

## WEEKLY ONGOING PROGRAMS

Our center offers a rich array of regular gatherings that are open to the public. No prior meditation experience is required to attend. Some programs offer meditation instruction upon request. Donations are appreciated to support our activities. All Brunswick-Portland Shambhala Center programs and activities are made possible through volunteers. *FMI: see the Center Calendar at [shambhalabp.org](http://shambhalabp.org).*

### Portland at 81 Oak Street

**Sunday Morning Meditation** 9:00am to 11:00am  
**Sunday Evenings: Heart of Recovery** 6:30pm to 8:00pm  
**Wednesday Evenings: Just Sit** 7:00pm to 9:00pm  
**Thursday Evenings: Dharma Drop-In** 7:00pm to 8:30pm

### Brunswick at 19 Mason St. (next to Icon Gallery)

**Sunday Morning Meditation** 9:00am to 12:00pm  
**Thursday Evenings: Just Sit** 7:00pm to 9:00pm

## GENEROSITY POLICY

We have a generosity policy to make our offerings available to all who wish to participate. If the program price is an obstacle for you, please consider what is possible for you in your current situation, and offer as much of the program fee as you can. For those who can offer more than the program price, we have a Enriching price. Your generosity in offering the Enriching price helps cover the costs for others who are not able to pay the full price. Class and Program prices are on our website.

## MEDITATION INSTRUCTION

Individual meditation instruction is offered free of charge at all Shambhala Meditation Centers. Shambhala instructors are experienced practitioners, thoroughly trained to provide guidance, support and direction to meditation students. *FMI Contact Sarah Chandler at [sarah\\_chandler@comcast.net](mailto:sarah_chandler@comcast.net) or 207.865.1907*

## FOR MORE INFORMATION

To find out more information, check on calendar updates, or arrange for individual meditation instruction, please visit our web site at [shambhalabp.org](http://shambhalabp.org).

If you wish to have your name removed from our mailing list, please contact Kathy Bither at [kbither@bates.edu](mailto:kbither@bates.edu)

*The Brunswick-Portland Shambhala Meditation Center is nonprofit and is affiliated with Shambhala International, a worldwide nonprofit association of meditation centers founded by Chogyam Trungpa Rinpoche in 1977. Shambhala International is headquartered in Halifax, Nova Scotia.*

*Shambhala, Shambhala Art, Shambhala Meditation Center, and Shambhala Center are registered service marks of Shambhala International (Varjadhātu). Shambhala Training is a registered trademark of Shambhala/Nalanda Foundation.*

[shambhalabp.org](http://shambhalabp.org) 

Welcome to the latest edition of Maine Shambhala News, a calendar of events published by the **Brunswick-Portland Shambhala Meditation Center**.

Our Meditation Centers are located in **Brunswick** at 19 Mason Street (next to the Icon Gallery), and **Portland** at 81 Oak Street. All are welcome. To find out more, please visit our website [shambhalabp.org](http://shambhalabp.org).

## SPECIAL COMMUNITY EVENTS

For more details visit [shambhalabp.org](http://shambhalabp.org).

### HARVEST OF PEACE

**September 19, Saturday** in Brunswick  
Celebrate the riches of our local community. All are welcome. See website for details.

### TASTE OF SHAMBHALA SUNDAY POTLUCK

**October 25, Sunday** in Portland  
11:00am - 1:00pm  
Gather, share, eat. Join a community potluck and gathering after Sunday Meditation. Please bring a dish to share. *FMI contact Brenda Thompson at [lilyrlz@hotmail.com](mailto:lilyrlz@hotmail.com) or 207.319.6369*

### SAKYONG MIPHAM RINPOCHE'S BIRTHDAY CELEBRATION

**November 14, Sunday** in Brunswick  
12:00pm - 2:00pm  
Join us for a Celebration Potluck and gathering after Sunday Meditation. See website for details. *FMI contact Joan Carney at [freshviewconsulting@gmail.com](mailto:freshviewconsulting@gmail.com)*

### CHILDREN'S DAY & WINTER SOLSTICE

**December 20, Sunday** in Brunswick  
Morning activities for children followed by a mid day potluck. All children and families are welcome. *FMI contact Michael Monsell at [michuesmonsell@gmail.com](mailto:michuesmonsell@gmail.com)*

### MEDITATION AND CONTEMPLATION IN NATURE

We'll combine walking or paddling with meditation and contemplation while observing noble silence. **September 26- Meditative Paddle**  
**October 24- Contemplative Nature Walk**  
**November 14- Contemplative Nature Walk**  
See website for details. *FMI contact Joan Carney at [freshviewconsulting@gmail.com](mailto:freshviewconsulting@gmail.com)*



MAINE SHAMBHALA NEWS | AUTUMN 2015

# Meditate Maine!

Spark your heart and mind through the practice of meditation.

SHAMBHALA IS A GLOBAL COMMUNITY WITH MORE THAN 200 CENTERS AND GROUPS AROUND THE WORLD, AS WELL AS THOUSANDS OF INDIVIDUAL MEMBERS.

Shambhala welcomes people from all walks of life, faiths and backgrounds. We come together to practice meditation, contemplate and work together in order to develop a global culture that cultivates dignity and sanity in an increasingly chaotic and stressful world. We offer a wide range of possibilities for training, practice, inquiry and dialogue, and provide qualified instruction in meditation and the contemplative arts.



Sakyong Mipham Rinpoche

Through meditating, attending teachings, and taking part in community life, everyone is encouraged to explore the possibility of creating an enlightened culture that can be of benefit, not only to each person individually, but to the greater world around us.

Sakyong Mipham Rinpoche, the Shambhala Buddhism lineage holder, is the eldest son of Chogyam Trungpa Rinpoche and serves as temporal and spiritual director of Shambhala. He also holds the Kagyü and Nyingma lineages of Tibetan Buddhism.

To learn more about Sakyong Mipham Rinpoche see "The Sakyong: A Video Biography" at [mipham.com/sakyong.php](http://mipham.com/sakyong.php). For a brief history of Buddhism and the varied approaches please go to [shambhala.org/buddhism.php](http://shambhala.org/buddhism.php).

[shambhalabp.org](http://shambhalabp.org) 

MAINE SHAMBHALA NEWS *Meditate Maine!* FALL 2015

shambhalabp.org

*Change service requested*

Brunswick-Portland Shambhala Meditation Center  
19 Mason Street  
Brunswick, Maine 04011

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## MEDITATION PRACTICES

### MEDITATION PRACTICE WEEKENDS

**PORTLAND: October 31-November 1**

**BRUNSWICK: November 21-22**

Full weekends of practice: Sitting and walking meditation, with optional discussions, videos, and readings inspire a personal connection to our world. Recommended for students of meditation seeking to deepen their practice. Highly recommended for students aspiring to attend the week long intensive in December.

**Saturday** 9:00am-12:00pm,

1:00pm study groups, 2:00-5:00pm.

**Sunday** 9:00am-12:00pm, 1:00-4:30pm.

**All silent meditation practices from any tradition are welcome.**

FMI contact

Portland: Erica Bjorum at

erikabjorum@gmail.com or 541.207.6351

Brunswick: Kathy Meade at

harvest259@comcast.net or 207.443.6335

### SADHANA OF MAHAMUDRA

The Sadhana of Mahamudra is an important practice given to us by Chögyam Trungpa Rinpoche, the founder of Shambhala.

This practice is a binding factor for our community. A combination of chants and meditation the essential teaching is that the practice itself can undercut any notion of spiritual materialism. It is done on the day of the new moon. Lasts about an hour.

**Open to all meditators.**

**Check the website for dates and times.**

### OPEN PUBLIC SITTING HOURS

Practicing meditation in community brings inspiration and discipline to your practice. Integrate your study and experiences of meditation; challenge your existing patterns of practice, and make really good friends! Meditation instruction is available.

Contact Sarah Chandler in advance at

sarah\_chandler@comcast.net or 207.865.1907

### BRUNSWICK

**Thursday Evenings -Just Sit**

7:00pm-9:00pm

Silent practice, just sitting. All welcome.

**Sunday Morning Meditation**

9:00am-12:00pm

Except during weekend programs on September 13, November 8, January 10.

FMI contact Kathy Bither at kbither@bates.edu or 207.240.7086

### PORTLAND

**Wednesday Evenings -Just Sit**

7:00pm-9:00pm

Silent practice, just sitting. All welcome.

**Sunday Morning Meditation**

9:00am-11:00am

FMI contact Cathleen Miller at

deliciousginger@gmail.com or 207-332-6889



## THE WAY OF SHAMBHALA

### SHAMBHALA TRAINING

**Shambhala Training** is a secular training that develops fearlessness, confidence, openness and gentleness towards ourselves and our world. These qualities arise out of meditation practice and study of Shambhala Warriorship. Shambhala Training welcomes people of all religious traditions as well as those who do not follow a particular spiritual path.

### HEART OF WARRIORSHIP WEEKEND SERIES

The Way of Shambhala program offers a beginner series of five levels of **Heart of Warriorship** weekends and follow up weeknight classes (see class listings for descriptions), that provide a strong foundation in mindfulness-awareness meditation practice. For those who want to continue the **Shambhala Warriorship Training**, a more advanced series of **Sacred Path** weekends is available.

All **Way of Shambhala** weekend programs are offered. Friday 7:00pm (registration), 7:30pm (opening talk), Saturday and Sunday, 8:30am - 6:00pm. Register on-line at [shambhalabp.org](http://shambhalabp.org).

### THE ART OF BEING HUMAN: Level I

We will learn to experience the world as sacred and see basic goodness as our birthright. Through the practice of meditation, we glimpse unconditional basic goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we begin to see our potential as genuine and compassionate human beings. **This Friday Night Talk will be open to the public.**

**Rockland: October 23-25 with Diana Evans**

FMI contact Rachel Nixon at [rachel@rocklandyoga.com](mailto:rachel@rocklandyoga.com) or 207.594.1694

**Portland: December 4-6 with Nick Kranz**

FMI contact Tim Fuller at [ruefish@gmail.com](mailto:ruefish@gmail.com) or 207.505.0227

**Brunswick: January 8-10 with Mary Lang**

FMI contact Karen Simpson at [ksimpson1953@gmail.com](mailto:ksimpson1953@gmail.com) or 207.432.7069

### AWAKENED HEART: Level IV

Extending ourselves to others fully and with kindness. Trusting further in basic goodness and daring to experience the sharp edge of reality, we move forward with gentleness, increased awareness and inquisitiveness about the world, as it is. We find that we can extend ourselves to others fully and with kindness.

**Brunswick: September 11-13 with Bill Barry**

FMI contact Brenda Thompson at [lilyrlz@hotmail.com](mailto:lilyrlz@hotmail.com) or 207.319.6369

### OPEN SKY: Level V

Communicating with the world gently and fearlessly, our awareness is sharpened and we find the open clear sky of mind- a delightful source of wisdom and uplifting energy. We learn to trust our nature enough to let go into the present moment. Our hearts soften and we appreciate the sacredness of our daily lives. Note: Shambhala Training Level V completes the first series of Shambhala Training.

**Brunswick: November 6-8 with Andrea Darby**

FMI contact Joan Carney at [freshviewconsulting@gmail.com](mailto:freshviewconsulting@gmail.com)

### WINTER WEEKTHUN

A winter week of practice at Brunswick Shambhala Meditation Center. Turn over the new year with clarity, stability, strength, and a strong sense of community. Full days and some evenings, ending with a proper New Year's Eve feast and enjoyment of the first day of the New Year in silence and contemplation.

**Brunswick: December 26 - January 1, 2016**

9:00am-6:00pm (7:00pm-9:00pm some evenings TBD)

FMI contact Joan Carney at [freshviewconsulting@gmail.com](mailto:freshviewconsulting@gmail.com)



## PORTLAND CLASSES 81 Oak Street

### Essential Heart of Kasung

**September 21 - October 26**

Monday evenings - 6:30pm - 8:00pm

Beginning with an open discussion on Protector Principle and its role in society on September 21; the remaining classes will be in-depth training in the view and practice of Kasungship, including uniforms, orders of speech and the meditation practices of the Dorje Kasung. See website for prerequisites. FMI contact Tim Fuller at [ruefish@gmail.com](mailto:ruefish@gmail.com) or 207.505.0227

### The Bodhisattva Path of Wisdom & Compassion

**September 22 - October 20**

Tuesday evenings - 6:30pm - 8:30pm

This five week class explores how the peace of meditation can extend to the world around us. The class will use the first four parts of the Volume Two of the Profound Treasury of the Ocean of Dharma by Chögyam Trungpa Rinpoche as an introduction to the teachings of Mahayana Buddhism to "awaken our enlightened genes." The class will be open to both beginning meditators and students with a previous introduction to meditation.

FMI contact Christopher St. John at [cstj@gwi.net](mailto:cstj@gwi.net) or 207.441.2694

### Emptiness, Compassion and Bodhisattva Activity

**November 17 - December 15**

Tuesday evenings - 6:30pm - 8:30pm

This five week class will use the fifth and sixth parts of Volume Two of the Profound Treasury of the Ocean of Dharma by Chögyam Trungpa Rinpoche to "discover a world beyond ego". These teachings invite us to experience how the reality of "emptiness" naturally leads to compassion and the bodhisattva activity of the Six Paramitas.

FMI contact Christopher St. John at [cstj@gwi.net](mailto:cstj@gwi.net) or 207.441.2694

### Heart of Recovery

**Ongoing Weekly Gathering**

Monday evenings - 6:30pm - 7:30pm

**(Please note: There will be a temporary time switch from Monday evenings, to Sunday evenings September 26 - October 26)**

This group is especially helpful for people interested in exploring how Buddhist teachings and a strong meditation practice intersect with recovery from addiction. While not a step-based meeting, wisdom from 12-step and other recovery programs routinely enter Heart of Recovery discussions.

FMI contact Kudra at [kudramac@gmail.com](mailto:kudramac@gmail.com) or

Seth at [seth.hunsicker@gmail.com](mailto:seth.hunsicker@gmail.com)

### SHAMBHALA CLASSES

## BRUNSWICK CLASSES 19 Mason Street

### Making Friends with Yourself

**September 15 - October 13**

Tuesday evenings - 6:30pm - 8:30pm

The rewards of mindfulness practice are well proven: reduced stress, improved concentration, & an overall sense of well-being. But those benefits are just the beginning. This five week introduction to the practice of sitting meditation will use the first part of Chögyam Trungpa's "**Mindfulness in Action**".

**This is an intro class and open to all.**

FMI contact Kathy Bither at [kbither@bates.edu](mailto:kbither@bates.edu) or 207.240.7086

### Fearlessness in Everyday Life

**September 23 - October 21**

Tuesday evenings - 6:30pm - 8:30pm

In this class we learn to work with anxiety, so that we are not blocked by fear. Through an exploration of the traditional Buddhist teachings of mind and the nature of reality, we learn to see clearly. See website for prerequisites.

FMI contact Jess Maurer at [chinooks@roadrunner.com](mailto:chinooks@roadrunner.com)

or 207-332-1640

### Meditation, Creativity & UFO's

**October 3 - October 31**

Saturday mornings - 10:00am - 12:00pm

All are invited to this five week course that will be interactive and hands-on. We will explore the nature of creativity, roadblocks and inspiration, and unleashing creative potential. Bring your UFOs (unfinished objects) with you! Portions of Chögyam Trungpa's "**True Perception**" will be used as a resource. **This is an intro class and open to all.**

FMI contact Karen Simpson at [ksimpson1953@gmail.com](mailto:ksimpson1953@gmail.com)

or 207.432.7069

### Working with Emotions

**11/4, 11/11, 11/18, 12/2, 12/9**

Wednesday evenings - 6:30pm - 8:30pm

Confused, wild emotions can dominate us in obvious and subtle ways. Without suppressing feelings or acting them out, Buddhist meditation works with emotions directly.

**This is an intro class and open to all.**

FMI contact Sarah Chandler at [sarah\\_chandler@comcast.net](mailto:sarah_chandler@comcast.net)

or 207.865.1907

### Wisdom in Everyday Life

**November 10 - December 8**

Tuesday evenings - 6:30pm - 8:30pm

Students will receive practical instructions for transforming confused emotions and situations into effective actions as they arise. No longer deterred or depressed by obstacles, we can include everything as part of the path. The challenges of daily life become opportunities for both contemplative practice and social action. See website for prerequisites.

FMI contact Judi Soule at [judisoule95@gmail.com](mailto:judisoule95@gmail.com)

or 207.865.6182

