



COMMUNICATIONS . . .

New Directions

**Sakyong Mipham Rinpoche
Announces New Directions**

20 Aug 2003 -

At Kalapa Assembly this past week, Sakyong Mipham Rinpoche announced new directions that he is planning to take during his retreat and in future years. In a formal announcement he said: "I want to make it very clear that from November onwards there is going to be a definite shift in how I lead my life and how I am best used. Rather than simply entering a sixteen-month retreat without people seeing me or hearing from me -- I now want to begin working in a mandala where I can mix the elements of practice and study, teaching, and writing. I want to have a balance of these throughout the calendar year.

November will mark the beginning of this shift. There will be periods where I will definitely do retreat practice, but also other periods where I will be writing, a process I very much enjoy. It is a very effective way for me to reach a lot of people and reaching the world in this way seems to benefit our own community."

The full text of the announcement -- including Rinpoche's plans to visit His Holiness the Dalai Lama, His Holiness Karmapa XVII and His Holiness Jigme Phuntsok Rinpoche during the year and receive the lung of the complete works of Mipham the Great from His Holiness Penor Rinpoche -- can be read on the Shambhala Website at:

www.shambhala.org/int/smr_newdirections

(This announcement was from the Shambhala News Service sns@shambhala.org)

UPCOMING EVENTS . . .

Doorway to Freedom

Pema Chodron video weekend

September 5, 6 & 7.

The Doorway to Freedom is a weekend meditation retreat taught by Pema. Through sitting meditation we train in learning to stay by always coming back to the immediacy of our experience. This present moment is the doorway to an openhearted, fresh, and ineffable perception of reality that will be the focus of this retreat. Through talks, guided meditation, and question and answer periods, Pema Chodron encourages us to use our everyday experience as a path of awakening. These superb teachings are suitable for beginners and veteran meditators alike.

This program, originally presented in Berkeley in July, will be given as a weekend video retreat at the Center. The opening talk will be Friday, September 5, at 7:30, and it will continue over Saturday and Sunday from 9:30 to 4:30. In addition to the talks there will be discussion groups, periods of meditation, and meditation instruction. The suggested donation is \$45, and lunch is included on both days.

Attending the entire program is encouraged though not mandatory.

The History of Ikebana

September 25th

Marcia Shibata will offer a presentation on the history of Ikebana narrating a slide show. This is an appropriate program for publicizing to the general garden & flower enthusiast population.

Ikebana is described by Marcia as a "meditation in action" and is therefore referred to as Kado ...path of flowers ... a path that can actually awaken you if properly taught. Marcia holds a Masters degree from the oldest school known as Ikenobo and is now working toward her Masters in the newer school called Sobetsu. She has been teaching since 1980.

Refreshments will be provided.

UPCOMING PROGRAMS*Warrior in the World***Shambhala Training Level III**

Sept 26, 27, 28;
Program Fee \$100

Directed by Myra Woodruf
For information, to register or interest in staffing
please contact Greg McNally gregtune@kingcon.com
or call 626-9612

CENTER EVENTS*Yard Sale Reminder*

The Center yard sale will be on September 20 at the corner of Pleasant & Summer. Please participate in any way that you can. The collection area will again be the barn at Rick & Suellyn. If you need directions or have any inclination to participate please contact:
Suellyn (751-8318 rsjww@sover.net)
or Greg & Tune (626-9612 gregtune@kingcon.com).

We can arrange to have your items picked up.

NOTICES*Nyinthun Shift*

For September, the nyinthun will be moved to the 2nd Sunday, September 14. It will include both morning and afternoon sitting

Harvesting Peace

We are all invited to join KCI for the Harvest of Peace celebration on Sept 21. Stay tuned for details.

Tagdruk Rinpoche

On October 2 the Taggi (*Tagdruk Mukpo, brother of the Sakyong*) Committee will give us a report on his well-being.

CENTER AREA UPDATES*Studies***Weekday Center Schedule:**

Tuesdays will be devoted to pre-seminary teachings. Schedule to be announced. There will be teachings on Refuge and Bodhisattva Vows beginning September 23 leading up to the October visit of SMR. The new core curriculum will begin after the SMR visit .

Wednesdays will be devoted to introductory teachings.

Thursday Night Talks will be comprised of a combination of Dharma talks and/or Community Discussions. We encourage presentations by those who have recently attended programs or retreats.

Visiting Teachers:

Gerry Haase offered to try and arrange some teachings by Tibetan lamas. Gerry would negotiate the financial and logistical arrangements with the Executive Committee. A likely prospect is Khenpo Sonam Tobgyal Rinpoche from Toronto

Practice

We talked with Sarah Littlefeather and there will be now MI staffing at Wednesday sittings, since they are followed by introductory teachings.

Facilities

The new windows are a great improvement. Bill Costa showed no enthusiasm for putting working valves on the radiators, so they will be painted as is. We gave high priority to extending the wall to conceal the pile of cushions from the view from the entrance.

QUOTES OF THE MONTH

On Martial Arts

Five short excerpts from The Martial Arts and the Art of War an unpublished article written prior to 1970 by Chögyam Trungpa. Forthcoming in THE COLLECTED WORKS OF CHÖGYAM TRUNGPA, Volume Eight scheduled for Spring 2004.

"If anyone gets too near the wall that ego has built, it feels insecure, thinks that it is being attacked and then thinks that the only way to defend itself is to ward off the threat by showing an aggressive attitude. However, when one experiences a threat--whether it is illness, undesirable characteristics, or literal opponents--the only way to develop a balanced state of being is, not to try to get rid of those things, but to understand them and make use of them. Thus, the development of egolessness--the opposite of ego's game--leads one to the concept of ahimsa or non-violence. Ahimsa is a non-violent way of dealing with a situation.

To develop ahimsa, or the non-violent approach, first of all you have to see that your problems are not really trying to destroy you. Usually, we immediately try to get rid of our problems. We think that there are forces operating against us and that we have to get rid of them. The important thing is to learn to be friendly towards our problems, by developing what is called metta in Pali, maitri in Sanskrit or loving kindness in English translation.

The ability to respond and act appropriately in situations has nothing to do with cranking up aggression. On the other hand, it is not particularly based on the pacifist idea of not fighting at all. We have to try to find a middle ground, where one engages the energy fully but without any aggression.

According to some traditional Chinese Buddhist sources, monks in monasteries practiced judo, karate and other martial arts--but not in order to challenge, kill or destroy other people. Rather, these martial arts were used to learn to control their minds and to develop a balanced way of dealing with situations without involving oneself in hatred and the panic of ego.

When one practices the martial arts, one appears to be engaged in aggressive activities. Nevertheless one is not fundamentally being aggressive, from the point of view of generating or acting out of hatred. The true practice of the martial arts is a question of developing a state in which one is being fully confident, fully knowing what one is and what one is trying to do.

Real warriors do not think in terms of challenge, nor are their minds occupied with the battlefield or with past or future consequences. The warrior is completely one with bravery, one with that particular moment. He or she is fully concentrated in the moment, because he knows the art of war. You are entirely skilled in your tactics: you do not refer to past events or develop your strength through thinking about future consequences and victory. You are fully aware at that moment, which automatically brings success in the challenge....Fearlessness in Tibetan is jigme. To be without fear is to have great strength. The realization of fearlessness is the genuine martial art."

DHARMAHA

Question:What happens when Buddhists become totally absorbed with their computers?

Answer:They enter Nerdvana.

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Your Newsletter invites your comments, ideas and items for inclusion. Contact barry@hereandnow.com or call 748-4600.



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>
	1	2 Executive Committee 6:30	3 Silent Sitting 6:00	4 Sitting 6:00	5 Pema Chödrön video retreat The Doorway to Freedom 7:30	6 Pema Chödrön video retreat The Doorway to Freedom 9:30- 4:30
7 Pema Chödrön The Doorway to Freedom 9:30- 4:30 Sitting 11:00-12:00	8	9	10 Silent Sitting 6:00 Sadhana of Mahamudra 6:00	11 Sitting 6:00 Khandro Rinpoche talk at Karmê Chöling 8:00, \$20/\$10	12	13
14 Nyinthon 1:00-12:00 and 1:30-4:30	15	16	17 Silent Sitting 6:00	18 Sitting 6:00 Thursday Night Talk 7:10	19	20 Center Yard Sale
21 Sitting 11:00-12:00 Harvest of Peace at Karmê Chöling	22	23 Pre-Visit Talk: Taking Refuge 7:00	24 Silent Sitting 6:00	25 Sitting 6:00 Thursday Night Talk 7:10, Marcia Shibata	26 Shambhala Training Level III Sadhana of Mahamudra 6:00	27 Shambhala Training Level III
28 Shambhala Training Level III Sitting 11:00-12:00	29	30 Pre-Visit Talk: The Bodhisattva Vow 7:00				

September 2003