



Welcome to Shambhala

Through the practice of sitting still and following your breath as it goes out and dissolves, you are connecting with your heart. By simply letting yourself be, as you are, you develop genuine sympathy towards yourself.

--Chögyam Trungpa Rinpoche

Shambhala Meditation Center of Portland

**1110 SE Alder Street, Suite 204
Portland, Oregon 97214
503 231-4971 (message only)**

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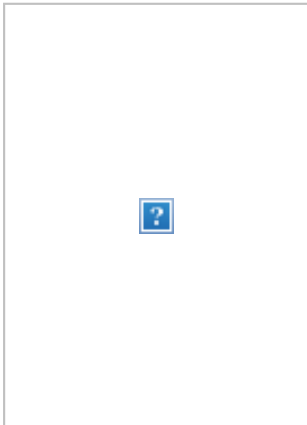
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*To request further information about the Center
or to comment on this site,
email to David Parker
bodhi@teleport.com*

Text and graphics adapted in part from www.shambhala.org

--updated on March 12th, 2000--

The Shambhala Meditation Center of Portland is a meditation practice and study center established in accordance with the vision of [Chögyam Trungpa Rinpoche](#). Through [Sakyong Mipham Rinpoche](#) and [Shambhala International](#) in Halifax, Nova Scotia, the center is affiliated with over a hundred Shambhala Centers worldwide.

Throughout history, people have aspired to create societies that express inherent human dignity and goodness. We refer to this vision of creating an enlightened society as Shambhala, based on the legendary enlightened kingdom of the same name.

The Portland Shambhala Center offers three paths of meditation practice and study, called the [Three Gates](#), each based on the core discipline of mindfulness-awareness (shamatha-vipashyana). Vajrayana Buddhism is a comprehensive path of Buddhist meditation and study in the Tibetan Kagyü and Nyingma traditions. Shambhala Training is a non-sectarian path of meditation and spiritual practice. Shambhala Training welcomes people of any or no religious affiliation who would like to learn to live fearlessly through gentleness and awareness. The third gate, Nalanda, comprises a number of secular disciplines and activities that integrate art and culture with everyday life.

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Practice Schedule

Individual meditation instruction and group meditation practice are available without charge on most Sunday mornings (9 to noon) and Tuesday evenings (7 to 8 or 8:30). Group meditation practice, but not individual meditation instruction, is available on Thursday evenings (7 to 9:00). On Tuesdays, a class or a program usually follows meditation. On some Tuesdays, Thursdays, and Sundays, meditation is in the Buddhist style, and classes focus on the Buddhist teachings. On other days, meditation, classes, and Nalanda arts activities are in the non-sectarian Shambhala style. **Beginners are welcome. Please write or call for a bimonthly calendar and newsletter, or view them here online:**

[May/June Calendar](#) (small file)

Download the [March/April Newsletter pdf file](#) (big file, 450K)
(which can be read with [Adobe Acrobat Reader](#))

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Sign up for email announcements

Click the "Onelist" button if you would like to receive occasional announcements of programs, classes, and other events from the Shambhala Meditation Center. You can block email or resign from this list at any time.



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Events

[Pema Chödrön: Training the Mind. City Retreat and 6-Session Class on Videotape. February 12 through March 18](#)

Making a True Move - a one day workshop with Arawana Hayashi, March 25

We are privileged to host a day-long workshop in the creative process by world-renowned dancer, choreographer, and teacher, Arawana Hayashi. The workshop will explore how the deep connections between the principles of Shambhala mind training and body movement provide a fertile ground for enriching our experience of the world. In a gentle and non-judgemental way, through the use of the elements of body movement, stillness, space and time, we will explore what it means to "be" and act genuinely.

Ms. Hayashi is the Artistic Director of the Jo Ha Kyu Performance Group in Cambridge, Massachusetts, which performs bugaku (Japanese imperial court dance) and contemporary dance informed by traditional Japanese aesthetics. She co-directed Naropa University's Dance Program from 1976 to 1980. She has been a director for Shambhala Training since 1981, and has presented Shambhala Training programs throughout the United States and in Europe. She taught the Shambhala curriculum at the three-month Vajradhatu Seminary last summer.

The workshop will run from 10am to 5 pm on Saturday, March 25th, at the Northstar Ballroom, 635 N Killingsworth Court (east on Killingsworth from Interstate-5, right on Albina, left on Killingsworth Court to Borthwick) .

The registration fee for the workshop is \$40. Please send tuition to:
Imogene Hollis
3035 SE 18th Ave
Portland, OR 97202
Call (503) 230-7104 for more information.

[Download a flyer for Making a True Move as a pdf file](#) (162K)
(which can be read and printed with [Adobe Acrobat Reader](#))

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Introduction to Tibetan Medicine, Tibetan Medicine & Modern Conditions, Medicine Buddha Practice with the Venerable Pora Tulku Rinpoche, March 25 and 26

The Portland Shambhala Center and the Oregon College of Oriental Medicine are delighted to present this weekend of teachings for health professionals and all who are interested in Tibetan Medicine and/or the Medicine Buddha practice.

The Venerable Pora Tulku Rinpoche, the fifth incarnation of the first Pora Tulku was born near Lachen Monastery, Nanchen. He has worked extensively with Khenpo Tsultrim Gyamtso Rinpoche, and is learned in the texts of medicines, acupuncture, and cauterization. With this knowledge, he strives to liberate the suffering caused by diseases & famine throughout all beings in the six realms.

Introduction to Tibetan Medicine

Saturday, March 25

9:00 am - 4:30 pm

\$75

During this seminar, participants will be introduced to the basic theory of Tibetan medicine. Additionally, they will learn how external treatments -- such as diet, behavior, herbal medicine, acupuncture & moxibusion -- are used to obtain balance, and therefore, good health.

Tibetan Medicine & Modern Conditions

Sunday, March 26

9:00am - 12:30 pm

\$40

Following the introduction on Saturday, Sunday morning's seminar will present how Tibetan medicine practitioners diagnose and treat "modern conditions" such as depression, anxiety & stress.

The Medicine Buddha Practice & Yogic Mind Training

Sunday, March 26

2:00 - 5:00 pm

\$35

The Medicine Buddha practice is used by patients and health practitioners alike to positively affect our sense of health & well being, thus enhancing the healing journey. During this time, Rinpoche will give instructions on this important meditation practice. (Refuge not required)

Buddhist Health Professional Meeting

Sunday March 26

5:00 - 6:30 pm

If you are a health professional who practiced meditation, and are interested in integrating these practices together, please come to this initial meeting. This will be a self-guided group where we can explore such topics as: how to teach patients/clients meditation, Buddhist healing methods, and other ideas of our choosing.

For more information on the health practitioner meeting, contact Rayna Jacobson (503-284-7897) or raynaj@email.msn.com.

All weekend events will be held at:

The Oregon College of Oriental Medicine
10525 SE Cherry Blossom Dr.
Portland, OR 97216
503-253-3443

For registration, or for further information, contact OCOM at the phone number above.

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Dharma Art & Creativity - an evening talk with Arawana Hayashi, March 28

The Center will host Arawana for a brief presentation on Dharma Art and the creative process following an opening meditation session.

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Shambhala Training Level IV, March 31st to April 2nd

We are very pleased to announce that Arawana Hayashi of Boston will direct Shambhala Training Level IV, "Awakened Heart", in Portland on the weekend of April 1st. Ms. Hayashi has been a director for Shambhala Training since 1981. She directs and choreographs for a dance company, Jo Ha Kyu. Among her many talents, she is a well-known performer in bugaku, Japanese court dance.

This program is open to all students who have completed Level III. The introductory [Level 1 weekend of Shambhala Training](#) will be offered at the Center on May 19 to 21. If you would like to learn more about Shambhala Training, but are not sure you are ready for a full weekend program, the Level I weekend begins with an introductory talk on Friday evening, May 19th at 8 pm that is open to the public without charge.

The Level IV program will begin at 7:30 pm on Friday evening, March 31st, at the Center. The cost is \$100, \$90 if registered by March 24th, \$50 if you are repeating the program. Please register with

Pete Woodside
8405 SW 11th Ave
Portland, OR 97219
KnotTyRS@compuserve.com

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Sadhana and Feast to Mark Parinirvana of Chögyam Trungpa Rinpoche, April 4

Each year on April 4th we commemorate the life of Chögyam Trungpa Rinpoche, the 11th Trungpa tulku, who died April 4, 1987. The anniversary of his parinirvana, or death, offers us a special occasion to come together as a community, connect through our meditation practice and share in a glimpse of the vast riches gifted to us by Chögyam Trungpa. On Tuesday evening at 7:00 p.m. we will have a special program of Sadhana of Mahamudra practice with feast. This practice is open to all. Please plan to arrive at the Center by 6:45 so that we can be ready to begin a 7:00 promptly. The food and beverages for the feast will be provided; please plan to bring \$4 per person to cover the cost of the meal. This will be a wonderful opportunity to deepen our connection with our founding Teacher, share a meal together as sangha, and feel the energy of the teachings as we practice together. Please join us.

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Chögyam Trungpa Rinpoche: A Photographic Biography, April 6

On Thursday evening, April 6, we will show slides of Chögyam Trungpa's time in the West. For some, it will be a nostalgic tour of their early history with Rinpoche and the developing organizations. For others, it will be a tantalizing taste and view of the beginnings that grew into the current Shambhala mandala. After sitting practice, we will break for tea and slide show.

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Opening One's Heart and Mind - A weekend shamatha intensive with video teachings by Sakyong Mipham Rinpoche, April 28 to 30

The culture of meditation has been in the West for more than 30 years. Shamatha meditation is the practice of relating to the mind. Because of its inherent simplicity, it is easy to think that we understand this method, but the depths of meditation are overwhelming, profound, and extensive. The path becomes the unraveling of our conceptual ideas of what meditation is. Discovering who we are is what is going on as we connect with this practice.

[Sakyong Mipham Rinpoche](#), in the video program "Opening One's Heart and Mind", takes us in-depth into the nuances and subtleties of taming the mind using the shamatha technique. These newly released teachings, to be shown during a weekend program April 28-30 at the Shambhala Center, will explore the view and ground of shamatha meditation practice. We will investigate the obstacles (such as the three qualities of laziness), their remedies, meditation as a process of transformation, the three qualities of mind and how they unfold in one's practice. This intensive weekend program offers a study of the process and stages of shamatha and provides opportunities to practice the meditation technique in order to further one's individual understanding and personal relationship with shamatha.

The weekend begins at 7:00 p.m. Friday evening, April 28. The evening program includes the first video talk and will end about 9:30 p.m. Saturday and Sunday are 9 a.m. to 5 p.m. each day with a 90-minute lunch break. The weekend will include a series of video teachings by Sakyong Mipham Rinpoche, sitting meditation periods, and focused discussions of each talk. The teachings are full and detailed; participants will receive a Study Guide and are strongly encouraged to take notes during the talks. This is the most comprehensive and practical teaching program on shamatha practice ever offered to us by the Sakyong. Whether you are a long-time meditator or a newcomer to the practice, this is an extraordinary opportunity to refresh your own practice and deepen your understanding and insight into the profundity of meditation experience.

Due to the continuous format of the weekend, each participant is required to attend the full weekend, beginning at 7:00 p.m. Friday.

This program is free to Shambhala Center members; \$40 for non-members. Registration is required to reserve your space and is limited to 40 participants. Register by calling or contacting [Jane Comerford](#) at 222-2521.

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"The Art of Being Human" - Level 1 weekend of Shambhala Training, May 19 to 21

This is the introductory weekend program of Shambhala Training. It is open to everyone. Both beginners and experienced meditators are welcome. The Shambhala teachings are a path based on meditation and the inherent human wisdom and dignity we all possess, as presented in *Shambhala: The Sacred Path of the Warrior*, by Chögyam Trungpa.

If you would like to learn more about Shambhala Training, but are not sure you are ready for a full weekend program, the weekend begins with an introductory talk on Friday evening, May 19th at 8 pm that is open to the public without charge. Saturday and Sunday will include talks, meditation instruction and practice, group discussion, and social gatherings. Come and meet yourself in a gentle and brilliant atmosphere. The weekend will be taught by David Dubin, a long time student of Chögyam Trungpa.

The cost is \$100, \$90 if received by May 12th, \$25 if you have participated in a previous Level 1 program. Make checks payable to Shambhala Training, sent to the Center. Call Jane Comerford, 222-2521 evenings with questions, or send her an [email message](#). More about [Shambhala Training](#).

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