



SHAMBHALA

Making Enlightened Society Possible

MILWAUKEE

APRIL 2015

NEWSLETTER
milwaukee.shambhala.org

Please Join Us!

Saturday

April 4

11:30-1:30pm

In an uplifted and brief program and celebration of the parinirvana of the Vidyadhara, Chögyam Trungpa Rinpoche. This annual remembrance is a day for the Shambhala sangha to gather together to celebrate his life and teachings. There is no fee for this program. \$5 donation appreciated.

Program Activities

Viewing of Building Enlightened

Society. This video presents a public talk by Vidyadhara Chogyam Trungpa Rinpoche on Shambhala society, a society guided by the principles of wisdom and compassion.

Sharing of remembrances and inspiration.

How have you been inspired by the life and teachings of Chogyam Trungpa Rinpoche? Please bring a poem, song, or story to share.

Celebratory tea with toasts!



PARINIRVANA

OF

CHÖGYAM

TRUNGPA

RINPOCHE

FEATURED EVENT

Thursday May 7 in Chicago

MAKING PEACE POSSIBLE:



THE SHARED
WISDOM OF
THE HUMAN
HEART

**With Sakyong
Mipham Rinpoche**

Price: \$25; \$40 Patron; \$100 Patron with Reception:

Time: Thursday May 7, 6:30-10:00pm

Location: Fourth Presbyterian Church
126 E Chestnut St (at N. Michigan Ave)
Chicago, IL 60611

Featuring **LIVE** Broadcast!

To register for the online broadcast, please
go to chicago.shambhala.org

Notable News!

Buddhist Christian Dialogue in Rome

The Sakyong was invited by Pope Francis to join a Buddhist Christian Dialogue in Rome in June this year. Acharya Fleet Maull and Arthi Tehuja from Chicago will represent Shambhala and meet with Buddhist and Christian leaders from five major U.S. cities. The Papal conference at the Vatican will be about interfaith collaboration for social outreach/social action; it is linked to these five cities to inspire and catalyze actual on the ground social action.

On average, one person loses their life to violence in Chicago every single day. Meditation can help.

Sakyong Mipham Rinpoche will offer a realistic possibility of peace in his talk “Making Peace Possible – The Shared Wisdom of the Human Heart.” The Sakyong will talk about the humanizing quality of meditation, and how we can break society down into simple interactions where one person (you) can make a world of difference.

We invite faith-based groups, peace-building organizations and individuals from all walks of life to investigate the potential of a new Chicago, one where peacemaking and mindfulness practice can have an impact on the violence in our city. Let's gather to explore a more compassionate Chicago.

Register at chicago.shambhala.org

UPCOMING CLASSES



The ART of Being Human

SHAMBHALA TRAINING - LEVEL 1
Price: \$110; \$150 Patron

Through the practice of meditation, we glimpse unconditional goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we begin to see our potential as genuine and compassionate human beings.

This course is the weekend companion to “Meditation in Everyday Life.” It is the first of the five weekend workshops that include meditation training and practice, talks by senior instructors, personal interviews and group discussions. Levels One through Five provide a strong foundation in mindfulness-awareness meditation practice, emphasizing the development of genuineness, confidence, humor, and dignity within the complexity of daily life. The workshops are recommended for new and experienced meditators, as well as for those looking to enrich their existing spiritual path.

REGISTER ONLINE
milwaukee.shambhala.org



Joy in Everyday Life

Five Wed Evenings (7-9 pm)
May 20, 27, Jun 3, 10, 17
\$110 full tuition; \$130 patron price

Through an exploration of the Buddhist teachings on intelligent compassion towards others, we begin to discover the joy of discipline, health and bravery.

In this series we begin to cultivate the noble heart of the Mahayana teachings--opening to the virtue and celebration of compassion. We further develop kindness toward ourselves and others. We emphasize the joy and invigoration that come from discipline, the path of the Lion. The Lion represents the qualities of cheerfulness, health and freedom from doubt.

GENEROSITY POLICY

If the program price is an obstacle for you, please consider what works for you, and offer as much of the program fee as you can. For those who can offer more than the program price, we have a “patron price”. Your generosity in offering the patron price helps cover the costs for others who are not able to pay the full price.

Shambhala MKE meets and greets High Risk Youth from Alternative Psychological Consultation Social Agency (APC)

By Tavita Martinez

On Friday March 20, 2015 the Shambhala Center had the unique opportunity to discuss anger and depression with several high risk youth from the surrounding area. Led by Napa Charaworakul and Jessica Bizub, the Care Coordinators and their youth from various communities joined for an afternoon of meditation instruction, guided meditations, and dialogue exercises. This opportunity allows the youths to take a deeper look at how anger and depression affects self and others. The youths learned how to sit with their emotions and then to express them in a safe way. In keeping with our Shambhala tradition, the Care Coordinators and their youths enjoyed tea time and discussion afterwards.

Some of the comments the youths expressed about their meditation experience:

"I was so relaxed"

"Listening to someone feels appreciative"

"Having someone listen to you feels weird"

The Care Coordinators had this to say:

"I have meditated before, this was the first time I actually felt as if my mind was calm"

"Thank you, this was such a nice experience"

"I need to do this more, when is the next class?"



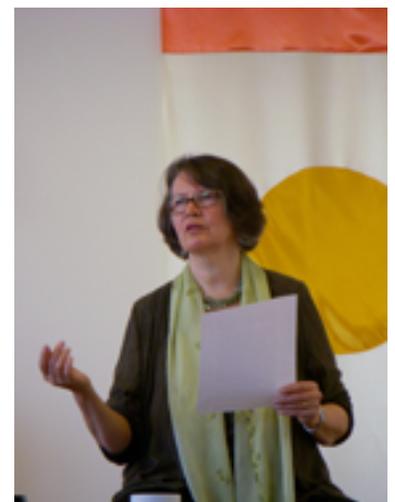
Care Coordinators and their youth expressed gratitude and interest in learning to work with their mind and emotions. It was an great experience! APC wants to say thank you to the Shambhala community for opening their doors and working with our youth. Looking forward to the next visit soon!

Photos from Acharya Susan Chapman Visit

By John Rupe



*Thank you everyone
for making this de-
lightful visit happen!*



TUESDAY OPEN HOUSE

Tuesday

OPEN HOUSE

April 7 So What is Shambhala Anyway?

The open house discussion on the first Tuesday of each month is an opportunity to discuss ideas and questions about various aspects of the Shambhala Buddhist path and the Milwaukee Center. Following on the heels of a visit from Acharya Susan Chapman in early March, we will discuss how Shambhala is a community and how community is a path. This will be the beginning of an ongoing conversation.
With Leslie Shippee, Center Director

April 28 Life's Too Short to Waste a Good Crisis Wise teachers

From Zen masters to political leaders, and everyone in-between – know that times of personal crisis offer much more than the suffering we often attach to them. Can we be happy in the midst of our crises... and is it possible that life's calamities can show us that we already are happy? Join us for a discussion about carrying our difficulties onto the path of awakening.
With Steven Shippee and Mike McCauley

TWO SPECIAL PRESENTATION IN APRIL IN RECOGNITION OF “EARTH” MONTH

**“Climate change is here.
Will we have
the wisdom to survive?”**

April 14 Meditation, Interdependence and Ecology

“Because the relationship between self and world is reciprocal, it is not a question of first getting enlightened and then acting. As we work to heal the world, the world heals us”.

-- Joanna Macy from “World As Lover, World as Self”

The principle of interdependence invites us to consider the world as an extension of ourselves and our own body as inseparable from the world. In this discussion we'll explore on some key themes that form the basis of the Shambhala warriors commitment to protecting our earth. In support of Earth Day 2015.
With Debbie Zarate



April 21- Film Screening “The Wisdom to Survive: Climate Change, Capitalism & Community”

Followed by discussion and tea with Debbie Zarate & Napa Chayaworakul
When: 7:30pm (56-minute long)
Room: Downstairs meditation hall

The film features thought leaders and activists in the realms of science, economics and spirituality discussing how we can evolve and take action in the face of climate disruption. The film includes interviews with activists Bill McKibben, Joanna Macy, Roger Payne, Herschelle Milford, Quincy Saul, and more.

It accepts the consensus of scientists that climate change has already arrived, and asks—what is keeping us from action? In discussions with thought leaders and activists, we explore how unlimited growth and greed are destroying the life support system of the planet, the social fabric of the society, and the lives of billions of people.

John Ankele is a long-time teacher of Shambhala Training and a film and video producer. His work has been broadcast on PBS and ABC-TV and has been shown at the Museum of Modern Art (MOMA), the Smithsonian, the United Nations and the Margaret Mead Film Festival.



**Fri-Sun, April 24-26. Open to all.
Retreat/Renewal Weekend**

*Renew
Revive
Rejuvenate*

Please Join us for a weekend of meditation, walks, reading, star gazing and relaxation with Frank Fischer.

This retreat/renewal weekend is a great opportunity to unwind, re-gather and practice meditation in a supportive and relaxing environment of our midwest land center, Windhorse Rereat, just one hour north of Milwaukee. There

will be meditation instruction, dharma talks and personal time for relaxation. Sitting begins at 7:30pm on Friday night. Program ends at 4pm on Sunday. Cost: \$175 includes everything.

Frank's Brief Bio

A student of Sakyong Mipham and a member of the Shambhala community for nearly 20 years. Former Resident Shambhala Training Director in Milwaukee for 8 years. Currently, a meditation instructor. Retired. Taught emotionally disturbed adolescents for 30 years.



**SIGN UP FOR
NEWSLETTER**

Get news on class offerings, community events, practice dates, members' articles and more. You can sign up right on our homepage or by emailing shambhalamke@gmail.com.

STAY CONNECTED

Check out our photos and get to know our community members sharing, celebrating and rejoicing at facebook.com/MilwaukeeShambhala.



SHAMBHALA Meditation Center of Milwaukee

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milwaukee.shambhala.org

WEEKLY MEDITATION

Every week our center welcomes everyone to meditate. These weekly practice and instruction sessions are free to participate and donation is appreciated.

Sitting Sessions

Tuesday 7-7:45pm
Wednesday 7-8pm
Saturday Cafe 9-10:30am
Sunday 9-11am

Meditation Instruction

Tuesday 7pm
Saturday 9am
Sunday 9am

BECOME A MEMBER

Membership in Shambhala is an expression of one's inspiration, curiosity and commitment to this path of awakening to basic goodness. Our center is a non-profit organization and is sustained 100% through recurring dues, donations and volunteer efforts.

Becoming a member supports both your practice and the activities of our Shambhala Center. To learn more about how to become a member, contact Paul Shinkle at membership@milwaukee.shambhala.org.

BE A VOLUNTEER

Put your practice in action by sharing your time and energy. Volunteers do all of the work of our Center. Giving of one's time, energy and talents enhances one's sense of belonging and is considered an important form of practice and support. You can offer your talents and energy in ways you feel comfortable or challenge yourself by learning new and practical skills. Training is provided. To find out how you can help, contact Debbie Zarate at debbiezarate@gmail.com