

Buddhist Programme

CONTEMPLATIVE MEDITATION

with Acharya David Schneider

During the past several years, Sakyong Mipham Rinpoche has given detailed instructions on the meditation practices of shamatha (calm abiding) and vipashyana (insight, clear or higher seeing). To present these teachings to a wider audience, the Sakyong encouraged in Shambhala Centres a series of weekends courses: one on shamatha, one on vipashyana, and a final weekend on the unity of shamatha and vipashyana. This weekend is the second in the series: the vipashyana course. It is open to all students who have received basic meditation practice. Students who have completed the first weekend on shamatha are especially welcomed. The course will include teachings, meditation practice, and group and individual instruction. We begin with a review of the power and practice of shamatha, and continue by exploring contemplative meditation and the wealth of the vipashyana tradition.

*7:30pm Friday 1 February to Sunday 3 February
Cost £60 (concessions £40), members £45 (£35)
Friday evening is free of charge*

NGEDON SCHOOL

The Ngedon School was founded by the Vidyadhara in 1982 for senior practitioners wishing to deepen their understanding of dharma. Ngedon means the true or inner meaning of dharma; the purpose of the school is to study the essential meaning of our Kagyu and Nyingma traditions. In addition to the teachings of the Vidyadhara, the Sakyong, and other contemporary teachers, Ngedon School students study the root texts of Buddhism which are most important to our tradition. In this way we seek to enhance our practice through a deeper understanding of the Buddha's teaching and to broaden and sharpen our ability to communicate the dharma to others. The course is open to authorised students and will consist of evening group meetings organised into four modules of ten sessions each and a weekend taught by Acharya Robert Puts. For further information, please contact Orhun Cercel (020 7737 1096).

*7:30pm Thursdays 24 January to 28 March
Weekend with Acharya Robert Puts 16 & 17 March*

VAJRAYANA PRACTICE WEEKEND

This will be an opportunity for sadhakas and tantrikas to come together and practice. Open to authorised students.

Saturday 26 & Sunday 27 January

THE FOUR IMMEASURABLES

This course will present the Buddhist teachings on awakening the human heart and associated practices. These can help us to recognise and work with the barriers that limit our relationships with others, which have arisen out of ignorance, pain and fear. The teachings will consist of video talks given by Ane Pema Chödrön, one of the most popular and sought-after students of Chögyam Trungpa Rinpoche. She specialises in delivering the teachings of the Mahayana in a particularly clear and heartfelt way that addresses many of the issues faced by people living in modern-day western societies. The course will consist of five Thursday evening sessions, culminating in a weekend of practice during which the remaining videos will be watched and discussed. Both the Thursday classes and the weekend are open to all.

*7:30 pm Thursdays 14, 21, 28 February, 7 & 14 March
Saturday 23 & Sunday 24 March
Cost per evening £5 (concessions £4), members £4 (£3)*

MILAREPA DAY

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

Sunday 3 March 10am 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 7 April 5pm, open to members or by invitation

INTRODUCTORY TALKS

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

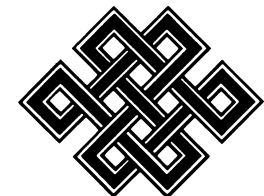
Wed 9 Jan	The View of Meditation
Wed 20 Feb	Hope and Fear
Wed 13 Mar	The Three Jewels
Wed 10 Apr	Impermanence

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 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 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.

FAMILY NYINTHÜN

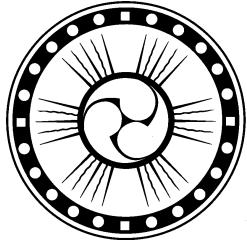
Families with young children are invited to join us for the morning session. Parents will alternate meditation with child care. Please meet by 10:30am and bring a few favourite toys or books.



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.

LODGE MEETING

All lodge members are invited to a winter gathering consisting of Werma Sadhana practice followed by a meeting and potluck lunch. Please contact Peter Conradi or Jane Hope for more details.
11am Saturday 5 January

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).

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

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, there may be a long wait until the opportunity to attend comes round again.

Level 1 The Art of Being Human 12 to 14 April

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 (young people are also welcome) 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 22 to 24 February

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 D Outrageous and Inscrutable 18 to 20 January

The Golden Key 29 March to 1 April



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.

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!

Events

Regular Practice

Welcome

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.

Wednesday 13 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.

Wednesday 13 February

BRISTOL AND BRIGHTON STUDY GROUPS

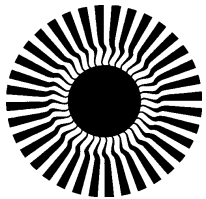
There are Study Groups in Bristol and Brighton where regular meditation sessions and occasional weekend programmes take place. For further information, please contact

Brighton: Kevin and Sybille Barrett 01273 557610

Bristol: Irene Cleghorn 0117 970 6586

CENTRE CLOSED 4 - 12 FEBRUARY

Please note that the Centre will be closed from Monday 4 to Tuesday 12 February for maintenance work.



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 10am to 1pm, 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, see www.shambhala.org/centers/dechen-choling, email to dechen-choling@shambhala.org or phone 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 (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 Spring 2002

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 2002

JANUARY

5 Sat	Werma Sadhana & Lodge Meeting *
6 Sun	Nyinthün
9 Wed	Talk: <i>The View of Meditation</i>
14 Mon	Werma Sadhana *
15 Tue	Padmasambhava Feast *
18 Fri-20 Sun	Shambhala Training Level D *
24 Thu	Ngedon School (1) *
26 Sat-27 Sun	Vajrayana Practice Weekend *
31 Thu	Ngedon School (2) *

FEBRUARY

1 Fri-3 Sun	<i>Contemplative Meditation</i> with Acharya David Schneider
4 Mon-12 Tue	Centre closed for maintenance
7 Thu	Ngedon School (3) *
13 Wed	SHAMBHALA DAY
14 Thu	Course: <i>The Four Immeasurables</i> (1) Ngedon School (4) *
19 Tue	Padmasambhava Feast *
20 Wed	Talk: <i>Hope and Fear</i>
21 Thu	Course: <i>The Four Immeasurables</i> (2) Ngedon School (5) *
22 Fri-24 Sun	Shambhala Training Level 3 *
28 Thu	Course: <i>The Four Immeasurables</i> (3) Ngedon School (6) *

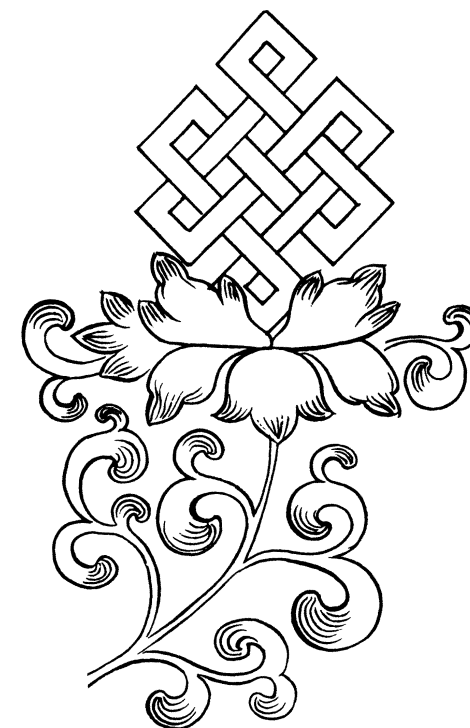
MARCH

2 Sat	Vajrayogini Feast *
3 Sun	Milarepa Day
7 Thu	Course: <i>The Four Immeasurables</i> (4) Ngedon School (7) *
11 Mon	Werma Sadhana *
13 Wed	Talk: <i>The Three Jewels</i>
14 Thu	Course: <i>The Four Immeasurables</i> (5) Ngedon School (8) *
16 Sat-17 Sun	Ngedon School weekend *
19 Tue	Padmasambhava Feast *
21 Thu	Ngedon School (9) *
23 Sat-24 Sun	<i>The Four Immeasurables</i> weekend
28 Thu	Ngedon School (10) *
29 Fri-1 Mon	The Golden Key *

APRIL

6 Sat	Vajrayogini Feast *
7 Sun	Nyinthün Parinirvana Day
8 Mon	Werma Sadhana *
10 Wed	Talk: <i>Impermanence</i>
12 Fri-14 Sun	Shambhala Training Level 1
16 Tue	Padmasambhava Feast *

* open to authorised students only



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www.shambhala.org.uk

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