

Buddhist Programme

UNDERSTANDING EMPTINESS

with the Venerable Dzigar Kongtrul Rinpoche

A weekend of study and contemplation of the essential Mahayana teaching on emptiness with a highly accomplished and dynamic meditation master. The Venerable Dzigar Kongtrul Rinpoche is recognised as an incarnation of Jamgon Kongtrul Lodro Thaye. Born in Northern India to Tibetan Parents Rinpoche was raised in a monastic environment and received extensive teachings in all aspects of Buddhist doctrine. Rinpoche currently spends much of his time in at Longchen Jigme Samten Choling retreat centre which he founded in the last decade. When not in retreat Rinpoche travels widely throughout the world teaching and furthering his own education.

Friday 6 to Sunday 8 July. Further details to be announced.

VIST OF THE VENERABLE KHANDRO RINPOCHE

We are honoured that the Venerable Khandro Rinpoche, one of a very few contemporary women Tibetan lamas, has again accepted our invitation to teach here. Her teachings in the West have developed a wide reputation for the clarity and sharp humour of their delivery, as well as the wisdom and compassion of their content.

23 to 26 July. Further details to be announced.

INTRODUCTION TO THE MAHAYANA

The Mahayana is the Buddha's teachings on living and working for the benefit of others. The practice of sitting meditation enables us to meet our experience directly and become acquainted with our minds and emotions. From this basis we can go forward with an open and confident attitude and become more active participants in our relationship to the world and more compassionate towards those around us. This four-week course will include discussion of the Paramitas or transcendent qualities of the Bodhisattva, the Awakened One, and will examine the development of *shunyata* (emptiness) and compassion. The course will be led by senior students of Chögyam Trungpa Rinpoche and Sakyong Mipham Rinpoche and will include readings and home study to enable course members to participate actively in the teachings.

7.30pm Thursdays 7, 14, 21, 28 June. £24 (£16 concessions) members £16 (£12).

Pre-registration is strongly recommended. For further information please contact 020 8673 6115.

VAJRAYANA ASSEMBLY

with Acharya Sam Bercholz

We are very pleased to announce the return of Acharya Sam Bercholz to lead a weekend programme for vajrayana students. Sam has been a regular visitor to London in recent years and his penetrating and humorous teaching style, coupled with his profound understanding of the dharma, has been deeply appreciated by the London community. Open to graduates of Vajradhatu Seminary.

*Saturday and Sunday 9 & 10 June, 9am to 6pm.
£50 (£35 concessions). Pre-registration is requested.*

FULFILLING THE ASPIRATIONS OF THE VIDYADHARA The Consecration of the Great Stupa of Dharmakaya

The Great Stupa of Dharmakaya is destined to be one of the greatest sites of pilgrimage outside Asia. Its consecration will be a milestone in the transplantation of the Buddhist and Shambhala teachings to the Western world. At the request of Sakyong Mipham Rinpoche, the focus of the consecration will be a continuous period of meditation practice for our community worldwide. During the days of ritual and intense practice, the stupa will fully "come to life" and the Sakyong has placed particular emphasis on the importance of enabling everyone to share in this experience as "an abhisheka for the entire Shambhala community". For the ten days of the consecration, our centre will be arranging sessions for all our main Buddhist and Shambhala practices. Each evening we will be practising together and will be able to watch the specially edited videos of Chögyam Trungpa Rinpoche's teachings that will be shown at the stupa. This is a unique time for our community to practise together and connect with the wisdom mind of the Vidyadhara. Please keep this space free in August and join us.

9 to 18 August. Further details to be announced.

INTRODUCTORY TALKS

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

Wed 9 May	The Four Foundations of Mindfulness
Wed 13 June	Madhyamika
Wed 11 July	The Six Obstacles to Shamatha Practice and their Eight Antidotes
Wed 8 August	The Nine Stages of Shamatha

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.

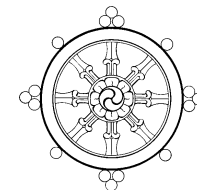
SUNDAY TALKS

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 6 May	Buddha Nature
Sun 3 June	The Dorje Kasung and the Protector Principle
Sun 1 July	The Lineage Supplication
Sun 5 August	The Symbolism of the Stupa

RESIDENTIAL RETREATS

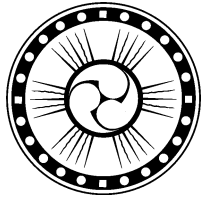
During the coming year, week-long residential retreats are planned at Ivy Bank, our retreat facility in Hampshire. If you are interested, please contact 020 8673 6115.



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, Chogyam 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.

SHAMBHALA SHORTS

On most Monday evenings at 9pm there will be a short talk by a new or experienced Shambhala teacher, followed by informal discussion at 9:15pm. The talks are intended to encourage and challenge all warriors, regardless of experience to allow the inspiration of Shambhala to extend further into our daily lives. Hopefully they will cheer us up and rattle all our cages (and cocoons) whether we are newly hatched or old birds!

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 24 to 26 August

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 15 to 17 June

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 4 Awakened Heart 18 to 20 May and 13 to 15 July

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

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 C Perky 20 to 22 July

By allowing the refreshing vividness of the world dispel doubt and inspire discipline, the warrior manifests dignity and good cheer.

Warrior Assembly

If you have completed the Sacred Path Programme (up to and including Golden Key, or will have by 1 July) and wish to attend Warrior Assembly at Dechen Chöling in France (1 to 14 July) **you should book as soon as possible!** It will be taught by Richard Haspray and Fenja Heupers and the cost will be 5050 FF / 770 Euro. If you are interested or require further information call David Philbidge (020 7226 3339).

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!

DECHEN CHÖLING PROGRAMME HIGHLIGHTS

Visit of Sakyong Mipham Rinpoche

17 to 22 May Public Teachings
20 to 21 May Shambhala Vow Ceremony
24 to 28 May Vajra Assembly

Embracing the Energy of the Emotions:

Maitri Space Awareness

with Paul Cashman
11 to 18 June

Kyudo, the Way of the Bow

with Shibata Sensei, assisted by Sam West
18 to 30 June

Being and Expressing: Joining Art and Dharma

with Herb Elsky and Bärbel Grabowski Märten
22 to 29 June

Warrior Assembly

with Richard Haspray and Fenja Heupers
1 to 14 July

International Family Camp and Sun Camp

16 to 25 July

The Art of Calligraphy

with Kobun Chino Roshi, assisted by Herb Elsky
16 to 25 July

Summer Dathün

The Heart of Warriorship Levels 1 to 4

with Jim O'Neill and Catherine Eveillard-Elsky
27 July to 23 August

Laying the Foundation for the Practice of Vajrayana

with Khenpo Tsultrim Gyamtso
24 August to 3 September

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.

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

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 Lone Heaton (02380 660049). During the coming year, week-long residential retreats are planned. If you are interested, please contact 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 Summer 2001

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.

MAY

5 Sat	Vajrayogini Feast *
6 Sun	Nyinthün Talk: <i>Buddha Nature</i>
9 Wed	Talk: <i>The Four Foundations of Mindfulness</i>
15 Tue	Padmasambhava Feast *
18 Fri-20 Sun	Shambhala Training Level 4 *

JUNE

2 Sat	Vajrayogini Feast *
3 Sun	Nyinthün Talk: <i>The Dorje Kasung and the Protector Principle</i>
7 Thu	Course: <i>Introduction to Mahayana (1)</i>
9 Sat-10 Sun	Vajrayana Assembly * with Sam Bercholz
13 Wed	Talk: <i>Madhyamika</i>
14 Thu	Course: <i>Introduction to Mahayana (2)</i>
15 Fri-17 Sun	Shambhala Training Level 3 *
19 Tue	Padmasambhava Feast *
21 Thu	Course: <i>Introduction to Mahayana (3)</i>
28 Thu	Course: <i>Introduction to Mahayana (4)</i>
30 Sat	Vajrayogini Feast *

JULY

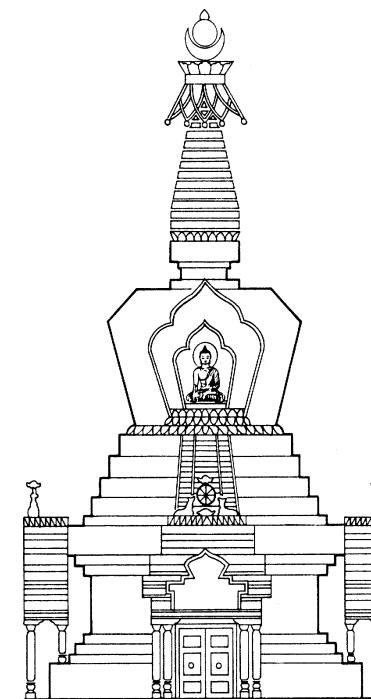
1 Sun	Nyinthün Talk: <i>The Lineage Supplication</i>
6 Fri-8 Sun	<i>Understanding Emptiness</i> with Ven. Dzigar Kongtrul Rinpoche
11 Wed	Talk: <i>The Six Obstacles to Shamatha Practice and their Eight Antidotes</i>
13 Fri-15 Sun	Shambhala Training Level 4 *
17 Tue	Padmasambhava Feast *
20 Fri-22 Sun	Shambhala Training Level C *
23 Mon-26 Thu	Visit of Ven. Khandro Rinpoche

AUGUST

4 Sat	Vajrayogini Feast *
5 Sun	Nyinthün Talk: <i>The Symbolism of the Stupa</i>
8 Wed	Talk: <i>The Nine Stages of Shamatha</i>
9 Thu-18 Sat	Stupa Consecration Programme
21 Tue	Padmasambhava Feast *
24 Fri-26 Sun	Shambhala Training Level 1

London Shambhala Meditation Centre

SUMMER 2001



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www.shambhala.org.uk

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* open to authorised students only