



SHAMBHALA MEDITATION CENTER

St. Johnsbury Vermont

September NEWSLETTER 2006

Editor: Ric Walter

BIRTH OF THE WARRIOR: *Shambhala Training Level II*

September 8 – 10, 2006

Directed by Cara Thornley, head of Practice & Study Department at Karmê Chöling and former director of the Shambhala Center of Atlanta.

\$100 cost; \$75 for members; discounts available (anyone who has completed Level I may attend).

Contact Caroline DeMaio to register or for information at 802-748-9338 or email cdemaio@kingcon.com

FALL CLASSES & PROGRAMS:

Taming the Mind, Thursday evenings after sitting beginning September 7 through October 5, and ending with an all-day session on Saturday, October 7, 9am to 5pm. \$50/\$40 for members. To register or for more information call Mary Beth Furr at 748-3651 or Tune Faulkner at 626-9612.

Mahayana and the Bodhisattva Vow weekend program is being offered Saturday & Sunday, September 23 and 24, 8:30am to 5pm each day with a reception following on Sunday. The program will be taught by Suzann Duquette and assisted by Ric Walter. \$75/\$60 for members, with lunch provided on

Saturday and Sunday. To register or for more information call Ed Van Damme at 748-1695.

DORJE KASUNG OPEN HOUSE:

Everyone in our community is welcome to attend this event when our Center's Rusung Sara Demetry will be sworn in by her commanding officer, Khenchen Peter Fried, Ekajati Regimental Commander. Khenchen Fried will give a talk entitled *The Dorje Kasung and Protector Principle: An Examination of the View, Meditation and Conduct of the Dorje Kasung*.

The Dorje Kasung are members of the Shambhala community devoted to extending their meditation practice to benefit others through action. The Dorje Kasung organization is modeled on the ancient tradition of dharma protectors. Since its founding around 30 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 within which practitioners can hear and practice the dharma. Dorje Kasung is a Tibetan term meaning indestructible ("Dorje"), command ("Ka"), protector ("sung").

SUPERSTITIOUS?

TRY TIBETAN ASTROLOGY:

Book review by David Wilde:

We may like to use the Chinese *Book of Changes (I Ching)* to see into the complexities of our current situation in life and gain some insight into a proper course of action to develop, yet there is a more simple and immediate way of shaping our activities to be in accord with astrological effects on events. *Tibetan Astrology* by Philippe Cornu, Shambhala Publications, Boston, 2002, establishes the framework of Tibetan interpretation of the suitability of certain undertakings within the play of energies of the universe and outlines how they relate to the weekly 7 day cycle.

For example, Cornu mentions that Sunday is suitable for, among

other things, festivals, medical preparations, war, and official ceremonies but unsuitable for starting a journey, moving house or sale of goods. Monday is favorable for planting, irrigation, trade and sacraments but unfavorable for journeys, funerals or exercise.

Many other categories are presented that might be of interest. You may wish to know when it is a good time for banditry, adopting a child, sporting activities and surgery or when to avoid acts of peace, building walls, or removing the remains of a dead person.

You can also find a great deal of information in this book about the full system of Tibetan astrology which is as fully complex as anything from India, China or the West. Or you can just use it as a quick reference to decide when it would be a good time to buy a new car, do a meditation retreat or get married.

ASK OSCAR:

The question of how the word “confusion” could be equated to “wisdom” in the Four Dharmas of Gampopa was addressed to Oscar

Oscar replied: “Grant your blessing so that confusion may dawn as wisdom.” When the sun dawns, it’s not as if the sun was not there before and now it has materialized out of nothing. It was there all the time, but it was hidden from our view because our part of the earth was not turned towards it. Likewise confusion is based on not seeing clearly; our wisdom has been obscured by our taking thoughts, kleshas, “external objects,” as being solid and real, they are “in the way.” When we see the true nature of these, wisdom “dawns” like the sun that was always there.’

Oscar Garcia likes words. He wants to know which Buddhist and Shambhala terms that are used around the Center have intrigued, confused, or tickled your curiosity. So, please send words whose meaning has interested you to: Oscar Garcia at karma_shedrup@yahoo.com. We will share the words and meanings you propose to him in subsequent Newsletters

KADO AND MEDITATION: THE WAY OF FLOWERS

Marcia Wang Shibata

Saturdays, Nov. 4, 11 & 18 1:00pm – 4:00pm

Kado, literally “the way or path of flowers”, is the ancient Chinese word used before the adoption of the Japanese term Ikebana for this practice. Whereas Ikebana, as currently practiced, usually concentrates on form, Kado is mediation practice that can open the student’s mind to see the natural world as it is and the student’s mind as it is.

The laws of the natural world apply to the human realm as well. We are not separate or independent as we believe; thus, through studying nature as it is and ourselves as we are, and by using classical Ikebana forms, it is possible to see clearly and sever our allegiance to illusions about self and other, accepting what is. If we see clearly and accept experience, it is possible to be friendly with others and ourselves. The ultimate purpose of Kado is not to make a nice flower arrangement but to work and be in life without conflict.

Open to beginning or experienced students, this class includes meditation practice, classical flower forms and visual teachings.

The class is limited to 8 students. Cost is \$75.00 and includes materials. Your check is your registration and should be made out and sent to Ms. Marcia Shibata, 2289 Orton Road, East Hardwick, VT 05836-9843. Call or email questions to Marcia at 802-533-9269 or mtflower@wirelessvt.net.



CENTER STAFF:

<i>Shambhala Council</i>	
Co-directors: Gerry Haase and Ric Walter	Shambhala Training: Caroline DeMaio
Education: Marybeth Furr	Finance: Vickie Schafer
Health and Well-being: Merle Thompson	Rusung: Sara Demetry
Hospitality: Ken Campos	
<i>Service Personnel</i>	
Shrinekeepers: Alan Boye & Julie Swan	M.I. Coordinator: Julie Swan
Practice Coordinator: Oscar Garcia	Dècor: Suellyn Whittington
Recycling: Sandy Raynor	Librarian: Ken Campos
Communications: David Wilde	

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