



Volume XII, Number 1 May/June/July/August 2008

Creating Enlightened Community Shambhala Meditation Center of Chicago

May 4th Community Meeting Update

Based on the visions, energies and ideas expressed at the Community Building Leadership Retreat last fall, the planning groups drafted the following Vision Statement for Chicago Shambhala. The Center Council shared it with our community on May 4th.

At the meeting, more than 30 people reviewed the Vision Statement, made suggestions and prioritized Action Plan goals. The importance of having a vision statement in place before proceeding with building plans was noted. One person described the vision statement as "inspiring, giving space."

Participants noted that "growth" means many different things: physical expansion, membership increase, program expansion, better coordination and infrastructure, and a possible culture shift away from the comfort of the way things have been at the current site.

Communications need to be a focus, including both inside our community and to the outside world. Coalition-building with other organizations and collaboration with other midwest Shambhala groups were mentioned. A strong center anchors "satellite" programs, so not everything has to occur in one venue.

Priorities from the group for proposed action plans were very clear. "Provide physical facilities to accommodate a significant increase in membership" was #1 with almost twice as many votes as the next in line, "Offer meditation instruction and opportunities for practice in locations outside the center."

Other high priorities included "Maintain and improve excellence of study programs at the Center," "Develop and implement fundraising and financial support for expanded activities," "Foster community leaders and improve infrastructure to support more students at all levels of practice, and "Improve our welcome and follow-up for newcomers to the center."

Shambhala Meditation Center of Chicago Vision Statement

Relying on the blessings of our glorious Lineage and the merit of our noble sangha, Aware of the dire need for the benefits of Shambhala dharma in this Dark Age, Fully confident in our warriorship and windhorse as members of the Rigden family, we adopt this statement of vision for the future of the Shambhala Meditation Center of Chicago:

Delighting in the spontaneous growth of members and truth seekers that we have witnessed as we have presented opportunities to connect with the Dharma, we will welcome, develop, and support the further growth of the Center.

Dedicated to nurturing teaching and study of Dharma, we will maintain the excellence of all three gates to contemplative practice: Shambhala Training, Shambhala Buddhist teachings, and Dharma Arts [Nalanda].

Acknowledging our living tradition as the Practice Lineage and that an unshakable connection to meditation practice must be the basis for all our future growth and development, we will offer and expand regular opportunities for practice, both short and extended, for all levels of practitioners, and in close collaboration with Shambhala land centers, particularly Windhorse in Wisconsin.

Seeing that we are in a unique position to directly extend the blessings of our lineage to a major metropolitan area and midwest region, we will develop and implement a program to initiate and support affiliated practice and study groups in the Chicago area, as well as support fledgling groups in towns and rural areas that identify with the Chicago Center as their main local point of contact with Shambhala dharma and activity.

Understanding basic goodness as being inherent in all sentient beings of all races, ethnicities, ages, gender identities, religious orientations, social situations, and differing physical and mental abilities, we will actively seek to extend the benefits of Shambhala to all through outreach, innovative programming, and accessibility efforts.

Embracing the challenge of Sakyong Mipham Rinpoche and the Druk Sakyong, the Vidyadhara Chogyam Trungpa Rinpoche, to create enlightened society here and now, we will seek new opportunities to raise the banner of Shambhala in social and professional settings and gatherings, using creativity and skillful means to apply Shambhala dharma to enlighten everyday life.

Recognizing our distinctive Shambhala role to support householders and other practitioners leading busy lives in the world, we will expand practice, study, and social activities that welcome children, families, students, young adults, and older adults, encompassing the life cycle.

Being grateful for having received the means to understand the cyclic existence of samsara with compassion and equanimity, we will develop community support for sentient beings, starting with our immediate Shambhala family, through the stormy passages of birth, old age, sickness, and death, in the sacred view that nirvana is not to be sought or found anywhere other than right here and now.

**Next Community Meeting: Report from Building
Expansion Working Group**
Sunday, June 1st, 12:30pm - 2pm at the Center

How are decisions made in Shambhala?



This question has been put to me several times recently. I think we are still learning the answers. We seem to have a participatory self-governing model, with a lot of attention to reaching broad consensus. We want leadership that is capable, wise, inspiring and fully committed to the vision of creating enlightened society. What does this vision mean for us here in Chicago in 2008 and forward? How can we make the best decisions for the future? From our work at the September Retreat, a vision statement was crafted for discussion in our community [see p.1 on May 4th Community Meeting].

Since I became Co-Director, I think I've been following my nose, trying to see clearly what's right in front of me, and doing what seems to be most needed in various situations. Having a bigger view is helpful, to raise our gaze. This is one thing that David's support as Co-Director has meant to me--a longer view, a deeper understanding of dharma, perspectives based on decades of practice.

It is our responsibility to care for the environment of the Center, although we can't actually do it by ourselves. The inspiration has to come from all of our members: if we can hear what your priorities are, we can make proposals to accomplish what people want, and work together to make it happen.

There are resources for understanding decision-making in Shambhala at www.shambhala.org (Click on Community and then Governance). One I found particularly helpful was a document from the Sakyong's Council on Decision-making Procedures. They emphasize gathering information and expert advice from many sources with different points of view, showing up for meetings, and taking the time needed to make a good decision that the community can live with.

Over the last 5 years, a clearer decision-making structure has emerged at the center of the Shambhala Mandala, including the Shambhala Congress, the Mandala Council, and the Sakyong's Council. The Congress occurs about every 2 years and is open to all members of Shambhala; Centers are asked to send delegates. It is the broadest level of community consultation. Similar to our community meetings and retreats it represents a fertile ground for new ideas to bubble up, and for the kind of discussion that can promote development of consensus among community members.

Actual decision-making begins at the level of the Mandala Council, on which sit center directors and others taking responsibility for major aspects of our mandala. Concerns from all corners of the international mandala are brought to the leadership of Shambhala, including President Reoch, the Sakyong's Council, and the Sakyong himself. Those leaders in turn bring information and background to the Mandala Council for input into the decision-making process. The Sakyong's Council takes on the major responsibilities of running the

organization supporting Shambhala, and makes recommendations for decisions which are generally accepted and implemented by the Sakyong and the administrative organization.

Currently our Shambhala Council in Chicago is sort of an amalgam of Mandala and Sakyong's Councils. Our Council has begun to discuss the benefits of having another body that represents the wisdom of our lineage, to focus on longer-term issues for the Center, since the current Council is mainly focused on operational and programmatic concerns.

We value information from many points of view, so please don't hesitate to speak with me, or email your ideas, feedback, priorities, concerns, appreciation or anything else!

Yours in the Vision of Building Enlightened Community,

Alice Dan
Co-Director

"Disagreement and probing questioning are welcomed as a way of sharpening the understanding of complex issues, and as ways of opening up fresh perspectives on whatever is being discussed."

- The Sakyong's Council

"The council relies on its collective wisdom and integrity...to ensure that the process of reaching broad agreement is based on mutual trust, openness, willingness to consider issues from multiple points of view, and to welcome the insight that arises from space."

- The Sakyong's Council

New Buddhist Studies Offerings

Following the lively interest and participation by a group of students in the six-week Lojong course taught earlier this year by Ellen Schweri and Jill Spielfogel, a series of programs and activities have been added to acquaint newer practitioners with the teachings of Buddhism and for more experienced practitioners to deepen their understanding.

Buddhism 101: A Survey Course

Come study the core teachings of Buddhism presented in an accessible and friendly atmosphere starting Thursday evenings in mid-September.

Preparation for Seminary

For practitioners with a couple of years of study behind them, Charles Kuehner will teach the Gateway pre-seminary class on Sunday mornings beginning in mid-September. If you have been taking classes and practicing at the Shambhala Center for a number of years, this pre-seminary course may be appropriate for you, even if you do not have immanent plans for attending Seminary. Please contact Charles to discuss this or other questions at c.kuehner@gmail.com.

Union of Shamatha and Vipashyana

with Acharya Richard John

Friday Eve, Saturday - Sunday, October 24, 25, and 26

Opening to our world comes from being fully present and alive to who we are. This core practice intensive includes talks, meditation practice, and discussions focusing on shamatha-the development of stability of mind through attention to the object of meditation- and vipashyana - the discriminating and panoramic awareness that brings insight and clarity. Acharya Richard John visits the Chicago Center almost every year and always draws a large crowd.

Acharya Richard John will offer Refuge and Bodhisattva Vows late Sunday afternoon, on October 26th. The refuge vow marks the decision to commit oneself wholeheartedly to the Buddhist path and to further one's practice and training. The bodhisattva vow represents a further commitment to put others before oneself and to work wholeheartedly for their benefit. The Bodhisattva Vow can only be taken at least a year following the Refuge Vow.

In order to help students explore the meaning of these vows, a weekend class of practice and study will be offered on Sat-Sun, Oct 4 -5. Vow takers also need to meet with their meditation instructors well in advance of the vow ceremony. If you do not have a meditation instructor, contact Janet Hasz, Head MI, at supportivehsg@aol.com.

Kunga Dawa Teaching Weekend

In the late winter or spring, senior teacher Kunga Dawa (Richard Arthure) is expected to teach a weekend program on Rangjung Dorje's text *The Aspiration of Mahamudra*. He was one of Trungpa Rinpoche's earliest Western students and accompanied the Vidyadhara to Taktsang, Bhutan in 1968 when he wrote the Sadhana of Mahamudra.

This program is a not-to-be missed opportunity. For more information, contact Jill Spielfogel, Coordinator of Buddhist Studies, at jillspielfogel@gmail.com.

Learn to Meditate

Saturday, August 2, 8:30am - 4pm

Ideal for beginners as well as students who want to work on stabilizing their meditation, this one-day program gives you the essential techniques and reasons for meditation practice in everyday life.

Cost: \$40; includes lunch. Discounts available based on financial need; contact the center to inquire and register at www.chicago.shambhala.org

Queer Dharma

Queer Dharma continues to meet every Sunday evening from 6:30pm - 8:30pm at the Center. All are welcome - free meditation instruction is always available. Participants sit for an hour, then read, discuss and socialize. There are generally 10 - 20 participants. Our next book will be Pema Chodron's *The Wisdom of No Escape*.

The Third Annual Queer Dharma Retreat will expand its length from a weekend to a week this year. The retreat will take place at Windhorse Retreat Center and the neighboring Bright Dawn Retreat Center in Wisconsin from August 22 - 29.

Email queerdharma@chicagoshambhala.org for more information.

And now as long as space endures, As long as there are beings to be found,
May I continue likewise to remain To drive away the sorrows of the world.

- Shantideva, The Way of the Bodhisattva



2007 Financial Health Report by Ellen Schweri

Members, friends and guests of the Shambhala Center of Chicago once again provided the necessary means to support the Center in 2007. The Center's "earth" qualities are strong and have provided ground for many uplifted events, teachings, programs and activities. Last year, the Shambhala Training accounts were integrated with the Center system, though Shambhala Training maintains separate bank accounts ably managed by Mary Fugiel.

Revenues for 2007 were \$131,614. 51% of those funds were from unrestricted member and friend donations, 38% from community practice & study and programs, and 11% from other sources (book store, space usage income, interest on savings and donations from community events).

Expenses were \$130,571. 61% paid for administrative salaries, Shambhala Core Services (International), supplies, building maintenance, utilities, insurance, mortgage interest and depreciation. 32% covered teacher and program expenses for community practice and study, and 7% covered bookstore, center hospitality and community celebrations not directly related to practice and study. Included is the Center's donation for Sakyong's Marathon of \$1600.

Our net revenue of \$1043 is a welcome addition to the Center contingency funds of approximately \$30,000. We also started this year with \$11,000 in the building fund and \$1000 in our scholarship fund.

Questions or requests for full reports may be directed to Ellen Schweri, treasurer, eschweri@comcast.net.

Diversity and Inclusion Committee Update by Gretchen Neve

We have a new Diversity and Inclusion Work Group within our center. Members include Gretchen Neve, Jon Feller, Steve Garcia, Tobias Kaemmerer, and Janet Hasz. The purpose is to support and expand diversity and inclusion within the Chicago Shambhala community. The Center has made great progress in increasing diversity over the last few years through the Queer Dharma program. It took time and dedicated leadership to create the momentum it has developed. Cultural dimensions of diversity that aren't as well represented within our Chicago mandala include people of color and younger people. Our city has lots of younger people and lots of people of color so the gap between the city's demographics and the demographics of our center invites us to look at potential causes and address them.

While these are not the only significant dimensions of diversity in our sangha, they are the ones our work group wanted to address. If you would like to join efforts on these topics or take the lead in addressing another topic, please let us know- would love the addition of new members! For more information contact Gretchen at gretneve@aol.com or any of the other members of the group.

Membership Committee Report by Beth Lynch

During Membership Committee interviews, the recurring questions were "What does it mean to become a member and why should I?" and "Who can become a member?" We discovered that many people have been active in the center for years and never joined in the formal sense. The Committee learned that membership is not an issue at the forefront of Center activity, so in effort to make it more visible, we've implemented a few new approaches and resources.

To make the membership process straightforward and easy to navigate, we've established a "Welcome to Shambhala," program for people to receive information, learn about the center and have questions answered. If you haven't had the opportunity to come to one of these programs I encourage you to do so. It is a chance for new people to meet members, and it is exciting to meet people at the beginning of their journey. We are slowly evolving this program over time and your feedback is welcomed.

We've created a Membership Committee, which is now eight people strong. The current committee consists of Bruce Mocking, Ann Tyndall, Paul Romejko, Jennifer Mueller, Aarthi Tejuja, Beth Lynch, Michael Duerr and Alice Dan.

We implemented a Guest book for new visitors to sign. It is located in the front entrance lobby. Members and kasung, please encourage new people to sign the Guest book. This allows us to place them on our events mailing lists. Also, one of our members, Jennifer Mueller, makes follow up phone calls to people who have signed the guest book. She welcomes them, answers questions, and informs them on upcoming programs. So far, people have very much appreciated the phone call. This is one more way we are attempting to reach out to new people and welcome them into our sangha.

To increase membership awareness, we have created two documents that will be framed and placed near the front door entrance. These documents describe the Shambhala vision and what it means to be a member. Paul Romejko did the gorgeous design and many in the community, especially on the membership committee and the Executive Council had input into the text. We are hoping to have these documents up in the very near future, so please check them out!

Our next goal is to organize a volunteer system to help people integrate into the community by learning about volunteer needs. We will be creating a volunteer section on the bulletin board where people can view specific volunteer opportunities. Members, look for this in the next few months! We have many other ideas, which will slowly but surely come to fruition.

The highest priority is that new people to feel welcome and comfortable in our sangha. Please make an effort to forge a connection with newcomers. Everyone is part of the membership committee in the sense that we all work to welcome newcomers with open curiosity and friendliness.

Listening Committee Update by Gretchen Neve

In May 2006, Alice Dan convened a small group (John Roadhouse, Beth Lynch, Gretchen Neve) to review our community's progress in addressing the space needs of the Chicago Shambhala community and find ways of moving that process forward.

Community meetings (2002-2004) and a consultation with Fung Shui master Eva Wong identified clear priorities that included a much larger shrine room, a Vajrayana shrine room, special needs physical accessibility for the building, and more space for classes and other activities. Eva Wong recommended that we stay in our present building and undergo a three phase expansion plan to achieve these goals.

At the time of the group's first meeting some initial work had been completed to uplift our current space. Jennifer O'Hara and Gina Caruso had led the efforts focused on uplifting the building and the grounds. While their efforts had beautified our space and received much appreciation, the community had not yet reached consensus about moving forward to make the larger scale renovations to the building suggested by Eva Wong.

Building options proposed by various members included 1) selling the current building and moving to another location, 2) tearing down the current building and constructing a new one on the same site, or 3) working with a developer to purchase the land south of our property and undertake a multiuse project that would include the space we need along with other spaces (residential, professional offices, retreat center, etc).

The need for consensus within the community on how to achieve the agreed upon priorities prompted the group to name itself the "Listening Committee" (LC) whose purpose was to listen to the needs of our community and make recommendations about moving the process forward.

After careful study, discussion, and contemplation, the LC concluded that what initially appeared to be a lack of consensus about the future of the building was rooted in other issues that also needed to be addressed. For example, while Shambhala Council members provide key leadership to this community and keep the center running, they do so without the benefit of a strategic planning process as the basis for setting goals and prioritizing resources. This is less of an issue when maintaining the current building and current programs. It becomes more of an issue when contemplating change-whether that is a change in the building or other forms of expansion to meet the needs of the Chicagoland area. Last, in order to do more than it does right now, the Center needs to magnetize and empower more people to participate and take the lead in development and implementation.

With this in mind, the LC developed an interview process rooted in appreciative inquiry and designed a questionnaire that gathered information from a representative sample of 30 people. The 25 themes that emerged provided valuable information on the diversity of experiences and perspectives held within the mandala of the

Shambhala Center of Chicago. Combined with feedback from previous community meetings LC reached the following conclusions:

- 1) The Shambhala Meditation Center of Chicago relies on the strong dedication and commitment of its Council members, senior practitioners, and a number of volunteers.
- 2) To determine and meet the space and building needs of the Center over the next 5-10 years, a clearly stated vision that can be the basis for determining objectives and goals is needed along with broad community engagement and commitment to action.
- 3) The space needs of the community will continue to grow and change as the community itself grows in numbers and as the practices of students develop per the direction of the Sakyong.
- 4) Future growth and change will rely on developing the community action and leadership within the Center. While the Center will continue to rely on the people who have been leading this organization, it also need to make room for new people to step forward so as to raise the banner of Shambhala in Chicago.

Recommendations

The Listening Committee made three clear recommendations to the Center Directors and the Shambhala Council for consideration:

- 1) Offer a community retreat designed to strengthen the community and to invite members to step up to leadership roles within the mandala. End outcomes would include commitments to action from members based on their passions, their interests and the direction set by the Sakyong.
- 2) Develop a process for doing strategic planning to support long term growth and development and establish clear responsibilities, lines of communication, and decision-making authority for current council positions. The Shambhala Council's current and primary focus is on critical operational issues.
- 3) Establish a group and a process for setting the strategic direction and specific objectives and goals of the Center. A clear strategic plan would provide direction to the Shambhala Council for planning and operations.

Given current resources and constraints these recommendations should be addressed one at a time starting with a community building/leadership retreat so as to inform our long-term strategic planning. The Council's input and feedback is also critical for the second and third strategic planning recommendations.

For the full report by the Listening Committee, contact Gretchen Neve at gretneve@aol.com or 773-764-7698.



Her Eminence Mindrolling Jetsün Khandro Rinpoche is the daughter of His Holiness Mindrolling Trichen, head of the Nyingma School of Tibetan Buddhism and a renowned Tibetan Lama, who died recently. Born into the Mindrolling lineage, which throughout its history has had many accomplished female masters, Khandro Tsering Paldrön was recognized at the age of two by His Holiness the 16th Karmapa as the re-incarnation of the Great Dakini of Tsurphu, Khandro Ugyen Tsomo, one of the most renowned female masters of her time. The present Jetsün Khandro Rinpoche holds the lineages of both the Nyingma and Kagyu traditions.

H.E. Jetsün Khandro Rinpoche has received teachings and transmissions from some of the most accomplished masters of the 20th century, including His Holiness the Dalai Lama, His Holiness Mindrolling Trichen, His Holiness Dilgo Khyentse Rinpoche, His Eminence Trulzhig Rinpoche, His Eminence Tenga Rinpoche, His Eminence Tsetrul Rinpoche and His Eminence Tullku Ugyen Rinpoche.

"If being a woman is an inspiration, use it; if it is an obstacle, try not to be bothered."

- H.E. Jetsün Khandro Rinpoche

H.E. Jetsün Khandro Rinpoche to Present Teachings in Chicago

This summer, mark your calendar for a very special opportunity to practice and study with this renowned teacher. H.E. Jetsün Khandro Rinpoche is known for her incisiveness, warmth, humor, and willingness to stir the pot of preconceptions about life and the Dharma.

The Shambhala Community and many of our members and friends are connected with Rinpoche through her visits to Chicago in 1996 and 1997. Rinpoche teaches in fluent English.

She will give three days of distinct teachings, July 6-8, allowing for attendance at one or more of them.

Offering:
\$75/day; \$180/three days
Student and Senior discounts available upon request

Details and Registration:
Website: www.chicago.shambhala.org
Mary Fugiel, Registrar, mfugiel@sbcglobal.net, 773-743-8147

The Five Paths: The Bodhisattva's Journey From Aspiration to Buddhahood

Sunday, July 6th 9am - 5pm

Loyola University, Student Union - Rambler Room
Lake Shore Campus, Loyola Ave. and Sheridan Road

The five paths are:

- The path of accumulation
- The path of training or preparation
- The path of seeing
- The path of intense contemplation
- The path of liberation or no more training

The Three Prajnas (Wisdoms): Hearing, Contemplating and Meditating

Monday, July 7th 9am - 5pm

Shambhala Center 7331 N. Sheridan Road, Chicago

Karma: Cause and Effect

Tuesday, July 8th 9am - 5pm

Shambhala Center 7331 N. Sheridan Road, Chicago

In addition, for Vajrayana students, a 7pm talk and instruction on the analytical meditation practice of "jungne drosam" - the arising, abiding and ceasing of thoughts. This instruction is fundamental to both Mahamudra and Trekcho practice.

"By simply being on the spot, your life can become workable and even wonderful."

- Chogyam Trungpa Rinpoche, Founder



Shambhala Training teaches a mindfulness-awareness meditation practice that enables us to look precisely at our state of mind without trying to alter it. This cultivates openness toward ourselves and our environment, moment by moment. When we practice openness, our lives can be a journey of wakeful and genuine existence. Shambhala teachings recognize that the truth of innate human wisdom and basic goodness does not belong to any one religion or doctrine. We can appreciate all genuine contemplative paths, whether they stem from the great religions, the arts or from native spirituality. The Shambhala teachings recognize, however, that this wisdom arises only when the grasping and confusion of ego is stilled through continuous commitment to a contemplative discipline.

The first five levels of Shambhala Training are known as the Heart of Warriorship program. Each offers meditation instruction and practice, talks about Shambhala teachings, group discussion and individual interviews.

Completing the Heart of Warriorship provides you the tools you need to establish a personal meditation discipline and to apply these basic principles of warriorship in your daily life. Each level builds on the previous one; begin with Level I.

Weekend format:

Level I: Saturday 8:30am - 6pm; Sunday 8:30am - 2pm

All other Levels:

Friday: Registration 7-7:30pm Talk until 9pm

Saturday: 8:30am-6pm Lunch included

Sunday: 8:30am-6pm, Lunch not included

Level I: June 28th - 29th

Level II: August 8th - 10th

Level I: September 6th - 7th

Level I: October 4th - 5th

Level II: November 14th - 16th

Level III: December 12th - 14th

Suggested donation*:

Level I: \$140 (\$125 members)

Other Levels: \$165 (\$140 members)

Students: \$40

Good Morning Shambhala format:

Wednesday Mornings 9am-Noon

Level I: September 17, 24, October 1, 8

Level II: October 29, November 5, 12, 19

Level III: January 28, February 4, 11, 18

Level IV: March 11, 18, 25, April 1

Suggested donation per level for GMS:

\$150 (\$125 members), students \$40

The Sacred Path of Warriorship

Great Eastern Sun September 13th - 14st

Windhorse October 17th - 19st

Drala December 5th - 7th

* Shambhala depends on the generosity of its members and the community to offer programs and a place to meditate. All are invited to participate in programs no matter what they can presently give. If you would like to help others benefit from the Shambhala vision, consider offering more than the suggested donation. If you value what Shambhala offers, please consider becoming a member so that we can spread this generosity to others.

Staffing and Returning

This past year of Shambhala Training has been quite successful culminating in 20+ participants for the Level V on May 16 - 18. Staff who have completed at least Level III make it possible to meet the demand for so many levels. Staffing is the best way to receive a free weekend retreat and an opportunity to deepen your understanding of the teachings and experience the joy of helping others on their journeys. Staff can receive a coupon for 50% off a future Shambhala Level. Coordinators and assistant coordinators are paid. Please consider staffing up to three levels each year. Contact Jon Feller for more information and to sign up for staffing a program at jonfeller@comcast.net.

For questions or more information, contact Jon Feller (jonfeller@comcast.net 773-230-3886) or Gina Caruso (g_m_caruso@yahoo.com 312-802-9290), Co-Resident Directors of Shambhala Training. For 2009 dates, visit www.chicago.shambhala.org.

Shambhala Mirror



DHARMAARTS

Dharma Art: Art That Reveals Truth



Dharma Art is a five-part program for artists and non-artists developed from the teachings of Chogyam Trungpa Rinpoche. Dharma Art is a view and a path, not a particular skill or technique such as painting, calligraphy, or Ikebana. Dharma art is about truth. It is about using symbol to communicate truth. Through a combination of lectures, discussions, and physical and contemplative exercises, this program works to develop a state of pure perception and an understanding of the full nature of symbolism—the medium for all arts. It is about joining knowledge about art with the direct experience of art, and creation of art that is true, authentic, and genuine.

Part One: Coming To Your Senses September 26 - 28

Unless we can first perceive our world as it is, our creative process is guesswork. *Coming To Your Senses* is the exploration of how we can learn how to clearly perceive our world and express its vividness and richness. Doreen Bartoni, senior practitioner and Dean of the School of Media Arts at Columbia College will teach the first level of Shambhala Arts.

Opportunities to Engage with the Center

Shambhala Committees provide a wide range of ways to relate with the Center and offer service to support our mandala. To find out about more, contact Alice Dan, Co-Director at 773-752-5556 or alicedan@sbcglobal.net, or contact Michael Duerr, Administrative Assistant, at 773-503-8147 or admin@chicagoshambhala.org.

Coordinators/Staff for Center Programs

Programs in Shambhala Training, Buddhist Studies, Dharma Arts, and Parents/Children's Programs need lots of support.

Publicity and PR

Publicize and promote wider participation in Center activities. Write for the newsletter, submit contemplative photography, graphic design for posters, flyers, promotional materials. Compose press releases.

Physical Facilities

Plan for space and facility expansion
Provide maintenance, cleaning, repairs, and improvements
Assist with Library organization/updates

Community as Practice

Contribute to health and well being of community members
Support or join Dorje Kasung
Help with community celebrations and events
Support Center administration, assist with data entry, audio conversion, answering phones and other tasks
Provide housing or transport for out-of-town visitors to the Center

Support Meditation Practice

Train as an Umdze (timekeeper, chant leader), a Drummer, a Gatekeeper, a Shrine Keeper, a Flower Arranger (Ikebana), or Shambhala Guide and take a regular monthly slot or two on the Rota.
Provide refreshments for sitting practitioners

Support Center's Financial Health

Help with ideas and activities for fund-raising.

Membership

Welcome and integrate newcomers, stay connected with members, and coordinate volunteers.

Outreach

Support meditation instruction and opportunities for sitting practice outside the center in communities, on campuses, in corporate or professional venues.

Community as Practice: Coordinate and Staff Jigme Rinpoche's visit

In conjunction with Milwaukee, Chicago will be hosting Jigme Rinpoche July 14th - 17th. A Chicago visit coordinator and staff are needed for this visit. If this opportunity appeals to your generosity, please contact Center Co-Director Alice Dan.

The Chicago and Milwaukee Shambhala Centers will host Gyetrul Jigme Rinpoche, son of Namkha Trime Rinpoche and brother-in-law of Sakyong Mipham Rinpoche. Like his father, Jigme Rinpoche is also steeped in the Ling Gesar lineage and teachings. This visit will be fairly informal, with perhaps one public teaching. The main intent of the visit is for Jigme Rinpoche and the sangha members to get to know one another. Stay tuned for further information as it becomes available.

Ah, summer grasses! All that remains of the warriors dreams.
- Basho



His Holiness the 17th Gyalwang Karmapa Historic First North American Visit May 15 - June 1

The Shambhala Mandala wishes to warmly welcome His Holiness the Seventeenth Gyalwang Karmapa, Orgyen Trinley Dorje on his historic first visit to North America. He will be received in Boulder, Colorado by the Sakyong, Jamgon Mipham Rinpoche, and will be giving public talks as well as an audience for practitioners. During the Boulder leg of his visit, we would like to make a generous teaching gift to His Holiness on behalf of the entire Shambhala Mandala, both to extend a heartfelt welcome and also in appreciation for the teachings he will be giving coast-to-coast on this visit. Kindly consider making a generous contribution on this wonderfully auspicious occasion.

Shambhala members are encouraged to attend the teachings of His Holiness wherever possible. For more information on His Holiness' visit, go to www.kagyuoffice.org. This page has links for His Holiness' visit schedule and ticketing information, plus a donation page where Shambhala members can contribute to the mandala-wide teaching gift. Also, be sure to take a look at our retrospective of the Sixteenth Gyalwang Karmapa's visits to North America -- including video footage, photographs, newspaper articles, and more -- courtesy of Centre Productions and the Shambhala Archives.

Any sangha members going to Boulder for His Holiness Karmapa's teachings, please contact David Stone immediately: 312.405.0026. There is an additional teaching situation in Boulder, which Shambhalians may attend. Please call!



Qigong with Eva Wong

Level 1 Saturday, June 21, 9am - 6pm

Level 2: Sunday, June 22, 9am - 6pm

Cultivate strength of body and calmness of mind through the healing Taoist practice of qigong. Take this rare opportunity to receive instruction in two unique lineages, the Pre-celestial Limitless Gate School (Xiantianwujimen) and the Yiquan School, neither of which have previously been fully transmitted to students in the West. Xiantianwujimen was founded the Song dynasty (circa 10th to 12th centuries) by Taoist sage Chen Xiyi, who is recognized as "the father of qigong." This lineage specializes in using qigong techniques to build the foundation for sitting meditation.

Eva Wong, author and translator of 12 books on the Taoist arts of health, meditation and qigong, is the 19th-generation lineage carrier of Xiantianwujimen Taoism (Pre-celestial Limitless Gate School of Taoism) and 3rd-generation student of Wang Xiangzhai, founder of Yiquan martial arts and Zhangzhuan (standing qigong). She is offering these programs exclusively at Shambhala Centers.

In Qi Gong Level 1, students will be instructed in various techniques of outer and inner qigong. Outer qigong is concerned with strengthening the muscular-skeletal system - joints, muscles, tendons, bones, and spinal column. Techniques of tendon changing, marrow washing, self-massage, and calisthenics will be taught. Inner qigong is concerned with nourishing the internal organs and cultivating qi, or internal energy. Students will learn Chen Xiyi's sleeping and walking qigong and Wang Xiangzhai's standing qigong. There are no prerequisites for Level one qigong.

In Qi Gong Level 2, students will learn the Nine Self-Massage Technique and the Twelve Devas Tendon-changing system in their entirety. The Self-Massage Technique focuses on stimulating the meridians and acupuncture points and the Twelve Devas forms focus on recovering flexibility, strength, and softness in the tendons and muscles. In addition, students will continue to learn new forms of Wang Xiangzhai's standing qigong that are designed to preserve, gather, and circulate internal energy. Level I qigong is required to attend Level II.

New and experienced practitioners and people with physical challenges are welcome. For the benefit of participants, participation in both programs is recommended and preferred.

Cost: \$200 for Saturday and Sunday; \$100 for Level 1 only

Register online at www.chicago.shambhala.org. Email Jennifer

O'Hara for Level 1 only registration at jennifer_ohara@sbcglobal.net.

Experience, Consciousness and Death with Acharya Jeremy Hayward

May 16 - 18 in Madison, WI

Public Talk & Book Signing May 19th in Madison, WI

How does our mind perceive the outside world? How do we know what we experience? Will our mind and personal experience come to an abrupt end at death? Buddhism and the new sciences offer complementary perspectives on these questions. Dr. Hayward will discuss how these perspectives relate to personal experience, consciousness and death. The weekend will include sessions of mindfulness practice to join the discussions with direct experience.

Suggested donation \$125. Sliding scale available. Please register in advance: 608-441-8868 or madisonshambhala@tds.net. Public Talk & Book Signing. *Warrior-King of Shambhala: Remembering Chogyam Trungpa*. May 19, 7-9pm. Free and open to the public.

2nd Annual City Meditation Retreat

The second annual City Meditation Retreat in Chicago will take place from December 26, 2008 through January 1, 2009. Participants meditate from 9 am - 8 pm with meals eaten together at the center. People are invited to participate in one or a few days or the entire week. Those who participate for the entire week will receive credit for a weekthun, which helps satisfy retreat requirements for advanced programs. Soon to be at www.chicago.shambhala.org

Logan Square Satellite Meditation Group

For many Sangha members, the trek up to Roger's Park is a significant time investment that keeps them away from regular activities. Upon moving to Chicago in 2006, Jessica Edgerton and Joshua Polasky felt this pinch and decided to create a new possibility - a satellite meditation group for the Near North Side.

Using the Hyde Park satellite group as their model, Jessie and Josh open their Logan Square living room up for group meditation every Wednesday evening from 7:30pm -8:30pm with snacks and tea usually following thereafter. So far, a small core of regulars has formed and many first time mediators have begun orbiting as well.

Jessie and Josh's hope is that a large enough group will eventually manifest such that renting a more formal space becomes an option. Their intention is to plant a seed that will someday become a permanent Shambhala Center that can serve downtown Chicago. Jessie and Josh invite you to stop by, all are welcome.

For more information: If you have a gmail address, go to <http://groups.google.com/group/logan-square-meditation> and request to contact the group owner - or email Josh at jp0000@gmail.com so he can add you to the group.

Audio Restoration Project Fundraiser

In early 2005 Acharya Judith Lief requested that the Shambhala Center participate in the Audio Restoration Project, a project of the Shambhala Archives dedicated to transferring from magnetic tape to CD all of the talks given by the Vidyadhara, the Ven. Chogyam Trungpa Rinpoche, the founder of Shambhala International. Inspired by the vision of having such a vast treasure trove of dharma accessible to present and future practitioners of the dharma, we embarked on a three year fund raising effort which reached a successful conclusion early this year. We were also able to purchase secure and attractive cabinets in which to store the CD's. Ultimately we will be receiving 1500 CD's.

Many people gave very generously in order to bring this project to fruition, giving anywhere from \$1 to upwards of \$1500. May the result of their efforts and generosity be of great benefit to countless sentient beings.

The administration of the project is now in the hands of Mr. Nic Weiss, the center librarian. He is organizing and cataloging the collection and is familiarizing himself with the distribution and loan policies.

Heartwood Tibet Girls School

Nancy Floy, a longstanding Chicago sangha member, is the Executive Director of Heartwood Center, a community of healing professionals committed to holistic healthcare. Recently, the Heartwood Foundation announced the creation of a school for Tibetan girls - The Heartwood Tibet Girls School. The vocational boarding school for girls ages 14 to 20 will help Nomad yak herding families provide more opportunities for the next generation of girls through education.

The initiative will raise awareness about Tibetan women in the Nanchen region - who typically have 6 to 10 children, and have one of the highest mortality rates (for infants and mothers) during pregnancy and childbirth.

Asang, a meditation instructor at Heartwood, escaped from Tibet shortly after his sister and her baby died during delivery. The Heartwood community, along with Asang and his wife, Heartwood's Nancy Floy, will honor his sister and all Tibetan women at risk by offering education, the key to health and opportunity for women.

To learn more about a similar, inspiring project, read Greg Mortenson's New York Times bestseller, *Three Cups of Tea: One Man's Mission to Promote Peace...One School at a Time*.

To make a tax-deductible contribution or to learn more, contact Nancy Floy at 847-491-1122 x11. For every dollar donated, one girl receives one day of shelter, food and education.

Please join us! You are invited to celebrate The Heartwood Tibet Girls School for an evening of wine, Tibetan momos, Tibetan music and dancing! Friday, June 13th, 6pm - 9:00pm. Heartwood is located at 1599 Maple Ave. (Maple and Davis) in Evanston. For questions call Nancy Floy at 847-491-1122 x11.

Around & About the Center



I hope this letter finds everyone well, and busy planning his or her summer retreats! I just wanted to outline some of the changes around the center of late.

Pending the vajrayana shrine room reconstruction, the former office has been made into a multi-use room for meetings, small classes, interviews, instruction, and second floor cushion storage.

As many of you know, the Chicago center has been involved in the Audio Restoration Project, whereby all of Chögyam Trungpa's talks are being digitally

remastered. As part of the Chicago piece, we have just received a storage chest in the library for all of the CDs we will be shipped.

Bodhisattva Gina Caruso continues to put energy into uplifting our center, including the front porch area and the kitchen. In addition to a recent major cleanup downstairs, she donated the dishwasher some of you may have noticed down there. We also have wire shelves in the hallway nearby for paper goods, and Robert Lehmann and Anne Fraser donated an used fridge.

The bookstore has been undergoing a bit of a metamorphosis. We now carry gomdens (the square cushions), zafus (round and crescent), zabuton mats, incense, charcoal, and many more book titles. More titles are on the way.

Halifax has made tremendous strides in fixing audio quality issues for videoconferencing. On our end, we purchased a laptop and a 52" HDTV to support our multimedia needs. We should restart Buddhist Video nights! We also purchased a second digital recorder, and are creating training materials.

Chicago has offered to pilot Shambhala International's changes to the website calendar template, so hopefully program listings will soon be less confusing as to the start and stop times on each individual day.

Our weekly email now goes to over 700 people! We have started experimenting by offering member announcements. It is not intended as a channel for ongoing advertising! Try to think in terms of what your fellow sangha members will want to read. If you do have an announcement, put it in the body of the email with the subject line "For Weekly Email". The first line should be the event name, the second line should be the time and date, and the following paragraphs should include your write-up. Requests for special emails, along with their proposed text, should be sent to Alice Dan.

Well, that's it from the upstairs corner. I hope to see you at the Center soon!

Michael Duerr
Council Secretary and Administrative Assistant

Sangha Members' Update

Summer is a time when many programs are offered at land centers such as Shambhala Mountain Center, Karme Choling, Dechen Choling and others. The first lengthy program that most people take is a dathun, four weeks of meditation. Robert Wallace attended the entire dathun at Karme Choling in March and will finish Level V here in Chicago in May.

It's not possible to keep track of all the Chicago sangha members attending programs this summer, but some include Ann Tyndall and Tobias Kaemmerer attending both Sutrayana and Vajrayana Seminary at SMC. Sallamah Aliah and Robert Wallace will be attending Sutrayana Seminary. Gina Caruso, Lissa Pete, Keith Spielfogel and Jon Feller will join Ann and Tobias for Vajrayana Seminary. Marita McLaughlin will be teaching at SMC at that time. Blessie Selvig will be in the Kasung Leadership during Vajrayana Seminary.

We are excited to announce that Josh Polasky has just become the Chicago liaison to a new Shambhala International Working Group on environmental issues called "Touching the Earth." Congratulations, Josh.

Household Items Offered

Robert Lehmann and Anne Fraser offer household items to Sangha members. Right now, a juicer, framed prints and more are available. In July, three beds, a sofa bed, three dressers, and more will be available. To inquire, email Lehfras1@aol.com

Scholarships Available

Shambhala Training is pleased to provide scholarships for dathuns, seminars, Shambhala guide, and teacher training to community members. Size of scholarship is based on available funds, the recipient's financial situation, past record and future pledge of volunteering with the center, and membership status. For more information, please contact Gina Caruso at g_m_caruso@yahoo.com or at 312-802-9290.

New Center Members

Welcome to the following new members of the Shambhala Center of Chicago! For more information about Shambhala membership, visit www.chicagoshambhala.org/membership.php.

Jeffrey Fink
Karen Foley Sherman
Steve Garcia
Carlos Roberto de Jesus Melo
Alison Kotlarz
Michael McCall
Caroline Moore
Cynthia Morgan
Jennifer Mueller*
Eric Neagu

Kevin Park
Raquel Pittella Cancado
Tracy Poyser
Alisa Roadcup
Kenneth Seekins
Aarthi Tejuja
Cathy Toll
Nancy Toncy
Robert Wallace
Linda Zanocco

* returning member



Shambhala Mirror

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Layout: Gina Caruso



Become a Member

We invite you to become a member of the Chicago Shambhala Center, part of a world-wide community committed to creating enlightened society.

We are a self-supporting organization that exists only because people like you donate money and time. If you find that the meditation practice and teachings that you have come across here have been helpful in your life, please consider becoming a member, so that this place might be of benefit to yet more people.

For more information about Shambhala membership, call us at 773-743-8147, or send an e-mail to Beth Lynch, Membership Chair, at membership@chicagoshambhala.org.

You can also visit our website at www.chicagoshambhala.org/membership.php.

Return Service Requested

www.chicagoshambhala.org

773-743-8147

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Shambhala Meditation Center of Chicago

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