

The Burlington Shambhala Center Presents

Shambhala School of Buddhist Studies September 2007 - June 2008

Karma and the 12 Nidanas taught by Barry Gruessner & Peter Fried

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 taught by Scott Perry & Elizabeth Ready

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 taught by Sam Standard and Tracy Suchocki

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 teachers to be announced

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.

Journey Without Goal taught by Todd Manley & Tracy Whitcomb

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.

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.

Emptiness taught by Patti Lanich & Marilyn Brown

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

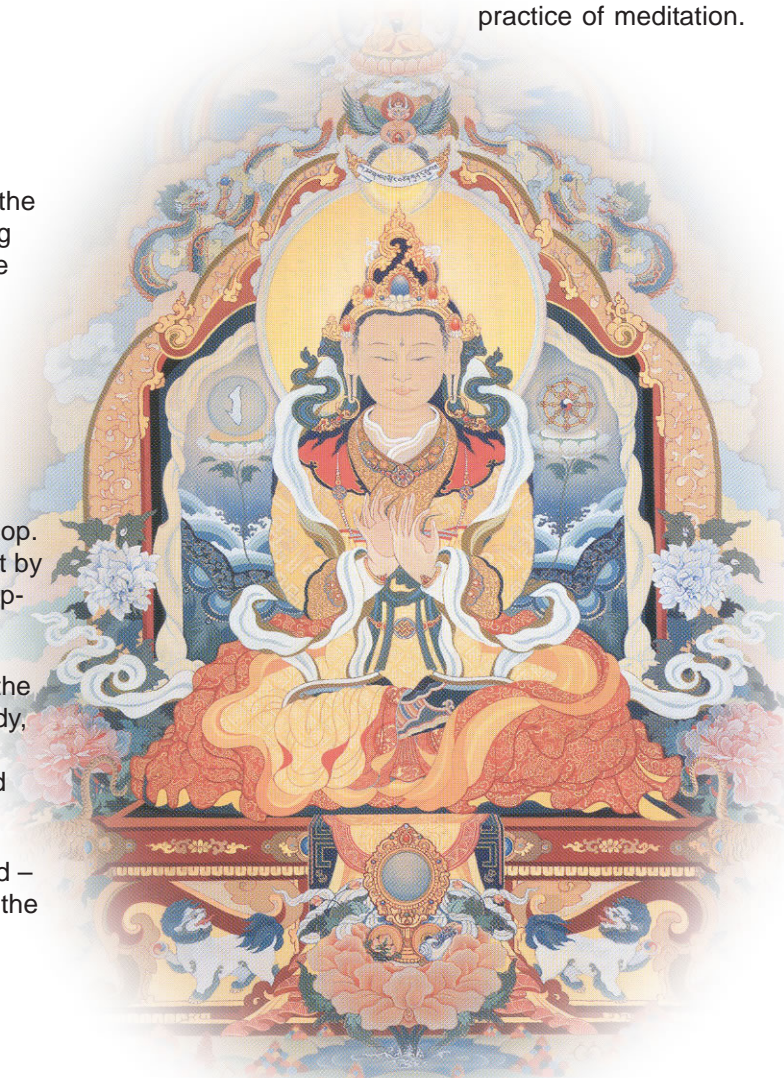
When the teaching of the Heart Sutra first occurred, its proclamation of emptiness was so powerful that several highly realized disciples died of heart attacks. Yet today we can read it without missing a beat. In this course we will study and contemplate the sutra line by line and bring these teachings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

Fear or Fearlessness: A Warrior's Approach to Death taught by Acharya Eric Spiegel

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.



**For information and to register for classes
contact Tracy Whitcomb at 802-922-2602.
Cost of the classes is \$55 (\$45 members).
Weekend prices are to be determined.**