

WEEKLY ONGOING PROGRAMS

Our center offers a rich array of regular gatherings that are open to the public. No prior meditation experience is required to attend. Some programs offer meditation instruction upon request. Donations are appreciated to support our activities. All Brunswick-Portland Shambhala Center programs and activities are made possible through volunteers. FMI: see Calendar at MaineShambhala.org

Portland at 81 Oak Street

Sunday Morning Meditation 9:00am to 11:00am
Sunday Evenings: Heart of Recovery 6:30pm to 8:00pm
Wednesday and Friday Evenings: Just Sit 7:00pm to 9:00pm
Thursday Evenings: Dharma Drop-In 7:00pm to 8:30pm

Brunswick at 19 Mason St. (next to Icon Gallery)

Sunday Morning Meditation 9:00am to 12:00pm
Thursday Evenings: Just Sit 7:00pm to 9:00pm

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 is possible for you in your current situation, and offer as much of the program fee as you can. For those who can offer more than the program price, we have an Enriching price. Your generosity in offering the Enriching price helps cover the costs for others who are not able to pay the full price. Class and Program prices can be found at MaineShambhala.org.

MEDITATION INSTRUCTION

Individual meditation instruction is offered free of charge at all Shambhala Meditation Centers. Shambhala instructors are experienced practitioners, thoroughly trained to provide guidance, support and direction to meditation students. FMI see *Meditation at MaineShambhala.org* or Sarah Chandler at MeditationInstruction@MaineShambhala.org

FOR MORE INFORMATION

To find out more information, check on calendar updates, or arrange for individual meditation instruction, please visit our website at MaineShambhala.org.

If you wish to have your name removed from our mailing list, please contact: Kathy Bither at Director@MaineShambhala.org or Joan Carney at Communications@MaineShambhala.org

The Brunswick-Portland Shambhala Meditation Center is nonprofit and is affiliated with Shambhala International, a worldwide nonprofit association of meditation centers founded by Chögyam Trungpa Rinpoche in 1977. Shambhala International is headquartered in Halifax, Nova Scotia.

Shambhala, Shambhala Art, Shambhala Meditation Center, and Shambhala Center are registered service marks of Shambhala International (Varjadhātu). Shambhala Training is a registered trademark of Shambhala/Nalanda Foundation.

Welcome to the current edition of Maine Shambhala News, a calendar of events published by the **Brunswick-Portland Shambhala Meditation Center**.

Our Meditation Centers are located in **Brunswick** at 19 Mason Street (next to the Icon Gallery), and **Portland** at 81 Oak Street. All are welcome. To find out more, please visit our website MaineShambhala.org.

SPECIAL COMMUNITY EVENTS

For more information, times, details & contacts visit MaineShambhala.org.

MEMBERS' ANNUAL ASPIRATION & POT LUCK EVENT

January 30, Saturday Member's event. Join us as we celebrate our community and hear the news from the Center of the Mandala.

SHAMBHALA DAY

February 13, Saturday

Celebrate the Tibetan New Year. All welcome. Program is free.

MILAREPA DAY

February 21, Sunday

Practice group chanting from the Rain of Wisdom, realization songs of the Kagyu masters. All Welcome. Program is free.

TASTE OF SHAMBHALA: SUNDAY POTLUCK

March 6, Sunday 11am - 1pm

Gather, share, eat. Join a community potluck and gathering after Sunday Meditation. Please bring a dish to share.

SPRING EQUINOX- DHARMA ART

March 20, Sunday

Celebration of arts and spring equinox.

All welcome. Program free.

PARINIRVANA OF CTR

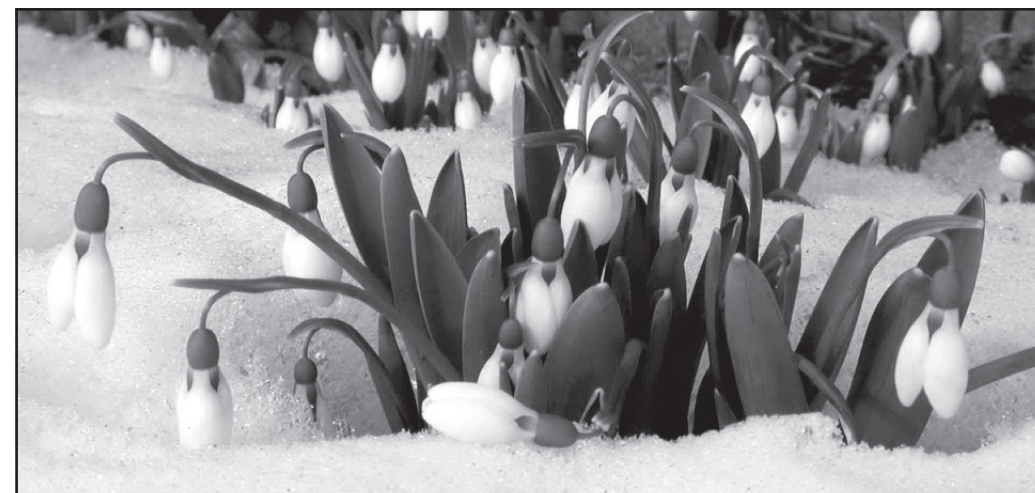
April 4, Monday

Anniversary of the death of Chogyam Trungpa Rinpoche. All welcome. Program free.

MIDSUMMER CELEBRATION

June 18, Saturday

Summer is a time of expansion and activity, of growth and richness. We will celebrate together.



MAINE SHAMBHALA NEWS | SPRING 2016

Meditate Maine!

Spark your heart and mind through the practice of meditation.

SHAMBHALA IS A GLOBAL COMMUNITY WITH MORE THAN 200 CENTERS AND GROUPS AROUND THE WORLD, AS WELL AS THOUSANDS OF INDIVIDUAL MEMBERS.

Shambhala welcomes people from all walks of life, faiths and backgrounds. We come together to practice meditation, contemplate and work together in order to develop a global culture that cultivates dignity and sanity in an increasingly chaotic and stressful world. We offer a wide range of possibilities for training, practice, inquiry and dialogue, and provide qualified instruction in meditation and the contemplative arts.



Sakyong Mipham Rinpoche

Through meditating, attending teachings, and taking part in community life, everyone is encouraged to explore the possibility of creating an enlightened culture that can be of benefit, not only to each person individually, but to the greater world around us.

Sakyong Mipham Rinpoche, the Shambhala Buddhism lineage holder, is the eldest son of Chögyam Trungpa Rinpoche and serves as

temporal and spiritual director of Shambhala. He also holds the Kagyü and Nyingma lineages of Tibetan Buddhism.

To learn more about Sakyong Mipham Rinpoche see "The Sakyong: A Video Biography" at mipham.com/sakyong.php. For a brief history of Buddhism and the varied approaches please go to shambhala.org/buddhism.php.

MaineShambhala.org

MAINE SHAMBHALA NEWS *Meditate Maine!* SPRING 2016

MaineShambhala.org

Brunswick-Portland Shambhala Meditation Center
19 Mason Street
Brunswick, Maine 04011

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MEDITATION PRACTICES

MEDITATION PRACTICE WEEKENDS

BRUNSWICK: February 6 -7

PORTLAND: April 2 -3

Full weekends of practice: Sitting and walking meditation, with optional discussions, videos, and readings inspire a personal connection to our world. Recommended for students of meditation seeking to deepen their practice.

Saturday 9:00am-12:00pm,
1:00pm study groups, 2:00-5:00pm.

Sunday 9:00am-12:00pm, 1:00-4:30pm.

All silent meditation practices from any tradition are welcome.

FMI see Programs at MaineShambhala.org.

SADHANA OF MAHAMUDRA

PORTLAND: January 9, March 9, June 5

BRUNSWICK: April 7, May 6

The Sadhana of Mahamudra is an important practice given to us by Chögyam Trungpa Rinpoche, the founder of Shambhala.

This practice, a combination of chants and meditation, is a binding factor for our community. The essential teaching is that the practice itself can undercut any notion of spiritual materialism. It is done on the day of the new moon. Lasts about an hour.

Open to all meditators.

FMI see Programs at MaineShambhala.org.

SHAMBHALA SADHANA

BRUNSWICK: January 23 w/potluck,

February 22, April 22 w/potluck

PORTLAND: May 21, w/potluck

Lasts about an hour.

Open to Members Only

FMI see Programs at MaineShambhala.org.

OPEN PUBLIC SITTING HOURS

Practicing meditation in community brings inspiration and discipline to your practice. Integrate your study and experiences of meditation; challenge your existing patterns of practice, and make really good friends!

Meditation instruction is available.

Contact Sarah Chandler in advance at MeditationInstruction@MaineShambhala.org

BRUNSWICK

Thursday Evenings -Just Sit

7:00pm-9:00pm

Silent practice, just sitting. All welcome.

Sunday Morning Meditation

9:00am-12:00pm

Except during weekend programs on Jan 10 & 17, Feb 28, Mar 6, May 1&15, Jun 12.

FMI see Calendar at MaineShambhala.org.

PORTLAND

Wednesday & Friday Evenings -Just Sit

7:00pm-9:00pm

Silent practice, just sitting. All welcome.

Sunday Morning Meditation

9:00am-11:00am

FMI see Calendar at MaineShambhala.org.



BRUNSWICK CLASSES 19 Mason Street

SHAMBHALA CLASSES

Pema Chödrön: The Freedom to Choose Something Different

January 13 - February 17

Wednesday evenings - 6:30pm - 8:30pm

Pema Chödrön examines and illuminates this nebulous process, clearly identifying where and when you have the opportunity to change your habitual response patterns.

FMI see Programs at MaineShambhala.org or contact Christopher St. John at ShambhalaPractice@MaineShambhala.org

Who Am I? The Basic Goodness of Being Human

March 9 - April 13

Wednesday evenings - 6:30pm - 8:30pm

The first part of the journey uses this lifelong question "Who Am I?" to enter into a genuine process of contemplative inquiry.

FMI see Programs at MaineShambhala.org or contact Christopher St. John at BGI@MaineShambhala.org

How Can I Help? The Basic Goodness of Society

May 3 - June 7

Tuesday evenings - 6:30pm - 8:30pm

We explore our relationship with others and society, and our aspiration to help the world.

FMI see Programs at MaineShambhala.org or contact Christopher St. John at BGI@MaineShambhala.org



PORTLAND CLASSES 81 Oak Street

Meditation In Everyday Life

January 19 - February 16

Tuesday evenings - 6:30pm - 8:30pm

This first class in the Way of Shambhala series is for new meditators and offers the opportunity to deepen our experience and understanding of meditation.

FMI see Programs at MaineShambhala.org or contact Karen Monahan or Erika Bjorum at MIEL@MaineShambhala.org

Contentment In Everyday Life

March 8 - April 5

Tuesday evenings - 6:30pm - 8:30pm

Through meditation practice, we learn to appreciate ourselves and meet life's challenges with gentleness and bravery.

FMI see Programs at MaineShambhala.org or contact Sarah Chandler at CIEL@MaineShambhala.org

Joy In Everyday Life

May 3 - May 31

Tuesday evenings - 6:30pm - 8:30pm

An introduction to the Buddhist concept of bodhicitta- awakened heart/mind.

FMI see Programs at MaineShambhala.org or contact Kathy Bither or Cathleen Miller at JIEL@MaineShambhala.org

Heart of Recovery

Ongoing Weekly Gathering

Monday evenings - 6:30pm - 7:30pm

This group is especially helpful for people interested in exploring how Buddhist teachings and a strong meditation practice intersect with recovery from addiction. While not a step-based meeting, wisdom from 12-step and other recovery programs routinely enter Heart of Recovery discussions.

FMI see Programs at MaineShambhala.org or contact Kudra MacCaillech at HeartofRecovery@MaineShambhala.org

Dharma Drop-In

Ongoing Weekly Gathering

Thursday evenings - 7:00pm - 8:30pm

Ready to make your mind flexible and workable! Join us for meditation, short teaching videos, and discussion.

FMI see Programs at MaineShambhala.org or contact Keely Anderson at DharmaDropIN@MaineShambhala.org



THE WAY OF SHAMBHALA

SHAMBHALA TRAINING

Shambhala Training is a secular training that develops fearlessness, confidence, openness and gentleness towards ourselves and our world. These qualities arise out of meditation practice and study of **Shambhala Warriorship**. Shambhala Training welcomes people of all religious traditions as well as those who do not follow a particular spiritual path.

All **Way of Shambhala** weekend programs are offered Friday 7:00pm (*registration*), 7:30pm (*opening talk*), Saturday and Sunday, 8:30am - 6:00pm. All weekend programs take place at our Brunswick center unless otherwise noted. Register on-line at MaineShambhala.org.

HEART OF WARRIORSHIP WEEKEND RETREATS

The **Way of Shambhala** program offers a beginner series of five levels of **Heart of Warriorship** weekends and follow up weeknight classes (*see class listings for descriptions*), that provide a strong foundation in mindfulness- awareness meditation practice.

THE ART OF BEING HUMAN: Level I

We will learn to experience the world as sacred and see basic goodness as our birthright. Through the practice of meditation, we glimpse unconditional basic 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 Friday Night Talk will be open to the public.

Brunswick: January 8 - 10 with Mary Lang

FMI see Programs at MaineShambhala.org or contact Liz Korabek-Emerson at TheArtofBeingHuman@MaineShambhala.org

BIRTH OF THE WARRIOR: Level II

Looking directly at our habitual patterns of thought, emotions and gestures, we can arouse fearlessness and make more direct contact with basic goodness.

Prerequisite: The Art of Being Human

Rockland: January 22 - 24 with Veit Weber

FMI see Programs at MaineShambhala.org or email Rachel@rocklandyoga.com

Brunswick: March 4 - 6 with Angela Lutzenberger

FMI see Programs at MaineShambhala.org or contact Joan Carney at BirthoftheWarrior@MaineShambhala.org

WARRIOR IN THE WORLD: Level III

Through daring and gentleness we open to a clear perception of the world and its feedback.

Prerequisite: The Art of Being Human

Brunswick: April 29 - May 1 with Brian McCorkle

FMI see Programs at MaineShambhala.org or contact Kudra MacCaillech at WarriorintheWorld@MaineShambhala.org

RIGDEN WEEKEND: UNCONDITIONAL CONFIDENCE

The Way of Shambhala I culminates in the Rigden Weekend.

Prerequisite: Way of Shambhala: Open Sky-Level V

Brunswick: February 26 - 28 with Acharya Eric Spiegel

FMI see Programs at MaineShambhala.org or contact Weade Clarke at RigdenWeekend@MaineShambhala.org

SACRED PATH WEEKEND RETREATS

For those who want to continue the **Shambhala Warriorship Training**, a more advanced series of **Sacred Path** weekends is available.

GREAT EASTERN SUN

This weekend program teaches how to see the Great Eastern Sun, the primordial energy and brilliance that is the basis of all that exists.

Prerequisite: Completion of the Heart of Warriorship Series

Brunswick: January 16 - 17 with Donna Williams

FMI see Programs at MaineShambhala.org or contact Barbara Egan at GES@MaineShambhala.org

WINDHORSE

Study the practice of raising windhorse, which opens the heart and refreshes one's confidence. a way to bring about skillful and heartfelt social engagement.

Prerequisite: Great Eastern Sun

Brunswick: May 13 - 15 with Diane Evans

FMI see Programs at MaineShambhala.org or contact Brenda Thompson at Windhorse@MaineShambhala.org

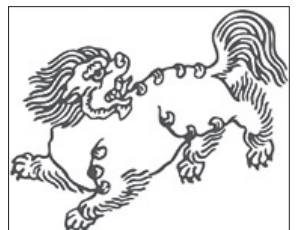
DRALA

Through exploring the depth of perception one engages the elemental and magical strength inherent in the world. The principle of drala refers to the sacred energy and power that exists when we step beyond aggression.

Prerequisite: Windhorse

Brunswick: June 10 - 12 with Frank & Susan Ryan

FMI see Programs at MaineShambhala.org or contact Keely Anderson at Drala@MaineShambhala.org



MaineShambhala.org

