

November 15 - Cheerful Birthday

# SAKYONG MIPHAM RINPOCHE

**Celebration of the  
Sakyong's Birthday  
TUESDAY, NOVEMBER 17  
7:45-9pm**

You are cordially invited to a special Open House celebration in honor of the Sakyong's 53rd birthday at the Shambhala Center of Milwaukee.

We will watch an interview with the Sakyong as he shares how we can help save the world by first learning to feel and care for ourselves. We will have time to share stories of the Sakyong's life and his multitude of activities as the head of Shambhala.

If you are ever curious about who the Sakyong is: his life story, his role in Shambhala, his teachings and what it means to have a connection with him, come and join us during this delightful evening. Bring any questions if you would like to learn more about the Sakyong and the Sakyong Lineage.

**Program**

7:45-8pm	Tea social
8-8:20pm	Video interview of the Sakyong by the Elephant Journal Editor
8:20-8:50pm	Conversation and discussion
8:50-9pm	Celebratory toasts to the Sakyong



**“IN ORDER TO BE BRAVE, WE  
MUST TRUST THAT UNDERNEATH  
IT ALL, THERE IS  
SANITY AND OPENNESS.”**

*May Your Wisdom Illuminate the Entire World!*

# ABOUT THE SAKYONG MIPHAM RINPOCHE

The Sakyong Mipham Rinpoche is the head of the Shambhala Buddhist Lineage and the global network of urban meditation centers, retreat centers, monasteries, a university, and other enterprises, founded by his father, Chögyam Trungpa Rinpoche. Sakyong Mipham Rinpoche is unique in that he bridges two worlds—Asian and Western—having been brought up in both cultures.

## His Birth & Early Life



The Sakyong was born Ösel Rangdröl Mukpo at the site of the historical Buddha's enlightenment in Bodhgaya, India in December 1962. He spent his early childhood with his mother, Lady Konchok Paldron, in a Tibetan refugee village in northwest India. At the age of 10, the Sakyong joined his father in North America.

## Reincarnation of Mipham the Great & Descendant of Warrior King Gesar



The Sakyong has been recognized according to traditional ancient Tibetan rites as the incarnation of Mipham the Great (1846–1912), a renowned Nyingma scholar and meditation master. Mipham the Great was highly accomplished and wrote extensively on the sciences, astrology, engineering, and medicine. Mipham Rinpoche reinvigorated the study of dharma and of Shambhala in the Nyingma as well as the Kagyü

lineage. He wrote commentaries, praises, songs, and poetry about Shambhala and Gesar of Ling. He designed many of the prayer flags that we see in Tibet. He inspired the practice of windhorse—the confidence in Tiger Lion Garuda Dragon. As part of the Mukpo clan of eastern Tibet, Sakyong Mipham Rinpoche descends from the Tibetan warrior-king Gesar of Ling, who is one of the ancestral sovereigns in the Shambhala Lineage chant.

## His Trainings and Accomplishments

His father, Chogyam Trungpa, transmitted and trained the Sakyong both in Tibetan Buddhist as well as Shambhala teachings to be a future Sakyong at a young age. After his father's death in 1987, the Sakyong studied with renowned Tibetan meditation masters includ-



ing His Holiness Dilgo Kyentse Rinpoche and His Holiness Penor Rinpoche. Succeeding his father as the holder of the Shambhala Lineage, the Sakyong also holds the Kagyu and Nyingma lineages of Tibetan Buddhism. In addition to meditation, the Sakyong is also a master of calligraphy, poetry, archery, horseback riding and is a marathon runner.



## The Sakyong's Enthronement

On May 15, 1995, the enthronement of the “Sakyong” was conferred by Penor Rinpoche, the head of the Nyingma lineage, the oldest of the four schools of Tibetan Buddhism. The ceremony is an ancient rite, and has been performed only once before in the West. As an Earth Protector, the Sakyong inspires sacredness, compassion, and basic goodness in individuals and society by combining the ideals humans strive for with the practicalities of everyday life, i.e., “joins heaven and earth.” The Sakyong's enthronement took place in Nova Scotia. This historic event also marked the beginning of Shambhala taking root in the west.



## His Peace Initiatives & Activities



With a unique blend of Eastern and Western perspectives, he teaches meditation and social transformation while also guiding a number of humanitarian

projects. In 2006 the Sakyong initiated the Compassionate Leadership conference and dialogues by presenting His Holiness Dalai Lama with the Living Peace Award; awarded to living examples of people who benefit humanity.

In 2013 and 2014, the Sakyong led “Imagining Peace” public events, a Chicago Shambhala initiative, that brings together community organizations, youth leaders, social activists and others addressing the issue of violence in society.

## Invitation to Healing and Enrichment Pujas

The Sakyong will be performing two pujas, or intensive practices, for the benefit of Shambhala in mid-November during his fall retreat in Parpeng, Nepal. These practices are opportunities for community members to request the Sakyong to specifically dedicate his personal practice to assist us, our households, loved ones, friends, and endeavors throughout the year.

**The first practice will be a Healing Puja to increase health and dispel obstacles to well being.**

During this time, the Sakyong will practice for the vitality and healing of everyone in Shambhala, our families, and friends. Practice during this puja will focus on strengthening all aspects of physical and emotional health, as well as assisting in overcoming physical illness and more subtle obstacles like depression.

**The second intensive practice is a Wealth and Enrichment Puja.** Wealth pujas have the aim of enriching and enlivening all of our aspirations in order to have a more meaningful life and impact on the world. Our aspirations may be related to enlivening creative endeavors in our livelihood, business, education, households or more generally whatever we wish to enrich in our lives.

These pujas are for all of Shambhala. We can also request the Sakyong to specifically help a friend, loved one, or ourselves through these practices. If we wish ourselves or a friend to be included, it is traditional to offer their name along with an offering to the teacher. These names are read to the Sakyong as part of the puja itself. We can also include a short description of the situation surrounding the request, however the most important connection is the name of the person. The names and descriptions are kept confidential and burned at the conclusion of the puja.

To include someone in either puja, please fill out the information at this site. Another announcement will be sent when the exact dates of the pujas are known, with the deadline for sending names and offerings.

**Offering can be made at:**

<https://sakyonglineage.org/offering/>



### The Sakyong Family

The Sakyong is married to Khandro Tseyang Palmo, daughter of His Eminence Namkha Drimed Rabjam Rinpoche, head of the Ripa lineage. He is now a father of three beautiful princesses - Jetsun Drukmo, Jetsun Yudra and Jetsun Dzedron. The Sakyong family has residences in Halifax, Nova Scotia and Boulder, Colorado.

### His Books

The Sakyong has written several books, including the national bestseller *Turning the Mind into an Ally*, the award-winning *Ruling Your World*, and *Running with the Mind of Meditation* and *The Shambhala Principle*.

### Online Teaching

- A collection of online talks from various meditation programs the Sakyong led these past recent years: Topics range from Shambhala Training Level 1, Intro to Meditation, Running Meditation Instruction, Bravery, Creating Enlightened Society to talks from *Imagining Peace* in Chicago and *Awake in the World* program in London.

<http://www.sakyong.com/product-category/media>

- Official Sakyong Youtube channel with short talks, perfect for starting out the day or an evening contemplation.

<https://www.youtube.com/user/officialsakyong>

### Sakyong in the Media

- A CBS Interview with Sakyong on his work with the Englewood community leaders and organizers on how to counter violence with peace.

<https://www.facebook.com/CBSReligion/>

- *An Uncommon King*

A documentary film about the life of Sakyong Mipham Rinpoche, spanning 17 years in the making. Excerpt: A Tibetan spiritual king takes over from his unconventional father as he tries to bring ancient wisdom to a modern world.

<http://anuncommonking.com>

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COMMUNITY GATHERING

# Creating Enlightened Society: Our Lives Make a Difference

**Tuesday, December 1 (7pm)**

With Shastri Debbie Zarate

On Tuesday, December 1st, the last of three community gatherings taking a look at creating enlightened society will take place. Please join Shastri Debbie Zarate to explore together how our individual and ordinary lives, shaped and supported by our training and practice of Shambhala, are the very threads of a good human society.

As a Shambhala community, we are made up of many different and interesting walks of life: teachers, business people, homemakers, actors, musicians, public servants, parents, grandparents, engineers, carpenters, project planners, counselors, managers, web designers, and architects to name but a few. We will focus on how each of our own lives and our community makes a difference.

Perhaps you spend time caring for children or other family members. Perhaps you bring cheer and decency to a difficult work place, or you comfort and guide those who are lost and suffering. Perhaps your enthusiasm and vision inspires aspirations in others. Perhaps you are a source of support for someone else's efforts. Whatever our individual path, it can be the ground of our ability to bring kindness and sanity to others as we discover and cultivate basic goodness on the path of Shambhala training.

**Please come and share:**

- When or how you have been inspired by others.**
- What spheres of engagement are in your own life.**
- What you do or would like to do to help the world.**

Yours in the vision of Enlightened Society,  
Leslie Shippee, Center Director



The evening will include:  
**meditation**  
**teaching**  
**tea**  
**discussion**

Bring your heart,  
your ideas,  
and your insights to  
share!

# Upcoming Classes

*Save the Dates!*

**Meditation In Everyday Life**  
Jan 6 - Feb 3 (Six Wed evenings)  
Perfect for beginners

**Fearlessness in Everyday Life**  
Feb 17 - Mar 1 (Five Wed, 7-9pm)  
Pre-requisite: Joy In Everyday Life

**Level 1: The Art of Being Human**  
Weekend, Feb 19-20  
Perfect for beginners

\*Registration will be up on our website for these programs soon.  
Please register in advance so we know we have enough participants! \*



**Did You Know?**  
**That you can retake the Shambhala Levels for free?**

We encourage those who have taken Level I or Meditation in Everyday Life in the past to consider joining us for a refresher. As always, participants who have taken the level before are invited to attend for free! We have plenty of room for additional participants, and those who are taking it for the first time often find it helpful to have more experienced practitioners in the room.

We want to encourage community members to re-take Shambhala training programs as many times as they find helpful. Doing so deepens our understanding of the teachings, strengthens our community, and can serve as a cost effective mini-retreat!

## Learn to Meditate

**Saturday, December 5, 9:30am-12:30pm**  
Price: \$40/\$60 Patron  
Perfect for Beginners

WITH SHASTRI DEBBIE ZARATE

This 3 hour workshop offers a systematic introduction to the practice of meditation, as well as practical ways to incorporate it into one's life. The program is oriented toward beginners, but has also proved to be extremely helpful for anyone who would like to refresh or deepen their understanding. Although one can easily find the essential techniques of meditation written down in many places or online, the heart of meditation remains essentially an oral tradition, and individual person to person instruction is important. Anyone who is interested in learning to meditate is welcome. So if you are new to meditation and would like to try it, this is the class for you!



**REGISTER ONLINE**  
[milwaukee.shambhala.org/programs](http://milwaukee.shambhala.org/programs)

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# Where to Start

## An Introduction to Beginning Meditation Classes

BY DIANA LUPKE, THE WAY OF SHAMBHALA COORDINATOR

**D**o you know someone who has expressed interest in learning to meditate or visiting the Shambhala Center, but they don't know where to start? Or have you been coming for our weekly programs like Tuesday Open House, and you're ready to start exploring our formal curriculum? Then we have some programs coming up that are perfect for you and/or your friend! All three of these programs are open to the public, and we encourage you to share them with anyone you know who might be interested!

But if you only want to take one of these programs, which one should you sign up for? What are the differences, really? Read on to find out!

### Learn to Meditate

This three and a half hour program teaches the basics of meditation practice. It's the shortest of these three introductory programs, and a fantastic way to allow new students to dip a toe in the water, while learning the basics they need to start a meditation practice. If Saturday mornings are good for you, and you want to start small, sign up for this class! [Offered next on December 5th]

### Meditation in Everyday Life

This class series meets for 5 Wednesdays from 7-9pm. It covers some similar material as the Learn to Meditate class, but offers more time to discuss in-depth topics like how to work with obstacles to meditation. Since you're returning each week with the same group of students, it's also a wonderful way to start building connections with other members of our community. If you know you're serious about learning to meditate and Wednesday evenings work for you, or if the Learn to Meditate class makes you curious for more, register for this class! [Offered next on January 6 - February 3]

### Level I: The Art of Being Human

This program is the first in a series of five weekend workshops that all 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. Each of the levels introduce a new meditation technique that you can use to deepen your practice and work with your mind as different obstacles arise, in addition to teaching new concepts central to the Shambhala path.

If you want your first experience of meditation to be more intense, with longer periods of sitting and teachings over the course of a day, feel free to start with Level I. For individuals who have already received instruction during a weekly meditation period or have taken one of the above classes, Level I is a fantastic next step to go deeper. It is also the only program of these three which is a prerequisite for future programs - the following weekend levels. (While Meditation in Everyday Life is followed by a series of weekly classes like Contentment in Everyday Life and Joy in Everyday Life, these next two in the series are offered without prerequisite.) If you are interested in beginning your journey through our core Way of Shambhala curriculum, it's a great idea to take this program! [Offered next on February 19-20]

While choosing any one of these upcoming programs is a great first step (or next step) on your path, they also combine well. If you're ready to dive in, or if taking one program makes you curious about another, don't hesitate to join them all!

If you have any questions about what classes to take, please contact Diana at [dianaluepke@gmail.com](mailto:dianaluepke@gmail.com).

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## New Bookstore Coordinator

After serving as the Bookstore Coordinator for over 5 years, Diana Luepke is passing on the role to someone new. Many thanks to member Katherine Biehl, who has generously stepped forward as the new coordinator, a role which includes keeping our center's bookstore organized and well stocked by tracking inventory, placing orders, and unpacking new books.

## *Didn't realize we had a bookstore?!*

.....  
It's the bookshelf next to the desk when you first walk into our center. All books, magazines, and CDs on the shelf are for sale at 20-25% off retail price. We accept cash, checks, and credit cards. We make a small profit on sales, so buying a dharma book from us is a great act of generosity. You get fantastic dharma teachings, while helping us continue to make them available to others.

TUESDAY OPEN HOUSE

# Tuesday

## OPEN HOUSE

### November 3 - How Confusion Arises

With Steven Shippee

An introduction to the basic anatomy of confusion (samsara) and how meditation can unravel it (nirvana).

### November 10 - Cultivating Gratitude in a Age of Complaint

With Shastri Debbie Zarate

Wherever we go we can easily find something to complain about -- traffic, weather, work, our minds! Where does gratitude come from? Is gratitude a feeling? An orientation? A practice? How can we go from a complaining life to a grateful life? Can we be grateful even in the face of irritation? This class will explore these themes and the relation between meditation and cultivating gratitude.

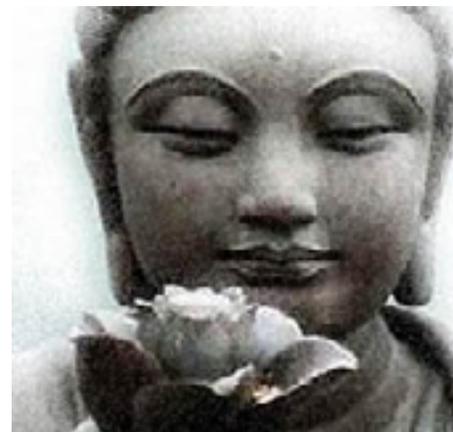
### November 17 - Celebration of the Sakyong's Birthday, Interview Video and Discussion

With Napa Chayaworakul

If you are ever curious about who the Sakyong is: his life stories, his role in Shambhala, his teachings and what it means to have a connection with him, come and join us during this delightful evening. Bring any questions you would like to learn more about the Sakyong and the Sakyong Lineage.

### November 24 - TBA

Please check our website later this month.



WEEKLY MEDITATION

## *Do You Know?*

**Weekly Meditation  
Instruction Now  
Available Every  
Wednesday Night  
at 7pm**

Stop in for basic meditation instruction or a quick guided meditation practice with Milwaukee Shambhala Guides every Wednesday evening at 7pm. Our Shambhala Guides also can help answer your questions about the center, Shambhala practices and cultures. Connecting with a Shambhala Guide is a great way to learn more about what Shambhala is and has to offer.

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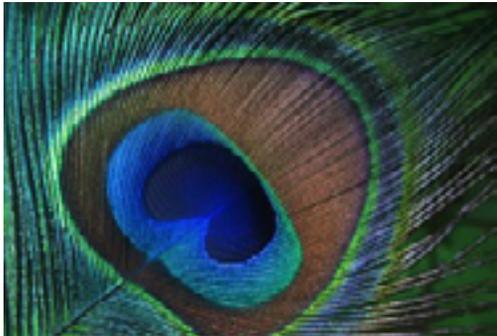
# Heart of Recovery

WITH STEVEN SHIPPEE

**Every Thursday Evening, 7-8:30pm**

No registration needed

*Meditation for People in Recovery*



The Heart of Recovery is a group meeting focused on sharing support while bringing together contemplative practice and a commitment to recovery from addictions of all kinds. Newcomers will learn basic meditation techniques to enhance, not replace, their own recovery program in a familiar and comfortable environment. Experienced meditators will discover new ways to deepen their current practice while supporting the group. Open to all who are Buddhist practitioners from any tradition and 12-Step practitioners from any program.

**Meeting format includes:**

- sitting practice
- a topic offering in the form of brief comments or a reading by the night's facilitator
- discussion and exploration by group members
- sharing our experience, strength and hope
- dedication of merit

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An intensive 5-day retreat  
at Shambhala Windhorse

## Shambhala Levels 1-3

with Shastri Deborah Zarate

**November 12 - 16 (daily schedule from 9am- 5pm)**

**Price: \$500 (includes everything)**

This five-day intensive meditation retreat presents the first three of the five levels in the Way of Shambhala path. This retreat offers participants a graduated yet powerful way to delve into Shambhala teachings on mindfulness-awareness meditation practice and is taught by a senior meditation instructor. During the retreat, participants will be introduced to the essence of Shambhala teachings on basic goodness, learn to work with fear and further develop genuineness, confidence, humor, and dignity within the complexity of daily life. This retreat is recommended for new and experienced meditators, as well as for those looking to enrich their existing spiritual path.



*Note:*

- Each level can be taken separately but each level is a pre-requisite for the next.

- November 11 is arrival date if you would like to spend the night. You are also welcomed to spend the night of November 16 or leave right after program ends.

**REGISTER: [windhorse.shambhala.org](http://windhorse.shambhala.org)**

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# Acharya Richard John Visit

A Great Gathering of Milwaukee Shambhala Community



Acharya Richard programs last week of October saw over 150 participants who filled the Shambhala center's meditation hall with great delight, humor and collective insights.

*A heartfelt thank-you* to more than twenty staff members, headed by Paul Shinkle, who made this visit possible for Milwaukee.

*And Congratulations* to the eighteen Refuge and Bodhisattva vow takers who have entered the path of liberation and selfless service.



## Statement of Purpose

The Shambhala Meditation Center of Milwaukee exists to provide opportunities for everyone who wishes to learn how to meditate and live more mindfully. We're here to provide an environment for those who want to deepen their practice and study on the Shambhala Buddhist path. Finally, we're here as a gathering place for those who aspire to a good human society so that together we can make the vision of a sane and kind world, Enlightened Society, a reality in Milwaukee and beyond.

**Next meeting - November 12, 6:30 to 8:30pm. Everyone welcomed!**

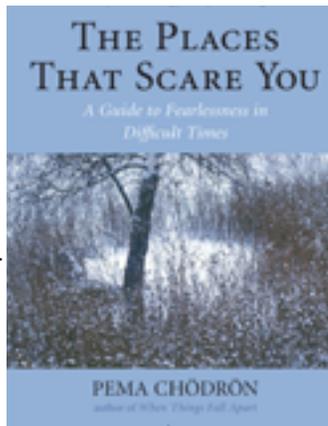
## Shambhala Milwaukee Book Club

4237 North Woodburn St, Shorewood

BY ANNE DESSELLIER

Inspired when hearing Leslie Shippee, director of the Center, discuss the Shambhala Milwaukee community and ask how could we expand it beyond the boundaries of the center. What better way than gathering together with snacks/beverages and a good book? The idea of this book club is to strengthen our fortitude of thought and actions as we each discover the way of the warrior.

We will wrap up the book: *The Places that Scare you: A Guide to Fearlessness in Difficult times*, by Pema Chodron and discuss what the next event and book shall be. Snacks and beverages will be provided. Looking forward to seeing you. — John Thompson and Anne DeSellier. For questions contact [annedesellier.spsol@gmail.com](mailto:annedesellier.spsol@gmail.com) or (414) 308-3868.



## 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](mailto:shambhalamke@gmail.com).

## STAY CONNECTED

Check out our photos and get to know our community members sharing, celebrating and rejoicing at [facebook.com/MilwaukeeShambhala](https://www.facebook.com/MilwaukeeShambhala).

facebook

## SHAMBHALA Meditation Center of Milwaukee

2344 N. Oakland Avenue, Milwaukee, WI 53211

Tel: (414) 277-8020 ♦ Email: [shambhalamke@gmail.com](mailto:shambhalamke@gmail.com)

[milwaukee.shambhala.org](http://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.

### Meditation Sessions

Tuesday 7-7:45pm

Wednesday 7-8pm

Saturday Cafe 9-10:30am

Sunday 9-11am

### Meditation Instruction

Tuesday 7pm

Wednesday 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](mailto: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 is an important form of practice. 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 Leslie Shippee at [director@milwaukee.shambhala.org](mailto:director@milwaukee.shambhala.org).