



December 2008 Highlights Shambhala Meditation Centre

670 Bloor Street West #300 | 416.588.6465 | toronto@shambhala.org

2 Tuesday. Emptiness. A Shambhala Buddhist Studies Course. When the teaching of the Heart Sutra first occurred, its proclamation of emptiness was so powerful that several highly realized disciples died of heart attacks. Yet today we can read it without missing a beat. In this course we will study and contemplate the Heart Sutra line by line and bring these teachings alive so that we too could take them to heart. The course continues into January with a one-day practice and study session on Sunday, January 11. 8:15pm. \$50.

5 – 7 Friday to Sunday. Open Sky, Shambhala Training Level V. With Gisele Laberge. In Open Sky, Shambhala Training Level V, we begin to sharpen our awareness. We also find the open clear sky of mind, which is a delightful source of wisdom and uplifted energy. Prerequisite: Shambhala Training Level IV, Awakened Heart. Starts Friday at 7:30pm and runs 9am to 6pm Saturday and Sunday. \$150.

8 Monday. The Ordinary Roots of Buddhism. A talk by Jim Colby on the ordinary roots of Buddhism. Everyone welcome. 8:15pm.

12 Friday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. 7pm.

14 Sunday. Meditation Intensive. Join us for all or any part of this three-hour sitting and walking meditation intensive. Everyone welcome. 10am to 1pm.

17 Wednesday. Meditation Discussion Group. An open discussion about meditation. Everyone welcome. 8:15pm.

20 Saturday. Children's Day. The Children's Day holiday is held each year at Winter Solstice time in December by the Shambhala community. This holiday, founded by Chögyam Trungpa Rinpoche, celebrates children and childhood, emphasizing that every child can be a king or a queen. Everyone welcome. Details to be announced—see website for latest information.

27 Friday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. 7:30pm.



Everything we need is already here.

- Sakyong Mipham Rinpoche

Visit www.mipham.com

Ongoing Events

Open Evenings

Every Monday, Tuesday and Wednesday evening at 7 pm, the Shambhala Meditation Centre is open, offering meditation instruction, group meditation practice, and regular public talks.

Learn to Meditate

Meditation instruction is available at 7 pm on Monday, Tuesday and Wednesday evenings.

Buddhist Practice & Study Nights

Held every Tuesday evening at 7 pm. Everyone welcome. See calendar for upcoming classes and talks.

Yoga on Tuesdays

Participate in a one hour yoga class every Tuesday at 5:30 pm. Everyone welcome. By donation.

Visit us on the web at toronto.shambhala.org

December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Open Evening.	2 Open Evening. Yoga, 5:30pm-6:30pm. Emptiness, 8:15pm.	3 Open Evening. Training the Mind, 8pm.	4	5 Shambhala Training Level V, 7pm-9pm.	6 Shambhala Training Level V, 9am-6pm.
7 Shambhala Training Level V, 9am-6pm. Avalokiteshvara Feast, 6pm.*	8 Open Evening. Talk: The Ordinary Roots of Buddhism, 8:15pm.	9 Open Evening. Yoga, 5:30pm-6:30pm. Emptiness, 8:15pm.	10 Open Evening.	11	12 Sadhana of Mahamudra, 7pm.	13 Ngondro.*
14 Ngondro.* Meditation Intensive, 10am to 1pm.	15 Open Evening.	16 Open Evening. Yoga, 5:30pm-6:30pm. Emptiness, 8:15pm.	17 Open Evening. Discussion group, 8:15pm.	18	19	20 Children's Day.
21 Ashe Society, 2pm.* Vajrayogini Feast, 6pm.*	22 Open Evening.	23 Open Evening. Emptiness, 8:15pm.	24 CLOSED.	25	26	27 Sadhana of Mahamudra, 7:30pm.
28	29 Open Evening.	30 Open Evening.	31 CLOSED.	*Events with asterisks are restricted to qualified participants.		

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