

# Buddhist Programme

## FEARLESS BUDDHA, PEACEFUL WARRIOR

### An Introduction to the Buddhist and Shambhala paths with Acharya David Schneider

The Shambhala teachings show us how we can discover and make a connection to the sacredness of the everyday world. The Buddhist teachings offer us a path to complete liberation and enlightenment. This programme will look at how these two streams are related, what is meant by Shambhala Buddhism, and why we talk about "enlightened society". The weekend will consist of formal talks, an introduction to meditation, meditation practice and group discussion. It is the first programme in a series of teachings comprising a new Buddhist curriculum. It is open to everyone.

David Schneider is one of the leading teachers in the Shambhala community. Formerly a student of the Vidyadhara Chögyam Trungpa Rinpoche, he now studies and works with Sakya Mipham Rinpoche. He is the author of two best sellers on Buddhism: *Essential Zen* and *Street Zen*.

7:30pm Friday 4 April to Sunday 6 April  
Cost £45 (concessions £35)

## 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 6 April 5pm, open to members or by invitation

## 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 9 March 10am to 7:30pm

## TAMING THE MIND

This course, together with its companion course *Walking the Bodhisattva Path*, introduces students to the view and practice of Hinayana and Mahayana. The Hinayana is where we start and it is the path of working with ourselves. This set of teachings covers basic topics such as the Four Noble Truths, mindfulness-awareness and contemplative meditation. Through the practice of meditation, our mind loosens up and becomes more human and decent. We are no longer quite so arrogant, and begin to understand selflessness. We see the big picture of liberation. The classes are open to everyone. Pre-registration is encouraged.

7:30 pm Thursdays 23, 30 January, 6, 13, 20 February  
Cost per evening £4 or £16 for the entire course (concessions and members £3)

## CITY RETREAT DAY

### Cultivating our innate loving-kindness and compassion

As human beings we have the innate potential of being loving and compassionate. Yet it is sometimes hard to realize this when in our daily lives we may experience conflict and suffering even in our closest relationships. Meditation can be a transformative process if we honour ourselves as the source of wisdom and compassion, giving us confidence and inspiration.

In this one day City Retreat we will draw on Ane Pema Chodron's interpretation of the teachings on the Four Limitless Qualities, focusing on the meditation practices which cultivate loving-kindness and compassion and which enable us to begin applying these teachings to our everyday life experience.

All are welcome. Pre-registration is advisable.

Saturday 22 February 9:30am to 5:30pm  
Cost £15 (£12 members) concessions available

## WORKING WITH THE EMOTIONS

The Vidyadhara Chögyam Trungpa Rinpoche said on this subject: "We are speaking here of becoming one with the emotions. This is different from and in contrast to the usual approach of suppressing them or acting them out. If we are suppressing our emotions, it is extremely dangerous because we are regarding them as something terrible, shameful, which means that our relationship to the emotions is not really open...sooner or later they are going to step out and explode...If you do not suppress your emotions, then you really allow yourself to come out and be carried by them...this is another way of escaping from the actual emotion, another kind of release, a false release...The intelligent way of working with the emotions is to try to relate with their basic substance, the abstract quality of the emotions, so to speak. The basic 'isness' quality of the emotions, the fundamental nature of the emotions, is just energy. And if one is able to relate with energy, then the energies have no conflict with you". The classes are open to everyone. Pre-registration is encouraged.

7:30 pm Thursdays 13, 20, 27 March, 3, 10 April  
Cost per evening £4 or £16 for the entire course (concessions and members £3)

## VAJRAYOGINI PROGRAMME with Acharya Robert Puts

A rare opportunity for Sadhakas to come together and study the teachings of Vajrayogini. Open to authorised students only.

Friday 14 February to Sunday 16 February

## NGEDON SCHOOL

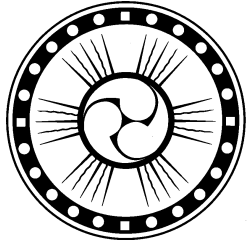
The school will continue to meet. The topics for this term will be the Madhyamika and Yogachara teachings. For further information, please contact Orhun Cercel (020 7737 1096).

Saturdays 11, 18 January, 29 March, 12, 26 April

# 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 on Mondays. 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.

## 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.

### Level 1 The Art of Being Human 7 to 8 February

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. The programme begins at 7:30pm Friday 7 February.

### Level 2 The Birth of the Warrior 18 to 20 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.

### Level 5 Open Sky 24 to 26 January

Having developed trust in basic goodness we can appreciate the freedom of 'open sky' and celebrate our journey along the path of warriorship.

### The Great Eastern Sun 21 to 23 March

An introduction to the Sacred Path programme which offers a deeper exploration of warriorship within the Shambhala tradition.

## 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).

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

## THE ART OF WAR with Barry Boyce

Sun Tzu's *The Art of War* is regarded as one of the greatest classics of military strategy and martial philosophy. The recent groundbreaking translation by the Denma Translation Committee reveals its relevance to modern contemplative practitioners. At the core of this ancient strategy manual is the understanding that conflict is an inescapable part of human life. Since, as Sun Tzu teaches, aggression and response in kind can lead only to destruction, we must learn to work with conflict in a more profound and effective way. Crucial to this strategic vision is knowledge – especially self-knowledge – and a view of the whole that seeks to bring conflicting views around to a larger perspective.

A senior student of both Chögyam Trungpa Rinpoche and Sakyong Mipham Rinpoche, Barry Boyce is a member of the Denma Translation Committee and the head of the Dorje Kasung – a contemplative discipline created by Trungpa, Rinpoche for his western students drawing upon Tibetan Buddhist monastic traditions, the Shambhala vision of an enlightened society and western military forms and traditions. Barry Boyce's energetic and engaging style and depth of experience in these teachings are guaranteed to make this a memorable event! The programme is highly recommended for all Dorje Kasung and is open to all members of Shambhala.

*7:30pm Friday 14 March to Sunday 16 March*

## 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.

*Monday 3 March*

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.

## 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.

## 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.

## THE SADHANA OF MAHAMUDRA

The Sadhana of Mahamudra is an extensive text written by Chogyam Trungpa Rinpoche as a means of enabling students to connect with the richness of the Vajrayana tradition.

## 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 [www.dechencholing.org](http://www.dechencholing.org), email [dechencholing@dechencholing.org](mailto:dechencholing@dechencholing.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 2003

## London Shambhala Meditation Centre

### SPRING 2003

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.

#### JANUARY

4 Sat	Vajrayogini Feast *
8 Wed	Padmasambhava Feast *
11 Sat	Ngedon School *
15 Wed	Sadhana of Mahamudra
18 Sat	Ngedon School *
20 Mon	Open Evening
23 Thu	Course: <i>Taming the Mind</i> (1)
24 Fri-26 Sun	Shambhala Training Level 5 *
29 Wed	Werma Sadhana *
30 Thu	Course: <i>Taming the Mind</i> (2)

#### FEBRUARY

1 Sat	Vajrayogini Feast *
6 Thu	Course: <i>Taming the Mind</i> (3)
7 Fri-8 Sat	Shambhala Training Level 1
12 Wed	Padmasambhava Feast *
13 Thu	Course: <i>Taming the Mind</i> (4)
14 Fri-16 Sun	Vajrayogini Programme * with Acharya Robert Puts
17 Mon	Open Evening
19 Wed	Sadhana of Mahamudra
20 Thu	Course: <i>Taming the Mind</i> (5)
22 Sat	City Retreat Day
26 Wed	Werma Sadhana *

#### MARCH

1 Sat	Vajrayogini Feast *
3 Mon	<b>SHAMBHALA DAY</b>
9 Sun	Milarepa Day
12 Wed	Padmasambhava Feast *
13 Thu	Course: <i>Working with the Emotions</i> (1)
14 Fri-16 Sun	<i>The Art of War</i> * with Barry Boyce
17 Mon	Open Evening
19 Wed	Sadhana of Mahamudra
20 Thu	Course: <i>Working with the Emotions</i> (2)
21 Fri-23 Sun	The Great Eastern Sun *
26 Wed	Werma Sadhana *
27 Thu	Course: <i>Working with the Emotions</i> (3)
29 Sat	Ngedon School *

#### APRIL

3 Thu	Course: <i>Working with the Emotions</i> (4)
4 Fri-6 Sun	<i>Fearless Buddha, Peaceful Warrior</i> with Acharya David Schneider
6 Sun	Parinirvana Day
9 Wed	Padmasambhava Feast *
10 Thu	Course: <i>Working with the Emotions</i> (5)
12 Sat	Ngedon School *
16 Wed	Sadhana of Mahamudra
18 Fri-20 Sun	Shambhala Training Level 2 *
21 Mon	Open Evening
26 Sat	Ngedon School *
30 Wed	Werma Sadhana *



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

\* open to authorised students only

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