



S H A M B H A L A

## Shambhala Guide Training Program

November 2012

### Recommendation Form

Dear Meditation Instructor/Centre Leader/Senior Teacher:

**In order for your student's application for the training program(s) to be reviewed, please complete and return the following recommendation form to:**

[programs@dorjedenmaling.com](mailto:programs@dorjedenmaling.com) or

Dorje Denma Ling: Programs  
2280 Balmoral Road  
Tatamagouche NS, B0K 1V0

We **must receive your letter by October 21, 2012** Should the student be accepted, they will receive a list of study materials to work with *prior* to the actual training. It is therefore very important to have all of the documentation in by the relevant date.

In writing your recommendation please consider the student's connection to practice. You should have some sense that they are tamed, processed and softened, and **that they practice regularly**. The student should express a willingness and desire to work with others (with an attitude that other is more important) and have a commitment to Shambhala and the teachings of the Vidyadhara and the Sakyong. The student should have an understanding that this authorization is a journey and a commitment, not a credential. Many people recommend people who are not completely appropriate candidates, because they wish to be supportive. Whether or not being a Shambhala Guide will be helpful to the student's personal path should be a secondary consideration in your recommendation. Please be straightforward in your description of the student's readiness. It is very painful for people to go through the training and not be authorized.

The person who completes this training, or the **Shambhala Guide**, is a resource, guide, friend, and host to newcomers to meditation. One important aspect of their activity is to offer initial meditation instruction. It utilizes the wisdom and energy of many newer, and yet mature, students who are interested in being part of the transmission of the teachings and the growth of our communities. Some centers have a great and urgent need for new

instructors who can give individual (and in some cases group) instruction at open house events.

Students who wish to become a **Buddhist Meditation Instructor and/or a Shambhala Training Assistant Director** and have the appropriate pre-requisites (a dathun and either Vajrayana Seminary for MI or Warrior Assembly for AD) will take this program as the first phase of that training. If they complete the Shambhala Guide program successfully, they may go on to take a Meditation Instructor's Training program or an Assistant Director's Training program when available.

The emphasis is not merely on "delivering" the meditation instruction or information on our programs, the practice path, the shrines, Shambhala forms, chants, ceremonies, events and so on. Students will also be trained in the principles of engagement and friendship, listening, inquiry, and speaking from the heart so they can help connect people to the Shambhala community in a way that is appropriate to the new student.

#### **BASIC REQUIREMENTS TO APPLY FOR MI/AD TRAINING PART I: (SHAMBHALA GUIDE)**

- Completion of weekthun
- Completion of Shambhala Training Levels I - V
- Completion of Shambhala Buddhist path Cycles 1 and 2 (or one year of Buddhist classes), and
- Center membership (exceptions can be made for people in small groups and remote locations)
- Active volunteer at the Center (exceptions can be made for people in small groups and remote locations), and
- Three positive letters of recommendation: center director; Buddhist or Shambhala meditation instructor, and one other senior teacher, Shambhala Training Resident Director or center practice & study coordinator
- An on-going relationship to meditation practice

#### **RESPONSIBILITIES OF A SHAMBHALA GUIDE**

- Give one-on-one meditation instruction (and in some cases group instruction) at Open Houses, dharma gatherings and other programs and public practice situations. At the end of the initial meeting, the Shambhala Guide would schedule a follow up meeting, as determined by the two parties.
- Refer the student to a Meditation Instructor during the follow-up interview for further meditation training.
- Stay in touch and remain a practice friend to those to whom one has given initial instruction.
- Relate to a meditation instructor as a supervisor. The supervisor/mentor will be assigned at the training program and will commit to working with the new SG for at least one year.
- Have an on-going relationship to meditation practice and study of the dharma.
- Lead/facilitate discussion groups at public programs, initially under the guidance of an experienced teacher/s.

## INTERVIEW

Please make every effort to meet with your student in person and to conduct a formal interview. If the student lives far away, please conduct the interview over the telephone. This recommendation is confidential.

### Meditation Instructor Training Programs Recommendation Form

1. Student's Buddhist or Shambhala Meditation Instructor
2. Centre Director and/or
3. Shambhala Training Resident Director or Senior Teacher or Centre Practice and Study Coordinator

*Please type or print neatly.*

Applicant's  
name \_\_\_\_\_

Your current center  
affiliation \_\_\_\_\_

Your  
name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_

Country \_\_\_\_\_

Telephone: Home (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail: \_\_\_\_\_

The program consists of a three- day portion followed by one follow up day at the participant's home center. Would you be in a position to teach or coordinate this follow up day at your center? \_\_\_\_\_yes \_\_\_\_\_no

\_\_\_\_\_Number of years you have been the student's meditation instructor or known the student.

\_\_\_\_\_Number of hours the student has practiced in the last three months.

\_\_\_\_\_Has the student done intensive practice (retreat, dathun, etc)? Please describe.

\_\_\_\_\_  
\_\_\_\_\_

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Has the student fulfilled the pre-requisites for this training as described above?  
\_\_\_\_\_. If not, please explain the circumstances surrounding this  
application\_\_\_\_\_

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Please provide a written explanation of your recommendation, referring to the  
applicant's potential to take on the particular responsibilities that would be required  
for the training that they are applying for. You may use additional paper.

Level of recommendation:

Highly recommended  Recommended  Not sure  Not recommended

Needs of your center:

Please rate the need for new meditation instructors at your center:

great need  moderate need  minor need  sufficient number available\_

*Signature* \_\_\_\_\_

*Date*\_\_\_\_\_