



S H A M B H A L A

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

As the green of summer transforms into a brilliant brocade of fall colour, the peonies, as we have come to refer to ourselves, (staff in the Office of Practice & Education) have gathered together after a busy summer of programs, retreats, and vacations.

We welcome Andrea Doukas to her new role as co-director of the office, working with Carolyn Mandelker. As you know, Carolyn has been appointed Executive Director of Shambhala and will be fulfilling that role part time.

As we transition from having a sole director of Practice and Education to co-directors, we are working out the lines of communication within our new structure.

Starting now, if you have a question about **practice and education**, please think to first send it to either Jill Scott (jscott@shambhala.org) or Andrea Doukas (adoukas.shambhala@gmail.com). If you have a question about **large international programs**, please refer to Edith Sage (esage@shambhala.org). Once received, they will decide who would best respond to your letter

More specifically,

Andrea will be the main reference point for vajrayana practice and study, and provide guidance for questions that arise about shrines and ritual procedures. A student of Shambhala Buddhism for thirty-five years, Ms. Doukas recently retired as Director of the Halifax Shambhala Centre. She has served as chopon for Sakyong Mipham Rinpoche at many abhishekas and programs, and has many years experience teaching and leading practice programs in the Shambhala Community.

Jill will continue to support meditation instructor trainings, including Shambhala Guide, MI, AD, and ngondro training and be an all around reference for practice and education questions and resources.

Carolyn will provide support for questions coming to Jill, Andrea and Edith as needed. In addition, she will continue to be the main reference point on the Way

of Shambhala program (including marketing and publicity), high level policy regarding international programs (including teacher trainings), implementation of the three pillar model of governance, and sensitive matters around leaders and teachers. You may write directly to her regarding these topics.

Edith, our program manager, continues to be the contact person for land centre staff and participants, regarding large Shambhala programs that are underway at our practice centres—including Warrior Assembly, seminaries, abhishekas, and Scorpion Seal assemblies.

Will Perkins, our treasured assistant for two years, has returned to school to pursue an architecture degree. We thank him for his excellent contribution to the Office of Practice and Education. We will miss him.

This newsletter is one of our primary tools for communication. Please make sure that those people at your centre who are directors, practice and study coordinators, and teachers are designated as such in the Shambhala Database. This will ensure that they receive the messages and newsletters from the Office of Practice and Education.

So that everyone receives important information, we sometimes include information that may have been sent to you in other contexts.

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

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Curriculum

New Materials

One weekend Meek and Perky

On the Way of Shambhala page, in the Practice & Study section of the website, you will find a one weekend Meek and Perky syllabus. This is another option for how to offer these levels at your centre -

<http://www.shambhala.org/members/ps/wos/index.php>

New Posters for the Way of Shambhala

Also on this page are new posters for the Way of Shambhala curriculum. These are now available as Word documents, so you can easily edit the details (dates, location, etc.) specific to your centre. Please change your centre information leaving the general design as is.

<http://www.shambhala.org/members/ps/wos/index.php>

New Brochure for the Way of Shambhala

Many thanks to Meta Maertens, Tessa Ladendorf and Sabine Rolf of Shambhala Europe, who produced this brochure -

<http://www.shambhala.org/members/ps/wos/index.php>

Marketing and Publicity Resources

Thanks to James Northcote, you can find a compilation of resources and publicity materials on the Kootenay Shambhala Center website -

http://nelson.shambhala.org/shambhala_marketing_resources-932.php

Shambhala Path Illustrated

On the main Practice & Study page - <http://www.shambhala.org/members/ps/>- you will find an illustration of the Shambhala path up to Vajrayana Seminary. We hope this will answer a lot of questions newer students have as well as questions from meditation instructors and teachers. You are welcome to post this on your websites. Many thanks to Lesa Ricci of Portland, Oregon, for creating this visual guide.

Soon we will have another design of the path created by Veronique Villemagne, which will be available in English, French, German, and Spanish.

Meditation in Everyday Life

New syllabus and class material

(<http://www.shambhala.org/members/ps/wos/index.php>)

Fearlessness in Everyday Life –September 2010 update

Revised syllabus (<http://www.shambhala.org/members/ps/wos/index.php>)

Six Week course for MI/AD training

As you may know, students accepted to the Shambhala Meditation Instructor and/or Shambhala Training Assistant Director training programs prepare with the Six Class. This can be done either as a local class, if

there are enough participants from one centre, or through Shambhala Online. - Recordings of this course are now available.

Please write to Heather Scott (heather@shambhalaonline.org) as soon as possible with dates for your training program, so she can schedule the live component of this course at an appropriate time for students attending upcoming trainings.

The list of those who have successfully completed the training should be sent to both the Office of Practice and Education and Heather Scott.

Coming soon

Updated Way of Shambhala Implementation Guide (formerly called the Administrative Manual)
Wisdom in Everyday Life syllabus and poster

Practice

The meaning of “Sadhaka”

Recently, there has been some confusion about the meaning of the term sadhaka, and who is a sadhaka in our community. To clarify this, we discussed the issue with Sakyong Mipham Rinpoche this summer.

Until 2005, when the Rigden Abhisheka was introduced, a practitioner became a sadhaka once they had been empowered, through abhisheka, to practice their first full sadhana. At that time, our first sadhana was the Vajrayogini sadhana. Now that Shambhalians are first empowered to practice the Werma sadhana, the meaning of sadhaka in our community has been enlarged: it includes Werma sadhana practitioners who have received the Rigden Abhisheka.

There may still be times when it is helpful to make a distinction between people who have received the Vajrayogini Abhisheka and those who have not. We would then refer to that group as "Vajrayogini Sadhakas." Please review your upcoming sadhaka programs to ensure that the prerequisites are clearly stated for your target audience.

We are currently in the process of transforming our entire communication system to a new "Shambhala Network." As soon as that system is functional - we're aiming at Shambhala Day, 2011 - we will define different discussion groups and list-serves on the network. We will very likely have one such group for all sadhakas, and other groups specialized on the different sadhana practices - Werma Sadhana, Vajrayogini Sadhana and so on. Until that time, the groups will stay as they are.

Kagyu and Nyingma practices

As you may know, the Sakyong has asked Loppon Lodro Dorje and Acharya Larry Mermelstein to support practitioners who are doing Kagyu and Nyingma vajrayana practices in the Shambhala mandala.

Andrea Doukas is working with the Loppon and Acharya Mermelstein on this project. To begin with, we have organized two conference calls with individuals across the mandala who have expressed interest in supporting these practices, to help determine the best way to move forward with this initiative.

A series of monthly Shambhala Online talks for sadhakas is being offered, which began with a talk by Acharya Mermelstein on 26 September. Please check with the Shambhala Online website for information about upcoming talks -

<http://shambhalaonline.org/index.php?id=1000>

Please contact Andrea Doukas at adoukas.shambhala@gmail.com with suggestions or questions, or contact the Loppon and Acharya Mermelstein directly at shambhala.sadhaka@gmail.com.

Shambhala Database

New local administrators

Does your centre have a new practice and education coordinator or centre director? To ensure that the people holding these positions are included in the database mailings from the Shambhala Office of Practice and Education, please ask your local SDB administrator to indicate it on their database profiles.

Previous OPE newsletters

To access previously sent OPE newsletters or other emails sent (from the Shambhala Database) to lists you may be on go to <https://secure.shambhala.info/database/index.php> and look for **emails** at the bottom of the menu on the left side of the page.

Finding Teachers

Many of you are wondering about how to identify teachers for various programs. If you missed the previous communications or are new to your job, you will find a Quick Reference to finding teachers in the Shambhala Database attached to this newsletter.

Programs

International Database of programs

Many people write to us wanting to locate trainings and practice intensives that may be scheduled in various places around the mandala.

The Shambhala.org website has a searchable database of programs by category and region. We encourage all centres hosting programs to which people may want to travel to – meditation instructor/teacher trainings or vajrayana practice intensives, for example – and who are **not already using the Shambhala web template**, to remember to enter these programs into the Shambhala Database so they will appear on this page - <http://www.shambhala.org/programs/> This extra step will benefit many sangha members.

Go to this web page to enter a program - <https://shambhala.name/calendar.php>

Membership Policy for Core Path Programs

As a reminder, membership in a Shambhala centre is required for anyone applying to Sutrayana Seminary, Warrior Assembly and any core path program that follows these.

Students who don't live near a centre can become a member of Shambhala by contacting Adrienne Gauthier at ace17@cox.net

Meditation Instructor Training

Students accepted to a meditation instructor training (including Shambhala training Assistant Director and Shambhala Guide), prepare by studying the Six Class syllabus either in a locally run class or, currently, through Shambhala Online. We offered this course recently and the recordings are now available for future trainees.

To ensure that participants have enough time to order their sourcebook and prepare for the training programs, we urge centres to make sure their review and acceptance of all applications is complete no less than 8 weeks before a training program.

Office of Practice and Education Miscellany

Annual Observances

Each year the Shambhala mandala gathers to practice and celebrate for special occasions or to commemorate the life of a teacher. Some of the dates for these special days can be found on the liturgical calendar posted in the Practice & Study section of the website.

There are pages on the website dedicated to these events along with a section of the Practice Manual called Annual Observances -
<http://www.shambhala.org/members/ps/manual/>

Some dates to take note of:

Children's Day – December 21, 2011
<http://www.shambhala.org/community/childrensday.php>

Shambhala Day – March 5, 2011
<http://www.shambhala.org/community/shambhaladay.php>

Milarepa Day – March 11, 2011
<http://www.shambhala.org/community/milarepaday.php>

Parinirvana of the Vidyadhara Chögyam Trungpa Rinpoche – April 4, 2011
<http://www.shambhala.org/members/ps/manual/> (Annual Observances)

The Office of Practice and Education and/or the Office of the Kalapa Court send email announcements about these and various other events, so look for SNS messages about upcoming gatherings.

Visiting Teachers

The purpose of the Visiting Teachers Manual is to provide Shambhala Centres a practical guide for how to properly host visiting teachers. The emphasis is mainly on Tibetan Buddhist teachers, but the principles can be adapted and applied as appropriate to other important teachers and dignitaries. Although some of the Tibetan style protocol may not be applicable, much of the basic organization for a visit may be of help.

Part One of this manual present the recently (2009) Guidelines for Inviting Teachers to Shambhala Centres, This is essential reading for the leadership of centres and all those involved in inviting teachers and preparing for their visits..

Part Two outlines the organization required to do a visit properly. In Part Two, "Protocol and Etiquette", the actual details of service and many specific protocol issues are discussed. Part Three is a review of special arrangements and relations with other Buddhist centres.

The manual can be found on this web page (if you don't already have access to this page as a centre administrator, write to [Jill Scott](mailto:Jill.Scott@shambhala.org)) -
<http://www.shambhala.org/members/cr/>

Vajradhatu Publications Style Manual

Do you ever wonder

- Which of the Sanskrit or Tibetan words we commonly use should be

- capitalized or how they are spelled?
- What the appropriate forms of address are for our teachers.
 - Whether you can copy and distribute material published by Shambhala Media for a local class.

Answers to these questions and more is available in the Vajradhatu Publications Style Manual - <http://www.shambhala.org/members/cr/>

You will find policies on proper usage of the proper use and dissemination of written materials by Chögyam Trungpa Rinpoche and Sakyong Mipham Rinpoche, writing guidelines from the writers, authors and editors at Shambhala Media, and a spelling list of Tibetan/Sanskrit terms