

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.

DEVELOPING MINDFULNESS AND AWARENESS with Peter Conradi

This is a weekend of basic shamatha-vipashyana meditation designed for absolute beginners, and also for those wishing to refresh their understanding and experience of intensive practice. As Suzuki Roshi wrote in *Zen Mind, Beginner's Mind*: "The mind we are in quest of is a mind with all the freshness, absence of cynicism and simplicity of a beginner." In this weekend we will look at how in meditation we re-encounter the fundamental anxiety that governs much of our existence, and win from that some sense of stability. We will examine how we take this new-found stability and start to use it in exploring sense perceptions and developing our intelligence. The weekend will include teachings, meditation practice and group and individual instruction.

7:30pm Friday 28 June to Sunday 30 June.

Cost £40 (concessions & members £30).

Friday evening is free of charge.

TAMING THE MIND

This five-week course is an introduction to the fundamental doctrine of the four noble truths, which were the first teachings of the Buddha - his discovery of the path to complete enlightenment. Suitable for beginners.

7:30pm Thursdays 13, 20 & 27 June, 4 & 11 July.

Cost: £5 per evening (members & concessions £4) or

£20 (members & concessions £15) for the complete course.



SAKYONG MIPHAM RINPOCHE PUBLIC TEACHINGS IN PARIS

The Sakyong will be teaching a seminar entitled *Au delà de la passion et de l'agression, la méditation (Beyond Passion and Agression - Meditation)*. For further details please contact the Paris Shambhala Centre (tel: 00 33 1 43 73 65 77, email shambhala@wanadoo.fr).

8pm Friday 7 June, 9pm to 7pm Saturday 8 June.

TANTRIKA PRACTICE DAY

Open to authorised students.

10am to 6pm Saturday 10 August.

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. Staff training sessions will be held in May and June. If you are interested in learning how to be an umdze/timekeeper, drummer or host, or how to co-ordinate events, please contact Peter Burke at the Centre.

Sun 5 May	Meditation Hall Staff training
Sun 2 June	Programme Co-ordinator training
Sun 7 July	Talk: Synchronising Mind and Body
Sun 4 August	Talk: Terror, Counter-Terror and the Dharma

INTRODUCTORY TALKS

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

Wednesdays 15 May, 26 June, 24 July, 15 August.

No charge.

NGEDON SCHOOL

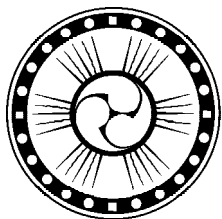
Ngedon School will continue through this term. Please see the Calendar for dates or contact Orhun Cercel.

Open to authorised students.

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.

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 at no charge.

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 2 The Birth of the Warrior 10 to 12 May

This Level is also being held in Brighton on 21 to 23 June. For details please contact Kevin or Sybille Barrett on 01273 557610.

Level 3 The Warrior in the World 7 to 9 June

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.

If you have already completed a Level, you are warmly invited to join the Sunday reception (usually around 6:30pm) the next time it is held, particularly for Level 5.



DECHEN CHÖLING PROGRAMME HIGHLIGHTS

PUBLIC TEACHINGS

TRAVELLING THE PATH OF THE BUDDHA

with Sakyong Mipham Rinpoche

17 to 22 May

VAJRA ASSEMBLY

with Sakyong Mipham Rinpoche

24 to 29 May

WARRIOR ASSEMBLY

with Acharya John Rockwell

and Dorothea Gädeke

15 to 29 June

WERMA INTENSIVE

with Acharya Christie Cashman and Herb Elsky

20 to 29 June

MAHAMUDRA

with Khenpo Tsultrim Gyatso Rinpoche

6 to 15 July

FAMILY CAMP

with Herb Elsky and Catherine Eveillard Elsky

19 to 28 July

STRANGE ELEGANCE:

THE SHAMBHALA ART OF BUGAKU

with Dessie Howard

25 to 28 July

KYUDO: THE WAY OF THE BOW

with Kanjuro Shibata Sensei and Sam West

3 to 11 August

SUMMER DATHÜN

with Acharya Jeremy Hayward

3 August to 1 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.

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 Summer 2002

London Shambhala Meditation Centre

SUMMER 2002

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

1 Wed	Ngedon School *
4 Sat	Vajrayogini Feast *
5 Sun	Nyinthün Meditation Hall Staff training
Wed 8	Padmasambhava Feast *
10 Fri-12 Sun	Shambhala Training Level 2 *
Wed 15	Introductory talk Ngedon School *
Wed 22	Werma Sadhana *
Wed 29	Ngedon School *

JUNE

1 Sat	Vajrayogini Feast *
2 Sun	Nyinthün Programme Co-Ordinator training
5 Wed	Padmasambhava Feast *
7 Fri-8 Sat	Sakyong Mipham Rinpoche Public teachings in Paris
7 Fri-9 Sun	Shambhala Training Level 3 *
12 Wed	Ngedon School *
13 Thu	Course: <i>Taming the Mind</i> (1)
19 Wed	Werma Sadhana *
20 Thu	Course: <i>Taming the Mind</i> (2)
21 Fri-23 Sun	Shambhala Training Level 2 * (Brighton)
26 Wed	Introductory talk Ngedon School *
27 Thu	Course: <i>Taming the Mind</i> (3)
28 Fri-30 Sun	Developing Mindfulness and Awareness weekend programme with Peter Conradi

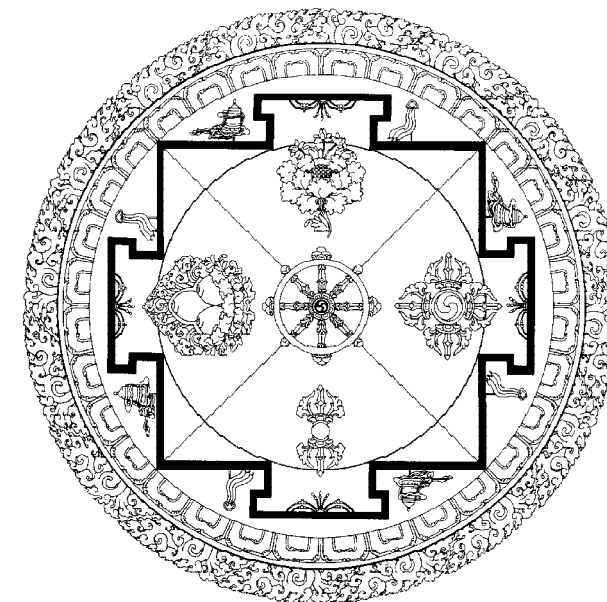
JULY

3 Wed	Padmasambhava Feast *
4 Thu	Course: <i>Taming the Mind</i> (4)
6 Sat	Vajrayogini Feast *
7 Sun	Nyinthün Talk: <i>Synchronising Mind and Body</i>
10 Wed	Ngedon School *
11 Thu	Course: <i>Taming the Mind</i> (5)
17 Wed	Werma Sadhana *
20 Sat	Ngedon School *
24 Wed	Introductory talk Ngedon School *
21 Wed	Padmasambhava Feast *

AUGUST

3 Sat	Vajrayogini Feast *
4 Sun	Nyinthün Talk: <i>Terror, Counter-Terror and the Dharma</i>
7 Wed	Ngedon School *
10 Sat	Tantrika Practice Day *
14 Wed	Werma Sadhana *
21 Wed	Introductory talk Ngedon School *
31 Sat	Vajrayogini Feast *

* open to authorised students only



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www.shambhala.org.uk

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