrior Assembly will take place at Dechen Chöling in France next summer from 1 to 14 July. It is open to those people who have completed the Sacred Path programme up to and including Golden Key, or will have by 1 July. Dechen Chöling will need to know how many will wish to attend, so if you are interested or require further information, contact them by email at [dechen-choling@shambhala.org](mailto:dechen-choling@shambhala.org) or call 00 33 555 03 55 52.

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!

'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'.

### **MOVEMENT, MEDITATION AND SPACE: IMPROVISING FROM THE INSIDE OUT with Steve Clorfeine**

This weekend workshop focuses on elements of movement and theatre that have correspondences with the meditation practices of mindfulness and awareness. What happens when we get up off the cushion and relate with the space? The exercises are drawn from a mixture of space awareness practices, contemporary dance and theatre improvisations. No previous experience of theatre or dance is necessary. Newcomers to meditation are also welcome and instruction will be available. For further information please contact 020 8673 0035 or 020 8376 2191.

7:30pm Friday 9 February, 10am to 6pm Saturday 10 February,  
12pm to 5pm Sunday 11 February  
Cost: £80 (concessions £50), members £60 ( £45)

### **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.

Saturday 24 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.

Saturday 24 February

### **OPEN DAY**

A presentation and celebration of Shambhala Buddhist culture. Open to all, this afternoon event will include demonstrations of different forms of contemplative arts practised in Shambhala as well as videos and presentations of our retreat facilities and land centre.

Saturday 3 March 2:30pm

### **MAITRI SPACE AWARENESS with Fabrice Midal**

The practice of Maitri involves becoming aware of the five primordial qualities of space which arise both in ourselves and the world. These five energies have neurotic aspects and sane, luminous aspects. Through becoming familiar with them we begin to see their inherent wisdom, thereby discovering a much deeper world. During this programme our emotions appear with clarity and power, giving us a direct insight into how our mind functions, free from the filters of analysis. The weekend will consist of an exploration of these five aspects through specifically developed techniques including particular practices, as well as meditation, discussion and artistic expression. The weekend is open to all. Newcomers are particularly welcome. For further information, please call Jane Lindsay 020 8672 5567.

7:30pm Friday 16 March, 9:30am to 10pm Saturday  
17 March, 10am to 6pm Sunday 18 March  
Cost: £80 (concessions £50), members £60 ( £45)  
includes art materials and Saturday evening meal

### **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 1 April 5pm, open to members or by invitation

### **COMMUNITY PRACTICE DAYS**

Community practice days take place on the first Sunday of each month. In the mornings, families with young children are invited to gather at the Centre. Please arrive from 10:30am and bring a few favourite toys or books. A meditation practice session will take place at the same time. During the afternoon session which begins at 2:30pm there will be a public talk and meditation practice. In the evening session (5:30pm to 7pm) there will be a recitation of the Sadhana of Mahamudra. Everyone is invited to attend part or all of the day. Meditation instruction is available and beginners are welcome.

Sundays 7 January, 4 February, 4 March, 1 April

# Calendar Spring 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.

### SPRING 2001

#### JANUARY

6 Sat	Winter Nyinthun Vajrayogini Feast *
7 Sun	Community Practice Day Talk: <i>Shambhala Buddhism</i>
10 Wed	Talk: <i>Taking a Leap in Meditation: Retreats and Dathun</i>
12 Fri - 14 Sun	Shambhala Training Level 1
16 Tue	Padmasambhava Feast *
19 Fri - 21 Sun	Vajrayana Practice & Study weekend *
25 Thu	Course: <i>Meditation: Setting Out (1)</i>
27 Sat - 28 Sun	Course: <i>Tonglen &amp; Lojong: Exchanging Oneself for Others (1)</i> with Jim O'Neill and Herb Elsky

#### FEBRUARY

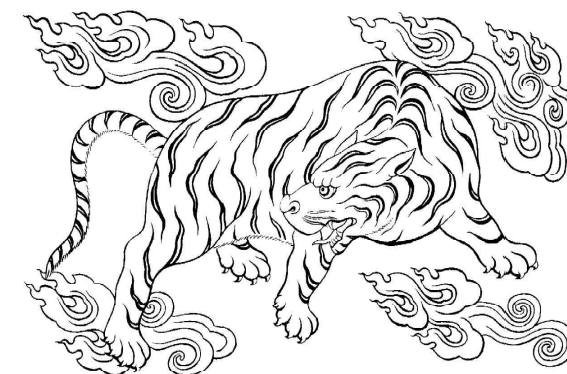
1 Thu	Course: <i>Meditation: Setting Out (2)</i>
3 Sat	Vajrayogini Feast *
4 Sun	Community Practice Day Talk: <i>The Lineage Supplication</i>
8 Thu	Course: <i>Meditation: Setting Out (3)</i>
9 Fri - 11 Sun	<i>Meditation, Movement and Space</i> with Steve Clorfeine
14 Wed	Talk: <i>The Four Noble Truths</i>
15 Thu	Course: <i>Tonglen &amp; Lojong: Exchanging Oneself for Others (2)</i>
16 Fri - 18 Sun	Shambhala Training Level 3 *
20 Tue	Padmasambhava Feast *
22 Thu	Course: <i>Tonglen &amp; Lojong: Exchanging Oneself for Others (3)</i>
<b>24 Sat</b>	<b>SHAMBHALA DAY</b> Annual General Meeting

#### MARCH

1 Thu	Course: <i>Tonglen &amp; Lojong: Exchanging Oneself for Others (4)</i>
3 Sat	Open Day Vajrayogini Feast *
4 Sun	Community Practice Day Talk: <i>Milarepa</i>
10 Sat	Course: <i>Tonglen &amp; Lojong: Exchanging Oneself for Others (5)</i>
11 Sun	Milarepa Day
14 Wed	Talk: <i>Buddha Nature</i>
16 Fri - 18 Sun	<i>Maitri Space Awareness</i> with Fabrice Midal
20 Tue	Padmasambhava Feast *
23 Fri - 25 Sun	Shambhala Training Level 1
31 Sat	Vajrayogini Feast *

#### APRIL

1 Sun	Community Practice Day Talk: <i>Fulfilling the Aspirations of the Vidyadhara</i> Parinirvana Day
6 Fri - 8 Sun	<i>The Path of Liberation</i> with Werner Wunsche
11 Wed	Talk: <i>The Five Skandhas</i>
17 Tue	Padmasambhava Feast *
20 Fri - 22 Sun	Shambhala Training Level 2 *
27 Fri - 29 Sun	Shambhala Training Level B *



27 Belmont Close, London SW4 6AY

Tel 020 7720 3207 Fax 020 7627 4224

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

Registered charity no. 1073977

\* open to authorised students only