



## **Baltimore Shambhala Meditation Center**

At the Marylander  
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Baltimore, Maryland 21218

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### ***Baltimore Shambhala Meditation Center regular gathering times and practices; everyone is welcome***

#### **First Sundays**

9:30-11:30 – Sitting/Meditation Instruction  
11:30 – Community Gathering/Talk  
12:30 – Community Lunch  
10:15-11:30 – Childcare  
10:15-12:30 – Bodhi School (Sept-May)

#### **2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Sundays**

9:30am-12:30pm – Sitting/Walking Meditation  
(9:30 opening chants, 9:45-12:15 meditation,  
12:15 closing chants)

#### **Wednesday Mornings**

7:00am-8:45am – Sitting/Walking Meditation

#### **Thursdays: Open House Night\***

7:00pm-7:45pm – Free Meditation Instruction  
and Sitting Meditation Period  
7:45pm – Social Tea  
8:00pm – Free Open House Talk  
*\*As occasionally this schedule changes, it's  
best to call before coming the first time.*

**Information on our Center, lineage, practices and directions to reach us:** <http://www.baltimoreshambhala.org/aboutBSMC.html>

### ***Upcoming Center Programs and Events in July, August, and September, 2009***

Overview of the Way of Shambhala	July 9
Warrior Slogans	7 Thursdays starting July 16
Sangha Retreat, Online with Sakyong Mipham Rinpoche and Pema Chodron	July 18-19
Following the Buddhist Path: a 2-part, 1-day workshop	July 25
Work and Play Day	August 1
Community Gathering and Lunch	August 5
Visiting Teacher: Changling Rinpoche	August 7-9
Meditation in Everyday Life	August 14-16
Overview of the Way of Shambhala	September 10
Shambhala Training Level I: The Art of Being Human	September 11-13
Meditation in Everyday Life	5 Thursdays starting September 15
Unpacking the Shambhala Lineage Chant	6 Thursdays starting September 17
Harvest of Peace Celebration	September 20
Mindful Parenting: An Active Compassion Training	September 29

Check the calendar at <http://www.baltimoreshambhala.org/upcomingevents.html> for any updates to these programs and events.

## Upcoming Events at BSMC for July, August, and September

### July

#### Overview of the Way of Shambhala, Tuesday 7/9, 8pm

Come learn about the key elements of the new curriculum, including its purpose, structure, courses, and teaching methods. Bring your questions! Everyone is welcome to attend this overview of how we will implement the new curriculum in our center. **FREE (Repeated on Friday, 9/10, 8 pm)**

#### Warrior Slogans

##### 7 Thursdays starting 7/16, 8pm

Using slogans from the *Shambhala Sacred Path of the Warrior Book and Card Set*, this course explores different aspects of the Shambhala teachings and path. It will be led by a different senior teacher each week. Includes a talk, discussion, contemplation and some experiential exercises. Take the whole course, or come when you are able.

**Suggested donation:** entire course: \$85 / \$70 members. By the class: \$12 / \$10 members. Prerequisite: Shambhala Training Level I.

#### Sangha Retreat, Saturday & Sunday, 7/18-19, 9 am-5 pm

An opportunity to participate via live-feed broadcast in the first two days of this summer's Sangha Retreat at Shambhala Mountain Center with Sakyong Mipham Rinpoche and Pema Chodron. Light lunch included. **Suggested donation:** \$85/\$65 (members)

#### Following the Buddhist Path,

##### Saturday 7/25, 9-5 pm

Lead by a senior Shambhala Center teacher, Part I (9am-2:45pm) of this workshop focuses on the meaning of the Refuge Vows, the ceremony through which one formally declares one's intention to follow the Buddhist path. Part II (3-5pm) briefly explores the next stage in a Buddhist's development – taking the Bodhisattva Vows and declaring one's commitment to live for the benefit of others.

Open to all; if you have not taken refuge, you must take Part I if you take Part II. **Suggested donation:** Part I only: \$50, includes lunch. Part II only: \$25. Both parts: \$65/\$60 (members).

### August

#### Work and Play Day

##### Saturday 8/1, 9-4 pm

Come help get the Center uplifted and ready for the fall. Come all day or for a few hours. Lunch provided.

#### Community Gathering and Lunch

##### Sunday 8/5, 11:30-1:30 pm

Join us for meditation, a talk on the new Way of Shambhala core path program and lunch provided by the Baltimore Shambhala Careforce. **FREE**

### Visiting Teacher

#### Changling Rinpoche

##### August 7-9



Changling Rinpoche travels widely, teaching in English with clarity, humor and precision. The Changling tulkus have been associated with the Nyingma lineage known as Northern Treasures for almost seven hundred years. Find more information about Rinpoche at: <http://lotusspeech.ca/teachers/changling.php>

#### Friday, August 7, 6:30 pm

The Blessings of Generosity: A Fundraising Dinner with Changling Rinpoche Support our efforts to bring great masters to Baltimore by attending this special talk and intimate dinner with Rinpoche. Your \$50 suggested donation helps us cover the cost of this visit and helps us raise money to support visits by other teachers.

#### Saturday, August 8, 9-5 pm

Living Without Regret Rinpoche shares his understanding of how we can attain what we all wish for: the opportunity to live our lives fully and completely, without being riddled by regret.

#### Sunday, August 9, 9-5 pm

Hero of Shambhala: The Magical Life of Gesar of Ling Rinpoche will give historical details of the lineage of Gesar and Shambhala. Participants will be regaled with magical stories of Gesar's life and how they apply to our life as well as the relevance of the energies of drala and windhorse to our practice.

**Suggested donation:** dinner & program, \$200. Sat. & Sun: \$180/\$160 (members). Either day: \$100/\$90 (members). Friday dinner only: \$50

#### Meditation in Everyday Life **NEW!**

##### Fri 8/14, 7:30 pm; Sat & Sun 8/15-16 9-5 pm

This first course of the new Way of Shambhala curriculum provides an opportunity to deepen our experience of meditation and includes practical suggestions for establishing a sitting practice in the midst of our speedy society, and considers how meditation impacts our daily lives and society as a whole. No prerequisite. **Suggested donation:** \$100/\$90 (members) **(Repeated 5 Tuesdays starting 9/15, 7-9 pm)**

### September

#### Shambhala Training Level I,

##### The Art of Being Human, 9/11-13

In-depth introduction to meditation and the basic principles of Shambhala warriorship. **Suggested donation:** \$115/\$100 (members)

#### Unpacking the Shambhala Lineage Chant,

##### 6 Thursdays starting 9/17, 8 pm

If you have chanted the Shambhala Lineage Chant and ended up wondering, "Who in the world is Shri Simha?" or "What's a Dharmaraja?" this course is for you. Learn the stories of the great heroes of our lineage and their importance for us. Open to all. **Suggested donation:** \$75/\$65 (members)

#### Harvest of Peace Celebration

##### Sunday 9/20, 11:30-3:30 pm

Please join us for this year's Harvest of Peace celebration, with a sangha-wide address from Sakyong Mipham Rinpoche. The schedule for the day will be announced later this summer. Everyone is welcome.

#### Mindful Parenting: An Active Compassion

##### Training, Tuesday 9/29, 7-9 pm

Learn principles to apply with your children to help them awaken to their inherent sanity while keeping your sanity. Karis Haslam is a parent and facilitator of Children's programs at the Baltimore Shambhala Center. **FREE**

*"Let meditation permeate your life and it will permeate the world." -Sakyong Mipham Rinpoche, visiting Baltimore on May 9, 2009*



*Although we depend on program income to help us keep our doors open, we don't want anyone to stay away for financial reasons. Please participate, and if you can't pay what we ask, just pay what you can.*