

*What a pleasure it is to have our Shambhala Center/community develop to where we have an interest and need to share enough information that calls for this Newsletter. It is an effort meant to serve. Please let us know how it can best do so.*

### **Turning the Mind into an Ally**

A five week course beginning on Wed May 7 at 7:00 PM. Based on Sakyong Mipham Rinpoche's new book of the same title.

### **Is your mind your ally?**

Most of us are "at the mercy of our moods". We are constantly being swept away by the whims of our impulses and desires. The good news is that we have the potential to train our minds to become stable and calm through the practice of sitting meditation. The first step to accomplishing any goal is to have a strong, stable and calm mind. During this five week course Sakyong Mipham shows us how our mind can become our most powerful ally.

For more information or to register please contact the instructors:  
MaryBeth Furr 748-3651 mbfurr@sover.net  
Tune Faulkner 626-9612 gregune@kingcon.com

Suggested Donation \$25

### **About the Author**

Sakyong Mipham is one of the most highly respected young incarnate lamas of Tibet. Having grown up in America with a Tibetan influence, he speaks to Westerners as no one can: relating stories and wisdom from American culture and the great Buddhist teachers in idiomatic English. He is the director of Shambhala International, a worldwide organization of more than one hundred meditation and retreat centers. He teaches around the world to thousands, both Western and Asian audiences.

### **Center Scholarships**

In its last meeting the Executive Committee established a scholarship fund to help those who might otherwise be unable to attend dharma teachings. If you want to attend a program and need financial help to do so, talk to Tune or Newcomb about getting assistance.

### **Shambhala Training Level II The Birth of the Warrior**

May 16, 17 & 18

Beginning 7:00 P.M. Friday evening until approximately 4 PM on Sunday

Mr. Roger Guest, Director

Experiencing a glimpse of basic goodness brings a longing to go further; we are willing to look into our cocoon of habitual pattern - of repetitive thoughts, emotions, postures and gestures. In the practice we see how the cocoon arises as a way of avoiding any direct experience of fear and sadness. Facing these habitual patterns of the cocoon is fearlessness. The repeated practice of fearlessness brings doubtlessness, the realization that our connection with basic goodness cannot be destroyed.

Prerequisite: completion of Shambhala Level I

Program cost is \$100.00.

Scholarships are available and Center members are entitled to a 20% discount.

For more information and registration please contact Greg McNally at 802 626-6912 or gregtune@kingcon.com

### **NALANDA GATE**

Culture and Art in Everyday Life

Nalanda comprises a number of secular disciplines and activities that integrate art and culture with everyday life. Each of these disciplines represents a genuine contemplative path; together they bring beauty, vividness and wisdom to our lives and culture.

Nalanda takes its name from an eleventh-century Indian university that welcomed teachings and disciplines from many different traditions. In this same spirit, many groups and activities have developed within the Nalanda family. The activities of Nalanda may be roughly grouped into four major categories: the arts, health, education, and business.

## Formation of STJ Nalanda Group

A committee of five met for the first time on April 12 to serve as the Dharma Art Committee. Barbara Moraff, Judith Salmon, Alexandra Evans, Mike Taney and Sandy Raynor started a lively discussion on the creative arts, leading to an understanding of each persons background and interests. The committee has purchased six used copies of *Dharma Art*, by Chögyam Trungpa to be used for classes and study. Plans are in the works to acquire more material, such as the video *Discovering Elegance*, a record of an art installation by Chögyam Trungpa in the early 80's in California.

The group met again on April 26<sup>th</sup> for more lively discussion and will have their third meeting on Sunday May 11, 2 PM at the home of Barbara Moraff. All are welcome.

For more information please contact Barbara (684-9915)

## Dorje Kasung Security Team Training Course I

Friday evening May 23rd through Sunday May 25th. This may be the only STT 1 course offered in Trident region during 2003.

Security Team Training Course I is a required course throughout all Arms of the Dorje Kasung. STT Course I is designed to introduce the basic skills used in Security at local centers, as well as in Executive Close Protection.

### Prerequisites:

- one year oath *plus* one year of service
- refuge vow *or* ST level 3
- kasung experience doing desk shift post or other equivalent at a practice center.

Cost of Course: \$70.00

For more info please contact Michael Taney (748-6311)

The community is invited to join the Dorje Kasung for lunch following the 11-12 sitting on Sunday, May 25.

**The Dorje Kasung** are members of the Shambhala community devoted to extending their meditation practice to benefit others through action.

The Dorje Kasung is modeled on the ancient tradition of dharma protectors. Since its founding over 25 years ago, the practice of Dorje Kasungship has been carefully developed as a path of meditation in action. Dorje Kasung are trained in creating a container for practitioners so that they can hear and practice the teachings.

## LIBRARY NEWS

The library, housed in a handsome display complete with tokanoma, is now open for business to members of the Shambhala Center. Susan Shaw & Dawn Pare have organized our collection of books, periodicals, video and audio tapes. Instructions for checking out books and tapes are posted by the bookshelves.

The executive committee has allocated a generous start-up budget. Teachings by the Vidyadhara, the Sakyong, and the Acharyas are the main focus of the collection. There is a good selection of dharma teachings by Tibetan masters, as well as by Thich Nhat Hanh, the Dalai Lama, Insight Meditation and Zen teachers. We have also inherited many volumes and tapes from the former Falmouth dharma study group (thank you, Judith Anderson!). Current issues of the Shambhala Sun, Buddhadharma, and The Dot can be found on the library's reading table. For listening to tapes at the center, there is a tape deck located in a cabinet below the shelves. A locked cabinet holds a small collection of Vajrayana materials.

The library's purpose is to support the meditation and contemplation practices of our members and the center's study programs. Let Susan or Dawn know if you have a recommendation for enhancing the collection or would like to make a donation of books or tapes.

## FACILITY NEWS

There are ambitious plans for this Summer. New lighting for our shrine room is our 1st priority. Also under consideration:

- doors for the shrine room
- entry hall storage room
- painting the entry hall
- sound proof & paint the directors room
- lower the ceiling outside the shrine room

After the May meeting of the Executive Committee Michael Leszczynski will create a work schedule.

All those interested in helping with these and other projects please contact Michael at [mleszczynski@fcgnetworks.net](mailto:mleszczynski@fcgnetworks.net) or 748-3779.

## LAUNCHING THE SHAMBHALA CENTER OF WHITE RIVER JUNCTION

*Welcoming a new ray to the Great Eastern Sun*

The Shambhala Center of White River began sitting in their new shrine room just a few weeks ago. The renovations, begun last July, have produced a shrine room graced with a light monitor, new stained beech floors, beautiful new windows, a red front door and outside staircase that begs to be seen! They ran out of chant books at their first Tuesday public sit. Old practitioners showed up who hadn't been seen in years. The proud, excited energy was palpable by the 20 regulars.

There will be regular sitting scheduled Tuesdays and Thursdays 5:30-6:30.

### Contact

Ellen (Bear) Hollyday 603-650-3418  
or 802 674-2354 [www.shambhala.org/center/hanover](http://www.shambhala.org/center/hanover)

### DharmaHa

As you all know President Richard Roech has been very frank about the financial woes of Shambhala International.

Not to be daunted Mr. Roech armed with his most precise logic paid a visit to God. Here is an approximate transcription of their discussion.

Mr. Roech: Lord, is it not so that a 100,000 years for us is a mere second to you?

God: Yes that is so.

R: So then it follows that \$100,000 for us would be only a penny for you?

After a brief pause God answered "yes, that would also be so."

R: Would it be too much then to ask sir for you to donate a penny to Shambhala International?

G: Not a problem I would be most happy to. Just hold on a second.

Recordings of the entire conversation are available from Vajradhatu Pubs.

## Shambhala Center of St. Johnsbury Executive Committee

Coordinators:

Tune Faulkner & Newcomb Greenleaf  
Study: Marybeth Furr  
Finance: Vicky Schafer & Emily McAdoo  
Facilities: Michael Leszczynski  
Publicity: Sal DeMaio  
Study: Anne Stevens  
Secretary Karen Bufka  
Rusung: Michael Taney  
Membership: Barry Rossinoff

**This Newsletter will be made available in both electronic and paper copy.**

Please indicate which format you would prefer for future editions:

E-mail\_\_\_ Mail\_\_\_ Both\_\_\_ Neither\_\_\_

Reply to:

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Web Address: [www.stjshambhala.org](http://www.stjshambhala.org)

Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Street: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_  
Phone: \_\_\_\_\_ ZIP: \_\_\_\_\_



# Shambhala Center of St. Johnsbury

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> Tai Chi 4:00-5:30 Sadhana of Mahamudra 6:00 <b>Thursday Night Talk</b> 7:10	<b>2</b>	<b>3</b>
<b>4</b> Nyinthun 9:00-12:00 and 1:30-4:30 Maitri Bhavana between 11 and 12 Sadhana of Mahamudra at 3:30	<b>5</b>	<b>6</b> Tai Chi 5:00-6:30 <b>Executive Committee</b> 6:30	<b>7</b> Silent Sitting 6:00 <b>Turning the Mind into an Ally</b> book class (first meeting) 7:10	<b>8</b> Tai Chi 4:00-5:30 Sitting 6:00 <b>Thursday Night Talk</b> 7:10	<b>9</b>	<b>10</b>
<b>11</b> <b>Learn to Meditate</b> 10:00-12:00 Sitting 11:00-12:00 Wake Up to Your Life book group 1:00	<b>12</b>	<b>13</b> Tai Chi 5:00-6:30	<b>14</b> Silent Sitting 6:00 <b>Turning the Mind into an Ally</b> book class (2nd meeting) 7:10	<b>15</b> Tai Chi 4:00-5:30 Sitting 6:00 <b>Thursday Night Talk</b> 7:10	<b>16</b> Sadhana of Mahamudra 6:00 <b>Shambhala Training</b> Level II starts at 7:00	<b>17</b> <b>Shambhala Training</b> Level II continues
<b>18</b> <b>Shambhala Training</b> Level II ends around 4:00 Sitting 11:00-12:00	<b>19</b>	<b>20</b> Tai Chi 5:00-6:30	<b>21</b> Silent Sitting 6:00 <b>Turning the Mind into an Ally</b> book class (3 <sup>rd</sup> meeting) 7:10	<b>22</b> Tai Chi 4:00-5:30 Sitting 6:00 <b>Thursday Night Talk</b> 7:10	<b>23</b> Kasung training starts 7:30	<b>24</b> Kasung training continues
<b>25</b> Sitting 11:00-12:00 Lunch with Kasung 12:00 Kasung training concludes at 6:30	<b>26</b> Memorial Day	<b>27</b> Tai Chi 5:00-6:30	<b>28</b> Silent Sitting 6:00 <b>Turning the Mind into an Ally</b> book class (4th meeting) 7:10	<b>29</b> Tai Chi 4:00-5:30 Sitting 6:00 <b>Thursday Night Talk</b> 7:10	<b>30</b>	<b>31</b> Sadhana of Mahamudra 6:00

May 2003