Shambhala Halifax Banner

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submission deadline for next issue: April 10th

Photo by BHH Studios

SHAMBHALA DAY - YEAR OF THE WOOD SHEEP

Excerpt from Sakyong Mipham Rinpoche's Shambhala Day Address:

I see this Year of the Sheep as a time of stabilizing and domesticity. Shambhala needs to be wherever we are. We have been working with its principles and theories, but as everyone knows, the best place to try them is at home. There it becomes very evident how strong these principles are. We have taken them from a sense of vision to the centres, and now it is about bringing them into our home. Regardless of what our home situation is, we should feel a sense of good fortune to have a home, a sense of belonging and being.

The ability for Shambhala to continue resides not only in the Shambhala centres,

(continued p.15)

DIRECTOR'S REPORT

by Rhiannon Wells

Wow. What a whirlwind winter this has been. By the time you read this March Banner, we will already be occupying the entire second floor of the Shambhala Centre. Our friends from the international offices of Shambhala will be downtown in the new Kalapa Centre and we will all be embarking on a new phase in Shambhala.

It's very exciting to be a part of Shambhala at this critical time. We can watch the materialism of our world squelch our vision and seduce us into small, selfish thinking, or we can take a leap into the unknown and allow ourselves to envision the future we want, for us and for everyone who encounters us. To do this we have to know why we're doing it.

People are longing to find meaning in their lives. They want to connect with others and have deep conversations about meaningful topics, to share their lives within a community, and to ask for and give help getting through life's ups and downs. Shambhala provides us with an opportunity to stretch ourselves beyond the mundane, to discover who we really are and to engage with others at that level.

Although basic goodness can be found everywhere, most of us miss it. This is a rare treat in our crazy world, and nothing feels better than to share our teachings and culture. In particular, we are recognizing the importance of food, conversation, and community. One way we are experimenting with this in Halifax is by providing optional conversation topics at Taste of Shambhala. When you sit down to have dinner, on your table are a couple of questions or themes that correspond with the talk that follows the meal.

My last TOS meal included a conversation about justice and the question of where self ends and other begins. We tried to express what justice means to each of us and how that relates to our understanding of emptiness. It was a fantastic conversation that included a woman visiting from California for the first time, some avid Shambhala Sadhana practitioners who practice before dinner on Wednesdays, and several TOS regulars. Some people have dinner and head home, others show up just for the talk, but many of us meet over dinner and enjoy conversation we likely would not have anywhere else.

These wonderful events at the Shambhala Centre require a lot of volunteer support, or we need to pay people to make them happen. Our community demographics are reaching a critical point, where over half of our sangha is aging and retiring. We are losing volunteer energy and revenue at the same time as we are growing our centre and expanding our offerings.

As we enjoy our new expanded centre, please contemplate what this centre means to you and how

Photo by Vivien Shotwell

you can help make it available to future generations of warriors. Maybe it's as simple as staffing one more level, maybe it's making a commitment to coordinate your favourite feast, maybe it's doing one more evening desk shift as a kasung, maybe it's raising your dues by $10 or $20 a month.

Any and all of these offerings help the Shambhala Centre thrive. With your help, we will continue to grow as a vibrant centre of personal and social transformation.

And please come join us for Norris Eddy and Heather Gaskill's great cooking and a chance to meet minds and hearts at Taste of Shambhala, every Wednesday night at 6pm.

CONTEMPLATIVE BUTOH/DANCE

with Denise Fujiwara

Tuesday, March 10, 17 & 24, 7-9:30pm

Tuition: $60 • Patron: $85 • drop-in rate of $25 per Tuesday is also possible

Training for your body and mind. Using Japanese Butoh and post-modern improvisation dance principles we'll work towards becoming more present, enhancing creativity and conditioning the body for strength and agility. The work can be done at many levels and challenges both the beginner and professional dancer. If you can walk, you can do this dance work.

About Denise Fujiwara:

Denise Fujiwara's work as a dance artist has developed over 30 years of intensive practice, performance and study. Her most influential mentors include Japanese butoh master, Natsu Nakajima, and Montreal master dance pedagogue, Elizabeth Langley. She has created a practice of contemplative dance that is accessible to anyone, from beginner to advanced levels. Her methodologies artfully assist participants to experience deeply embodied movement through the cultivation of curiosity, awareness and presence. She has led workshops and master classes across Canada and in Seattle, Portland, Salt Lake City, Cleveland, Copenhagen, Krakow, London, Germany, Costa Rica, Colombia, Ecuador and India. In 2013 she won the Toronto Arts Foundation Award for International Achievement in Dance and in 2014 her work, EUNOIA, was nominated for 3 Dora Awards.

GRIEF SUPPORT GROUP

March 19 & April 16, 5-6:30pm

A drop-in grief support group for practitioners who have experienced the death of a loved one takes place on the 3rd Thursday of every month from 5pm-6:30pm in the Garuda Room.

Participants share their stories, learn about the journey of grief, and practice together in a caring and confidential environment. All are welcome.

For further information, contact Jacquie Bell at jacquie.bell@gmail.com.

TASTE OF SHAMBHALA NEEDS YOU!

Get involved with our weekly Open House event!

Taste of Shambhala is cooking, and piping hot, much like the soup served by heartful volunteers, and impeccably prepared by Master Chef Norris Eddy and Heather Gaskill. This program magnetizes a diverse group, from curious new comers to longtime community members, with as many as 70 attendees in early January. This warm and welcoming evening includes relaxed conversation and connection over a simple/wholesome meal, a light introduction to meditation and engaging talk every Wednesday evening.

Taste of Shambhala offers an opportunity to be part of the community in action. If you're looking for ways to engage, connect, learn a skill or polish up on one, and be part of something that benefits many--keep on reading. Your energy is needed to help make this event possible, to continue reaching and touching hearts and bellies. Perhaps one, several or all of the following areas could be calling you.

Kitchen Assistance: This task involves assisting a Master Chef with chopping, and other food related tasks. Soak in the warmth of the kitchen knowing that you're contributing to feeding people well. 3:30-6:00pm.

Hosts: Holds awareness of the environment and the overall flow of the evening, welcoming and orienting arrivals, ensuring attention to the various aspects of the evening and directing the flow. Arrival 5:00-8:00pm

MI/Shambhala Guides: Holds the meditation portion of the evening, greeting and assisting people to find their way in the shrine room, answering questions about medtation practice and classes, supporting the teacher and overall attention to what may be needed in the shrine room.

Set up: Help set up the tables, chairs, utensils, bring out the food, set up the main shrine room (relate to MI/Shambhala Guide). 5:00-5:45 pm

Clean up: Kitchen clean up (while people are eating) mainly doing dishes. After dinner, take down tables, chairs, set up the snow lion room, putting food away, dishes and general kitchen clean up.

Rigden Weekend participants, Jan 23rd-25th

SHAMBHALA SENIOR OUTREACH AND SUPPORT GROUP

March 25, April 29, 12pm-1:30pm

The Halifax Shambhala Committee on Aging would like to invite everyone 60 years and older to talk about the issues and difficulties that arise as we get older. These may entail medical, emotional, social and financial issues, as well as day-to-day living adaptations we might be facing or preparing for.

This support group is on-going, with regular meetings on the last Wednesday of each month. Persons younger than 60 who are interested in aging issues are also welcome to attend.

We hope you will join us for relaxed and confidential sharing of our questions, concerns, wonder and experiences.

CHRONIC HEALTH SUPPORT GROUP

March 10, April 14, 12-1:30pm

OPEN TO ANYONE with a connection to the Shambhala Centre with a chronic physical or mental health condition, these Tuesday lunchtime meetings include loving-kindness meditation and discussion of the experience of living with chronic conditions.

MILAREPA DAY! *March 7, 9am-9pm*

Milarepa Day celebrates the enlightenment and life example of Milarepa. The celebration involves a full day of practice, which includes chanting the Milarepa sadhana and reading the songs of the lineage teachers in The Rain of Wisdom. The day is open to the public and begins with opening the Milarepa Sadhana and ends with closing it. Thus silence throughout the day is encouraged.

Participants can take part in any section of the day they desire. Please take careful note that you can enter the Main Shrine Room ***only*** at the following times, in order not to disrupt the practice:

Before 9am;
Between 11am and 11:15am;
Between 12:30pm and 2pm;
Between 3:30pm and 3:45pm;
Between 6pm and 7pm.

Lunch break from 12:30 to 2pm. Dinner from 6 to 7pm.

If people have a copy of the Rain of Wisdom book, they should bring it. The Shambhala Centre has a few copies to lend to those who do not have a copy. By reading the dohas and stories in the Rain of Wisdom we connect to the powerful Kagyu lineage of devotion, courage, and insight. It is a delightful one-day marathon.

WEEKDAY MEDITATION

Mon. to Sat. 7–8:15am

(All are welcome to stay at 8am for the daily morning chants, 10-15min or so.)

Mon. to Fri.: 9–10am, 5–6 pm

(All are welcome to stay at 8am for the daily morning chants, 10-15min or so.)

We always welcome trained Guides, ADs and MIs, as well as meditators with a solid experience of meditation, to be umdze (timekeeper). If you are inspired to contribute to the community of meditators, please contact Robert Halpern for details: halpernrobert@hotmail.com or 902-405-2697.

Free of charge. Your generosity is what makes this possible.

SUNDAY MEDITATION

Sundays, 9am–noon

Sunday morning practice is a golden opportunity to practice meditation in a strong container with a range of newer and more experienced practitioners, and it is a great place to meet with your meditation instructor. Free of charge. Donations welcomed!

The second Sunday of every month includes Maitri bhavana, a meditation practice to benefit the seriously ill, that will take place every second Sunday—Names and illnesses of friends and relatives may be written on the sheet posted in the Main Shrine Room.

Photo by Vivien Shotwell

WAY OF SHAMBHALA

Open to people of any spiritual tradition, the Way of Shambhala is designed for the modern world and is suitable for both beginning and experienced meditators alike. It provides a strong foundation in mindfulness-awareness meditation, wisdom teachings, contemplative arts and physical disciplines rooted in the ancient traditions of Shambhala and Tibetan Buddhism.

The Way of Shambhala consists of a series of classes and weekend programs explores the Shambhala vision of basic goodness and enlightened society. The practice of meditation is presented as a means to cultivate fearlessness, confidence, openness, and gentleness toward ourselves, each other and our world.

The courses are interactive and communal, and create a learning environment where the teachings are intimate and relevant. Participants train in meditation, and use inquiry, dialogue and contemplative arts to integrate the teachings.

Please view the Way of Shambhala section of our website for the current 2015 schedule.

Questions and offers to serve as staff can be directed to Sophie Leger, Way of Shambhala Program Manager, at 902-420-1118 x134, or at wos.shambhala@shambhala.org

CONTENTMENT IN EVERYDAY LIFE

with Robert Gailey; Five Thursdays, 7-9pm, Mar. 5, 12, 19, & April 2

Tuition: $130 • Patron: $150 (Generosity policy applies)

Contentment is hard to find. We usually think contentment is found in things, achievements or experiences, but what if it was available any moment, in our ability to relax and appreciate. Contentment in Everyday Life is a 5-week course that offers an exploration of the obstacles or challenges to experiencing simplicity, gentleness and mindfulness in everyday life. The course responds with practical suggestions to the question "How can I bring the contentment of meditation into my everyday life?"

This is an introductory class in the Way of Shambhala curriculum. It offers a glimpse of the Shambhala vision of an enlightened society created through mindfulness-awareness meditation, and how the stability and wisdom cultivated through this practice can expand to benefit the world around us.

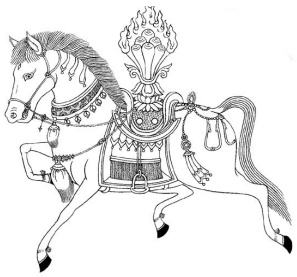
Each class includes meditation and/or contemplation, some social element, a presentation, and time for a discussion of how the material relates to our personal life.

Open to everyone. No prerequisite.

SACRED PATH SERIES: WINDHORSE

with Shastri Mary Campbell; March 27-29

Tuition: $150 • Patron: $175 (Generosity policy applies)



In this Sacred Path program we begin studying the root text, The Letter of the Black Ashe, which includes the instruction for "raising windhorse," a practice for opening the heart and refreshing one's confidence. Windhorse practice is a way to attune one's personal energy and presence and to bring about skillful and heartfelt social engagement, enabling the warrior to go forward in the midst of whatever challenges occur.

Pre-requisite: Great Eastern Sun

HOW CAN I HELP? THE BASIC GOODNESS OF SOCIETY

with Shastri Mary Campbell; 6 Mondays, 7-9pm, April 13-May 18

Tuition: $130 • Patron: $150 (Generosity policy applies)

This course asks the question, "How can I help?" and explores our relationships with others, our aspiration to help our world, and specific aspects of social transformation. We look at a Shambhala understanding of society, and what enlightened society may be. Is society something that is ultimately confused, or is there goodness in human society?

The course focuses on transforming four aspects of society: relations with family (household), professional life, entertainment, and economy. We also learn the traditional mahayana practice of "sending and taking" (tonglen).

Pre-requisites: Shambhala Training Level 1, or Meditation in Everyday Life, or Contentment in Everyday Life.

SACRED PATH SERIES: DRALA

with Dr. Trudy Sable; April 17-19

Tuition: $130 • Patron: $150 (Generosity policy applies)

"When you invoke drala, you begin to experience basic goodness reflected everywhere -- in yourself, in others, and in the entire world."
- Chögyam Trungpa Rinpoche

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.

JOY IN EVERYDAY LIFE

with Dr. Geoff Crinean

5 Thursdays, 7-9pm, April 23-30 & May 7, 14, 21

Tuition: $130 • Patron: $150 (Generosity policy applies)

Joy in Everyday Life deepens the meditation experience by exploring the mahayana teachings on compassion and presenting practical tools to develop kindness toward ourselves and others. Joining gentleness with discipline leads to a sense of joy and can become the inspiration for a life of bravery and freedom from doubt.

Pre-requisite: Contentment in Everyday Life

SHAMBHALA TRAINING LEVEL III WEEKEND RETREAT

with Elizabeth Richardson; April 17-19; Friday 7-9pm; Saturday & Sunday 8:30-6pm

Tuition: $150 • Patron: $175 (Generosity policy applies)

In Shambhala Training Level III, we awaken to our sense perceptions, venture out of the cocoon with confidence and vulnerability, and begin a life-long love affair with the phenomenal world. Along this journey we aspire to bring the mindfulness and awareness cultivated during our meditation practice into all aspects of our daily life.

Pre-requisites: Shambhala Training Level I & II

LOOKING AHEAD

SHAMBHALA TRAINING LEVEL IV WEEKEND RETREAT
May 22-24

SHAMBHALA TRAINING LEVEL I WEEKEND RETREAT
June 5-6

SHAMBHALA TRAINING LEVEL V WEEKEND RETREAT
June 12-14

SACRED PATH PROGRAMS

MEEK, PERKY, OUTRAGEOUS AND INSCRUTABLE
May 22-24

PROGRAMS & PRACTICES WITH PREREQUISITES

SHAMBHALA RITUAL ACADEMY

with Rupa Acharya Suzann Duquette, Walker Blaine and Andrea Doukas

March 20, 7:30pm - March 22, 6:00pm

Tuition: $250 • Patron: $275 (Generosity policy applies)

Previously restricted to Werma Sadhana practitioners, Sakyong Mipham Rinpoche wishes to invite all Shambhala Vajrayana practitioners (those who have attended Sacred World Assembly or Vajrayana Seminary) who have already or wish to make umdze or chöpön training a major part of their ongoing practice path to attend these regional trainings.

The Shambhala Ritual Academy is a major step in exploring the role of ritual in attracting drala and strengthening Shambhala culture. As the Sakyong has said, the training of umdzes and chöpöns is essential to this next step.

At the end of this cycle of training, the Sakyong will preside over an international Shambhala Ritual Academy. Attendance at one of these trainings will be a pre-requisite to attend that training.

The regional Shambhala Ritual academies will explore a more vast view and refresh the skills of being a chöpön or umdze. The curriculum is based on the teachings presented by Sakyong Mipham Rinpoche at the inaugural Shambhala Ritual Academy. The program will include joint sessions and practices, recordings from Sakyong Mipham Rinpoche's talks at the first Academy, study of a text on ritual written by Sakyong Mipham Rinpoche, and separate teaching tracks for umdzes and chöpöns.

When registering, please indicate what track you are interested in: Chopon or Umdze. If you need the Sacred World: Shambhala Ritual text, a materials fee of $48 will be added.

Prerequisites:

Shambhala Vajrayana practitioners who are an umdze or chöpön, or wish to make umdze or chöpön training a major part of their ongoing practice path.

The next few academies will be held regionally, and attendance at one of these will be a pre-requisite for applying to an international academy with the Sakyong to be scheduled in the next year or two.

Photo by Vivien Shotwell

SCORPION SEAL 6 PRACTICE AND STUDY INTENSIVE

With Acharya Eve Rosenthal, Sat & Sun, March 14 - 15

Tuition: $150 • Patron: $175 (Generosity policy applies)

We will practice, study and discuss the instructions and texts given at Scorpion Seal 6. Please bring all the materials received at SSA6 to each session, the AMM and the AT text. If you are not doing the whole program, please plan on coming for an entire morning or afternoon session. Sessions will run from 9am - 12:30pm and 2:30-6pm, daily.

There will be guided practice, commentary, and an opportunity for brief individual meetings for those participating in the whole retreat.

KAGYÜ MAHAMUDRA COURSE

With the Dorje Loppön Lodrö Dorje & other senior teachers.
March 5, April 2, 16, 7-9pm, Tuition: $10 per week
A companion class to the bi-monthly online. Offered in accordance with the Sakyong's request to Acharya Mermelstein and the Dorje Loppön Lodrö Dorje to support and nurture vajrayana students in Shambhala, including but not limited to those who may not be engaged in the Scorpion Seal program.

The course covers the first three years of Khenpo Tsültrim Gyatso's cycle of teachings on The Ocean of

Definitive Meaning, the Ninth Karmapa's exposition of Mahamudra Vipashyana, presented at Karme-Chöling between 1991 and 1994. Open to all Shambhala Tantrikas who have received the lung and participated in the Mahamudra Shamatha Series.

SADHAKA PITH INSTRUCTIONS

March 12, 19, 26, April 9, 23, 30, 7-9:00pm

The text material used is from Kagyu and Nyingma sources. All Shambhala sadhakas are welcome. Sitting 7-7:30pm, followed by periods of contemplation and discussion from 7:30-9pm. Drop-in attendance is acceptable. The class meets on Thursdays, interspersed with the Kagyü Mahamudra Course, check the HSC calendar or contact Deborah. This gathering has been mentored and led by Andy Karr and Scott Wellenbach for 20 years. Costs are met by participants' donations according to ability and inspiration.

Deborah Jones, Coordinator 902-475-3112, email: deborahjs@ns.sympatico.ca

$5 suggested donation.

CHAKRASAMVARA DRUPCHEN

March 8 - 14, 9am-5pm

Tuition: $80 • Patron: $110 (Generosity policy applies)

Drupchen - "great practice" - is a group Chakrasamvara sadhana practice that the Vidyadhara requested to be performed each year after Milarepa Day. It is initiated by construction of the Chakrasamvara sand mandala and a feast shrine, followed by daily feast practice.

Special teaching sessions: TBA

Chakrasamvara practitioners are encouraged to come together to review, renew and celebrate. Help is needed with coordination, set-up, food, as well as the different positions of chopon, umdze and dorje loppon throughout the drupchen.

For drop-in attendance, there is a suggested donation of $10/day to cover feast expenses, and $20 on the last day for the final feast.

Open to Sadhakas having received the Chakrasamvara Abhisheka. Registering is encouraged, to have a sense of numbers! Please plan on coming for an entire morning or afternoon session.

NGÖNDRO & WERMA PRACTICE INTENSIVE WEEKENDS

March 14 - 15, April 11 - 12

Tuition: $20/weekend

A two-day intensive practice and study program for all Ngöndro and Werma practitioners. We create a retreat environment, in accord with Shambhala International's guidelines for Vajrayana Group Practice Intensives, with silence practice until teatime in the afternoon. Participants are encouraged to bring their lunch and eat at the Centre.

Any intensive that doesn't have at least 2 participants to the full weekend (and thus doesn't meet the "group" aspect of the guidelines) will be cancelled on the Monday preceding the intensive.

ASHE MAHAMUDRA WEEK-LONG RETREAT

With Ashe Acharya John Rockwell, May 15 - 20

Tuition: $275 • Patron: $325 (Generosity policy applies)

The Sakyong has written a beautiful practice text that brings together the Shambhala dzokchen path of Ashe and the four dignities with the Mahamudra vipashyana investigations into the nature of mind. Since the nature of mind is the basis of all vajrayana practices, whether we directly experience the body, perceptions, thoughts, emotions, or awareness, all transmissions agree at one point—liberation on the spot.

Prerequisites: Sacred World Assembly or Vajrayana Seminary

People are warmly invited to attend the full 5-day retreat: the weekend plus the 3-day mahamudra practice retreat on Monday, Tuesday, and Wednesday. It is fine to do just the weekend program, but it is essential to attend all of the weekend sessions to receive instructions on the full practice. People who want to come for sessions during the week or for the final feast on Wednesday afternoon must have attended the weekend program.

ASHE MAHAMUDRA

Starting in January, Ashe Acharya John Rockwell & Acharya Susan Chapman have been trading off talks on Ashe Mahamudra via Shambhala Online.

Ashe Mahamudra Talks

March 29	Ashe Acharya John Rockwell
April 26	Acharya Susan Chapman
May 17	Ashe Acharya John Rockwell
June 13	Acharya Susan Chapman

SHAMBHALA ONLINE

March 21	Kagyu Mahamudra
April 18	Vajrayogini
April 25	Scorpion Seal Assembly (Yr 6 participants)

FEAST OFFERINGS

MARCH

15 Vajrayogini

22 Kurukulla (cancelled)

27 Shambhala Sadhana

29 Avalokiteshvara

31 Werma

APRIL

4 Sadhana of Mahamudra

5 Padmasambhava

12 Vajrayogini

24 Shambhala Sadhana

26 Chakrasmvara

28 Werma

REGULAR PRACTICES

KURUKULLA

Fridays 9-10:30 am

SHAMBHALA SADHANA

Wednesdays 5-6 pm

WERMA (ALL TYPES WELCOME)

Wednesdays 9-10 am

SADHANA OF MAHAMUDRA

Jan. 4 & 20 Feb. 3

Photo by BHH Studios

THE NORTH END MEDITATION SPACE

We would like to invite everyone to continue to come and enjoy the various offering at the North End Meditation Space, and encourage any input, ideas, or volunteer energy!

At the Creative Crossing building
Studio 2 (next to Local Source)
Enter 5781 Charles Street, Halifax

northendmeditation.org

Every Monday, 7:30-8:30pm
guided meditation & tea social

Every Tuesday, 7:30-9pm
Tuesday event & tea social

Every Wednesday, 12:15-1:15pm

All events are open to the public; donations are welcome.

Tuesdays in the North End

Our Tuesday series including "Halifax on Fire" and "Arts Classique" will continue in March and April! For details please check *northendmeditation.org/tuesdays/*

Every Tuesday night will include:

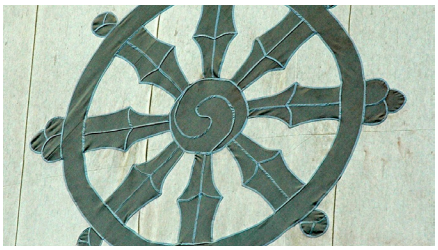
- A basic introduction to mindfulness training
- An interactive presentation or workshop on the theme of the week
- Opportunities to connect with others engaged in those themes

HALIFAX ON FIRE

Do you get excited by the idea of shifting our global paradigm to create a better world? Do you get equally overwhelmed by the personal and communal challenges that arise in striving to make change?

Come hear from local Haligonians radio-show style to explore how they join the mindfulness practice of meditation with various themes such as environmental sustainability, mental health, families, arts, gender, money, self-care, technology, education, work, politics, etc.

TALK CLASSIQUE



In the mood for a good, classic dharma talk to inspire your practice and life?

For our "Talk Classique" Shambhala teachers will give an introduction to meditation, followed by a good, old-fashioned, heartfelt talk on the dharma of various themes. Questions and discussion are encouraged. For the new and old alike!

ARTS CLASSIQUE

This series will be presenting contemplative arts in an hands-on, workshop-style evening. Come out of your concepts and get your feet wet, your senses perked, and your body moving. Brief meditation instruction will be followed by a demonstration and interactive presentation, be it kyudo, calligraphy, movement, or others (have an idea? Email us at northendmeditation@gmail.com)

DARTMOUTH SHAMBHALA MEDITATION GROUP

North Woodside Community Centre
230 Pleasant Street, Dartmouth

info@dartmouth-shambhala.ca
www.dartmouth.shambhala.org

Tuesday evening Open House and Meditation Every Tuesday, 7-9:15 pm. Everyone is welcome! Sitting meditation 7 - 7:50 pm - Tea Discussion/ Talk/ Program 8 - 9:15 pm Meditation instruction available. Suggested donation $7 per evening. Cost should not be a factor in any program, please pay what you can if this is a concern.

Tuesdays 7-9:15 pm, we welcome anyone interested in learning how to meditate or already have a regular practice to join us for meditation, tea social, followed by a talk or discussion on topics of Shambhala Buddhism and applications of meditation in daily life. *http://dartmouth.shambhala.org*.

Continuing throughout the year we offer diverse programs and special practice and study events offered by visiting teachers. See our calendar page for what is happening:

http://dartmouth.shambhala.org/monthly-calendar/

ST. MARGARETS BAY SHAMBHALA CENTRE

13495 Peggy's Cove Road, Upper Tantallon
bay.shambhala.org • *smbsc@chebucto.ns.ca*

Ongoing/open to all:

Meditation Plus!
Wednesdays 7pm – 9pm.
Meditation practice plus tea, a short talk and Discussion. Meditation Instruction at 7pm.

Supper at Shambhala

1st Wed of each month
(serving from 5:45 – 6:45 pm)
Soup plus pot luck and donations.
Bring family, friends and neighbours.

Community Meditation Practice

Sundays 9:30am – noon

Contact Bruce at 876-8880 or
bruce.wauchope@nspower.ca

Photo by Vivien Shotwell

LOCAL PROSPERITY: NEW ECONOMICS FOR RURAL CANADA

An Atlantic Regional Conference

April 9-12, 2015, Annapolis Royal, Nova Scotia

By Gregory Heming and Shastri Christine Sloan

The Centre for Local Prosperity was formed last spring by a few Shambhalians to initiate conversations and dialogue, conferences and gatherings, that promote a new, more equal and just economy. After many conversations, we concluded that the place to start was at the local level - the community level, the municipal level. This is where we can most quickly and most fairly effect change. With this intention the Centre initiated a watershed Atlantic Canada conference to be held in Annapolis County April 9-12, 2015.

One might be surprised to know that excellent examples of rural prosperity do in fact exist in Canada and other parts of the world. These places developed and piloted social and financial innovations that offer us hope for a new economy. These examples point to a view in which communities self-empower themselves and meet their challenges, a view in which economy and ecology serve one another, a view in which business serves a principle higher that just making money, a view in which the deification of the GDP is replaced by the more straightforward measure of economic success based on quality of life.

Local Prosperity: New Economics for Rural Canada is this point of beginning. The conference will feature the best of the best – examples of a new economic model in action at the local level, in Atlantic Canada, other regions of Canada, and the world.

Please visit www.localprosperity.ca for more information and to register.

GOOD NEWS ON END-OF-LIFE PLANNING

Respectfully submitted by the Funeral Directors

There is a new, less expensive development in the funeral business in Nova Scotia.... independent funeral directors who can offer the necessary services at significantly lower cost.

Jacquie Bell, Shari Vogler, and Deborah Luscomb recently met with two lovely folks who are offering an alternative to the services of local funeral homes. Although they have maintained a connection with a small, privately owned funeral home (with crematorium) in the Valley, they do not have the usual overhead of many of the funeral homes in HRM. The Nova Scotia law requires that a licensed funeral director sign a death certificate so this is an auspicious development for Shambhalians. Pre-planning can now take place in your home and is highly recommended.

Death comes without warning. It is never too soon to prepare. End-of-life document preparation workshops – which include advance directives, health care agents and funeral wishes – are now being offered in a group setting in three two hour meetings over 4 weeks.

For more information, please contact Deborah Luscomb, dfluscomb@gmail.com, or 902.403.7590.

SAKYONG'S ADDRESS *(continued from p. 1)*

but also on these teachings actually landing in our homes and lives. Over this next period of time, I'd like to put effort into what this means. We have had time to contemplate the principles of basic goodness and enlightened society. If we are going to create a culture and a society, those principles need to be strong within our own lives. The home is where we are able to relax and strengthen. At the same time, it can be a trap; it can generate positive or negative energies for us. Much of what is happening in the world is connected with this notion of home, how we are living, and how we are getting along. Many of our teachings have to do not only with ourselves, but also with community and society. By emphasizing the home, we are establishing the basis of ethics, communication, and how we can live and survive as people. This is one way Shambhala can offer and be of benefit to the world.

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Mimi McLorie

Regimental Commander, Gesar Arm
Joseph Pratt

Building Security
Pam Johnson

Website
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Rickey Pannel

Kalapa Ikebana Group
Contact:
June Crow
Liza Matthews

Open Volunteer Positions:
- Families & Youth Coordinator
- Outreach Coordinator
- Volunteer Mentor
- Audio/Recording Coordinator
- Culture & Decorum
- Hospitality

If you are interested in any of these positions, please contact Rhiannon Wells at halifax.shambhala.director@gmail.com

Halifax Shastris
Mary Campbell and Benoît Côté

Atlantic Regional Shastris
Alice Haspray, Christine Sloan, Veit Weber

Generosity Policy

The Halifax Shambhala Centre is a non-profit organization supported by program fees, donations and the energy of many volunteers. While our programs have suggested fees needed to support the Centre, if that is an obstacle, you may pay as much as you are able to pay.

There are many opportunities for volunteers to help make our activities, programs and resources available to the community. See *http://halifax.shambhala.org/get-involved/volunteering-how-to-help/* on the Halifax Shambhala Centre homepage.

No-Scent Policy

The Halifax Shambhala Centre is scent-free. Please refrain from wearing scented products.