



Burlington Shambhala Center

MEDITATION • COMMUNITY • STUDY

www.burlingtonshambhalactr.org • 802-658-6795

Shambhala School of Buddhist Studies September 2007 - June 2008



It is said that “the dharma is good in the beginning, good in the middle and good in the end.” From the first experience of relaxing on the cushion and allowing oneself to just be, the practitioner can discover the goodness of dharma, both within him or herself and in the world. The path of the practitioner of dharma is rich with opportunities for self-examination and discovery. Beginning with looking at one’s own experience directly in meditation, the practitioner learns about the ways the mind works. Through meditation, the practitioner penetrates confusion to experience the naturalness of being awake. Through studying the wisdom of the lineage, the great practitioners dating back to the Buddha, the student is challenged and inspired to discover a direct view of the nature of mind and reality. While there are many opportunities to join with others on the path for practice and study, the journey is personal.

—Chögyam Trungpa

The Shambhala School of Buddhist Studies is a four-cycle program of practice and study for anyone interested in learning about Buddhism and Shambhala. Students are introduced to the three yanas or “vehicles” of the Buddhist teachings and to the path of the Shambhala warrior.

Students do not need to be or become a Buddhist to take courses in the Shambhala School of Buddhist Studies, although that opportunity is available for those who would like to do so. This course is an excellent preparation for our advanced study intensive, called Sutrayana Seminary, for students who seek to deepen their study and practice of Shambhala Buddhism.

Our classes come from the curriculum developed by Shambhala International’s practice and Education department. In a series of weekly classes and weekend intensives, students engage in the practice and study of the three yanas (hinayana, mahayana, vajrayana) of Buddhism. Open to all interested students, this course of study will also prepare students for Shambhala Sutrayana Seminary, if they desire to take their study and practice further.



Teachers for the courses include the following with more to be added later (check website for latest info):

Barry Gruessner
Elizabeth Ready
Scott Perry
Tracy Suchocki
Richard Does
Dan Brown

Marilyn Brown
Patti Lanich
Todd Manley
Tracy Whitcomb
Acharya Eric Spiegel



Karma and the 12 Nidanas

Evenings: Sept. 10, 17, 24, Oct. 1, 15 & Saturday Sept. 29, 2007

Who am I? Where am I? How did I get here and where am I going? Looking directly at the experience of mind, we begin to understand our apparent confusion about ourselves and the phenomena of our world. Renouncing the painful cycle of confused action (karma), we use the natural inquisitiveness of mind to see how confusion arises and therefore how it could simply cease, allowing awake wisdom to manifest.

Lojong: Training the Mind

Evenings: Oct. 29, Nov. 5, 12, 19, 26 & Saturday Nov. 10, 2007

The teachings on lojong, or training the mind, are essential teachings on developing genuine compassion on the path of meditation. Based on the seven points of training of the 10th century Indian teacher Atisha Dipankara, these pithy slogans are tools for developing openness and skill in helping others. They are as helpful and relevant today as they were 1000 years ago.



Life of the Buddha and the Early Sangha

Evenings: Jan. 7, 14, 21, 28, Feb. 4 & Saturday Jan. 19, 2008

This course explores the life and teachings of the Buddha, the development of the early sangha, and concludes with a brief look at how Buddhism spread and continues to develop. One thread that runs through these classes is how the view, practice, and conduct taught by the Buddha provokes personal and societal transformation and is therefore completely up-to-date and relevant. This is not a historical survey course.

The life of the Buddha is an example of dharmic discovery, unwavering commitment to the quest for ultimate truth, and the articulation and propagation of a path of meditation, study, and conduct. The life and teachings of the Buddha were a radical breakthrough in the spiritual and cultural context of that time, and there are many parallels to what happened then and what is happening currently in the world today.

This course can give students a way to understand how the buddhadharma is transmitted – how the Buddha's teachings provide the basis of continuity and transmission that allows the lineage holders to enter a new culture and provoke profound societal change. This is the basis for Shambhala society and the way the victory banner of buddhadharma has been firmly planted in the West.

Vipashyana and Union: A Community Practice Intensive

Weekend: Jan. 25 to 27, 2008

Full awakening is not possible until we realize the inherent unity of shamatha and vipashyana. Being on the dot occurs when we appreciate the whole space of our existence; and openness to our world comes from being fully present and alive to who we are. Traditionally, we practice these qualities of precision and vastness as if they were separate and gradually blend them together. Finally, we realize that they have never been apart. This weekend continues to deepen our practice of shamatha, and offers glimpses of vipashyana and its union with shamatha.



Mahayana and the Bodhisattva Vow: A Community Practice Weekend

April 19 to 20, 2008



All sentient beings are endowed with wisdom, compassion, and power, yet we suffer through confusion about what our true nature is. In the early stages of the path, we work to free ourselves from our confusion and suffering. When we attain some confidence and realize that beings are still caught in suffering, we become inspired to dedicate our lives to helping them. We take the bodhisattva vow and formally undertake the disciplines of a warrior bodhisattva.

The bodhichitta practices for waking up our hearts are the core disciplines of the Mahayana journey. This weekend will focus on these practices we cultivate in our training as bodhisattva warriors. This weekend is open to all students and is a prerequisite to taking the bodhisattva vow.

Journey Without Goal

Evenings: Feb. 25, Mar. 3, 10, 17, 24 & Saturday March 15, 2008

This course introduces students to the principles of tantra. Readings are drawn primarily from the book *Journey Without Goal*, which was compiled from a series of lectures given by Chogyam Trungpa Rinpoche at the Naropa Institute in 1974. The course provides a direct and experiential picture of the tantric world, with emphasis on the practice of meditation.

Emptiness

Evenings: April 21, 28, May 5, 12, 19 & Saturday May 10, 2008

When the teaching of the Heart Sutra first occurred, its proclamation of emptiness was so powerful that several highly realized disciples died of heart attacks. Yet today we can read it without missing a beat. In this course we will study and contemplate the sutra line by line and bring these teachings alive so that we too could take them to heart.

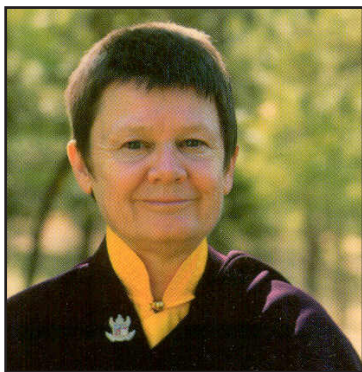
Fear or Fearlessness: A Warrior's Approach to Death

Weekend: March 28 to 30, 2008

Change in general, and the time of death in particular, are moments fraught with anxiety but also filled with potential. The Buddhist teachings say that times of transition are moments when we can experience great freedom, but instead what we usually do is freeze and freak out. In this program we will explore the rawness of death and change, and practice bravery where we traditionally find groundlessness.



Acharya Eric Spiegel has been teaching in the Shambhala Buddhist tradition for over 25 years. In addition to a 22 year career on Wall Street, Eric is known for his work with people with HIV/AIDS and other life-threatening illnesses. He is interested in exploring the nature of mind and meditation, not separate from the hard complexities of "real life": work, relationships, health, aging.



The Myth of Freedom

Ani Pema Chödrön

6 session "City Retreat" — Sep 23 thru Oct 27

Pema Chödrön will teach via videotape from Chögyam Trungpa Rinpoche's classic text, *The Myth of Freedom*. Sessions meet on Saturday afternoons and Thursday evenings.

Ani Pema presents many core Buddhist teachings and lead us through the stages of the path of meditation. Pema describes the Myth of Freedom teachings as "a profound distillation of Buddhist truths expressed in the accessible style of a master adept at translating them into the language of his audience. Its power lies in how directly it addresses the extremely unhabitual process of dissolving the barriers we put up between ourselves and the rest of the world."

There are no prerequisites for this program.
Cost is \$75 & \$65 members; other options can be negotiated so don't let cost be a problem.
For more information, contact Patti Lanich at 860-1477
or check www.burlingtonshambhalactr.org
Books will be available for purchase at first meeting.

1	SAT aftrn	Sep 29 2-5:30pm
2	THR eve	Oct 04 7-9:30pm
3	SAT aftrn	Oct 13 2-5:30pm
4	THR eve	Oct 18 7-9:30pm
5	THR eve	Oct 25 7-9:30pm
6	SAT aftrn	Oct 27 2-5:30pm

Pema Chödrön is an American Buddhist nun and a senior teacher (Acharya) in the Shambhala tradition as taught by Chögyam Trungpa Rinpoche. Pema was Abbess of Gampo Abbey, the first Tibetan monastery in North America established for Westerners, located in Nova Scotia, Canada. She is the author of *The Wisdom of No Escape*, *Start Where You Are*, *When Things Fall Apart* and *The Places That Scare You*. Her latest book is *Practicing Peace in Times of War*.

Practicing Peace in Times of War

Pema Chödrön and Richard Reoch - Weekend: December 7 to 9, 2007

This is a video taped class featuring Pema Chodron and Richard Reoch. They will explore the importance of meditation in finding peace and nonaggression in one's heart as well as it's relevance to the world. Richard Reoch used to run Amnesty International and he is the current president of Shambhala International.

These teachings are suited for new students as well as those who have been practicing for years.