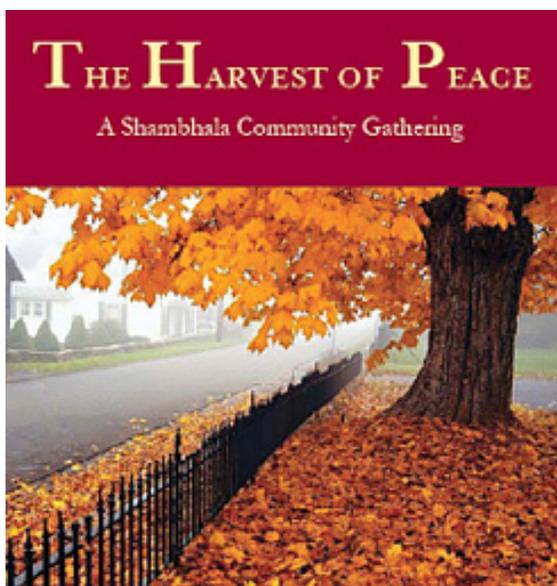


Harvest of Peace 2015

A Very Special Celebration!
Sunday, September 20
Beginning at 10am, Downstairs



THE HARVEST OF PEACE

A Shambhala Community Gathering

It is time once again for our autumn nyida day celebration, Harvest of Peace. Nyida days are family-oriented celebrations and occasions for local Shambhala communities to gather and practice, hear the Sakyong, and to enjoy food and each others' company! This year's celebration will include a special and unique dimension related to the appointment of our own Debbie Zarate as Shastri for the Milwaukee Shambhala community!

Shastri Zarate took her oath with the Sakyong while away for Scorpion Seal assembly. Now our whole community is invited to recognize and receive this appointment by witnessing Shastri Zarate's oath taken before us as part of our Harvest of Peace celebration. Your participation in this important moment for our community is enthusiastically encouraged!

About the Activities of the Day

◆ **Shambhala Sadhana - Discovering the Sun of Basic Goodness** led by Shastri Zarate. This practice is ordinarily restricted to those who have attended Enlightened Society Assembly; however, the Sakyong has again opened the practice on this day to all who wish to participate.

◆ **Shared Community Meal.** Please bring food appropriate for a seasonal luncheon. Enough to serve 6-10 people is perfect. To help assure we have variety, please follow the "last name beginning with" assignment scheme below:

- A thru D - olives, vegetable plate, fruit
- E thru G - cheeses, dips, salsas, spreads
- H thru K - meat casserole, meat salad, or other meat dish
- L thru P - dessert
- R thru T - vegetarian casserole, vegetarian salad or dish
- U thru Z - bread, crackers, chips

Beverages and unopened packages of food may be donated to the kitchen; however, please expect to take any food leftovers home with you. Wrap, ziploc, and bags will be provided.

◆ **Highlights from the Center Director.** Updates will include:

- Accomplishments of the past year
- New and special events and programming
- The Center Director's view including our place in the Shambhala mandala and priorities for the coming year.

◆ **Sakyong's Harvest of Peace Address**
We will view the recorded address given live on Saturday, September 19. Group discussion will be offered following the address for those who wish to stay.

This Year's Celebration Schedule:

- 10:00 AM Shambhala Sadhana (open to all)
- 11:30 AM Set up for community potluck
- 11:45 PM Vow ceremony, shared meal, and conversation
- 1:00 PM Clean up lunch (all help)
- 1:15 PM Update to community
- 1:45 PM Viewing of the Sakyong's Harvest of Peace address followed by
- 2:00 PM Optional after party to discuss the Sakyong's address



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.

ABOUT THE WAY OF SHAMBHALA

The Way of Shambhala is an extensive path of training in authentic meditation practices and wisdom teachings for anyone interested in pursuing such training. This program of courses and weekend retreats offers an experiential overview of practices, teachings, contemplative arts, and physical disciplines rooted in the ancient traditions of Shambhala and Vajrayana Buddhism.

The program is open to people of all religious backgrounds or no religious background. It is recommended for new and experienced meditators as well as those looking to enrich their personal spiritual path and social action.

September 23 – October 21

JOY in Everyday Life

Five Wednesday Nights (7-9pm)
\$110 Program Price; \$130 Patron Price
Open to All

WITH SHASTRI DEBBIE ZARATE

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.

This course is the companion to the *Shambhala Training Level III Weekend* called “Warrior in the World.”

If you have questions about this course, please contact The IEL Program Coordinator, Greg Reichelt, at gloryseeker62@hotmail.com.

Please register by September 20.



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 workweek and family life.

REGISTER ONLINE : milwaukee.shambhala.org/programs

Introducing Two New Classes!

LEARN to MEDITATE

WITH SHASTRI DEBBIE ZARATE



Saturday, September 19, 9am-12pm

Saturday, December 5, 9am-12pm

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!

HEART of RECOVERY

WITH STEVEN SHIPPEE



Every Thursday Evening, 7-8:30pm

New to the Shambhala Center of Milwaukee!

Starting Thursday, September 24th!

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

JOIN US FOR A SERIES OF COMMUNITY MEETINGS

ENLIGHTENED SOCIETY

How Can We Help?

... 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

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 where and how society needs help. We will further reflect on what we may already be doing and on what we might do to become engaged. We will begin on the first Tuesday, October 6, at 7pm with an abbreviated session of meditation followed by video teaching, tea and a facilitated discussion. We will end at 9pm.

This series of community meetings focusing on the essential heart of Shambhala vision, Enlightened Society, will take place on the first Tuesday of September, October, and November. You are warmly invited to participate.

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

SAVE THE DATE!

Next Meeting

TUESDAY, OCTOBER 6 (7PM)



Mark Your Calendar...

Acharya Richard John In Milwaukee

October 28 - November 1

Reserve 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.

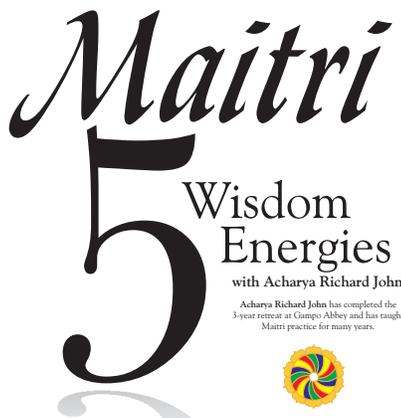
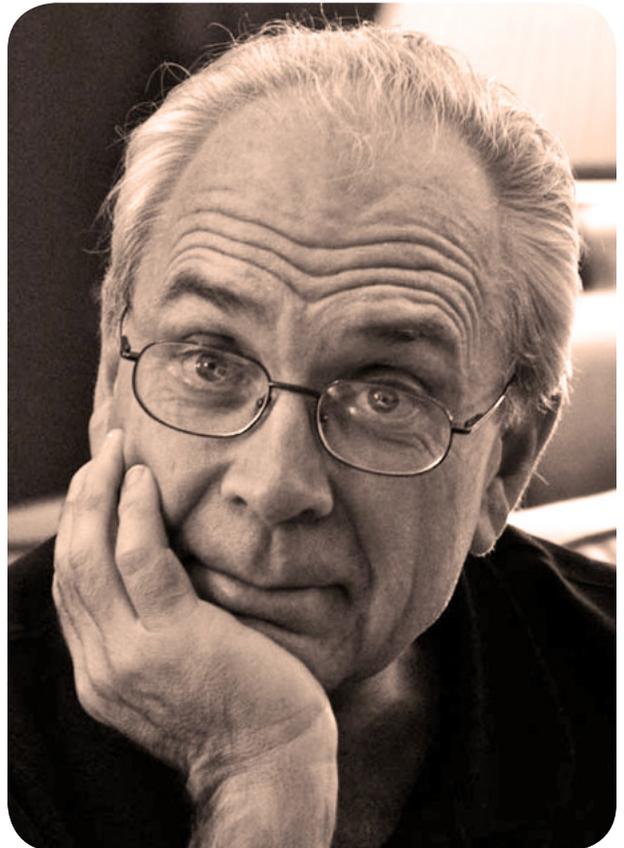
PROGRAMS with Acharya John

Wed Evening, Oct 28
Public Talk on Shambhala Buddhism

Thursday Oct 29
Vajrayana Students Program

Fri, Sat & Sun, Oct 30-Nov 1
Maitri - Five Wisdom Energies

Sun Evening, Nov 1
Refuge & Bodhisattva Vows Ceremony



ABOUT MATRI - FIVE WISDOM ENERGIES

The Five Buddha Families are the qualities of natural wisdom which pervade our emotional lives and all phenomena. The Maitri (kindness) practice uses meditation, postures and colors to investigate these energies. Open to members and friends who has received meditation instruction at the Shambhala center. Please contact Paul Shinkle if you have any questions about the program.

Learn more about the 5 Wisdom Energies at:
www.maitripractice-international.org/vajra/index.htm

REGISTER ONLINE : milwaukee.shambhala.org/programs

Buddhist Vows Coming in October

With Acharya Richard John

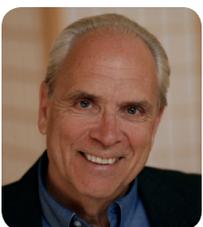


For those interested in deepening their commitment to the Buddhist path, there will be an opportunity to take the Refuge Vow or the Bodhisattva Vow with Acharya Richard John, a senior teacher in the Shambhala Buddhist lineage, in October.

Practitioners who wish to formally become a Buddhist are invited to take the Refuge Vow. Those who have already taken the Refuge Vow and who aspire to expand their commitment to work for the benefit of all sentient beings, may deepen their commitment by taking the Bodhisattva Vow. All those who have taken the Bodhisattva Vow are welcome and encouraged to renew their vow during the ceremony in October.

If you are considering either vow, please contact Jessica Bizub (jessica.bizub@gmail.com) as soon as possible. We will offer preparation courses for both vows and would like to schedule them around aspirants' schedules.

About Acharya Richard John



An early student of Chogyam Trungpa Rinpoche, Richard was appointed an acharya by Sakyong 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.

What It Means

To Take Buddhist Vows

Refuge Vows

The Refuge Vow marks the decision to commit oneself wholeheartedly to the Buddhist path and to further one's practice and training. It is the formal commitment to being a Buddhist, following the example of the Buddha Shakyamuni, his teachings (the dharma) and joining the community (sangha) of fellow practitioners. This vow always comes first.

Bodhisattva Vows

The Bodhisattva Vow is further commitment to put others before oneself and to work wholeheartedly for their benefit. The basis of this vow is the aspiration to develop friendliness, compassion, and genuine insight through the practice of the six paramitas and to undertake the view and practice of the Mahayana. (This vow requires already having taken the Refuge Vow, preferably at least a year earlier.)

To Learn More

If you would like further information about these vows, please speak with your meditation instructor. If you don't yet meet with a meditation instructor, feel free to contact Steven Shippee, Director of Practice and Education, (steven.r.shippee@gmail.com) with any questions you have. And again, if you are interested, please let Jessica Bizub know.

TUESDAY OPEN HOUSE

Tuesday

OPEN HOUSE

September 1 - Creating Enlightened Society

With Leslie Shippee & Napa Chayaworakul

The first of three “First Tuesday” community meetings to contemplate and discuss the Shambhala principle of Enlightened Society. Is it an unrealistic ideal or can it be a workable reality? The first meeting will include:

7:00 Sitting practice

7:25 Enlightened Society video featuring Sakyong Mipham Rinpoche

7:45 Tea

8:00 Group Discussion

September 8 - Bringing Shambhala Home

With Shastri Debbie Zarate

In his 2015 Shambhala Day address, Sakyong Mipham Rinpoche said that an important aspect of social transformation is for us to bring the teachings of basic goodness and enlightened society home – literally. Many of us work hard on these principles in our meditation practice and at the center. “But as everyone knows, the best place to try them is at home. There it becomes very evident how strong these principles are. If we are going to create a culture and a society, those principles need to be strong within our own lives.... By emphasizing the home, we are establishing the basis of ethics, communication, and how we can live and survive as people.” (SMR) Our class this evening will feature a group discussion and reflection about what this might mean. Transcripts of the Sakyong Mipham’s talk will be available.

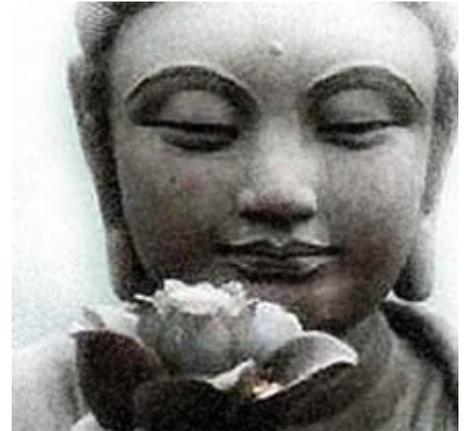
September 15 - Impermanence: Are we doomed or free?

With Shastri Debbie Zarate

An Important theme in the Shambhala Buddhist path is the understanding and realization of impermanence. Can we understand impermanence in a way that it becomes a resource for working with the challenges of life and building healthy relationships with others? Our presentation and discussion will explore this theme.

September 22 - The Genuine Heart of Sadness

With Napa Chayaworakul



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.

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.

September 17th, Thursday 6-8pm

Shambhala Milwaukee Book Club

At 4508 North Bartlett Ave, Shorewood

BY ANNE DeSELLIER

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.sol@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.

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.

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.

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.