

# Philadelphia Shambhala Meditation Center

## Ongoing Programs

### Open House

First Wednesday of the month  
Free and open to the public  
7:00 Meditation Instruction  
7:30 Presentation and Discussion

The Philadelphia Shambhala Center hosts an evening where newcomers can find out what the Center has to offer. The evening includes guided instruction in meditation and a short presentation. Light refreshments are served.

### How to Meditate Monthly

This program is a thorough introduction to meditation practice. This simple and effective course introduces 2500 year-old wisdom that is fresh and applicable in today's world. The program develops understanding of the view and practice of meditation, and how to integrate it in one's life.

### Open Meditation Schedule

The Shambhala Center opens its doors to both newcomers and seasoned practitioners for sitting meditation. Experience this oasis in the midst of the hustle and bustle of city life. No registration is necessary.

**Monday - Thursday 7:00 - 8:00 PM**  
**Sundays 9:00 AM - 12:00 noon**  
You may come for all or part of the time.

### Discussion Group: Working with Addictions

Twice a month on Thursdays:  
January 8, 22, Feb. 5, 19, March 5, 19, April 2, May 7, 21  
Cost: FREE  
7:30 - 8:00 Meditation with Instruction  
8:00 - 9:00 Group Discussion

In these twice monthly sessions, meditators of various levels of experience are invited to gather to discuss their personal struggles with addictions of various types including: prescription medication, sex, alcohol, drugs, gambling, food, cigarettes, the internet, and others. Facilitators and meditation instructors will lead these meetings, which are intended to provide members of the community with a forum to express their thoughts and learn from each other.

### The Philadelphia Young Shambhala Project "For ages 20 - 30 something"

Second Sunday of the month beginning Sunday January 11th  
5:30 - 8:30 PM  
Meditation with instruction, discussion and potluck.  
See January for complete description

### Stroke Practice Group

Third Sunday of the month beginning January 18  
3:00 PM  
See January description and prerequisites.

# Winter Spring 2009 Calendar

2030 Sansom Street 3rd Floor  
Philadelphia, PA 19103

Message Phone: 215-568-6070

<http://philadelphia.shambhala.org>

Register and view program schedules online

## Shambhala Training Schedule

### Shambhala Training Level I for People of Color

*The Art of Being Human*

Friday, January 23; 7:00 PM – 9:00 PM

Saturday and Sunday, January 24 & 25; 9:00 AM – 6:00 PM

### Shambhala Training Level I ; *The Art of Being Human*

Friday, February 20; 7:00 – 9:00 PM

Saturday and Sunday, Feb. 21 & 22; 9:00 AM – 6:00 PM

### Shambhala Training - Level III: *Warrior in th World*

Friday, March 20; 7:00 – 9:00 PM

Saturday and Sunday, March 21 & 22; 9:00 AM – 5:00 PM

### Shambhala Training - Level II: *Birth of the Warrior*

Friday, April 17; 7:00 – 9:00 PM

Saturday and Sunday, April 18 & 19; 9:00 AM – 5:00 PM

### Shambhala Training Level IV - *Awakened Heart*

Friday, May 1, 7:00 – 9:00 PM

Saturday and Sunday, May 2 & 3; 9:00 AM – 5:00 PM

## Philadelphia Shambhala Center Logo Contest

Want to be part of how our Center is viewed?  
Have an image of what the Center means to you?  
The Philadelphia Shambhala Center is having a contest. We are looking for a unique logo to represent our Center. Win a calligraphy by Sakyong Mipham Rinpoche or tuition to a program offered at our Center.  
*Raise windhorse in our city!*

Artwork must be received by Midnight April, 30 2009.

Paramount and an Honorable Mention will be chosen by a panel of judges in May and our new T-shirts will be ready for the Midsummers' Day celebration in June. More specific information will be online and emailed soon.

# January

## Open House

Wednesday, January 7

Free and open to the public

7:00 PM Meditation Instruction

7:30 PM Presentation and Discussion

The Philadelphia Shambhala Center hosts an evening where newcomers can find out what the Center has to offer. The evening includes guided instruction in meditation and a short presentation. Light refreshments are served.

## The Principles of Kagyu Buddhism

With Michael Carroll and Matt DiRodio

6 Wednesdays: January 7, 21, Feb. 4, 18, March 4, 18

7:00 PM - 9:00 PM

Cost: \$80.00 (\$60.00 members, seniors and students)

As a follow up to the recent visit of Traleg Rinpoche in June 2008, the PSC will be offering a 6-week course, "The principles of Kagyu Buddhism" based on his book "The Essence of Buddhism". The class will meet at the dates and times above and be co-led by Michael Carroll and Matt DiRodio. It will combine home study, group discussion, reading of parallel texts, regular sitting, and periodic presentations by teachers.

The main text of the Study Group will be "The Essence of Buddhism". The parallel text will be "The Jewel Ornament of Liberation". Reference texts are "The Way of the Bodhisattva" and "The Heart of the Buddha".

Register online at <http://philadelphia.shambhala.org>.

Links to ordering the books are at the website also.

For information contact Beverley Rhinesmith at [brhinesmith@perfun.com](mailto:brhinesmith@perfun.com).

## Discussion Group: Working with Addictions\*\*

Thursdays; January 8, 22, Feb. 5, 19, March 5, 19, April 2, May 7, 21

with Ned Roberts

Price: FREE

7:30 - 8:00 Meditation with Instruction

8:00 - 9:00 Group Discussion

In these twice monthly sessions, meditators of various levels of experience are invited to gather to discuss their personal struggles with addictions of various types including: prescription medication, sex, alcohol, drugs, gambling, food, cigarettes, the internet, and others. Facilitators and meditation instructors will lead these meetings, which are intended to provide members of the community with a forum to express their thoughts and learn from each other.

Ned Roberts, MBA, is a father of three and recovering alcoholic. He lives and works in Philadelphia and works in a management capacity for one of the Delaware Valley's largest corporations. Ned has found that his meditation practice has been enriched through his recovery from alcoholism.

\*\* Of interest also see in April:

The Heart of Recovery Retreat

With Jeffrey R. McIntyre and Nancy Miriam Hawley.

April 24 - 26, 2009

## The Philadelphia Young Shambhala Project

"For ages 20 - 30 something"

Second Sunday of the month beginning Sunday January 11th  
5:30 - 8:30 PM

Meditation with instruction, discussion and potluck

The Philadelphia Young Shambhala Project is about learning how to join Shambhala Buddhist teachings and meditation practice with our creativity, livelihood, education, activism, and community service. It is also about gathering youthful energy, so that we can work together and inspire each other.

This January, we are beginning a monthly discussion and potluck where each week, one group member will take a turn leading the discussion. Our first discussion topic will be: Meditation, Karma, and How We Make Decisions.

Contact Kari Hexem for information and to RSVP:  
[khexem@gmail.com](mailto:khexem@gmail.com) or 610-331-9474

## How To Meditate

Thursday, January 15

7:00 - 9:00 PM

\$15.00 Suggested donation

## Stroke Practice Group

Third Sunday of the month beginning January 18  
3:00 PM

The Stroke Practice Group is open to those who have been to Warriors Assembly. Meet at 3:00 the 3rd Sunday of every month at the Shambhala Center. Bring a brush if you have one, but please come anyway if you do not have a brush. Ink, paper, and snacks will be provided.

For more information contact Jean Plough:  
[jeanplough@verizon.net](mailto:jeanplough@verizon.net)

## Mindfulness and the Beloved Community

*Martin Luther King Day of Service*

Monday, January 19, 9:00 AM (see schedule below)

Join us for a day of mindfulness to manifest the beloved community that Martin Luther King Jr. envisioned. Mindfulness allows us to let go of unnecessary baggage; among which is the belief in a separate self.

We will practice mindfulness as we engage in community volunteering, and reconnect with the reality of our interdependence.

9:00 AM Meditation at the Shambhala Center then a walk to the site where we will volunteer with homeless people.

10:00 AM Volunteering for the 14th annual Greater

Philadelphia Martin Luther King Day of Service.

<http://www.mlkdayofservice.org/volunteers.aspx>

At the end: Mindful debriefing of our experience.

Please confirm your attendance to Ivette Guillermo at:  
[Ivette\\_guillermo@hotmail.com](mailto:Ivette_guillermo@hotmail.com)

<http://www.mlkdayofservice.org/volunteers.aspx>

(An application to volunteer has been already submitted)



*Tuesday Night Class:*

### **Introduction to Shambhala Buddhism**

With Elaine Yuen

Tuesdays, January 13, 20, and 27

7:00 PM Meditation - 7:30 to 9:00 PM Class.

Cost: \$35

A central teaching of Shambhala Buddhism is that every human being has a fundamental nature of goodness, warmth and intelligence. This nature can be cultivated through the practice of study and meditation. While meditation does stem from one's natural state, it is probably best learned following ancient principles. The practice of meditation, and the study of Buddhist teachings can be further developed in daily life, so that they radiate out to family, friends, community and society.

This course is an overview of the Buddhist teachings and practices (including meditation) that are presented at the Philadelphia Shambhala Meditation Center. It course will explore how this fundamental nature can be obscured by the stress of daily life, how it is supported by contemplative practice, and how it can be of benefit to the world.

Contact: Ellen Knapp; ellenk55@aol.com or 215-568-6070.

### **Shambhala Training Level I for People of Color\***

*The Art of Being Human*

With Elaine Yuen

Friday, January 23; 7:00 PM - 9:00 PM

Saturday, Jan. 24 & Sunday, Jan. 25; 9:00 AM - 6:00 PM

Cost: \$100 (\$80 members, single parents, students, seniors. If cost is an obstacle to your attendance, please contact Ivette Guillermo at [Ivette\\_guillermo@hotmail.com](mailto:Ivette_guillermo@hotmail.com) in advance of the program and you will be invited to attend at a reduced pay-what-you-can rate.

We will have an opportunity to experience the world as sacred and to see basic goodness as our birthright. Through meditation practice we more fully open to ourselves and to everyday life situations. When we see clearly, we communicate and act with respect for ourselves and for all individuals, social groups and cultures.

**\*NOTE:** This particular Shambhala Training Level is for people of; African, Asian, Caribbean, Latin American, Middle Eastern, Native American and Pacific Islander ancestry. It is a precious opportunity for people of color to practice meditation together, knowing we will not be in the minority. The intention is to create profound safety so we can deeply open to these teachings.

The weekend-long program includes meditation instruction with periods of sitting and walking meditation practice, formal talks on the Shambhala teachings, group discussion and personal interviews.

Questions: Ivette: [Ivette\\_guillermo@hotmail.com](mailto:Ivette_guillermo@hotmail.com)

Register online at <http://www.philadelphia.shambhala.org>

**Elaine Yuen** is a Senior Teacher in the Shambhala Tradition, and has taught and practiced meditation for over 30 years. She is also a Research Associate Professor at Thomas Jefferson University and is trained as an interfaith hospital chaplain. In that role, she has encountered many diverse patients and their families. On a personal level, she is between a second and third generation Chinese American and has always lived in some zone of acculturation. She enjoys thinking about the similarities and differences between cultures and their underlying belief system and how these could be bridged.

# February

### **How To Meditate**

Sunday, February 1

9:00 AM to 4:00 PM

\$35.00 (\$15.00 - Work-study and discounts based on financial need available). Includes lunch.

This program is a thorough introduction to meditation practice. This simple and effective course introduces 2500 year-old wisdom that is fresh and applicable in today's world. The program develops understanding of the view and practice of meditation, and how to integrate it in one's life.

*Tuesday Night Class*

### **Great Teachers Video Series**

Six Tuesdays: February 3, 10, 17, 24, March 3, 10

7:00 PM to 9:00 PM

\$60.00

Over these six Tuesdays, the Philadelphia Shambhala Center will present video teachings of three of its most revered teachers, Chögyam Trungpa Rinpoche, Sakyong Mipham Rinpoche, and Acharya Ani Pema Chödrön. The viewings will be followed by discussion and practice.

The founder of Shambhala, Chögyam Trungpa Rinpoche (1939-1987) was the 11th descendent in the line of Trungpa tulkus, important teachers of the Kagyu lineage. He was also trained in the Nyingma tradition, the oldest of the four schools and was an adherent of the rimay or "non-sectarian" movement within Tibetan Buddhism, which aspired to bring together and make available all the valuable teachings of the different schools, free of sectarian rivalry. Throughout his life, he sought to bring the teachings he had received to the largest possible audience. He was an unorthodox teacher with an engaging personality, and astute understanding of the psychology and language of western civilization.

Sakyong Mipham Rinpoche is the eldest son of Chögyam Trungpa. In the West he is the temporal and spiritual director of Shambhala International. He is a poet, artist and the author of *Turning the Mind into an Ally*, and *Ruling Your World*.

One of Chögyam Trungpa's most beloved students is the celebrated author, Pema Chödrön. She is a leading exponent of teachings on meditation and how they apply to everyday life. Pema is widely known for her charming and down-to-earth interpretation of Tibetan Buddhism for Western audiences.

Contact [ellenk55@aol.com](mailto:ellenk55@aol.com) for more information.

### **Open House**

Wednesday, February 4

Free and open to the public

7:00 PM Meditation Instruction

7:30 PM Presentation and Discussion

The Philadelphia Shambhala Center hosts an evening where newcomers can find out what the Center has to offer. The evening includes guided instruction in meditation and a short presentation. Light refreshments are served.



## Shambhala Training Level I - The Art of Being Human

February 20th; Friday, 7:00 PM to 9:00 PM  
February 21 & 22; Saturday & Sunday; 9:00 AM to 6:00 PM  
Cost: \$100 (\$80 members, single parents, students, seniors.)  
Work-study and discounts based on financial need available.

Shambhala Training Level I: The Art of Being Human is the beginning of the Shambhala Training path - a series of weekend retreats that are an effective way for students of any tradition to learn to meditate. This first level focuses on the basic technique of mindfulness-awareness meditation. By settling the mind, we begin to experience the brilliance of the world beyond our habitual patterns and conceptual filters, the quality of basic goodness we can neither create nor destroy.

Shambhala Training is a secular meditation 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.

For information contact Kendall Martin: [kmartinphd@comcast.net](mailto:kmartinphd@comcast.net)  
Register online at <http://philadelphia.shambhala.org>  
or leave a message: on the Center's phone; 215-568-6070

## Shambhala Day

Wednesday, February 25

9:00 AM

Schedule of festivities will be emailed closer to the date.

Shambhala Day marks the beginning of the New Year, and represents one of the most important traditions of Shambhala Buddhism. Based on the traditional Tibetan New Year's celebration of Losar, the day is calculated astrologically according to the Tibetan lunar calendar, and changes every year to coincide with the annual lunar cycles.

Shambhala Day is a time for us to express the wealth and richness of our spiritual and cultural heritage through feasting, conviviality, and elegance.

Each year, Sakyong Mipham Rinpoche addresses the worldwide Shambhala Community through a phone hook-up with centers and groups in more than 25 countries around the world.

## Meditation Instructors Day

Saturday, February 28

Details will be sent.

Contact: Alexander deVaron; [adevaron@temple.edu](mailto:adevaron@temple.edu)

## Open House

Wednesday, March 4

Free and open to the public

7:00 PM Meditation Instruction

7:30 PM Presentation and Discussion

The Philadelphia Shambhala Center hosts an evening where newcomers can find out what the Center has to offer. The evening includes guided instruction in meditation and a short presentation. Light refreshments are served.

## Milarepa Day

Saturday, March 7

9:00 AM to approximately 9:00 PM

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).

For more information about this practice go to:

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

## How To Meditate

Thursday, March 12

7:00 - 9:00 PM

\$15.00 Suggested donation

## Teacher's Gathering

For teachers at all levels of experience

Friday, March 13; 7:00 - 9:00 PM

Saturday and Sunday, March 15 & 16; 9:00 AM - 5:00 PM

Cost: \$80

Discounts available upon request

This program is open to anyone currently teaching classes within the mandala of Shambhala. Through the activity of giving short talks, we will explore and engage in the following aspects of the teaching situation:

Preparation and structure of a Dharma Talk

Taking one's seat

Giving a talk

Listening

Answering questions

Leading a discussion

In addition to honing our skills as teachers, we will also discuss specific challenges we have faced, and our path as teachers within the mandala of Shambhala.

Contact: Michael Stephens at [mjstephens22@comcast.net](mailto:mjstephens22@comcast.net)

## Tuesday Night Class

### Valid Cognition

With Elaine Yuen and Alexander deVaron

5 Tuesdays: March 17, 24, 31, April 7, 14

Cost \$80 (\$60 Members, students, seniors and single parents)

Valid Cognition is a style of Buddhist philosophy and logic stemming from 6th century India that examines the nature of mind and its projections. Contemporary western teachers of Buddhist psychology have taken it up as a powerful mode in which to explore the boundary between our projections and reality.

This class will mix in-depth study and contemplation of valid cognition, the practice of meditation, and exploration of how these two affect our way of being in the world.

For information contact: Ellen Knapp: [ellenk55@aol.com](mailto:ellenk55@aol.com)

Please register online.

## Shambhala Training Level III - Warrior in the World

Friday, March 20; 7:00 PM - 9:00 PM

Saturday and Sunday, March 21 & 22 9:00 AM - 5:00 PM

Cost: \$125 (\$100 - members. Work-study and discounts based on financial need available).

Prerequisite: Shambhala Training Level II.

In Level 3, Warrior in the World, we work in a deliberate way to bring the mindfulness and awareness we cultivate during meditation practice into all aspects of our daily life. Awake to our sense perceptions, we can venture into the world with confidence and a vulnerability that is fearless, gentle, and alive.

For more information contact: Kendall Martin:

[kmartinphd@comcast.net](mailto:kmartinphd@comcast.net) or leave a message on the center's phone: 215-568-6070.

Register online.

# March con't

# March

## **The Inseparability of Wisdom and Compassion**

With Acharya Emily Bower

Saturday, March 28 and Sunday, March 29

8:00 AM to 6:00 PM

Cost: \$80 (\$65 for Students, seniors, single parents, and members)

Work-study discounts based on need are also available.

How can we more fully realize the insubstantiality of our projections? How does that realization, even if just a glimpse, give rise to compassionate action?

Does it work the other way: when we offer ourselves wholeheartedly to our world, does such activity give us insight into our mind?

Through meditation, contemplation, talks and discussion, this weekend program will dig into such questions. This program is recommended for all practitioners who have taken the Bodhisattva vow. It is also open to anyone who has had a regular meditation practice for at least three years, and has a working understanding of Mahayana Buddhism.

Acharya Emily Bower has been practicing and studying with the Shambhala Community since 1987. She met Sakyong Mipham Rinpoche in 1991, and worked as his full-time editor from 1997 to 2001 editing many practices, poems, liturgies, and transcripts, including his first book, "Turning The Mind Into an Ally". She is currently a full-time editor at Shambhala Publications.

For information, contact: Alexander deVaron (adevaron@temple.edu)/ Please register online

## **Open House**

Wednesday, April 1

Free and open to the public

7:00 PM Meditation Instruction

7:30 PM Presentation and Discussion

The Philadelphia Shambhala Center hosts an evening where newcomers can find out what the Center has to offer. The evening includes guided instruction in meditation and a short presentation. Light refreshments are served.

## **Parinirvana of Chögyam Trungpa Rinpoche**

Saturday, April 4

Twenty-two years ago, Chögyam Trungpa Rinpoche, the founder of Shambhala, left his human body. Each year we gather on this day to honor his life, teachings, outrageous wisdom, and infinite compassion. Join us for a day of practice and celebration.

Our schedule will be announced closer to this date.

Contact: Steve McGahee: stephen.mcgahee@lmco.com

## **How To Meditate**

Sunday, April 5

9:00 AM to 4:00 PM

\$35.00 (\$15.00 - Work-study and discounts based on financial need available). Includes lunch.

This program is a thorough introduction to meditation practice. This simple and effective course introduces 2500 year-old wisdom that is fresh and applicable in today's world. The program develops understanding of the view and practice of meditation, and how to integrate it in one's life.

## **Sprucing Up the Center**

Saturday, April 11

9:00 AM to 5:00 PM - Come for all or part of the day

This is the continuation of our project to repair, repaint, refresh, and replace the elements of our center that need attention. Any time you can give is appreciated. Lunch is provided.

Contact: Alexander deVaron; adevaron@temple.edu

Shambhala Training - Level II: Birth of the Warrior

Friday, April 17; 7:00 PM - 9:00 PM

Saturday & Sunday, April 18 & 19; 9:00 AM - 5:00 PM

Cost: \$125 (\$100 members, single parents, students, seniors.

Work-study discounts based on financial need also available).

In Shambhala Training Level II: Birth of the Warrior we examine our habitual tendencies, fears, and defense mechanisms. Building on the foundation of the meditation practice introduced in Shambhala Training Level I, we learn to work with the fear that occurs when we move forward out of these habitual patterns that obscure the raw brilliance of the world we live in and our own genuineness and tenderness.

Open to graduates of Shambhala Training Level I.

For more information and to pre-register contact:

Kendall Martin: kmartinphd@comcast.net, or 215-568-6070

Please register online.

**Shambhala Training - Level II: Birth of the Warrior**

Friday, April 17; 7:00 PM - 9:00 PM

Saturday & Sunday, April 18 & 19; 9:00 AM - 5:00 PM

Cost: \$125 (\$100 members, single parents, students, seniors.

Work-study discounts based on financial need also available).

In Shambhala Training Level II: Birth of the Warrior we examine our habitual tendencies, fears, and defense mechanisms. Building on the foundation of the meditation practice introduced in Shambhala Training Level I, we learn to work with the fear that occurs when we move forward out of these habitual patterns that obscure the raw brilliance of the world we live in and our own genuineness and tenderness.

Open to graduates of Shambhala Training Level I.

For more information and to pre-register contact:

Kendall Martin: kmartinphd@comcast.net, or 215-568-6070

Apply online.

## **Service to the Sangha**

### **Umdze (Timekeeper) training**

Three Tuesdays: April 21, 28 & May 5

7:00 PM to 9:00 PM

No charge for this training

In the Buddhist teachings we are urged to put the needs of others before our own needs.

Performing as an umdze is an opportunity to deepen our own practice as well as to serve the sangha and the needs of the local community. Beginning tonight, and for the next two Tuesdays, we will learn the responsibilities of the "umdze" or the timekeeper. Performing the tasks of lighting shrines, drumming, leading chants, and holding the dignity of a meditative space for others' sitting practice are concrete ways to work for the enlightenment of all sentient beings. There will be no charge for this training, and you will be under no obligation to become an umdze after the training.

Contact: Contact ellenk55@aol.com for more information.

# April

## **The Heart of Recovery - Working with Addictions**

With Jeffrey R. McIntyre and Nancy Miriam Hawley  
Friday April 24, 7:00 to 9:00 PM  
Saturday and Sunday, April 25 & 26; 9:00 AM to 5:00 PM  
Cost: \$120 (\$100 for students, seniors, single parents and members)

Work-study positions and further discounts available.  
Contact: Ned Roberts: nroberts@gmail.com,

This program uses mindfulness meditation, principles of the twelve step traditions, Native Council (talking stick), discussion, journaling and other techniques as vehicles for recovering our aliveness from the prison of compulsive and addictive behavior.

It is open to anyone who is working with any type of addiction.

**Jeffrey R. McIntyre and Nancy Miriam Hawley** are the co-founders of Enlignment, Inc., consulting and coaching practice in Cambridge, MA. (<http://www.enlignment.com/>) They have been successful life and business partners for 35 years, working in collaboration with their clients to produce lasting results in the areas of addiction, relationship, communication, conflict resolution and gender issues. Mr. McIntyre specializes in treating individuals, couples and families in recovery from addiction. He is active in his own recovery in OA. Together they are currently conducting research and writing a book entitled *Intimate Leadership*, to be published this year.

Ms. Hawley also has a consulting and coaching practice in Cambridge, MA. She is a founder of the Boston Women's Health Book Collective, Inc., the organization responsible for writing the best seller *Our Bodies, Ourselves*.

# May

## **Shambhala Training Level IV - Awakened Heart**

Friday, May 1; 7:00 PM- 9:00 PM  
Saturday and Sunday, May 2 & 3; 9:00 AM - 5:00 PM  
Cost: \$125 (\$100 members and students. Work-study and discounts based on financial need available).

In Level 4, *Awakened Heart*, we learn to open our hearts so that we can communicate fully with our world. We encounter the world with clear perception, freed of prejudice and conditioned ways of thinking and experiencing.

For information contact Kendall Martin:  
kmartinphd@comcast.net  
or leave a message: 215-568-6070.  
Register online.

## **Open House**

Wednesday, May 6  
Free and open to the public  
7:00 PM Meditation Instruction  
7:30 PM Presentation and Discussion

The Philadelphia Shambhala Center hosts an evening where newcomers can find out what the Center has to offer. The evening includes guided instruction in meditation and a short presentation. Light refreshments are served.



## **Protecting the Mind**

An introduction to the teachings of the Dorje Kasung  
With Acharya Mitchell Levy, M.D.

Saturday, May 9; 9:00 AM - 5:00 PM  
Sunday, May 10; 9:00 AM - 12:00 noon

Throughout the course of our lives situations arise that threaten us and generate the need for protection. Difficult tendencies such as fear, tension and lack of confidence, as well as positive tendencies, such as concern for the well-being of others, directly influence our need for protection. This program will delve into the meaning and types of protection and explore the view of protection based on the teachings of the Dorje Kasung.

The Dorje Kasung, a service organization created by Chogyam Trungpa Rinpoche, is modeled on the ancient tradition of dharma protectors. Its members are trained in protecting the space in which practitioners are able to hear and practice the teachings. The protection extends to the teacher who presents the teachings, the teachings themselves, and the community who practice the teachings.

**Acharya Mitchell Levy** has been a student of the Vidyadhara, the Venerable Chögyam Trungpa, Rinpoche since 1971 and is a student of Sakyong Mipham Rinpoche. In 1978 he was appointed personal physician to Trungpa Rinpoche and served in that capacity until the Vidyadhara's death in 1987. Dr Levy is married to Lady Diana Mukpo and resides in Providence Rhode Island where he is a specialist in Intensive Care Medicine and an Associate Professor of Medicine at Brown University School of Medicine. He teaches throughout North America and Europe and works extensively with young people.

Contact: Michael Thompson. Please register online

## **How To Meditate**

Thursday, May 14  
7:00 PM - 9:00 PM  
\$15.00 Suggested donation

## **Breath, Movement, and Song**

With Mara Wai and Alexander deVaron  
Friday, May 15; 7:00 PM to 9:00 PM  
Saturday and Sunday, May 16 & 17; 9:00 AM - 5:00 PM  
\$100 (\$80 for members, students, seniors and single parents)  
Work-study available

The corner stone of this weekend workshop will be mindfulness practice, which enables us to be thoroughly present with whatever we experience. Then, through personalized movement, we will explore the dynamic interplay between thoughts, physical sensations and emotions. Periodically throughout the day we will break into song. Singing songs of realization will help us to mix our experience with the Buddhist view, as well as enliven our body and mind.

The workshop will include guided meditations and movement, as well as time for discussion and commentary on the content of the songs.

Registration is limited to 25 people. Pre-registration is required. Register online at [www.philadelphia.shambhala.org](http://www.philadelphia.shambhala.org) or by phone. Contact: Alexander deVaron; [adevaron@temple.edu](mailto:adevaron@temple.edu)

Alexander deVaron, co-director of the Philadelphia Shambhala Center, has been a student in the Shambhala tradition since the early 1980's, and has been teaching meditation since 1986. Trained as a composer, he has spent the last 15 years setting Buddhist songs and poetry to western melodies. He has served as song leader at many Buddhist retreats. Currently Alexander teaches music at Temple University and mindfulness based stress management techniques for the Penn Program For Stress Management.

Mara Wai: In addition to managing the PENN Program for Stress Management, Mara is a life time student of yoga, and has taught Hatha yoga in her spare time since 1998. Mara has taught public yoga classes for groups and individuals, as well as targeted programs for: mental health and substance abuse issues, eating disorders, cardiac health, cancer survivorship and diabetes. For more info about Mara's movement teaching go to: [www.marawai.com](http://www.marawai.com)