



The Shambhala Meditation  
Center  
of St. Johnsbury

802-748-4240  
17 Eastern Avenue  
(below the Star Theater)  
St. Johnsbury, VT 05819  
PO Box 66  
www.stjshambhala.org

July Newsletter 2006

### Shambhala Community Meeting

*At the Shambhala Center of St. Johnsbury*

Sunday, July 9, 2006

Sitting at 11 a.m., Potluck Lunch at 12 noon

Meeting at 1:00 p.m.

The purpose of this meeting is to organize the greater Northeast Kingdom Shambhala Community (including New Hampshire and Karmê Chöling) into neighborhood deleks.

Delek means "good happiness" in Tibetan. These neighborhood groupings of Shambhala community members and friends were envisioned by the Vidyadhara, Chögyam Trungpa Rinpoche as a means for bringing the creation of enlightened society from vision into everyday life. Through deleks, communication within the mandala, caring for each other and celebrating together can happen on a personal scale, promoting strength and well being throughout the mandala.

Also, please save Sunday, August 6th, 2:00 - 4:00 p.m. for the first meeting of the deleks. We'll discuss this further at the Community Meeting.

If you would like more written material about the vision and history of deleks, please contact Vicki Giella at [rusnvic@together.net](mailto:rusnvic@together.net) or by telephone, 603-638-4115.

### Mahayana and the Bodhisattva Vow

This Shambhala School of Buddhist Studies program is being offered at St Johnsbury Shambhala Center September 22-24. Suzann Duquette will be teaching and Ric Walter will be among the staff. Those who would like to join them as staff or participants are invited to contact Mary Beth.

The entrance into the "great vehicle" of deep insight and vast action is marked by taking the courageous vow of the bodhisattva. Through this vow, we dedicate our life and awakening and the benefit of all beings. The liturgy of the vow will serve as the core contemplative component for this weekend in conjunction with the practice of rousing bodhicitta. Shambhala Buddhism is a way of living based on the attitude of this path and vow. Even as we wallow in the muck and mire of the dark age we are reminded to turn our mind to that attitude, over and over again. Those who have taken the bodhisattva vow and those thinking of doing so can all benefit greatly from this weekend program.

This program is open to all, and is required for those aspiring to take the bodhisattva vow. The Bodhisattva Vows may or may not be offered later this Fall. Either way, it is strongly recommended that anyone who has not taken these vows and is on the Shambhala path talk with your M.I. about attending this program. If you don't have an M.I. please ask for one; speak to anyone on the Shambhala Council about this.

The requirements for taking this program are to have done at least an introductory program such as "Taming the Mind". The programs on the Paramitas and Lojong are important. A steady practice and a desire to take part are essential.

It is a wonderful way to start Fall, the time of harvest, richness and generosity. Remember to mark your calendars and call Mary Beth Furr, 748-3651 for details or to sign up.

