



Shambhala
Meditation Center
of Atlanta

July - September 2009

Schedule of Workshops, Classes and Events

LEARN TO MEDITATE

Sunday Mornings

Free meditation instruction 10:00am-11:30am. Please arrive promptly at 10:00am for instruction, and then join our Sunday morning schedule of activities. Please see description below.

Tuesday Evenings

Free meditation instruction 7:00pm-8:00pm. Please arrive promptly at 7:00pm for instruction, and then join our Tuesday Open House. Please see description below.

Learn to Meditate

Saturday, July 11 • Saturday, August 8 • Saturday, September 19

10:00am-1:00pm

\$50 includes book: *Turning the Mind into an Ally* by Sakyong Mipham

Open to everyone

In this 3-hour class, you will receive the technique, guidance and experience necessary to start a mindfulness-awareness, or “peaceful abiding” meditation practice. An authorized meditation instructor will give detailed instruction and guided meditation so that you have all the tools necessary for a daily practice. Ideal for beginners or students wanting to refresh their meditation technique.

PUBLIC MEDITATION SCHEDULE

Group meditation sessions are free and open to the public.

Sunday Morning Open House

9:00am-12:15pm Buddhist Chants from 9:00am-9:30am

Free meditation instruction available at 10:00am. Sitting meditation followed at 11:30 with a brief presentation on the practice and teachings of the Shambhala Buddhist tradition, followed by discussion and refreshments.

Tuesday Evening Open House

7:00pm-9:00pm

Free meditation instruction available at 7:00pm. Sitting meditation followed by a dharma talk, group discussion and refreshments.

Wednesday Evenings

7:00pm-8:00pm

Sitting Meditation. Evening Buddhist chants at 7:45pm

Meditation instruction is not available on Wednesdays.

Sadhana of Mahamudra Practice

July 7, 7pm • July 22, 7pm • August 5, 7pm • August 20, 7pm

September 7, 7pm • September 18, 7pm

The Sadhana of Mahamudra, composed by the Vidyadhara Chogyam Trungpa Rinpoche, is practiced on the new and full moon days. This Vajrayana practice is open to everyone and is a means of overcoming obstacles in one's practice and life. The Sadhana consists of a brief silent meditation, chanting and mantra recitation, and lasts about an hour.

SHAMBHALA TRAINING

Shambhala Training Level I

July 17-19

Friday, 7:30pm-9:30pm; Saturday, 8:30am-6:00pm; Sunday, 8:30am-1:00pm

\$150 (members \$125)

Saturday lunch \$7 (or bring your own)

Open to Everyone.

The practice of meditation opens you to the experience of basic goodness and the freshness and vividness of each moment. Level I is the beginning of the Shambhala Training path, a series of weekend retreats. By settling the mind through meditation, we begin to experience the richness and brilliance of the world beyond our habitual patterns and filters. This experience of basic goodness becomes the basis for cultivating bravery and compassion in our everyday lives. The weekend includes meditation instruction and practice, talks and group discussion, and individual interviews with meditation instructors.

Windhorse

July 24-26

Friday, 7:30pm-9:30pm; Saturday & Sunday, 8:30am-6:00pm

\$175 (members \$150) plus \$35 Materials Fee.

Saturday lunch \$7 (or bring your own)

Open to graduates of GES

In this level, students begin the study of *The Letter of the Black Ashe*. This text gives the instruction for “raising windhorse”, which opens the heart and refreshes one's confidence and energy. The practice is a way to bring about skillful and heartfelt social engagement, enabling the warrior to go forward in the midst of whatever challenges occur.

Review Class for Shambhala Training Level III

August 22

9:30am-12:30pm

Free, Pre-registration is requested.

Open to all graduates of Shambhala Training Level III

Deepen your journey on the path of warriorship with this review class before Level IV. The review includes meditation, readings and discussions from the sourcebook *Shambhala: Sacred Path of the Warrior*, by Chogyam Trungpa Rinpoche. Please bring your book to class.

Shambhala Training Level I

September 11-13

Friday, 7:30pm-9:30pm; Saturday, 8:30am-6:00pm; Sunday, 8:30am-1:00pm

\$150 (members \$125)

Saturday lunch \$7 (or bring your own)

Open to Everyone.

See description above

Drala

September 25-27

Friday, 7:30pm-9:30pm; Saturday & Sunday, 8:30am-6:00pm

\$175(members \$150)

Saturday lunch \$7 (or bring your own)

Open to graduates of Windhorse

Through exploring the depth of perception, one engages the elemental and magical strength inherent in the world. The principle of drala refers to the sacred energy and power that exists when we step beyond aggression.

CONTEMPLATIVE CULTURE

Harvest of Peace

Community Celebration & Address by Sakyong Mipham Rinpoche

September 20

"...when we say, "harvest of peace," here, it is peace within ourselves- We feel like we belong, we feel like we actually want to participate in the community."

- Sakyong Mipham Rinpoche, Harvest of Peace address 1999

The Harvest of Peace, around the time of the autumn equinox, is a time for local communities to gather, hear teachings by Sakyong Mipham Rinpoche, and celebrate the riches of our Shambhala Buddhist lineage and local cultures. The Sakyong will address the global Shambhala community through a live broadcast to Shambhala Centers. Watch for details on our website.

BUDDHIST PROGRAMS

Crazy Wisdom

With Changling Rinpoche

Thursday, August 13, 7:30pm-9:30pm

\$35

Open to all vajrayana students

Chogyam Trungpa Rinpoche called crazy wisdom "craziness going wise." Khenpo Gangshar Rinpoche who, along with his root guru Shechen Kongtrul Rinpoche, was one of the two principal gurus of the Vidyadhara Chogyam Trungpa Rinpoche in Tibet. Khenpo Gangshar Rinpoche is said to have transmitted the lineage of crazy wisdom to the Chogyam Trungpa Rinpoche. Changling Rinpoche is presenting the teachings of Khenpo Gangshar Rinpoche in the Shambhala mandala. Join us and learn more about the crazy wisdom lineage and its meaning.

Lojong: the 7 Points of Mind Training

With Changling Rinpoche

August 15-16

Saturday, 9:30am-5:00pm, Sunday, 9:30am-1:00pm

\$100

Open to everyone

Lojong, a main contemplative practice in the Mahayana path, means "mind training." Organized around seven points that contain fifty-nine pithy slogans or proverbs, Lojong focuses on the detailed methods one can use to awaken and cultivate their heart-mind to compassion and loving-kindness.

Changling Rinpoche In 1985, Changling Rinpoche was recognized by both Dilgo Khyentse Rinpoche and Penor Rinpoche as the main tulku of Changchub Ling Nyingmapa Monastery in Central Tibet. He is a main teacher at Shechen Monastery in Nepal where he resides. Rinpoche has been warmly received as he teaches throughout North America, Australia, and Europe. His youthful enthusiasm combined with his amazing knowledge of Buddhist doctrine makes his teachings an enriching experience for all who attend. For more information on Rinpoche visit www.northern treasures.org

Buddhism in a Nut Shell: The Four Seals of Dharma

With Phakchok Rinpoche

Wednesday, September 30, 7:30pm-9:30pm

\$35

Open to everyone

Phakchok Rinpoche will give commentary on this foundation of the Buddha's teachings. Buddhism is marked by four characteristics, or 'seals', which are closely linked to the 4 Noble Truths. These seals are all compounded things are impermanent, all stained emotions are painful, all phenomena are empty and nirvana is peace. If all these four seals are found in a path or a philosophy, it can be considered the path of the Buddha.

Advice & Teaching on the Creation Stage

With Phakchok Rinpoche

Friday, October 2, 7:30pm-9:30pm

\$35

Open to all vajrayana students

In the creation stage of vajrayana practice, practitioners use visualization of buddhas, deities and enlightened realms in order to transcend ordinary concepts of themselves and the world around them. The creation stage prepares the mind for resting in the completion stage, where one has a direct encounter with the ultimate nature of mind and reality. Rinpoche will give practical advice on how to enhance creation stage practice.

*Born in 1981, **Phakchok Rinpoche**, son of Chokling Rinpoche and grandson of Tulku Urgyen, has been recognized as a high-ranking tulku of the Taklung Kagyu School of Tibetan Buddhism. He has monasteries and Dharma Centers in Nepal and elsewhere. Rinpoche travels to all parts of the world to give Buddhist teachings, grant initiations and oversee his Dharma-related projects. For more information on Rinpoche visit www.phakchokrinpoche.org*

CLASSES

The Truth of Suffering and the Path of Liberation

Wednesdays, July 1-29 (5 weeks)

7:00pm-9:30pm

Cost: \$65 (\$55 members) plus text: *The Truth of Suffering and the Path of Liberation* by Chogyam Trungpa

Open to everyone

The truth of life has never been better or more succinctly articulated than in the Buddha's teaching on suffering, its cause, and its cessation—the famous formulation known as the Four Noble Truths. This concise handful of words is in fact the foundation from which all subsequent Buddhist teachings grow, and upon which all of them rely. Their wisdom is as pertinent to the scholar of Buddhist philosophy as it is to the ordinary practitioner, as it is indeed to anyone, anywhere, who aspires to liberation.

Meditation in Everyday Life

Wednesdays, September 23-October 28 (5 weeks-No class 9/30)

7:00pm-9:30pm

Cost: \$65 (\$55 members) plus text: *Turning the Mind into an Ally*, by Sakyong Mipham and *Shambhala: The Sacred Path of the Warrior* by Chogyam Trungpa.

Open to Everyone

This 5 week course provides an opportunity to deepen the experience and understanding of meditation for new students and experienced students. This series of classes offers a glimpse of the Shambhala vision of enlightened society by emphasizing the ways in which meditation can impact our daily lives, and can expand to impact our whole society. It places special attention on practical suggestions for establishing and maintaining a sitting practice in the midst of our daily routines.

UPCOMING EVENTS

Qi Gong with Eva Wong – October 10-11

Eva Wong, author and translator of 13 books on the Taoist arts of health, meditation and qigong, is the 19th-generation lineage carrier of Xiantianwujimen Taoism (Pre-celestial Limitless Gate School of Taoism) and 3rd-generation student of Wang Xiangzhai, founder of Yiquan martial arts and Zhangzhuan (standing qigong). She is offering these programs exclusively at Shambhala Centers.

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