



# Shambhala News

April 2008

## *Envisioning Enlightened Appearance*

### THE ART OF VAJRAYANA BUDDHISM

*with Cynthia Moku*

**May 2nd, 3rd & 4th  
Friday, Saturday & Sunday**

The art of the Himalayan Buddhist countries has infused the lives of the people in those societies with values of an altruistic nature, both towards a common humanity and in appreciation of the natural world. Essentially all is sacred. Thus art and life are intertwined naturally and spontaneously. One of the fruits of this sacred expression comes to us in a visual form commonly known as thangka painting. In this program we will come to know these paintings more fully through talks, meditation and art exercises. Opening the gateway to their meaning reveals a contemporary relevance, both as magnificent works of art and as inspirational aides in the transformative process of visualization meditation.

Also complimenting this weekend program

#### **An Art Exhibit**

*Closing Reception Sunday 1:00-4:00pm*

Cynthia is bringing original artwork -sketches, drawings and brush ink calligraphies-from a variety of thangka painting and mural projects, including preliminary works for the Primordial Rigden thangka painting.

Program details ~ *continued on page 2*

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#### **Contact Us:**

133 D Street, Suite H  
Davis, CA 95616  
(530) 758-1440

Website: [davis.shambhala.org](http://davis.shambhala.org)

email:

[davis\\_shambhala@pacbell.net](mailto:davis_shambhala@pacbell.net)

For information on subscribing to our  
internet email list server,

send an email to

[DavisList@aprilfool.info](mailto:DavisList@aprilfool.info)

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## PROGRAM DETAILS

### **Friday evening 7:00-9:00pm (public talk)** **"Tracing the Image of the Buddha"**

*This weekend Program begins with a lhasang and slide presentation on the history of the image of the Buddha from the time of Shakyamuni to the present.*

### **Saturday 9:00-5:00pm (for Program participants)**

#### **The Art of Vajrayana Buddhism**

*The program continues all day Saturday, further developing our understanding and direct experience of this liberative art through talks, meditation practice and art exercises.*

### **Sunday 9:30-12:30pm (for sadhakas and tantrikas)**

#### **"Envisioning Enlightened Appearance"**

*The morning will be devoted to meditation and discussion on the art of visualization.*

### **Sunday 1:00-4:00pm (open to all participants)**

#### **Program & Exhibit Closing**

*We will celebrate the weekend with a feast practice and closing reception.*

## PROGRAM COST

### **Friday, Saturday & Sunday afternoon**

*\$100/120nonmembers\**

### **Sunday morning**

*\$45/55 additional*

### **Friday only**

*\$20/25*

*Materials fee*

*\$7*

*\*No one will be turned away due to inability to pay.*

#### **Contact: Yasmin Spiegel**

[ycs@spiegel-law.com](mailto:ycs@spiegel-law.com) Director of Practice & Study DSMC  
 530 -758-4057

## *CynthiaMoku*

*has been painting thangkas since 1974, inspired by her root lama Kyabje Kalu Rinpoche. A faculty member of Naropa University since 1985, she is currently assisting Acharya Dale Asrael in training Master of Divinity students in bringing Mindfulness Meditation practice to hospices, shelters and prison facilities. Her artwork is exhibited in the Denver Art Museum's Buddhist Art Collection and in private collections in North America and Europe. Since 2004 she has been painting for her spiritual teacher, the Sakyong Mipham Rinpoche.*



*Cynthia Moku*

## LINEAGE AND DEVOTION

### Part of the Shambhala School of Buddhist Studies curriculum

We are offering a Lineage and Devotion Class with John Osajima, which will begin Thursday April 17 and continue April 24th, May 3 and 10.

**When:** Thursdays, April 17, 24, May 1 and 8, 7:00pm - 9:00pm

**Who:** Taught by John Osajima

**Cost:** \$50 general, \$25 students

This class will delve into the richness of our lineages, Kagyu, Nyingma and Shambhala, connecting both to our enlightened teachers of the past, and to how the lineage is alive in us today. We will learn about the distinctive style and character of these lineages by reading the biographies, stories, and poems of both the early founders and the current and recent lineage holders. Contemplating the notion of devotion we see our changing relationship to ourselves, to our teacher, and to the world altogether. Through devotion we can open our hearts to ourselves and our world by inspiring our love and compassion.

John Osajima, a wise and gentle teacher from the Bay Area will be coming to Davis to teach this class. A sign-up sheet is at the center; please contact Barbara Hegenbart ([bhegenbart@gmail.com](mailto:bhegenbart@gmail.com) or 530 756 4155) if you have questions.

## Stroke and Gesar Practice

**April 12, 2008**  
**1:00 – 3:30 PM**

Perry Brissette of the Berkeley Shambhala Center is coordinating a session of Stroke and Gesar Practice, the afternoon of Saturday, April 12, 2008 from 1 to 3:30 PM, followed by a light tea together.

Attendance at Warrior Assembly is a prerequisite for this practice event.

Students may come for all or part of the practice day. Please bring your practice supplies and texts. We look forward to seeing you there.

Please contact Perry Brissette for more information. There is no charge.  
[perrypawo@yahoo.com](mailto:perrypawo@yahoo.com), 510-508-6774.



Deity with Sword

## Classes & Events



### Shambhala Training Level IV

## Awakened Heart

Friday, April 18, 7 - 9 pm  
 Saturday & Sunday, April 19 & 20  
 9 am - 6 pm

In Level III, the practice of daring means stepping beyond fear. In Level IV, we explore awareness beyond mere mindfulness. We discover that being aware is also being tender. We allow the world to communicate with us: jackhammers, magpie cries, and the way our waitress pours coffee. Each moment is experienced "as a moment of nowness."

Director **Jesse Miller**, a long time student of Shambhala teachings, teaches all over the world.

**Cost:** \$150, \$90 for full time students, \$40 for those repeating the level. No one will be turned away for financial reasons. If you need financial assistance or have any questions about the weekend contact Patti Larson 530.757.2861 or [pbl281@pacbell.net](mailto:pbl281@pacbell.net).

**To Register:** please send your payment in full or a \$50 deposit made out to Shambhala Training Davis to Davis Shambhala Center, 133 D St. Ste H, Davis, CA 95616

*Open to graduates of Shambhala Training Level III.*



## Announcements

**April 2, 2008**

### Celebration of the Parinirvana of Chogyam Trungpa at 7 pm.

We will show a DVD of a teaching of Chogyam Trungpa called "Dawn of Enlightenment", share stories and reflections on our connection with our teacher, and have a reception with poems, songs and toasts.



### Dorje Loppon Lodro Dorje April 4-6, 2008 in Berkeley

Friday evening, April 4th:

### Celebration of the Parinirvana Chogyam Trungpa Rinpoche.

That evening will be an open Sadhana of Mahamudra

Feast with remarks by the Loppon.

Saturday and Sunday, April 5 & 6:  
 Vajrayana teachings  
 with the Dorje Loppon (restricted)

The teachings will look at the integration of mahamudra and dzogchen practice with our sadhana practice.

## Council Meeting Minutes

### Davis Shambhala Center Council Meeting Minutes March 19, 2008

Present: Rebekka Martorano, Michael Mallett, Shelley Walker-Davies, Gene Tashima, Patti Larson, Yasmin Spiegel, Valerie Vaughn

#### Scheduling

Valerie will give the following dates to Richard Darsie for website calendar:

Shambhala Training Level IV should show up on Saturday and Sunday as well.

Sadhana of Mahamudra to be added on Sunday, April 20<sup>th</sup> at 7:30pm.

Correct Paranirvana with Dorje Loppon in Berkeley.

Open House and Family Sit Sunday April 6<sup>th</sup>. Rebekka will call Linda to firm up the person who is supervising Family Sit, the children's activity.

The scheduling of John Oshijima's Lineage and Devotion class needs to be discussed with Barbara. Rebekka suggested that we may not have enough notice to publicize. Yasmin will follow up with Barbara. Gene brought up the way that things are advertised seems a bit "in house" and we need to think about this for future events.

#### Financial Report

Shelley submitted the February financial report. The Common Area Maintenance (CAM) expense was the only unusual expense last month.

#### Education

**Cynthia Moku's visit** on May 1<sup>st</sup> will be participatory art as well as an explanation of the symbols involved in the Primordial Rigden Thangka. Yasmin will provide Michael more detailed information for advertising in the Sacramento arts community (2<sup>nd</sup> Saturday of the month). Rebekka requested that we get a flyer together by the end of the month and it needs to be in the April newsletter. Yasmin will contact her and ask for a preliminary draft. Michael will help with the draft. Other Shambhala centers need to be included (Paradise, Grass Valley) in announcements. Rebekka noted that Cynthia Moku's coming will compliment David Schneider's visit.

We need to know who is going to handle Family Sit in April. Sign-up sheet is missing.

**Update regarding plans for Paranirvana Celebration:** Dorje Loppon will come to Berkeley in April to do the Paranirvana Celebration. So, this year we'll celebrate the feast in Berkeley instead of Davis. We should send out a reminder via email with times as well.

**Google calendar:** Patti suggested that we switch to the Google calendar as it prints nicely, can be coded, and is free. It's like a parking place for shared documents, almost like virtual office space. We can export from Yahoo to Google without rekeying. Rebekka agreed that we should go forward with Google.

**Report from David Schneider weekend:** It was a successful weekend. \$2,500 cost (\$500 for travel and \$2,000 teacher's gift).

**Possible Council "retreat" day Memorial Day weekend:** While various members have travel plans, Patti suggested that we schedule it as a practice intensive.

## ALL ARE WELCOME

Regardless of race, ethnicity, income, age, sexual orientation, gender, language, culture, political class/social strata, physical/perceptual abilities, mental/psychological condition, learning disability, geographical location

## DIVERSITY CONNECTIONS

I was chatting with a Shambhala friend and she was describing her delicious Easter dinner. It reminded me how diverse our sangha is. There are a few people who grew up Buddhist. Most of us have some religious or spiritual background. Someone asked me if I were a "lapsed Catholic". I laughed at that old pejorative term and said I am Catholic in my fiber. I am not a practicing Catholic and consider myself a "bodhisattva in training" as I practice Buddhism. I also bring the richness of many other spiritual paths that I believe enhance my practice. I've heard other sangha members talk about maintaining connections with their Jewish faith and heritage. I am sure there are many other examples. I am reminded of the letter Richard Reoch sent in behalf of the Sakyong. In it he said regardless of our beliefs, we are to be accepted and welcomed into Shambhala. The Sakyong's Council committed themselves to a spirit of diversity, inclusiveness and community in their governance. I think this is an important commitment for us as well.

*Leal Abbott*

Please contact me with questions, suggestions, etc. at [lealabbott@yahoo.com](mailto:lealabbott@yahoo.com).



## What am I talking about?

by Sarah Mandel

My mother taught me to read Middle English about the time I finished the Little House books - Mom did graduate study on Chaucer at the University of Chicago long before I was born, and I suppose she needed someone to talk to about *Geoff and the Canterbury Tales*. His comedy and innuendo went right over my head, but it did give me a strong sense of how far back things can go, farther than my grandmother's reminiscence about the ludicrous intensity of Victorian prudity, farther than my great-uncles' tales of tickling rattlesnakes on the ranch. It got me wanting to go back all the way to where I could finally understand where things came from, and what they are.

I'm not one of those people who learned to read precociously early. Ours was an oral household with lore transmitted in story form around the dinner table after dinner when relatives gather. And when it's just us if Daddy reads out loud all four children are transfixed, especially if there is only a candle to read by and we are all in our pajamas and blankets lying on the floor by the fireplace where we have indoor wienie and marshmallow roasts in winter and particularly if at those times when the dramatic tension gets too scary for baby Jimmer Daddy puts the candlelight to work casting comical animal shadows in the shadowy corner where the firelight can't reach. We hear the stories that were read to him when he was a little boy, Swiss Family Robinson, the Oz series, Tom Sawyer and Huck Finn. The stories have been hiding out there in the enormous night waiting to be heard since before I was born.

So while contemporary literature was moving forward, I was heading back and further back into older stuff. There's comfort in knowing how long we've been cycling round the same human endeavors, courtship and kingship and war and peace, as well as the incredible entertainment value of discovering all the kinds of dresses and underwear people wore, togas and corsets and petticoats, hats and veils and shoes and hose not to mention centuries of preoccupation with the codpiece,

which has a lot in common with those endless spasms urging you to make it longer thicker, prouder and more erect, even though you don't have one and even if you did it's really about nerve endings, not blind bulk. But such appurtenances must once have been necessary to join the tops of the pairs of hose before the recent and welcome invention of Lycra.

One of the most marvelous bits of historical fabric is the cloth of honor<sup>1</sup>. You see it in paintings from the classical ages on, and still it shows up in fashion photography. It's just cloth, draped, tremendous gorgeous richly colored and shaded swaths of yards and yards of satin or silky gauze, hanging magically suspended above the head of a king or mounted around the throne, or floating behind goddess and muse. Its folds and shadows are more beautiful and satisfying than real textile could ever be - it gives form to a breeze of lha<sup>2</sup>, the way the leaves of trees tell us which way the wind is blowing, and its richness and color transcend the practical and possible. But I didn't know that when I was a kid - I tried and failed to make towels and sheets behave like that.

My mother also had a black cloth covered box containing fine illustrated plates of renaissance art, loose pictures that you could hold in your hands, with explanation printed on the back. Many were predictable religious scenes, but there were also heads of important men and women, painted from life. When I was in the second grade I wanted to paint such pictures when I grew up. I told people I want to be a portrait painter, but they seemed to have trouble grasping what I was saying, that I wanted to paint pictures of people's faces that were so true and fascinating that they would last until little girls in Nebraska studied them centuries later, sitting on the oriental rug on the living room floor in 1952, marveling at some Florentine power broker's red hat, warts and hooked nose, profiled against a landscape of miniature fantasy. Really?

There was something old and important waiting to be found. It wasn't in the classical tales and myths because I read them all. It wasn't in the Bible either-I read that twice and it didn't make me religious at all. Somehow all of it missed the point - I knew that but I didn't know what the point was.

*continued on page 8*

# POETRY

## Winter Visitors

Winter visitors have left  
for their summer home.  
But their images remain.

The chaos of snow geese.  
Like black and white confetti  
In the sky.

The order of tundra swans  
flying in straight-line formation.  
Long necks outstretched like arrows.

Sandhill cranes silhouetted  
against the colors of sunset.  
Coming in to roost for the night.

Their primordial chorus  
taking me back to my origins.  
Knowing that death  
is just a transition.

*by Sylvia Zack*

## Spring Evening

Petal-dusted streets  
Spring-brilliant Purples , , Greens , , Reds  
Each tree bursts new buds

*by Joel Mandel*

I'm pro-life  
But believe in the right to choose  
I'm pro-athlete  
But sit on my ass more than I should  
I can pro-nounce anything  
But procrastinate  
Pro-rate-ting  
There's always pros and cons  
To being me  
As long as I can relate  
To the tiniest of things  
I'm pro-ductive  
Pro-active  
and a Progressive  
When it comes to living

Lincoln still had its original Carnegie Library, heroic buff brick and stone high windowed, approached up a flight of stairs rising to glass double doors with their thick green beveled edges and brass pulls and then another shorter flight and you were standing on the mosaic floor of the rotunda with its ring of windows illuminating water stained muses who danced under a golden dome overhead, their draperies (cloth of honor) wafting behind them. Below and back in the stacks the shelves were crammed together stuffed with old books, but the best I could do was Nostradamus which I found vague and overrated. My calf muscles were twitching inside my red rubber boots, tired from walking downtown through dirty snow. Maybe I would have better luck upstairs in the attic, up the twisting circular metal stairs two stories to the ceiling and the door opening into a vast low dusty room under the roof and littered with pigeon feathers, crusts of ancient plaster, broken chairs and random debris - perhaps I would have fallen through the ceiling and found out once and for all but the librarian was up there after me, hissing you can't be up here, come down right now! Good girl that I am, I did, and the following spring they tore it all down and built a modern library completely devoid of structural magic.

So I went back to reading the later works of Mark Twain and resigned myself to being again in the lonely ranks of those who wondered. The teachers at school didn't have any clue what I was asking for. But something was still missing. The pilgrims travel west and the Indians struggle with their descendents on the plains and 2+2 keeps equaling 4 but nobody wanted to talk about all those other interesting things like the sky behind the stars or how my eyes each see a subtly different shade of color if I close them alternately one at a time, or most obviously how everyone changes day by day even though we pretend we're still the same. Why don't we ever talk about time and how strange it is?

Getting there too early and too late has always been my curse, the train of events running on a timetable that cannot be forced. There's no use wandering around Vermont looking for a place that won't be there for three years yet. It's like missing your children before they are born. But Atisha<sup>3</sup> and Longchenpa<sup>4</sup> are easy to find now, translated and explicated by Pema<sup>5</sup> no less, and I am going to Karmê Chöling<sup>6</sup> next week.

Before the reading and the words and the teachers and librarians, back when the smell of spring came through the screen door in the morning and the world seemed boundlessly waiting for me to come out and play, I wanted to be a singing harp, a harp that plays herself, like the one in that old cartoon where Mickey Mouse is Jack the Giant Killer and he and Goofy climb up the amazing beanstalk and rescue her from the castle where she is trapped in the Giant's clutches. When they bring her back to the Peaceful Valley her song heals and enriches the land, and the streams run pure and the fruit trees bloom and the people smile and are joyful again. I'd still like to be her.

*by Sarah Mandel*

<sup>1</sup> Anne Hollander, "Seeing through Clothes", University of California Press, 1993.

<sup>2</sup> Lha: a Tibetan term indicating upliftedness - also associated with mountain tops, vast view, and profound accomplishment.

<sup>3</sup> Indian Buddhist master born approx. 980 AD who brought the Tonglen and Lojong teachings from Indonesia to Tibet.

<sup>4</sup> Major Nyingma teacher born approx. 1300, transmitted Dzogchen teachings.

<sup>5</sup> Ani Pema Chödrön, American Buddhist teacher and nun, born 1936, author of numerous popular texts explaining Mahayana Buddhist practices and current Abbess of Gampo Abbey in Cape Breton, Canada.

<sup>6</sup> Rural retreat and land center, founded 1970 by Chogyam Trungpa Rinpoche in Barnet, Vermont.





by H. H. Wong

**DAVIS SHAMBHALA  
MEDITATION CENTER**

Yasmin Spiegel will give the Open House talk on Sunday April 6, 2008.

Topic: **How the Broken Heart Becomes Compassion.**

**9:00 am** – Learn to Meditate

**10 am** – Refreshments/Social

**10:30 am** – Dharma Talk

2nd and D Street  
(Above First Northern Bank)  
758-1440

**Invite friends and family to our monthly introduction to the Center and to the Dharma.**

There will be no Open House  
Sunday May 11, 2008

Next Open House to be scheduled for  
June. 1<sup>st</sup>, 2008

Barbara Hegenbart will give the Open House talk June 1<sup>st</sup>, 2008



**Sitting Meditation**

Sunday mornings 9 am - 10 am

Monday & Thursday mornings 6 am - 7 am

Tuesday evenings (Tonglen) 5:30 pm – 6:30 pm

Monday evenings - 7 pm - 8 pm

Wednesday noontimes 12:10 - 12:50 pm

Thursday evenings 7- 8 pm (7-7:30 pm class nights)

**Meditation Instruction (no charge)**

Monday Evenings 7 pm – 8 pm-(Meditation Instructors 1<sup>st</sup> three Mondays of each month)

Thursday Evenings 7:00pm

Sunday Mornings 9:00am

**Sadhana of Mahamudra - All are invited.**

April 20<sup>th</sup> 7:30 pm, full moon

**Council Members**

**Rebekka Martorano**  
Director

**Linda McHenry**  
Head Meditation Instructor

**Patti Larson and Gene Tashima**  
Resident Directors, Shambhala Training

**Marc Ross**  
Publicity Coordinator

**Manuel Medeiros and Patricia Medeiros**  
Co-Warriors of the Center

**Mary Tracy**  
Maintenance

**Mary Yamada**  
Newsletter Editor

**Gene and Helen Tashima**  
Nalanda Arts

**Elaine Reid**  
Assistant Comptroller  
Housing Coordinator

**Yasmin Spiegel**  
Head of Study

**Valerie Vaughn**  
Administrative Assistant

**Marshal Bishop**  
Head of Practice

**Lynne Bartz**  
Prison Program Coordinator

**Barbara Hegenbart**  
Assistant to Head of Study  
Shrine keeper

**Musawwir Spiegel**  
List Serve/Directory Master

**Sarah Mandel**  
Desung

**Sherrell Richmond**  
Shambhala Training  
Database Coordinator

**Leal Abbott**  
Diversity and Accessibility  
Coordinator and Librarian

**Lyle Larson**  
Development & Communications

**Linda Hendricks**  
Membership Coordinator

**Richard Darsie**  
Media Librarian  
& Webmaster

**Bill Fell**  
Poet Laureate  
Bursar

**Peter Sharp**  
Shambhala Training  
Comptroller

**Christina Bernadac**  
Rusung

**Shelley Walker-Davey**  
Comptroller

**Michael Mallett**  
Coordinator of Outreach and  
Communication



Shambhala Training is a series of contemplative workshops, suited for both beginning and experienced meditators. The simple and profound technique of mindfulness and awareness practice is the basis of a secular path of meditation, which can benefit people of any spiritual tradition and way of life.

Shambhala Training is the study and practice of warriorship in the tradition of human bravery and leadership.

This path shows how to take the challenges of daily life in our modern society as opportunities for both contemplative practice and social action.

For more information, please contact Patti Larson  
530.757.2861  
or Gene Tashima 530.756.5750.

### *Heart of Warriorship*

A five-weekend introduction to the view of Shambhala warriorship that cultivates mindfulness and awareness in everyday life through sitting meditation.

### *Sacred Path*

*For students who have completed  
the Heart of Warriorship program*

#### *Dates:*

*Level IV: Awakened Heart Apr 18-20*

*Level V: Open Sky*

*\*Outrageous & Inscrutable - \* April 11-13,  
2008, Berkeley*

*\*Golden Key- \* May 23-25, 2008, Berkeley*



## The Davis Shambhala Meditation Center

We are affiliated with Shambhala International under the direction of Sakyong Mipham Rinpoche. In addition to being the recognized lineage holder in the Kagyu and Nyingma lineages, the Sakyong is also the holder of the Shambhala lineage. The Tibetan Buddhist meditation master, Chögyam Trungpa, Rinpoche, founded the organization.

### Membership

It is not necessary to be a member in order to attend meditation practice, receive meditation instruction, or attend classes. Membership involves a commitment to pay regular monthly dues in any amount, to develop a regular discipline of sitting meditation, and to meet with one's meditation instructor on a regular basis. For more information about membership, contact your meditation instructor, Bill Fell (753-2846) or Linda Hendricks (530-756-7464).

### Meditation Instructors

*Meditation instruction is available  
on Thursday nights, Sunday mornings or by appointment*

Marshall Bishop (916.489.9560)  
Rachel Kline (530.668.9405)  
Patti and Lyle Larson (530.757.2861)  
Joel and Sarah Mandel (530.753.4339)  
Linda and Henry McHenry (530.756.3202)  
Megan Roberts (530.756.6626)  
Gene Tashima (530.756.5750)  
Eric Henn (530.795.5089) • Marie Endres (530.756.2771)  
Rebekka Martorano (530.756.9605)  
Barbara Hegenbart (530.756.4155)

### Practice Instructors

Pamela Pickup (209.532.7045)  
Peter Sharp (916.381.1737)  
Eleanor Chambers (530.877.6083)

### Shambhala Guides

Bill Fell (530.753.2846) • Mary Tracy (530.758.0445)  
Sharon Skelton  
Helen Tashima (530.756.5750)  
Richard Darsie (530.753.5981)  
Yasmin and Musawwir Spiegel (530.758.4057)

### Council Meetings

The next Council meeting will be April 08, 2008  
7:00 PM

All are invited.