

# Acharya Richard John In Milwaukee

**October 28 - November 1**

**R**eserve the last days of October for a visit by Acharya Richard John. Acharya John is a senior teacher in the Shambhala tradition, has visited Milwaukee often and is a special presence in our community. During his visit in the last week of October he will give a public talk on the Path of Shambhala Buddhism, offer Buddhist Refuge and Bodhisattva vows, and conduct a special weekend program on the Maitri Five Wisdom Energies — an interactive meditation practice created by Chogyam Trungpa Rinpoche.

## ACHARYA RICHARD JOHN PROGRAMS

### **Wed Evening, Oct 28**

Public Talk “Shambhala Buddhism - What Is It?”

### **Thursday, Oct 29**

A Day of Dzogrim: Mahamudra, Dzogchen, and the Four Dignities

### **Fri, Sat & Sun, Oct 30-Nov 1**

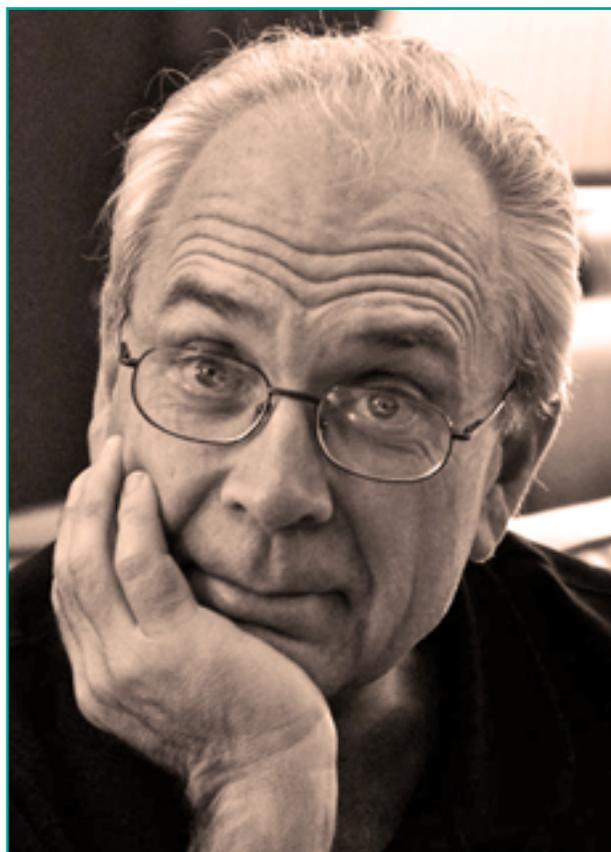
Maitri - Five Wisdom Energies

### **Sun Evening, Nov 1**

Refuge & Bodhisattva Vows Ceremony

**Full program details in this issue.**

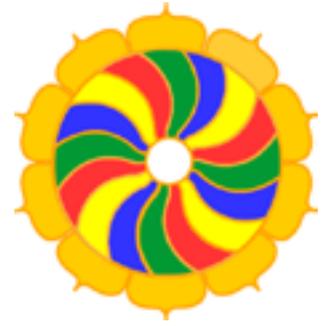
**Register online**  
[milwaukee.shambhala.org](http://milwaukee.shambhala.org)



## **About Acharya Richard John**

An early student of Chogyam Trungpa Rinpoche, Richard was appointed an acharya by Sakyoing Mipham Rinpoche. He has for many years taught Shambhala Buddhist programs in the US, Canada, Mexico, New Zealand, and Chile. He completed the first three-year group retreat at Gampo Abbey, and he now teaches full time. Acharya John and his wife Liz reside in Halifax, Nova Scotia.

Don't miss!



Maitri

# 5 Wisdom Energies

with Acharya Richard John

In this program, we use the unconditional friendliness of Maitri (kindness) to explore the traditional Buddhist teaching on the Five Buddha Families, the five energetic styles that color our world, these energies manifest as; spaciousness, clarity, richness, passion and action. We experience these energies personally; in our body, emotions, and patterns of behavior; and in our world through relationships, locations, and seasons.

This is a hands-on workshop which will use meditation, postures, and colors to evoke and explore how these specific patterns of energy manifest in both open and neurotic ways. Combining the self-discovery of psychology, with the creativity of artistic expression, we learn how to transmute our stuck energy into brilliant sanity.

*Open to members and friends who have received meditation instruction at the Shambhala center.* Please contact Paul Shinkle at paulshinkle@gmail.com if you have any questions about the program.

Learn more about the 5 Wisdom Energies at:  
[www.maitripractice-international.org/vajra/index.htm](http://www.maitripractice-international.org/vajra/index.htm)

**Fri, Oct 30, 7:30pm**  
**Sat, Oct 31, 9am-5pm**  
**Sun, Nov 1, 9am-5pm**

**Full tuition, \$160**  
**patron price, \$175**

**Generosity Policy Applies**

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

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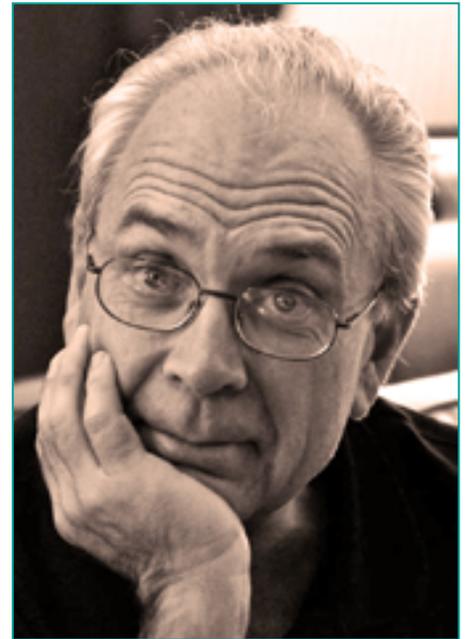
Acharya Richard John Public Talk

# Shambhala Buddhism: What is it?

**Wednesday, October 28, 7:30-9:30 pm**

**T**his public talk by Acharya Richard John will provide a simple and experiential introduction to Shambhala Buddhism. When the great meditation master Chogyam Trungpa came to North America in 1970, he was a lineage holder of the Kagyu and Nyingma schools of Tibetan Buddhism. But the hallmark of his teaching, and that of his son, Sakyong Mipham Rinpoche, has been the unprecedented application of these profound teachings to the unique--and urgent—circumstances of our time and place. This is Shambhala Buddhism, which draws upon the deepest traditions of wakefulness to envision and create a human culture of sanity.

**\$10 suggested donation**



**Refuge & Bodhisattva  
Vows Ceremony  
With Acharya Richard John**

**Sunday Evening, November 1**

To learn more about thi event, please contact Jessica Bizub (jessica.bizub@gmail.com).

## **GENEROSITY POLICY**

We have a generosity policy to make our offerings available to all who wish to participate. 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.

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**Don't miss!**

# “Going On” - A One Woman Show

Hosted by the Shambhala Center of Milwaukee  
& Sponsored by Soulstice Theatre

## Weaving the Threads of Life

Drawing from her own life, Elizabeth counterpoints her struggles as a young actress on a 1970s theatre tour with Peter O’Toole in Toronto, Chicago and Washington—with her later challenges as a Buddhist on a three-year meditation retreat in Nova Scotia.

*Youth never understands. That’s what’s so absolutely awful about youth- it never, never understands.*  
Gary Essendine in Noel Coward’s  
“Present Laughter”

In excerpts from her plays with Peter O’Toole, Elizabeth plays classic parts which echo her own life. In Present Laughter by Noel Coward, actor Gary Essendine dumps his latest girlfriend. In real life an actor breaks Elizabeth’s heart.

Oh, don’t you see? Don’t you see, if only I could live the rest of my life in some new way! If I could only wake some still, bright morning and feel that life had begun again: that the past was forgotten and had vanished like smoke. Oh, to begin life anew!

Vanya in Anton Chekhov’s “Uncle Vanya”



**October 31st**

**Price: \$20**

**Soulstice Theatre  
3770 S. Pennsylvania Ave.  
Suite 3  
St. Francis, WI 53225**

Walking on a Different Path  
Checkov’s Uncle Vanya expresses the inner emptiness and pain of aging which Elizabeth feels in her own life. She becomes a Buddhist, and it is as if she has come home. But she is also an actress with a desire for fame and admiration. To truly immerse herself in Buddhism she embarks on a three year retreat—the opposite, one might think—of appearing on stage every night. That is certainly what her mother thinks.

Elizabeth’s mother, one of a dozen characters in the play, is endearing and poignant with her common sense, pride, and bewilderment at her daughter’s decision to go into long retreat.

We see both the frustrations and the life-affirming inspiration that the retreat provides. Art and life interchange, collide and are reconciled in this moving performance. Elizabeth fills the stage with her ups and downs, successes and failures to share with the audience insights into the paradoxical life of a Buddhist actress.

## Biography

Elizabeth Richardson is an accomplished Canadian actress with over 30 years experience. A graduate of the London Academy of Music and Dramatic Art (LAMDA) she has performed in major theatre, film and television productions in England and Canada.

Elizabeth has worked with acclaimed international actors and directors including Peter O’Toole, Brian Cox, John Madden, Adrian Noble and Roger Michel, and played leading parts in London’s West End, the Bristol Old Vic, the Neptune Theatre in Halifax, the Shaw Festival in Ontario and Canadian Stage in Toronto.

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



# Upcoming Classes

## OCTOBER

Weekend, OCT 2-4

### Level 4: Awakened Heart

Pre-requisite: Level 3

\$150 Program Price \$175 Patron Price

WITH SHASTRI DEBBIE ZARATE



With trust in basic goodness and daring to experience the sharp edge of reality, we move forward with gentleness, increased awareness, and inquisitiveness about the world, as it is. We can extend ourselves to others fully and with kindness.

This is the fourth 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 “Fearlessness in Everyday Life”.

## COURSES IN THE WAY OF SHAMBHALA CURRICULUM

The courses that make up the Way of Shambhal 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

## DECEMBER & BEYOND

Save the Dates!

Weekend, Dec 11-13

Level 5: Open Sky

Pre-requisite: Level 4

Fearlessness in Everyday Life

Feb 17 - Mar 1 (Five Wed, 7-9pm)

Level 1: The Art of Being Human

Weekend, Feb 19-20

Perfect for beginners

### Did You Know?

That you can retake the Shambhala Levels for free?

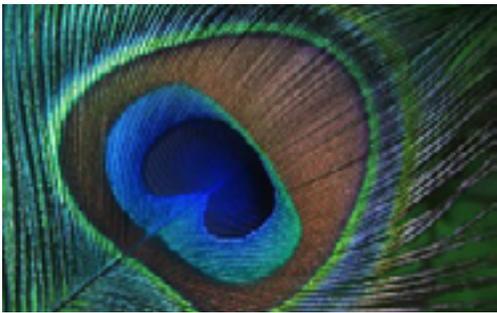
We encourage those who have taken Level IV in the past to consider joining us for a refresher. As always, participants who have taken the level before are invited to attend for free! We have plenty of room for additional participants, and those who are taking it for the first time often find it helpful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

# ...Continuing Classes...

## HEART of RECOVERY

WITH STEVEN SHIPPEE



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

New to the Shambhala Center of Milwaukee!

*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

## LEARN to MEDITATE

WITH SHASTRI DEBBIE ZARATE



**Saturday, December 5, 9:30am-12:30pm**

Price: \$40/\$60 Patron  
Perfect for Beginners

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!

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JOIN US FOR THE 2ND COMMUNITY MEETINGS ON

# ENLIGHTENED SOCIETY

**Tuesday, October 6 (7pm)**

... enlightened society is ... a place where we are brave enough to see – and be – just who we are, surrendering our fantasies of something better. When we do that, the discovery of our own goodness on this planet becomes an exercise in appreciation and wonderment ...

SAKYONG MIPHAM RINPOCHE, *THE SHAMBHALA PRINCIPLE*, P. 18

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On the first Tuesday in September, we began the conversation by reflecting on and discussing basic goodness and human society. We explored such questions as “Do we experience human society as good or not so good?” and “Where do I personally experience or not experience this goodness in my own life?”

The conversation continues in October when our focus will be on relationships. As the Sakyong teaches, “Beginning with being born, we all are in relationship ... beginning with recognizing our own inherent strength and goodness, we create enlightened society by expanding out through our relationships ...”

Steven Shippee will lead us in reflecting on our own relationships with others and exploring questions such as: “What does practicing enlightened society in our relationships look like?” -- “What can I do when I don’t know what to say?” -- “How do we practice enlightened society even amidst the ugly or difficult moments in our relationships?”

We will gather on the first Tuesday, October 6, at 7pm to engage essential practices of enlightened society, beginning with an abbreviated session of meditation followed by video teaching, tea and a facilitated discussion. We will end at 9pm. You are warmly invited!

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



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**SAVE THE DATE!**

The third & final Meeting - postponed from the November date will take place on **TUESDAY, DECEMBER 1 (7PM)**

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TUESDAY OPEN HOUSE

# Tuesday

## OPEN HOUSE

### **October 6 - Creating Enlightened Society**

With Leslie Shippee & Steven Shippee

The Sakyong teaches, "... we all are in relationship ... we create enlightened society by expanding out through our relationships ..." Steven Shippee will lead us in reflecting on enlightened society in the context of relationships. Join us for the 2nd in the series of Proclaiming Enlightened Society Community Meetings.

### **October 13 - Meditation and Anger: The Challenge of Strong Emotions**

With Shastri Debbie Zarate

Can meditation help melt the isolation, insecurity, and rigid thinking that leads to anger, resentment and other strong emotions? What would it mean to open up and be fluid with our ideas and expectations?

### **October 20 - Shambhala, Buddhism and Shambhala Buddhism - Different, Same and Inseparable**

With Bill Hebbert

Join a conversation on our lineage, path and community.

### **October 27 - Always Apply Only a Joyful Mind**

With Dan Kaemmerer

Perhaps you might think "this is easier said than done!" Well it is; you are correct. But we will discuss how this helpful instruction by Atisha (982 c.e.) relates to and supports our meditation, our confidence in Basic Goodness and our compassion towards others.



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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# Get Ready! **Sunday, October 11** 30th Annual Greater Milwaukee CROP Hunger Walk



Excitement is building for the Interfaith Conference's 30th annual Greater Milwaukee CROP Hunger Walk on Sunday afternoon, October 11, at Milwaukee's lakefront next to McKinley Marina. For the first time, we will be collecting fresh produce from home gardens or stores (thanks to help from Tikkun Ha-Ir of Milwaukee) in addition to packaged, nonperishable food for the Hunger Task Force. Special features include the Mariachi Zamora band, the Salsabrosa Dance Company, the Kohl's Design It! mobile craft lab, a costumed balloon lady, a fun obstacle course for kids plus cookies, pizza, bananas and other snacks.

Registration is free and starts at 12:15 p.m., with 2-mile and 5-mile walks at 1:30 p.m. Bring your congregation, friends and relatives. Collect donation pledges in advance for international/national relief and/or bring a food donation. For pledge sheets, fliers and information, call (414) 276-9050, send email to CROP Director Norma Duckworth at [Normad@interfaithconference.org](mailto:Normad@interfaithconference.org) and click on CROP.

*Contact Shastri Debbie Zarate ([debbiezarate@gmail.com](mailto:debbiezarate@gmail.com)) if you are interested in joining this walk!*

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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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## 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

At 4508 North Bartlett Ave, 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.

In July we started with the book: *The Places that Scare You: A Guide to Fearlessness in Difficult Times*, by Pema Chodron. We will continue with that book from its beginning and break the reading into two or three meetings, since it is so dense with discussion and there is no rush to plow through it! 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://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).