



# February 2009 Highlights

## Shambhala Meditation Centre

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

3 Tuesday. The Hundred Thousand Songs of Milarepa. In this class we will study the teachings of Milarepa, one of the outstanding lineage holders of the Kagyü tradition in eleventh century Tibet. He has been an inspiration for generations of practitioners showing us that adverse conditions and a difficult life situation can be a potent aid in our practice if met with unflinching commitment and perseverance. His life story stands as an example of what is possible when we dare to go beyond the small mind of "I cannot do that!" 5 week, Tuesday evening course. \$35 plus \$10 for Milarepa movie night.

6 to 8 Friday to Sunday. The Great Eastern Sun. An introduction to the Sacred Path program of Shambhala Training, this weekend program teaches how to see the Great Eastern Sun, the primordial energy and brilliance that is the basis of all that exists. It includes an introduction to membership in Shambhala -- a living context for building a sane society. Prerequisite: Open Sky, Level V, Heart of Warriorship. Starts Friday at 7:30pm. \$150.

9 Monday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. 8:15 pm. Also on Tuesday, February 24.

11 Wednesday. The Four Immeasurables. A 4 week, Wednesday evening course taught by Khenpo Kunga. The four immeasurables are a meditation practice to cultivate the virtues of loving kindness, compassion, joy and equanimity. 8:15pm. \$30.

17 Tuesday. Milarepa: Magician, Murderer, Saint. Join us as we watch the movie Milarepa: Magician, Murderer, Saint. Part of the Hundred Thousand Songs of Milarepa course. Everyone welcome. Starts at 8pm. \$10.

14 to 23 Sunday to Monday. Pacifying the Turmoil of the Mamos. A protector chant that is recited to pacify the karmic causes of personal, social, and environmental chaos that accumulate at the year's end. By reciting the chant, we tune into the protector principle of awareness and reconnect with sacred outlook. Everyone welcome. Starts Saturday February 14 at 7 pm, and continues every evening to Monday, 23 February. See the month-at-a-glance on the reverse side for exact times.

21 Saturday. Bodhi School. A monthly program for children and teenagers from 5 to 14 years that will inspire them to explore meditation through the arts and guided imagery. Includes special visit with Sönam Rinpoche. 10 am to 12 noon. By donation.

25 Wednesday. Shambhala Day. Shambhala Day marks the beginning of the new year of the Earth Ox and is one of the most important traditions of Shambhala Buddhism. Based on the traditional Tibetan new year's celebration, it is a time for us to express the wealth and richness of our spiritual and cultural heritage. Details to be announced.

28 Saturday. Shambhala Soiree. Join us for an evening of new year's celebration and socializing at the Shambhala centre. Details to be announced.

## 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](http://toronto.shambhala.org)*

# February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Open Evening.	3 Open Evening. Yoga.  Milarepa course.	4 Open Evening. Four thoughts.  Avalokiteshvara Feast 6pm.*	5	6 Great Eastern Sun.	7 Great Eastern Sun.
8 Great Eastern Sun.	9 Open Evening  Sadhana of Mahamudra, 8:15pm.	10 Open Evening Yoga  Milarepa course	11 Open Evening.  The Four Immeasurables.	12	13	14 Mamos, 7 pm.
15 Mamos, 7:30pm.	16 Open Evening.  Mamos, 8:15pm.	17 Open Evening . Yoga. Milarepa Movie, 8pm. Mamos, 6:30pm.	18 Open Evening. The Four Immeasurables.  Mamos, 8:15pm.	19 Vajrayongini Feast, 6pm.*  Mamos, 7:30pm.	20  Mamos, 7:30pm.	21 Bodhi School.  Mamos, 7:30pm.
22 All Vajrayana practice day.*  Mamos, 7:30pm.	23 Open Evening.  Mamos, 8:15pm.	24 Open Evening. Yoga. Sadhana of Mahamudra, 8:15 pm.	25 Shambhala Day. Ashe & Kalapa Society, 7pm.* Open Evening Cancelled.	26	27	28 Shambhala Soiree.
*Events with asterisks are restricted to qualified participants.						

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