

LEARN TO MEDITATE

Sunday Morning

Every Sunday, 10:00am–11:30pm

Free meditation instruction 10:00am-11:30am. At 11:30am, a brief presentation on the practice and teachings of the Shambhala Buddhist tradition is offered, followed by discussion.

Tuesday Evening Open House

Every Tuesday, 7:00pm–8:00pm

Free meditation instruction 7:00pm-8:00pm. At 8:00pm, a brief talk on the practice and teachings of the Shambhala Buddhist tradition is offered, followed by a discussion. The evening ends with refreshments and a chance to explore the Center.

Learn to Meditate

Saturday, October 18

Saturday, November 15

10:00am-1:00pm

\$50 includes book: *Turning the Mind into an Ally* by Sakyong Mipham

Open to everyone

Receive the technique, guidance and experience necessary to start a mindfulness-awareness, or “peaceful abiding” meditation practice. An authorized meditation instructor will give detailed instruction and guided meditation so that you have all the tools necessary for a daily practice. Ideal for beginners or students wanting to refresh their meditation technique.

PUBLIC MEDITATION SCHEDULE

Group meditation sessions are free and open to the public.

Sunday Mornings

9:00am-11:30am Buddhist Chants from 9:00am-9:30am

Free meditation instruction available 10:00am-11:30am. Sitting meditation followed at 11:30 with a brief presentation on the practice and teachings of the Shambhala Buddhist tradition, followed by discussion.

Tuesday Evenings

7:00pm-9:00pm

Free meditation instruction available 7:00pm-8:00pm. Sitting Meditation followed by a dharma talk, group discussion and refreshments.

Wednesday Evenings

7:00pm–8:00pm: Sitting Meditation.

Evening chants at 7:45pm

Meditation instruction is not available on Wednesdays.

Nyinthun: Community Practice Day

Deepen your practice!

Sunday, October 19

Sunday, November 16

Two three-hour sessions of sitting and walking meditation: 9:00am-12:00pm and 2:00pm-5:00pm. Meditation Instruction available 10:00am-11:30am. Lunch break 12:00pm-2:00pm. Afternoon session restricted to persons who have received meditation instruction. If you would like to do both sessions you are welcome to bring a bag lunch.

Sadhana of Mahamudra Practice

October 14, 7pm October 28 7pm

November 13, 7pm November 27, 7pm

December 12, 7pm December 27, 10am

The Sadhana of Mahamudra, composed by the Vidyadhara Chogyam Trungpa Rinpoche, is practiced on the new and full moon days. This Vajrayana practice is open to everyone and is a means of overcoming obstacles in one’s practice and life. The Sadhana consists of sitting meditation, chanting and mantra recitation, and lasts about an hour.

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SHAMBHALA TRAINING

Level IV: Awakened Heart

November 14-16

Friday: 7:30pm-9:30pm

Saturday & Sunday: 8:30am-6:00pm.

\$150 (members \$125), lunch \$7 (or bring your own)

Open to graduates of Level III

In Level IV, we learn to enter the world in an open and inquisitive way. We can let the world touch our heart and extend ourselves to others fully and with kindness.

Shambhala Training Level I - The Art of Being Human

December 5-7

Friday 7:30pm-9:30pm

Saturday 8:30am-6:00pm, Sunday 8:30am-1:00pm

\$150 (Members \$125)

\$7 Saturday lunch (or bring your own)

Open to Everyone.

The practice of meditation opens you to the experience of basic goodness in the freshness and vividness of each moment. Level 1 is the beginning of the Shambhala Training path, a series of weekend retreats that offer an effective way to learn to meditate. By settling the mind, we begin to experience the richness and brilliance of the world beyond our habitual patterns and filters. This experience of basic goodness becomes the basis for cultivating bravery and compassion in our everyday lives. The weekend includes meditation instruction and practice, talks and group discussion, and individual interviews with meditation instructors.

CONTEMPLATIVE CULTURE

Fall Drala Hike

Saturday, November 1

9:00am-7:00pm

Open to those who have received meditation instruction at the Center, and whose health permits mountain trail hiking.

No fee - donations for gas for those who drive a carpool.

Practice mindfulness/awareness in silence and experience nature’s vivid energies in the wilderness of the north Georgia Mountains. Read hike guidelines and details on the website before your register: www.dralahike.org

Pre-registration required by Thursday, Oct. 30. Hike may be cancelled due to weather.

Hike Leader: Bill Solomon. Register online at dralahike@aol.com (please include your phone number) or by phone at 404-663-5972.

Winter Solstice and Children’s Day Celebration

December 21

12 Noon

At the Winter Solstice, we celebrate Children’s Day to honor our children and to bring warmth, light and cheerfulness into the dark time of the year. Holidays such as this are the way human beings mark the sacred times in the yearly cycle of life. Please check our website for further details.

BUDDHIST CLASSES

Enlightened World: Three Yanas of Buddhism and the Great Eastern Sun

DVD Class

Wednesdays, October 22-November 19

\$50(Members \$40)

Led by Harry & Kathy Tate

Open to Everyone

In this three-talk public program held at Shambhala Mountain Center in August 2007, the Sakyong, Jamgön Mipham Rinpoche, teaches on the three-yana path of Tibetan Buddhism and the Shambhala principles of tiger, lion, garuda, dragon, and the Great Eastern Sun. The Sakyong communicates the uniqueness and magic of the Shambhala Buddhist Path.

The Sakyong offers guided meditation in the practices of peaceful abiding, contemplation and ground lungta (windhorse).

BUDDHIST PROGRAMS

Healing & Transformation: Exploring the Five Wisdom Energies

With Timothy Walker

October 10-12

Friday 7:30pm-9:30pm

Saturday and Sunday 8:30am-6:00pm

\$175 (Members \$150)

Open to Everyone

In this contemplative retreat program, we will explore the five wisdom energies that play a central role in Tibetan Tantric Buddhism. These wisdom energies are also associated with the five elements of Earth, Water, Fire, Air and Space, which are primordial archetypes of healing and transformation in practically all of the world’s sacred wisdom traditions. We will explore how these subtle energies are associated with the life force and healing on all levels of body, mind and spirit. We will have an opportunity to embody these energies using the Maitri Space awareness practice developed by Chogyam Trungpa Rinpoche. We will combine this practice with sitting meditation, talks, discussions, study, yoga, chi gong and numerous artistic and theatrical exercises to further deepen and provoke insights into one’s own unique experience of these powerful forces of healing and transformation.

Timothy Walker, Ph.D. has studied, practiced and taught the Maitri space awareness practice for almost 25 years and has written a Ph.D. dissertation on the Five Wisdom Energies as archetypes of healing and transformation in psychology education and health. He is a psychotherapist and healer working in Halifax and teaches mindfulness retreats for people with cancer and for healthcare professionals across Canada and the US. www.dharmasunhealing.org

The Joy of Teaching Dharma: A Workshop for Teachers

With Lance Brunner

November 7-9

Friday 7:30pm-9:30pm

Saturday 8:30am-6:00pm, Sunday 8:30am-1:00pm

\$100.00

Open to graduates of Vajrayana Seminary and Warrior’s Assembly and those who are already teaching at their Centers. Everyone else must provide a recommendation to attend the program from their Meditation Instructor.

When teaching dharma, we share our practice and understanding. Teaching rides on our learning, openness, passion, and genuine communication. This weekend program will offer a valuable opportunity to deepen, reflect on, and practice teaching in ways not usually available to us. Participants will be invited to explore new approaches, learn from peers and give and receive feedback. The program will include several talks, discussion groups, contemplations, exercises, as well as periods of meditation.

This program is offered to those who aspire to share the Shambhala Buddhist Path and their journey. The program will not provide “authorization” to teach, but promises to inspire through creative engagement with different approaches to teaching and the sheer joy of sharing the path with others.

Lance Brunner is an experienced teacher in the Shambhala Buddhist tradition, having directed Shambhala Training and contemplative arts programs and retreats for over 15 years. He combines his interest in the arts, meditation and action in the world through consulting and facilitation within health care settings, businesses, leadership organizations, and prisons. A former Kellogg Fellow, he served as the founding Director to the Commonwealth Fellowship Program for community leaders in Appalachia. Lance has been a professor of music history at the University of Kentucky since 1976.

EVENTS COMING IN 2009

(See Website for Details)

Jan 16-18: Deep Listening with Hope Martin and David Rome

Too often our interactions feel superficial, repetitive, and unsatisfying. Our ways of being with others seem to trap us in habitual patterns and prevent us from contacting deeper levels of experience and aliveness. Deep Listening cultivates the ability to be fully present with others by being more present to deeper aspects of ourselves.

Feb 13-15: Authentic Leadership with Susan Skjei

April 3-5: Romantic Love: Everyday Disappointments, Meditation, Relationship with Judith Simmer-Brown

SHAMBHALA MEDITATION CENTER OF ATLANTA

Established in 1976, the Shambhala Meditation Center of Atlanta is part of an international community of urban meditation and rural retreat centers founded by Vidyadhara the Venerable Chögyam Trungpa Rinpoche and now directed by Sakyong Mipham Rinpoche, Spiritual Leader of the Shambhala Buddhist lineage. Learn more about our lineage at www.mipham.com and www.shambhala.org.

The Atlanta Center provides an open and friendly atmosphere for exploring meditation, contemplative disciplines and community gatherings. We welcome anyone who is interested in the practice of meditation and how to extend the experience of gentleness and non-aggression into all areas of life.

The Atlanta Center offers a comprehensive study of Shambhala and Buddhist teachings, a community practice schedule, and programs exploring the arts and culture. For more information about our programs please visit our website at www.atlantashambhalacenter.org.

REGISTRATION

By phone : 404-370-9650

By e-mail: Info@atlantashambhalacenter.org

By U.S. Mail: Registration Office, Shambhala Meditation Center of Atlanta
1447 Church Street, Decatur, GA 30030.

50% deposit is needed at least ten days in advance. Programs are subject to cancellation if pre-registration is not sufficient. We believe no one should be kept away from programs due to a lack of funds. Please contact us at least 10 days prior to a program to make any financial arrangements that will support your participation.

NAME _____ PHONE _____ E-MAIL ADDRESS _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

CLASS _____ FEE _____

CLASS _____ FEE _____

VISA/MC CREDIT CARD NUMBER _____ EXPIRATION DATE _____

NAME ON CREDIT CARD _____

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Oct 10-12: Healing & Transformation with MAITRI:
Exploring the Five Wisdom Energies, With Timothy Walker

Dec 5-7: Shambhala Training Level I -
The Art of Being Human



October 2008 - December 2008
Schedule of Workshops, Classes and Events