



## Shambhala Office of Practice and Education

Dear Centre Directors, Teachers, Group Coordinators and Practice and Study Leaders:

We are pleased to send you this new issue of the new Shambhala Office of Practice and Education newsletter.

Using the web-based Shambhala Database, the Office of Practice and Education is now able to communicate with all of you on a regular basis to keep you updated and answer many frequently asked questions.

We hope that you find this helpful and welcome your input about how we can best serve your needs.

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### **Programs and Schedules**

**Special Days before and after Shambhala Day (February 14, 2010)**

#### **Mamo chants**

The recitations of the mamo chant begin today, February 3 and conclude February 12.

It is the Sakyong's instruction again this year to invite all practitioners to participate in the mamo recitation practice.

When and in what context the mamo chants are scheduled will vary from center to center - use your best judgment and invite all practitioners to attend. We don't recommend introducing this practice during a public sitting in which many, if not most, of the people have little experience with meditation practice. This would probably not be helpful.

If there is a teacher at your center who can give a talk about chants in general, and specifically about protector principle, this might be a good time to schedule one.

Instructions were sent recently, but you can find a link to detailed practice instructions on this page about Shambhala Day -

<http://www.shambhala.org/community/shambhaladay.php>

The page includes an outline of the practice session and information about the number of recitations to do.

**Password for the Elixir of Life** (only for use at your centre on Shambhala Day)

GES (ALL CAPS) This text has been made available by Shambhala Media for use at your centre only and is not intended for individuals to take home. People interested in purchasing a copy can contact the Shambhala Media ([orders@shambhalashop.com](mailto:orders@shambhalashop.com)) or purchase it on their new website <http://www.shambhalamedia.org/ProductDetails.asp?ProductCode=LSE256>

### **Milarepa Day**

Milarepa Day celebrates the enlightenment and life example of Milarepa. The celebration involves a full day of practice, which includes chanting the Milarepa sadhana and reading the songs of the lineage teachers in *The Rain of Wisdom* (Tib: Kagyü Gurtso).

You will find a link to guidelines for Milarepa Day on this web page -

<http://www.shambhala.org/community/milarepaday.php>

### **New Liturgical calendar for the year of the Iron Tiger and Iron Rabbit**

Attached is the new Tibetan liturgical calendar for the 2 years following Shambhala Day (February 14, 2010).

After Shambhala Day, the new calendar will be posted on this web page -

<http://www.shambhala.org/members/ps/>

## **Calendar of Events for Shambhala Europe**

<http://shambhala-europe.org/calendar.php>

### **Shambhala Program Staffing**

As we begin to prepare for the busy summer program season, our minds are turning towards program staff. Staffing core path programs can be an exciting and enriching experience for experienced students: a chance to deepen your understanding through intensive practice, to study with senior teachers within the Shambhala tradition, and to contribute to creating a strong program for participants. Please share this information with your MIs, ADs, Shambhala Training Directors and other qualified members. For questions about staffing a program please contact Will Perkins at <mailto:wperkins@shambhala.org>

#### **Warrior Assembly**

We are looking for Shambhala Training Directors who have previously attended a Warrior Assembly to serve as ADs and in a variety of non-AD roles.

For information on locations, dates and staff applications please visit:

<http://www.shambhala.org/programs/WA/>

#### **Sutrayana Seminary**

We are looking for MIs and a variety of other people to fill non-MI roles. All graduates of Sutrayana Seminary are invited to apply.

For information on locations, dates and staff applications please visit:

<http://www.shambhala.org/programs/SS/>

#### **Vajrayana Seminary**

We are looking for senior MIs, preferably ngondro instructors, and a variety of other people to fill non-MI roles. Non-MI roles are open to any graduate of Vajrayana Seminary.

For information on locations, dates and staff applications please visit:

<http://www.shambhala.org/programs/VS/>

### **Shambhala Online**

As you know, Shambhala Online enables Shambhala to offer interactive video dharma teachings over the internet.

There are a variety of introductory to advanced programs being offered in the coming months. We invite and encourage you to refer to our website calendar

<http://shambhalaonline.org/calendar.php> for the most up-to-date information about upcoming programs.

If you have any questions or comments, please contact Heather at [heather@shambhalaonline.org](mailto:heather@shambhalaonline.org)

### **New Contacts for Shambhala Online**

In order to facilitate communications for online programs, there are two new contacts for Shambhala Online available in the functions list in the Shambhala database. **Please identify these people at your centre and add them to your centre information:**

- The **SO contact** is the person who is responsible for registering your center or group for any online program, if it is not the center director. It is important to note, they would receive the link for the live event; and
- The **A/V contact** is whoever handles the technical setups for online programs, including HOP and Shambhala Day. Candlin Dobbs will be informing database administrators about this as well.

When Shambhala Online sends information regarding any online event, we may choose to include one or both of these two

## **Office of Practice and Education Miscellany**

### **A New Longevity Supplication**

On behalf of Sakyong Mipham Rinpoche, the Shambhala Office of Practice and Education is announcing a change to the chants that are performed regularly in Shambhala centres and meditation groups.

*The Melody that Accomplishes Deathlessness: A Longevity Supplication*, written by Mipham the Great in 1888, is a single longevity supplication for all gurus, “for all holders of the teachings who embody their meaning”. It will be added to our daily chant books, preceding the longevity chant for Sakyong Mipham Rinpoche.

If short of time, *The Melody that Accomplishes Deathlessness* can serve as the supplication chant for all gurus, and will be chanted along with the longevity chant for our current lineage holder, Sakyong Mipham Rinpoche.

There are times when it is appropriate to add a longevity chant for an individual teacher, such as when a particular teacher is visiting a centre, when a teacher is ill, or when practicing individually at home.

*The Melody that Accomplishes Deathlessness* is available through the Nalanda Translation Committee. It may be downloaded from their website, or individuals and centres may choose to buy a properly printed version directly from the Nalanda Translation Committee - <http://www.shambhala.org/ntc/offerings/index.html>

## **Teachers for Open House events**

Sakyong Mipham Rinpoche has requested that senior teachers lead open houses and other entry level courses wherever possible; open house events are not good contexts for newer teachers to gain teaching experience.

We know that in some cases this is unavoidable, particularly in countries where there are small groups with few teachers who speak the local language. However, newer teachers should not teach open house events in large and medium sized centres.

## **Teacher and Meditation Instructor Authorizations and Suspensions**

Last April, the Office of Practice and Education issued a memo to all Shambhala centres indicating how authorizations and suspensions take place and how they are communicated.

For instance, did you know we ask you to check a teacher's authorization on the Shambhala Database before inviting them to teach at your centre, in case their authorization has changed or been suspended?

Did you know that the decision to suspend someone's teaching or meditation instructor authorization is the responsibility of the Office of Practice and Education, and not decided locally?

Please read the document sent out last April, posted with the other Practice and Education updates to clarify these protocols:

[http://www.shambhala.org/members/ps/documents/teacher\\_authorization\\_suspension.pdf](http://www.shambhala.org/members/ps/documents/teacher_authorization_suspension.pdf)

## **Level V Pins, Certificates and Rigden Prints**

Having explored several options to mark the end of the Way of Shambhala program, as well as the end of the Levels I through V for those who are doing the levels exclusively, it has been decided that Shambhala Training Level V pins will

continue to be received at Level V, (without certificates). Participants will now receive a small Rigden thangka print at the end of the Rigden program, to mark the end of the Way of Shambhala 1 program.

If you did not give out Level V pins at your recent level V based on our previous instructions, please do so at Rigden for this cycle.

The Rigden prints will be available through Shambhala Media fairly soon. Please contact them to find out if they will be available for Rigden programs coming up very soon. As usual, please order your materials at least six weeks in advance of your program. The prints may not appear on the Shambhala Media website immediately.

<http://www.shambhalamedia.org/>