

# 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 and Sakyong Mipham Rinpoche.

## VAJRA: EXPANDING THE VIEW

### A Vajrayana Intensive Training Seminar led by Sam Bercholz

A radical examination of the relevance and significance of vajrayana practice in our daily lives. Bring your inspiration, doubts and insights. By invitation only.

7:30pm Friday 14 April, Saturday and Sunday 15 & 16 April.

## KHENPO TSULTRIM GYAMTSO RINPOCHE



We are planning to host Khenpo Tsultrim Gyamtso Rinpoche for a weekend of teaching. The Khenpo was the main tutor of the four great princes of the Kagyu lineage at Rumtek monastery, the main seat of the Karmapa lineage in the present time. He is a renowned scholar and yogi in the great tradition of Milarepa. Over the years he has given profoundly joyous instructions to the Shambhala community and

we look forward to the possibility of hosting this great master at our Centre. Leaflets will be sent to all members once this is confirmed. You will definitely need to pre-register. The weekend is being organised jointly with the Srimala Trust and we expect a very large number of people will want to attend. For further details, please call the Centre after 1 May.

Saturday and Sunday 20 & 21 May.

## THE FOUR LIMITLESS ONES

### Love, Compassion, Joy and Equanimity with David Hope

This weekend seminar presents the Buddhist teachings on awakening the heart and the meditation practices for encouraging the development of its deepest human qualities. These practices can help us to recognise and break down the barriers that limit our relationships with others. The weekend is open to all. For further information call 020 8673 6115.

David Hope is a founder member of the Centre and has taught Buddhist and Shambhala Training programmes in many different countries.

8:00pm Friday 30 June: free introductory talk. Seminar: Saturday 1 July & Sunday 2 July. Cost: £40 (members £30). Concessions available.

## KHANDRO RINPOCHE



We are delighted to welcome back the Venerable Khandro Rinpoche. In 1969, when she was ten months old, Khandro Rinpoche was recognised as the incarnation of the great Khandro of Tsurphu by the 16th Gyalwa Karmapa. Khandro means heavenly dancer, a reference to the dynamic female energy of the enlightened mind. During her short life, she has built up an impressive record of service. Besides her

intensive monastic training, she received an extensive general education at a Catholic convent school in India. She has also pursued a degree in natural healing and in India has developed a project working with leprosy sufferers. On this visit, Rinpoche will be giving teachings on Lojong (Training the Mind). Please contact the Centre after 1 July for further details.

Saturday and Sunday 19 & 20 August.

## INTRODUCTORY TALKS

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

Wed 10 May	Working With the Emotions
Wed 14 June	The 9 Categories of Resting the Mind
Wed 12 July	Hope and Fear
Wed 9 Aug	The Three Yanas

## NYINTHUN – 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.

## FAMILY NYINTHUN

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

## NYINTHUN TALKS

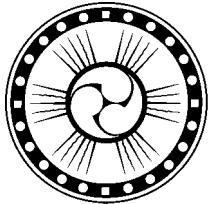
Short talks on practice-related subjects are given during the second session of the monthly nyinthun. Talks normally start around 3:30pm and are free of charge.

Sun 7 May	The Supplication to Padmasambhava
Sun 4 June	Fulfilling the Aspirations of the Vidyadhara
Sun 6 August	The Protectors' Chants

# 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.



## MEDITATION, MOVEMENT AND SPACE with Steve Clorfeine

Stillness, silence and space heighten the contrast between empty space and the qualities we project onto it as we move, act and reveal stories. How can we be ourselves on the spot and embody what we want to communicate? Through the practice of sitting and walking meditation, space awareness exercises and improvisational forms, this weekend will focus on being and doing in both ordinary and theatrical space and time, exploring our natural strengths, doubts, attractions and inhibitions. Steve Clorfeine has been writing, performing and directing theatre pieces since 1975 (including work in the companies of Meredith Monk, Barbara Dilley and Ping Chong) and is on the theatre faculty of Naropa University.

7:30pm Friday 16 June, 9:30am Saturday 17 & Sunday 18 June. Cost: £60 (members £45).  
Concessions available.

## 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 David Philbedge (020 7226 3339).

### Level 4: Awakened Heart 12 to 14 May

When we let the world touch our hearts, we discover the richness of the path of the warrior.

### Level 5: Open Sky 23 to 25 June

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

### The Great Eastern Sun 15 July

This transition day will be an opportunity to review the material already studied and preview The Sacred Path of the Warrior programme, which offers a deeper exploration of warriorship within the Shambhala tradition. The day is a prerequisite for Level A.

## MONDAY EVENING TALKS

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

15 May	The Creativity of Everyday Life
19 June	Timelessness and Being Present

## 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 Philbedge (020 7226 3339).

### The Golden Key 9 to 11 June

Wealth comes to us when we cultivate the attitude of richness. The key is appreciating that we are unmoneyed but good and can manifest richness and splendour to the world.

### Warriors' Assembly 18 June to 2 July

Warriors' 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. Warriors' Assembly will take place at Dechen Chöling in France this summer and will be taught by Jeremy Hayward and Gerda Jansonius. It is open to those people who will have completed the Sacred Path Programme (up to and including Golden Key) by 18 June. Dechen Chöling will need to how many will wish to attend this year, so please call David Philbedge on 020 7226 3339 as soon as possible if you are interested or require further information.

## REGULAR MEDITATION PRACTICE

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.

# Welcome

# Regular Practice

# Dechen Chöling

'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'.

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 fax 00 33 5 55 03 91 74.

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 lone Heaton (020 7460 1797).

## THE VISIT OF SAKYONG MIPHAM RINPOCHE

Dechen Chöling will host Sakyong Mipham Rinpoche, Jampal Dradül, lineage holder of the Nyingma and Kagyu schools of Tibetan Buddhism, and of the ancient heritage of Shambhala Warriorship.

### Being Human, the Journey of Meditation 3 to 8 May

Sakyong Mipham Rinpoche will be presenting an in-depth approach to shamatha, which he has been teaching at the Vajradhatu seminary. This will be a unique opportunity to deepen your understanding of the meditation practice which forms the basis of both the Shambhala and Buddhist paths. Buddhist and Shambhala meditation instructors are encouraged to attend. There will be a Shambhala Vow ceremony on 7 May, open to anyone who has taken at least Level 3 of Shambhala Training.

### The View of Vajrayana 8 to 13 May

Sakyong Mipham Rinpoche will be teaching the view of the vajrayana based on the Guyagharba Tantra, a mahayoga dzogchen text. The Vajra Assembly will conclude on 12 May with the Permission Blessing of Vajrasattva. This permission blessing empowers those who receive it to study the Vajrayana teachings that Rinpoche presented at the 1999 Seminary and which he will continue to teach at the following Seminary. Open to Vajradhatu Seminary graduates.

# Calendar Summer 2000

## London Shambhala Meditation Centre

SUMMER 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.

### MAY

2 Tue	Padmasambhava Feast *
6 Sat	Vajrayogini Feast *
7 Sun	Nyinthun Talk: <i>The Supplication to Padmasambhava</i>
8 Mon	Ashe Society *
10 Wed	Talk: <i>Working With the Emotions</i>
12 Fri - 14 Sun	Shambhala Training Level 4 *
15 Mon	Talk: <i>The Creativity of Everyday Life</i>
20 Sat - 21 Sun	Khenpo Tsultrim Gyamtso teachings

### JUNE

3 Sat	Vajrayogini Feast *
4 Sun	Nyinthun Talk: <i>Fulfilling the Aspirations of the Vidyadhara</i>
6 Tue	Padmasambhava Feast *
9 Fri - 11 Sun	The Golden Key *
12 Mon	Ashe Society *
14 Wed	Talk: <i>The 9 Categories of Resting the Mind</i>
16 Fri - 18 Sun	<i>Meditation, Movement and Space</i> with Steve Clorfeine
19 Mon	Talk: <i>Timelessness and Being Present</i>
23 Fri - 25 Sun	Shambhala Training Level 5 *
30 Fri - 2 Sun	<i>The Four Limitless Ones</i> with David Hope

### JULY

1 Sat	Vajrayogini Feast *
2 Sun	Nyinthun
4 Tue	Padmasambhava Feast *
8 Sat - 9 Sun	Srimala Trust programme in main shrine room
10 Mon	Ashe Society *
12 Wed	Talk: <i>Hope and Fear</i>
15 Sat	The Great Eastern Sun *
17 Mon	Werma Sadhana *

### AUGUST

1 Tue	Padmasambhava Feast *
5 Sat	Vajrayogini Feast *
6 Sun	Nyinthun Talk: <i>The Protectors' Chants</i>
9 Wed	Talk: <i>The Three Yanas</i>
14 Mon	Ashe Society *
19 Sat - 20 Sun	Khandro Rinpoche teachings
21 Mon	Werma Sadhana *

\* Open to authorised students only



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