



SHAMBHALA

Making Enlightened Society Possible

MILWAUKEE

FEBRUARY 2015
NEWSLETTER
milwaukee.shambhala.org



SHAMBHALA NEW YEAR

YEAR
OF
THE
WOOD
SHEEP

On Thursday, February 19, everyone in the Milwaukee Shambhala community is warmly invited to join us for our Shambhala Day celebration.

Shambhala Day marks the beginning of the New Year, and represents one of the most important traditions of Shambhala community. Based on the traditional Tibetan New Year's celebration of Losar this is a time for us to express the wealth and richness of our spiritual and cultural heritage.

As is customary, **Sakyong Mipham Rinpoche** will address the worldwide Shambhala community through an online hook-up, which includes Shambhala Centers and Groups from six continents and over thirty countries around the world.



FEBRUARY 19

SHAMBHALA NEW YEAR THIS YEAR'S EVENTS

Thursday, February 19

8:30am-1pm

Sunrise Ceremony, Sadhana practices & community potluck

- 8:30am - Sunrise Ceremony (ringing in the New Year and opening chants)
- 8:45am - Long Lhasang (Community Blessing)
- 9:15am - Elixir of Life Sadhana practice
- 9:45am - Shambhala Sadhana practice (open to all)
- 11am - Potluck Brunch (please bring a dish to share)
- 12pm - The Sakyong's annual address to the international Shambhala community

Please contact Debbie Zarate at debbiezarate@gmail.com and let her know what dish you will be bringing.

Saturday, February 21

11am-1:30pm

Membership Aspiration Workshop

All members of Shambhala are invited to the first annual international community reflection on our engagement with Shambhala, and with Shambhala principles in the world. Using the three questions from the Sakyong's *Letter of the Morning Sun*, we will contemplate our aspirations for the future, and to offer our aspirations for the benefit of Shambhala and all of society.

- 11am-12:30pm - Community Contemplation
- 12.30-1pm - Tea Break
- 1-1:30pm - New Member Welcome and Pin Lhasang Ceremony
- 1:30pm - Tape replay of the Sakyong's Annual Shambhala Day address

You are cordially invited

SHAMBHALA GALA



Saturday, February 21, 2015
6:30 - 9:00 pm

Put on your most stylish clothing and join us for our annual New Year Celebration. This year we are celebrating with an elegant Italian potluck, games, festivities, and surprises. There is no cost for this event; but everyone is requested to bring an Italian dish and drink to share.

Please **RSVP** by registering sending an email to shambhalamke@gmail.com and let us know what dish you plan on bringing.

Members, friends, family, and children welcome!

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.

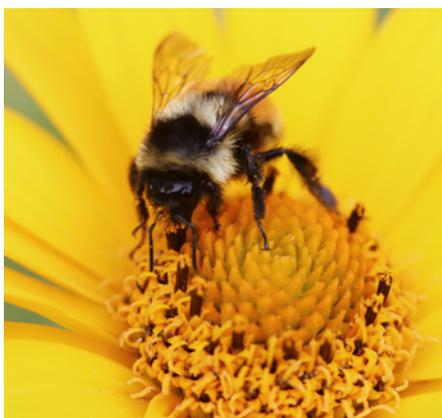
The courses that make up the Way of Shambhala include the following:

- 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.

THE WAY OF SHAMBHALA

Contentment in Everyday Life



Perfect for Beginners!

**February 4 - March 4
Five Wed Evenings, 7-9pm
With Debbie Zarate**

This course provides an exploration of genuine contentment, the foundational views of the Buddhist teachings, and meditation in action for daily life. *You can still join us if you missed the first class!*

Contentment can be hard to find. Much of the time we search for contentment in things, achievements or relationships. With meditation practice, we relax with ourselves and appreciate simple human experiences. Difficult emotions and the challenges of life can be met with gentleness, mindfulness and inquisitiveness.

This five-week Everyday Life series in The Way of Shambhala continues the path of meditation experience through cultivation of contentment and simplicity. We explore the foundation views of the Hinayana Buddhist teachings and meditation in action for daily life. Through understanding the conditions and emotions that keep us trapped in habitual patterns, we can begin to express the qualities of the Tiger: gentleness, appreciation and steadiness. This course is the companion to the weekend intensive called "Birth of the Warrior."

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.

REGISTER ONLINE - milwaukee.shambhala.org

February 8 - 17, 2015 MAMO CHANTS

Year-end practice to dispel obstacles in daily life

Shambhala Day (this year, February 19) marks the end of one year's cycle and the beginning of a new one. To dispel the karmic accumulation of personal, social and environmental chaos at the year's end, all students are encouraged to practice as much as possible in the period just before Shambhala Day.

In particular, we are encouraged to recite the mamo chant—Pacifying the Turmoil of the Mamos—beginning eleven days before Shambhala Day. This chant is an elaborate protector offering by which we tune into our inherent openness, awareness and basic goodness, keep our conduct straightforward and kind, pay proper attention to the details of our lives, and reconnect with sacred outlook.

Everyone is warmly welcome to participate in any or all of the practice sessions, as well as the associated programming.

The day before Shambhala Day is considered neutral and is traditionally a time to clean and refresh one's home and shrines in preparation for the coming year.



MAMO CHANTS - DETAILED SCHEDULE

Sunday, February 8

10:30am - "Introduction to Mamo Chants" talk with Debbie Zarate

11am - Mamo chants

12pm - **Protector Drumming Training** with Jessica Bizub

Everyone is invited to learn protector chant drumming. There will be an opportunity for everyone to practice, and there may be opportunities to sign up to drum during this year's Mamo chants.

Monday, February 9

7pm - Mamo chants

Tuesday, February 10

7pm - Mamo chants

8pm - Tuesday Open House talk:

"Working with Obstacles and Habit for a Fresh Start." With Debbie Zarate and Jessica Bizub

Wednesday, February 11 through Friday, February 13

7pm - Mamo chants

Saturday, February 14

10am - Mamo chants

11am-1pm - Special presentation

"Don Season: On Kasungship and Protection," hosted by the Pillar of Protection

We will watch a live talk from Acharya Mitchell Levy, the Kasung Acharya, who will share the idea of protectorship with the Shambhala community. Everyone is welcome to this event where we will explore working with obstacles fearlessly and directly. There is no fee to attend, but donations are appreciated as there is a small fee to access the talk.

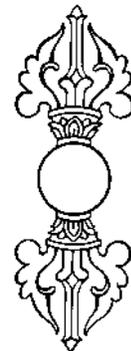
Sunday, February 15

10am - Mamo chants

Monday, February 16

through Tuesday, February 17

7pm - Mamo chants



Save The Dates



Acharya Susan Chapman Returning to Teach Next Month in Milwaukee

March 12-16

Upcoming Way of Shambhala Class

Basic Goodness III **WHAT IS REAL?** March 25-April 29

This course asks the question, “What is real?” and focuses on a study of the phenomenal world.

It emphasizes core Buddhist teachings, such as impermanence, the process of perception, the “mind,” and emptiness. It is oriented toward the experience of sacred world, the magic of the natural elements. The course also has an ecological emphasis.

This is the third course in the Basic Goodness series, however the first two courses are not pre-requisites for this course.

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

Acharya Susan Chapman will be returning to Milwaukee Thursday, March 12 through Monday March 16. We are finalizing details, so check our website soon for more information.

TENTATIVE SCHEDULE

Thursday, March 12 evening
Meditation, conversation and food at the center

**Friday, March 13 (6:30-9pm)
through Saturday, March 14
(9am-6pm)**
Weekend program -
“Walking the Path of a Bodhisattva”
no prerequisites, open to everyone

Sunday, March 15
Morning - “Ashe in the Heart,” open to those who have received Stroke transmission
Afternoon - “Absolute Ashe,” open to Shambhala vajrayana practitioners

Monday, March 16 (7:30-9pm)
Public talk - “Communicating Mindfully”

About Acharya Susan Chapman

Acharya Susan Gillis Chapman, is the author of the acclaimed book, *The Five Keys for Mindful Communication* and a senior teacher (Acharya) in the Shambhala Buddhist lineage. She is also an authorized teacher of contemplative psychotherapy, which she has studied for forty years. She is on the faculty of Karuna Training in Europe, and is a licensed (retired) family therapist in Vancouver, BC. She is an experienced meditation practitioner and teacher who spent nine years completing and directing the traditional “3-year meditation retreat” at Gampo Abbey in Nova Scotia under the mentorship of Pema Chodron.

Become a Member of Shambhala

SHAMBHALA IS A GLOBAL COMMUNITY of people inspired by the principle that every human being has a fundamental nature of basic goodness. This nature, our innate wisdom, can be developed so that it benefits our own lives and helps meet the many challenges facing the world.

Shambhala welcomes people from all walks of life, faiths, and backgrounds. They come together to practice meditation, gather, and celebrate in order to develop a global culture that cultivates dignity and sanity in an increasingly chaotic and stressful world.

Becoming a member of Shambhala is a statement about your personal inspiration, curiosity, and commitment to the path of awakening. Many of us, once we begin to feel a connection to Shambhala, want to know: What's involved in becoming a member? How can I support Shambhala? Membership is an invitation to strengthen our support of the Shambhala vision through our practice of community, our meditation practice, financial giving, and service.

Three main elements of being a Shambhala member:

1 Meditation Practice: A member of Shambhala makes a connection to mindfulness-awareness practice, and works to integrate that practice into daily life. This connection may also be made through contemplative practices based on mindfulness-awareness. As part of the global mandala of Shambhala, members are dedicated to creating enlightened society.

2 Volunteer service: A large majority of Shambhala activities are conducted by volunteers, and there are many ways to help. Members donate time to the local Center based on their interests and personal availability.

3 Financial Support: Shambhala is sustained through dues and donations. When one becomes a member through a local Center, one's financial contributions support the needs of the local Center, with a portion going towards the support of the international Shambhala community. Dues structures vary across local Centers, but giving can always be tailored to one's individual financial situation. The local Shambhala Center will ensure that anyone who wants to be a member can afford to do so.

Membership Registration Form

I would like to become a Member of Shambhala Center of Milwaukee and support the expansion of dharma by monthly dues of:

- Dragon - \$75 and up per month
- Garuda - \$55-\$75 per month
- Lion - \$25-\$50 per month
- Tiger - \$5-\$15 per month
(suggested for students & low-income members)

Monthly dues are tax-deductible.

Dues Payment

Automatic Withdrawal from my checking account. (Please attach voided check.)

- I authorize Shambhala Center Milwaukee to make automatic withdrawals from my account in the amount above.

Signature

Date

Personal Information

Name

Street

City State Zip

Email

Phone

Volunteer interest

- I would like to be added to the center's database for emails, newsletter and events.

Please place your registration form in the donations box near the front desk at the center or contact our finance director, Jon Hamilton at jdhamilton_99@yahoo.com.

Tuesday

OPEN HOUSE

February 3

So What IS Shambhala, Anyway?

This open house discussion on the first Tuesday of each month is an opportunity to ask questions and hear from the Center Director and others about various aspects of the Shambhala Buddhist path and the Milwaukee Center – its activities and opportunities. Discussions may begin with a seed selected from Shambhala texts such as the The Shambhala Principle or Shambhala: Sacred Path of the Warrior or from current or upcoming events of the community.

This month's topic: **"Exploring Appreciation."** Please feel warmly invited! With Leslie Shippee

February 10

Working with Obstacles and Habit for a Fresh Start

The period of days leading up to the Tibetan New Year, our Shambhala Day (February 19), are traditionally seen as

a time of transition when we are most vulnerable to obstacles and negativity.

During this time, Shambhala Centers worldwide host the ritual of the Mamo chants, which provides an opportunity to increase our mindfulness and awareness. Come learn how this protector practice helps us clear up our accumulated "bad habits," so we can use obstacles as reminders to pay attention and start our year fresh. With Debbie Zarate and Jessica Bizub

February 17

Vows in the Shambhala Tradition

Join a conversation on how vows are used to remind us of our aspirations to be helpful to ourselves and the world around us. The Shambhala, Enlightened Society, Refuge and Bodhisattva vows will be discussed as well as the general principles involved. With Bill Hebbert

February 24

Love/Bodhichitta/Compassion: Same or Different?

These words sometimes appear to be interchangeable in our ordinary conversations. We will look at the important differences as well as the common bases for these terms. Implications of each for our practice will also be explored and we hope, leave you with questions. With Grace Jessen

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 is 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

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

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