



SHAMBHALA

Making Enlightened Society Possible

MILWAUKEE

MARCH 2015
NEWSLETTER
milwaukee.shambhala.org

Walking the Path of a Bodhisattva

With
Acharya
Susan Chapman

These teachings on Walking the Bodhisattva Path from a senior teacher of the Shambhala Lineage, Acharya Susan Chapman, will focus on the profound practice of “awakened heart” as the ground for the bodhisattva activity of benefiting others through wisdom and compassion.

The Shambhala Community especially welcomes practitioners from other Milwaukee Buddhist sanghas as well as anyone interested in the teachings on the spiritual path as a vehicle for helping our world and benefiting others.

This program begins with an introductory talk on Friday evening and continues the full day on Saturday. The program activities will include Acharya Chapman’s teaching as well as time to meditate, reflect, and dialogue.



Program Cost:

\$125 regular; \$160 patron

If the program price is an obstacle for you, please inquire about our “generosity policy.”

Practitioners of all levels are welcomed!

Fri, Mar 13, 7–9pm
Sat, Mar 14, 9am–6pm

Register Online:
milwaukee.shambhala.org

Acharya Chapman Programs

PUBLIC TALK

Mindful Presence: The Power of Loving Kindness

Monday, March 16, 7pm. All are welcomed.



Meditation takes us just as we are, with our confusion and our sanity. This complete acceptance of ourselves as we are is called maitri, a simple, direct relationship with the way we are.

— Pema Chodron



An awake body, tender heart, and open mind are the key to mindful presence. Please join Acharya Susan Chapman for a conversation about cultivating maitri, the Sanskrit term for loving kindness, as a means of gently connecting with ourselves, others and the world.

Suggested donation \$10.

About Acharya Chapman

Acharya Chapman has an MA in Buddhist and Western Psychology from Naropa University, and is a licensed Marital and Family Therapist. She completed Gampo Abbey's three year retreat and served as retreat leader for six more years. She also offers workshops and training in mindful communication around the world and recently published the book, "The Five Keys to Mindful Communication."

Acharyas (Sanskrit for "teacher") are accomplished practitioners appointed by Shambhala Lineage Holder, Sakyong Mipham Rinpoche, to represent him and the Kagyu, Nyingma and Shambhala lineages he holds.

A SPECIAL PRESENTATION

ASHE IN THE HEART

March 15, 9am-5pm

Full day: \$120; \$160 patron

Morning session only: \$60; \$80, patron

Explore the teachings and practices on Ashe with Acharya Susan Chapman. The morning session, from 9am to lunch, will be for everyone who has received the transmission of Ashe, from Warriors to Scorpion Seal. The afternoon session will be for Shambhala tantrikas and sadhakas only.

This will be the first program to draw together the entire 'Ashe Sangha' in this way, and under the guidance of the deeply practiced and skillful Acharya Chapman!

This program is open ONLY to those with Ashe stroke transmission.



UPCOMING CLASSES

What is Real?

The Basic Goodness of Reality

Six Wednesday Evenings
Mar 25, Apr 1, 8, 15, 22 & 29

Price: \$110; \$130 patron

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.

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

This is the third course in the Basic Goodness series, however the first two courses are NOT prerequisites for this course.



SHAMBHALA TRAINING - LEVEL I

The ART of Being Human

Saturday, January 31
8:30am-6pm

Price: \$110; \$150 Patron

Perfect for Beginners!

Through the practice of meditation, we glimpse unconditional goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we begin to see our potential as genuine and compassionate human beings.

This course is the weekend companion to “Meditation in Everyday Life.” It is the first of the five weekend workshops that 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. The workshops are recommended for new and experienced meditators, as well as for those looking to enrich their existing spiritual path.

REGISTER ONLINE

milwaukee.shambhala.org

FROM THE DIRECTOR



I am pleased to announce the addition of a new seat added to our governance council, Director of Communications. For the past few months, the council has been considering and deliberating the addition of this role. Through our observations and experiences getting programs and events together, we've come to better appreciate how much is involved in just getting the word out about a specific program or event, much less all of them!

For several years, Napa Chayaworakul, has done an outstanding job of producing beautiful posters, website postings, and the newsletter.

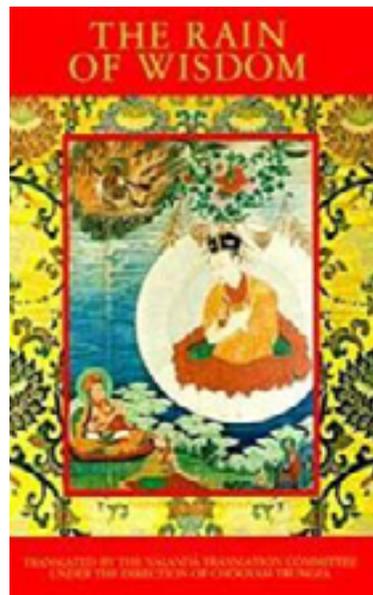
The Director of Communications is not replacing Napa's role, but rather will add overall coordination and a long-term strategic approach. By having a council seat dedicated to communication, we'll be able to plan publicity and other communication more effectively and further ahead. Over time, we think this will increase the overall benefit.

Last autumn, the council moved forward with transferring our existing website to the Blue Mandala platform being used as the standard by Shambhala Centers throughout the world. I asked Mr. Gary Reinke to assist by coordinating and overseeing the project. The site went live in December. Gary, who has a background in advertising and business communications, has been a member on and off over many years. In fact, he created the very first website the Milwaukee Shambhala Center had!

With the move of our website to the Blue Mandala platform we saw an opportunity to explore more coordination between our website, newsletter, and other communications. In talking with Gary as we explored the possibility of adding the new council seat, we found that Gary had expertise, time, and the willingness to offer it. I anticipate new and wonderful things arising from this expansion of our communications capabilities. I am very grateful to both Napa and Gary. I know



Sunday March 8, 9am-2pm Milarepa Day



This day of practice is in honor of the greatest yogi in our lineage, Jetsun Milarepa. Marpa the Translator's most famous student, Milarepa, went from murderer to maha-siddha in one lifetime--so profound are the teachings and so great was his commitment to the path! Draw inspiration and energy from his example and from our practice as we gather to chant Milarepa's songs of realization and the songs of our other Kagyu predecessors.

Everyone is welcome to this special practice day. Chanting these songs (from the book, Rain of Wisdom - please bring your copy if you have one!), is a profound practice of hearing, contemplating, and meditating upon the entire path of realization and the highest view.

Tea will be provided. Come for the whole session, or drop in for any part of it. We'll keep the chanting going for you!

WINDHORSE RETREAT WEEKEND

Fri-Sun, April 24-26. Open to all.

Retreat/Renewal Weekend

This retreat/renewal weekend is a great opportunity to unwind, re-gather and practice meditation in a supportive and relaxing environment of our midwest land center, Windhorse Rereat, just one hour north of Milwaukee. There will be meditation instruction, dharma talks and personal time for relaxation. Sitting begins at 7:30pm on Friday night. Program ends at 4pm on Sunday. Cost: \$175 includes everything.

First Annual Membership Workshop

By Paul Shinkle

IF YOU'RE LIKE ME, you thought of Shambhala membership as one more tick-off item on your to do list: MIEL? Check. Buy *Turning the Mind Into an Ally*? Got it. Fill out membership form? Done.

But the view of membership is more spacious than that. Membership in Shambhala is a constant invitation to engage with yourself, with the sangha, with the international Shambhala mandala, and with the world.

Seventeen Milwaukee Shambhala Center members and friends worked on what membership means to them at the 1st Annual Membership Aspiration Workshop on February 21st. Shambhala Centers across North America participated in a similar event during this season as well.

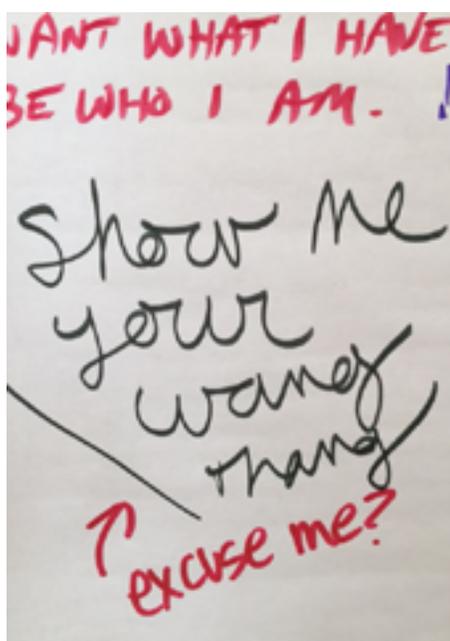
During the Workshop, we worked with three questions derived from Sakong Mipham Rinpoche's 2010 "Letter of the Morning Sun."

First, we worked with "As a member of Shambhala, what personal

commitment would you like to make to practice and study?" to open the event. This question encouraged participants to look at the relationship between membership and personal practice. The second question was "As a member, what will you offer to Shambhala?" Working with generosity at any level—financial, time, effort—is a challenge, but completely vital to an organization like ours where nearly everything is done with volunteer labor and donations. The third question dealt with the idea of 'warrior in the world': "As a Shambhalian, what do you aim to do in the world?" This question allowed us to explore the natural relationship between basic goodness and enlightened society—as we manifest both in our own lives, households, relationships, and workplaces.

If you attended the event, your feedback on how it went is very important and deeply appreciated. Feel free to share your experiences at the Membership Coordinator email address at the end of this article. If you had to miss the event and you would like to receive a copy of the worksheet we used, please send your request to the same email and we will send one to you (in pdf format) right away.

Meanwhile, please keep the conversation going in every area of



your life. As the Sakyong wrote in *The Shambhala Principle*, "As our daily activities further express confidence, basic goodness can begin to affect our homes, workplaces, hospitals, and schools, extending all the way to our economic and political systems."

Finally, please consider inviting friends and family to Shambhala events—they are always warmly and completely welcome, as friends, as family, and as potential future members.

Happy householding to you as a member of this worldwide mandala of basic goodness!

Please contact membership coordinator Paul Shinkle at membership@milwaukeeshambhala.org.

NEW Library Upstairs

Several members came to help with the library move and now we have a beautiful new space for reading and browsing books upstairs just outside the meditation hall. Aaron Schricker, our library coordinator, made this happen. Thank you Aaron and everyone for your energy and effort!



New Member Pin Ceremony



During the Shambhala Day festivities, four new members of the Milwaukee Shambhala Center received their Member Pins, the representation of the Great Eastern Sun. Each participated in a short lhasang and took their Member Oaths. Cheerful good welcome to Kirk Ferguson, Katherine Biehl, Mike McCauley, and Sam Potratz! They are, each of them, already taking up the work of creating an enlightened society.

If you are a member of Shambhala and have never received your Member Pin, please contact membership coordinator Paul Shinkle at membership@milwaukee-shambhala.org. We'll get you properly pinned at the earliest convenience!



Tuesday

OPEN HOUSE

March 3

So What IS Shambhala, Anyway?

Shambhala is a global community. Get a glimpse of how Shambhala began, and how it has grown and progressed. Learn about what is changing as Shambhala comes into its global identity.

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.

With Leslie Shippee

March 10

True Perception

Art is part of the Shambhala path. It is integrated into the teaching and the first level is called The Art of Being Human. So a discussion of what Art is and how meditation can be a part of that is important. The practice of Art will be presented.

With Frank Fischer

March 17

The Practice of Contemplation

Hearing, contemplating and meditation are known as the three trainings of a dharma practitioner. The practice of contemplation is how we integrate meditation practice into our being and way of life. A guided contemplation will be introduced during the talk.

With Napa Chayaworakul

March 24

The Proclamation of Basic Goodness

This is the name of the opening chant in our daily practice and we will reflect on the importance of proclaiming basic goodness in chant and in life.

With Steven Shippee

March 31 - Hanging Out with the Right Crowd: Getting to Know the Shambhala Lineage

The notion of lineage in the Shambhala teachings is how the complete realization of sanity can be handed down to a human being in the Shambhala world so that he or she can embody that sanity and promote its attainment in others” Chogyam Trungpa Rinpoche. This class will be an introduction and discussion on the Shambhala Lineage.



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

SHAMBHALA Meditation Center of Milwaukee

2344 N. Oakland Avenue, Milwaukee, WI 53211

Tel: (414) 277-8020. Email: shambhalamke@gmail.com

milwaukee.shambhala.org