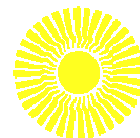


Shambhala News



September 2007

"...when we say, "harvest of peace," here, it is peace within ourselves- We feel like we belong, we feel like we actually want to participate in the community. That sense of peace in us is what is going to make a big difference. Not meditative stabilization and peace, we're not particularly talking about that. But a sense of harmony. If we feel a sense of harmony with ourselves and the community, it's going to naturally express itself. I feel that that is going to be one of the important binding factors."

- Sakyong Mipham Rinpoche, Harvest of Peace address 1999

9:00-9:50AM - Opening chants and meditation.

10:00AM - International Address by [Sakyong Mipham Rinpoche](#), holder of the lineage of Shambhala Buddhism.

SUNDAY SEPTEMBER 30, 2007

12:30PM Potluck lunch

7:30PM Sadhana of Mahamudra.

All members and friends of the Shambhala community are invited to gather together as members of the Mukpo clan and celebrate the richness of our Shambhala culture. The Harvest of Peace is the primary opportunity for the entire international Shambhala community, new and senior students alike, to taste the flavor of the Sakyong's teachings, and celebrate our Shambhala culture.

Following the talk we will have a short talk on Shambhala Harvest of Peace Offering. We will then gather for a potluck lunch, toasts, poetry and music (location to be determined). At 7:30 pm we will do the Sadhana of Mahamudra. All are welcome to all or part of this wonderful celebration.

What's Inside:

<i>Events</i>	pg 2
<i>Classes</i>	pg 3
<i>Council Minutes</i>	pg 4
<i>Programs</i>	pg 5
<i>Poetry</i>	pg 6
<i>Ongoing Practice</i>	pg 7
<i>Shambhala Training</i>	pg 8
<i>DSMC Info</i>	pgs 7, 8



**HARVEST OF
PEACE**

**SUNDAY SEPTEMBER 30,
2007**

Contact Us:

133 D Street, Suite H
Davis, CA 95616
(530) 758-1440

Website: www.davisshambhala.org
email:
davis_shambhala@pacbell.net

The Bodhisattva Path

This fall, the Davis Shambhala Center will offer a class on "The Bodhisattva Path" led by Sarah Mandel and Barbara Hegenbart. The class will be open to all, and for those who have already taken refuge, it will also serve as preparation for the Bodhisattva Vow which will be given by Acharya Richard John in Berkeley on October 31st. (See page 6 for more information).

As we study and practice together we learn that all sentient beings are endowed with wisdom, compassion and power. Yet we still suffer because we are confused about our true nature.

In the early stages of the path we work to free ourselves from our personal confusion and suffering. As we practice and develop confidence in the wisdom of the teachings and our own basic goodness, our vision expands and we notice that the beings around us are also caught in suffering.

As our vision expands further, we realize that in order to fulfill our true potential as human beings we must include all beings in our practice, and we become inspired to dedicate our lives to helping them. We do this by taking the Bodhisattva Vow and formally undertaking the discipline of a warrior bodhisattva.

The bodhisattva practices of waking up our hearts are the core disciplines of the Mahayana journey.

This 4 week class will focus on the practices we cultivate in our training as bodhisattva warriors. The class is open to all students and is a prerequisite for those aspiring to take the Bodhisattva Vow."

Class dates are Thursdays Sept. 27, Oct. 4, 18 and 25. There will be no class on October 11. Sitting is from 7 to 7:30 followed by class from 7:30 to 9:00 pm.

Coordinator to be announced.

For more information please contact *Sarah Mandel* at 530-753-4339 or *Barbara Hegenbart* at 530-756-4155.



KARMA

A Weekend Program with Jay Lippman at the Davis Shambhala Meditation Center

Saturday & Sunday, October 6 and 7, 2007, 9-5 pm

Life is full of inequities. Some people are rich, others are poor. Today's happiness turns into tomorrow's misery. Innocent children die young; tyrants seem to live forever. Why? The Buddhist teachings on Karma offer an explanation for the ways things unfold in our lives.

Through the study of Karma, Buddhists find the motivation to practice virtue and to work with their minds. It has been said that without first gaining an understanding of Karma, we will not be able to grasp the subtle explanations of emptiness, luminosity and bliss, found in the Mahayana and Vajrayana teachings.

Please join us for a weekend of study and deep contemplation. The teachings on Karma are profound and have the power to radically change how we live.

Jay Lippman is a long time Buddhist practitioner who began his study and practice of Buddhism in 1973. Jay studied with Chogyam Trungpa Rinpoche from 1974 until his passing in 1987. He completed all the practices taught by Rinpoche in both the Buddhist and Shambhala lineages. He is the former Director of the Seattle Shambhala Center.

Jay has been actively teaching the Dharma at many North American and European Dharma centers. At the direction of his teacher, Khenpo Tsultrim Rinpoche, Jay has developed a series of courses designed to clarify key points of Buddhist doctrine for Western students.



Jay is known for his deep commitment to furthering Dharma study and practice. His style of teaching is infused with both humor and clarity. His teachings are comprehensive and accessible to students at all levels of practice.

Cost: \$85 for members, \$100 for non-members Contact: Yasmin Spiegel; (530) 758-4057; yces@spiegel-law.com

Classes & Events

DAVIS SHAMBHALA MEDITATION CENTER

Open House first Sunday of the month

**Next Open House October 7, 2007 9-11am
(No Open House September 2, 2007)**

**9:00 pm - Learn to meditate
10 am-Refreshments/socials
10:30am- Dharma Talk**

**Second Street (above First Northern Bank.)
758-1440**



Announcements

**DSMC Men's Group
Opening to New Members**

The Men's Group invites men of all ages to consider joining during our annual membership time. We are a service organization for the Sangha, hosting monthly events such as Movie Night and the Open House. We also provide the opportunity to interact and develop relationships with others in the Sangha.

Come visit our next meeting in September and check it out. For more information contact Marc Ross (756-3661), Richard Darsie (753-5981) and Jeff Buchoff (758-8935)

**Sponsored by the DSMC
Men's Group**

On Tuesday, September 18, 7 pm we present **Dharma Movie Night**, an eclectic series of films that reflect and illustrate Buddhist themes. Free movie & food with a social time afterwards. September's movie (in response to suggestions) is:

"Peaceful Warrior"

Synopsis: Dan Millman is a top gymnast at UC Berkley yet despite his many successes he feels empty and incomplete inside. Plagued by dreams of failure Dan is unable to sleep and finds himself wandering the streets in the early hours of the morning. When he stops at an all-night gas station and service mart he meets a man of unconventional wisdom who begins to instruct him on the process of clearing his mind of all the useless garbage it contains in order to view himself and the world around him in a brand new way.

This movie will leave anyone empowered and inspired. It effectively delivers the awakening journey of a young gymnast in the midst of self-discovery. He discovers that the ultimate master is within, a message we can all benefit from. This movie remains loyal to the essence of the book, although a lot of excellent insight is left out. Read the book for more wise words from Socrates.

Richard

Council Meeting Minutes

Davis Shambhala Center Council Meeting Minutes August 14, 2007

Present: Rebekka Martorano, Leal Abbott, Christina Bernadec, Pat Elliott, Lyle Larson, Patty Larson, Pat Medeiros, Todd Potochny, Peter Sharp, Gene Tashima, Helen Tashima, Mary Tracy, Shelley Walker-Davey

Calendar: The following dates were identified for upcoming events:

- September 4:** Meditation & Tonglen, 5:30 pm
- September 5:** Buddhism and the 12 Steps, 6:30 pm
- September 9:** Refuge Practice, 10:15 am
- September 11:** Meditation and Four Immeasurables, 5:30 pm
- September 11:** Sadhana of Mahamudra, 7 pm (Elizabeth Polivka)
- September 11:** Council Meeting, 7 pm
- September 12:** Buddhism and the 12 Steps, 6:30 pm
- September 15-16:** Shambhala Training Level 1
- September 16:** Poetry Group, 10:30 am
- September 18:** Meditation & Exorcism of Maras, 5:30 pm
- September 18:** Dharma Movie Night, 7 pm
- September 19:** Buddhism and the 12 Steps, 6:30 pm
- September 25:** Meditation & Maitri Bhavana, 5:30 pm
- September 26:** Buddhism and the 12 Steps, 6:30 pm
- September 30:** Harvest of Peace Celebration
- September 30:** Sadhana of Mahamudra, 7 pm (?)

Financial: Shelley presented financial data showing a deficit of approximately \$800 for the year. Mary suggested everyone provide more detail on what expenditures they make relate to, i.e. facilities, general admin or programs so our records are more accurate. Lyle noted that we have made a lot of improvements to our facilities in the last year.

Shrine Completion: Pat M. said the fabric panels will be done soon and reported on other details of completing the shrine, including optional details. Lyle is still working on his part of the shrine, including a shrine within a shrine, and expects to be done in time for the David Schneider program.

Shrine protocol, chairs and chant books: Leal described an incident of people not taking shoes off in shrine room and someone using a Myth of Freedom book as footrest during Pema program. She asked how we can appropriately inform people about shrine protocol. Pat M. stated that we need gatekeeper and hallkeeper who are treating their duties as practice to help impart protocol. Certainly the gatekeeper should be aware and should ask people to take their shoes off. We might post a sign again about removing shoes. Lyle suggested we not be too tight about this, but do let new people know what the protocol is. He suggested we have a one-page protocol sheet that can be in the newcomer packet and otherwise handed out. Lyle will work on this.

Leal reported she has three large print chant books for the shrine room. For awhile, the hallkeeper can announce they are available. (See page 5 for more information on large print chant books).

Library/kitchen improvements: Mary and Todd reported. Mary and Todd went shopping so we could manifest rather than talk. They went to Ikea to find the best, cheapest solution for storage for the library/kitchen. Todd presented drawings showing base cabinets, corner cabinets, a drawer unit that can serve as an island, including storage of tables. Wall units will be added for additional storage. We can get Pax units that are 30" by 72" as well. Pat M. asked about the vision for library and how it would be set up. Leal had suggested some chairs and loveseat in library area. Mary suggested we could use screens or drapes to separate library, but she hasn't received a lot of ideas yet. The white bookshelves will be kept; the teak pieces will leave. Mary said they are trying to create an uplifted environment for all the activities that will take place. Pat M. made several design suggestions. Lyle suggested we get cabinets and experiment with location and further needs. Leal volunteered to be involved in the planning for the library component. Mary and Todd will get the five freestanding floor units. The Council authorized them to proceed. The goal is to have the library/kitchen in fairly good order by the Labor Day program.

Parenting as Practice Group: Gene said during City Retreat mention was made of a parenting as practice group in Berkeley using Wisdom of No Escape as text. Gene suggested he contact members with children about starting such a group which would be low maintenance, more like a support group. The group would decide how it would be run. Gene sees it as being very open initially, but those involved might want a more closed group if the group is serving as support group. Mary said she loves the vision. Gene suggested experts like Mary, Linda Hendricks could come talk to the group on occasion. The group applauded Gene for his visions and willingness to do this.

Harvest of Peace: Rebekka reported the Harvest of Peace is coming on September 30. Mary could host this event as she has graciously done in the past, but she asked if there might be others willing to do so. A request will be made on list serve for hosts. We will have a potluck party somewhere.

The next meeting will be held at the Davis Shambhala Center on September 11, 2007 at 7 pm.



LARGE PRINT CHANT BOOKS

I keep hearing "our sangha is aging"

Hopefully, we are also welcoming many new younger members. One of the problems that go with aging is failing eyesight. Some folks are profoundly visually impaired (legally blind). If we ever get a new member with this need, certainly we can accommodate them. In the meantime, we've addressed less serious visual impairments. The Umdze's chant book has large print and now we have large print chant books for the rest of the sangha. These books have a **green cover**. If the hallkeeper doesn't offer you one, please ask. If there are any other ways we can address your needs, please email me at:

lealabbott@yahoo.com

Leal Abbott

•

FOUR FOUNDATIONS OF MINDFULNESS:

This is a **weekend meditation retreat** for students who have already begun practicing shamatha meditation, and who wish to deepen their practice.

The program is open to practitioners at all levels, Shambhala Training and Buddhist, new students, old students, teachers and meditation instructors. Participants are required to have received meditation instruction prior to the weekend, and will be asked to attend the entire program if possible. The Four Foundations are the first phase of meditation on the Buddhist path, and a powerful complement to the Shambhala Training levels.

Berkeley Shambhala Center

Friday evening, November 2, at 7 pm, Saturday and Sunday,
November 3 and 4, from 9-6

Cost: \$125 ~ some work/study available

**For more information, please contact Kara
Dansky**

kdansky@stanford.edu

Shambhala Training Level One

The Art of Being Human

In the Shambhala tradition, warriorship is based on cultivating our inherent wakefulness as human beings. Shambhala Training provides an environment in which to discover our own gentleness and fearlessness through the practice of meditation. Weekends are designed to include group meditation instruction and practice, talks on the Shambhala teachings, individual meetings with a meditation instructor, group discussion and a celebratory reception. Shambhala Training was founded in 1977 by Chogyam Trungpa, Tibetan meditation master and author of *Shambhala: The Sacred Path of the Warrior* and *Great Eastern Sun*.

About Charity Martin, Northern California Shambhala Training Resident Director:

Director Charity Martin has been a practitioner of Rosen Method Bodywork for 14 years. She is also a practitioner of Somatic Experiencing, the trauma resolution work of Dr. Peter Levine. She is currently Co-Resident Director of Shambhala Training in the Bay Area. Her passion is to help people come to a more truthful, gentle, and resonant place within themselves.

Dates: Saturday & Sunday September 15 & 16
8:30 am – 6:30 pm

Cost: \$150, \$90 for full time students, \$40 for those repeating the level. No one will be turned away for financial reasons. If you need financial assistance or have any questions about the weekend contact Patti Larson 530.757.2861 or pbl281@pacbell.net

To Register: please send your payment in full or a \$50 deposit made out to Shambhala Training Davis to Davis Shambhala Center, 133 D St. Ste H, Davis, CA 95616

Rainbow Reflections

Cliffs kiss the sky, cliffs lace the ocean
shoreline, a rainbow hovers...
Sentinel trees reflect in wavy sequences,
vanguards of watery dreams.
In quiet stillness below, sea horses intertwine,
a ritual mating ballet,
reflections, interconnections, a trance dance,
a myriad display.

Swelling tides erase tiny sandpiper footprints,
leaving shadowy silhouettes,
Tiptoeing humans relentlessly seek trace
patterns leading homeward
A sea dream-moment suspended in forever
flow; ebb tide signals our time to slow...
As above, so below.

Harmonious life breathes...ancient echoing
ocean waves, to and fro,
Inhale the salty soul essence, the heart
rhythmically drums ebb and flow,
Boundless ocean within silently nourishing
sinew and cell, rising/falling,
Rushing river of blood...flurries and eddies
folding into themselves
gently whispering, I AM, I AM...

All too delicious, too elusive yet preciously
held close to heart and bone...
As within, so without – oneness of being,
oneness alone.

Thus swept along til one day this too becomes
water under the bridge...a whisper,
a sigh...silence...home.

Written at Warriors Assembly at SMC
this summer.

Moving through dappled aspens
On the path by the streamlet

Quiet
Cool
Comforting

Passing over the bridge
Around the stone corner

Blue
Brilliant
Morning

Flax shimmers
Vajra flags flutter

Come
Greet
The Great Eastern Sun

A squirrel ran up the stone rail to the stupa and
waited for me as I
climbed

Love to all of the Sangha

Pamela Pickup

BODHISATTVA VOWS



Acharya Richard John

Acharya Richard John will be offering Bodhisattva Vows on the evening of October 31 at the Berkeley Shambhala Center. Interviews for the vows will take place on October 30. If you are interested in taking these vows, please talk with your meditation instructor. For further information, please contact Perry Brissette at perry pawo@yahoo.com

PUBLIC TALK

OBSTACLES ON THE PATH: WHAT HOLDS US BACK?

The path of meditation is a process of revealing and dismantling obstacles to our innate wisdom. Thoughts like "I already know that," "my mind is all over the place," "maybe if I try harder I'll get results" reflect familiar habitual patterns that hold us back. It is essential for practitioners to recognize the many ways we obstruct our natural wakefulness and interfere with our progress on the path.

Berkeley Shambhala Center

Thursday night, November 1, at 7 pm.
Cost \$20

For further information, please contact:
Alison McKee
at alisonmckee1@comcast.net

Ongoing Practice and Study

Sitting Meditation

Sunday mornings 9 am - 10 am

Monday & Thursday mornings 6 am - 7 am

Tuesday evenings (Tonglen) 5:30 pm – 6:30 pm

Monday evenings - 7 pm - 8 pm

Wednesday noontimes 12:10 - 12:50 pm

Thursday evenings 7- 8 pm (7-7:30 pm class nights)

Meditation Instruction (no charge)

Monday Evenings 7 pm – 8 pm-(Meditation Instructors 1st three Mondays of each month)

Thursday Evenings 7:00pm

Sunday Mornings 9:00am

Sadhana of Mahamudra - All are invited.

August 12th ~ 7:00 pm

August 28th ~ 7:00 pm

Council Members

Rebekka Martorano
Director

Linda McHenry
Head Meditation Instructor

Patti Larson and Gene Tashima
Resident Directors, Shambhala
Training

Marc Ross
Publicity Coordinator

Manuel Medeiros and Patricia Medeiros
Co-Warriors of the Center

Mary Tracy
Maintenance

Gene and Helen Tashima
Nalanda Arts

Mary Yamada
Newsletter Editor

Yasmin Spiegel
Head of Study

Elaine Reid
Assistant Comptroller
Housing Coordinator

Marshal Bishop
Head of Practice

Pat Elliott
Administrative Assistant
Main Calendar Keeper

Barbara Hegenbart
Assistant to Head of Study
Shrine keeper

Lynne Bartz
Prison Program Coordinator

Sarah Mandel
Desung

Musawwir Spiegel
List Serve/Directory Master

Leal Abbott
Diversity and Accessibility
Coordinator and Librarian

Sherrell Richmond
Shambhala Training
Database Coordinator

Rasa Sammy
Membership Coordinator
Work Study Coordinator

Lyle Larson
Development &
Communications

Bill Fell
Poet Laureate
Bursar

Richard Darsie
Media Librarian
& Webmaster

Christina Bernadac
Kasung Representative

Peter Sharp
Shambhala Training
Comptroller

Shelley Walker-Davey
Comptroller



Shambhala Training is a series of contemplative workshops, suited for both beginning and experienced meditators. The simple and profound technique of mindfulness and awareness practice is the basis of a secular path of meditation, which can benefit people of any spiritual tradition and way of life. Shambhala Training is the study and practice of warriorship in the tradition of human bravery and leadership.

This path shows how to take the challenges of daily life in our modern society as opportunities for both contemplative practice and social action.

For more information, please contact Patti Larson 530.757.2861 or Gene Tashima 530.756.5750.

Heart of Warriorship

A five-weekend introduction to the view of Shambhala warriorship that cultivates mindfulness and awareness in everyday life through sitting meditation.

**Level I: The Art of Being Human Sept 15-16
Nov 10-11**

Level II: Birth of the Warrior Jan 12-13

Level III: Warrior in the World Feb 29, March 1-2

Level IV: Awakened Heart Apr 18-20

Level V: Open Sky

Sacred Path

For students who have completed the Heart of Warriorship program

Dates:

*****GES-** Aug 18-19 San Francisco**

****Windhorse-** Sept 21-23 Berkeley**

****Drala-** Oct 26-28 Sonoma Mt. Zen Center**

****Meek-** Nov 30-Dec 1-2, 2008, Davis**

****Perky -** Jan 25-27 San Francisco**

****Outrageous & Inscrutable -** April 11-13, 2008, Berkeley**

****Golden Key-** May 23-25, 2008, Berkeley**

The Davis Shambhala Meditation Center

We are affiliated with Shambhala International under the direction of Sakyong Mipham Rinpoche. In addition to being the recognized lineage holder in the Kagyu and Nyingma lineages, the Sakyong is also the holder of the Shambhala lineage. The Tibetan Buddhist meditation master, Chögyam Trungpa, Rinpoche, founded the organization.

Membership

It is not necessary to be a member in order to attend meditation practice, receive meditation instruction, or attend classes. Membership involves a commitment to pay regular monthly dues in any amount, to develop a regular discipline of sitting meditation, and to meet with one's meditation instructor on a regular basis. For more information about membership, contact your meditation instructor, Bill Fell (753-2846) or Rasa Sammy (756-4423).

Meditation Instructors

Meditation instruction is available on Thursday nights, Sunday mornings or by appointment

- Marshall Bishop (916.489.9560) • Rachel Kline (530.668.9405)
Patti and Lyle Larson (530.757.2861)
Joel and Sarah Mandel (530.753.4339)
Linda and Henry McHenry (530.756.3202)
Megan Roberts (530.756.6626) • Gene Tashima (530.756.5750)
Eric Henn (530.795.5089) • Marie Endres (530.756.2771) • Rebekka Martorano (530.756.9605)

Shambhala Guides

- Bill Fell (530.753.2846) • Mary Tracy (530.758.0445)
Eleanor Chambers (530.877.6083)
Peter Sharp (916.381.1737) • Sharon Skelton
Helen Tashima (530.756.5750)
Richard Darsie (530.753.5981)
Yasmin Spiegel (530.758.4057) • Musawwir Spiegel (530.758.4057)
Barbara Hegenbart (530.756.4155)

Council Meetings

The next Council meeting will be September 11, 2007

7:00 PM

All are invited.