



SHAMBHALA

Making Enlightened Society Possible

MILWAUKEE

MAY2015
NEWSLETTER
milwaukee.shambhala.org

Thursday May 7, Chicago

MAKING PEACE POSSIBLE:



THE SHARED WISDOM OF THE HUMAN HEART

Price: \$25 general; \$40 Patron;
\$100 Patron with Reception with the Sakyong
Time: Thursday May 7, 6:30-10:00pm
Location: Fourth Presbyterian Church
126 E Chestnut St (at N. Michigan Ave)
Chicago, IL 60611

Don't Miss!
AN EVENING WITH
WITH SAKYONG
MIPHAM RINPOCHE
IN CHICAGO

Sakyong Mipham Rinpoche will give an important address on the relationship between fundamental human decency and how we can engage in creating a more peaceful, just and caring society. This event, called "Making Peace Possible: The "Shared Wisdom of the Human Heart", has been designated as a 2015 World Parliament of Religions Pre-Parliament event.

This will be an historic event and the Shambhala community urge you to attend this talk and to help spread the word to those you know who have been longing to hear a message of peace and restoration in this time of overwhelming violence, suffering and despair.

Register Online at chicago.shambhala.org

UPCOMING CLASSES



SHAMBHALA TRAINING - LEVEL 1
Weekend, May 16-17

Birth of the Warrior

Saturday & Sunday May 16-17
9am-6pm
\$110 tuition; \$150 patron

Pre-requisite: Level 1 The Art of Being Human

Having experienced a taste of basic goodness, we want to go forward. Meditation practice allows us to observe how we create a cocoon of habits to mask our fear. We begin to appreciate that there is no fundamental obstacle to experiencing basic goodness.

This is the second of the five weekend workshops that include meditation training and practice, talks by senior instructors, personal interviews and group discussions. This course is the weekend companion to "Contentment in Everyday Life."

If you have questions about this course, please contact The Way of Shambhala coordinator, Chris May, at christopher.may03@gmail.com.

REGISTER ONLINE
milwaukee.shambhala.org



STARTING
Wednesday, May 20

Joy *Beginners Welcomed* in Everyday Life

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

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.

Transition of MI Coordinators

By Steven Shippee, Director of Practice & Education

Thank you, Dan!

Our long-time and very beloved community member, Dan Kaemmerer, is stepping down from many years as our MI Coordinator (coordinator of our meditation instructors) in order to focus on his recovery from surgery. (Dan, a dear friend of so many of us, has actually given us many, many years in various positions of service and leadership—he was even the Center Director years ago! MI Coordinator was only his most recent ‘official’ role.)

Dan, we keep you in our hearts, wishing you a speedy recovery and the best of health. On behalf of us all, thank you for your great work! And thank you especially for the tremendous warmth, heart, and humor which you always bring to our community!



Thank you, Napa!

Another generous bodhisattva who tirelessly serves us all is Napa Chayaworakul. (Among other things, Napa has been bringing this newsletter to us for longer than I can remember!) And now, Napa is stepping up to serve as our new MI Coordinator, too! As a community, we are in the debt of all those who do this—touch their hearts and give of themselves to us. Thanks, Napa!



THE WAY OF SHAMBHALA Curriculum - At a Glance



The Way of Shambhala is a complete introduction to the foundations of Shambhala Buddhism. This series of weekend contemplative workshops and weeknight classes provides an experiential overview of meditation practice, wisdom teachings, contemplative arts, and physical disciplines rooted in the ancient traditions of Shambhala and Tibetan Buddhism. This program is open to everyone and also prepares students who wish to further develop their practice and study at Enlightened Society Assembly and Warrior Assembly.

The courses that make up the Way of Shambhala include the following:

- The **Everyday Life** series includes five courses, with five weekly classes
- The **Shambhala Training** series includes five weekend retreats
- The **Basic Goodness** series includes three courses, with six weekly classes
- **The Rigden: Unconditional Confidence** is a weekend retreat
- The **Sacred Path** series includes six weekend retreats.

Participants train in meditation, and use inquiry, dialogue, and contemplative arts to integrate the teachings with real life experiences. And the weekend retreats are opportunities to deepen meditation practice in a powerful environment that meets the needs of a workweek and family life.

TUESDAY OPEN HOUSE

Tuesday

OPEN HOUSE

May 5
So What is Shambhala Anyway?
With Leslie Shippee

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. How is the community of Shambhala similar and different to other communities we may belong to? Is community in Shambhala a path? Please join in the discussion.



May 12
The Leaky Roof and a Latte: Generosity in Shambhala
With Paul Shinkle

The Shambhala Buddhist idea of generosity is rich with potential and anxiety, with spaciousness and practicality. This discussion works with the idea of generosity as a practice opportunity.

May 19
(Check later on website)

May 26
Understanding How Compassion Arises in Face of the Innumerable War Dead. A Memorial Day talk.
With David Shapiro

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.

facebook

SHAMBHALA Meditation Center of Milwaukee

2344 N. Oakland Avenue, Milwaukee, WI 53211
Tel: (414) 277-8020. Email: shambhalamke@gmail.com

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