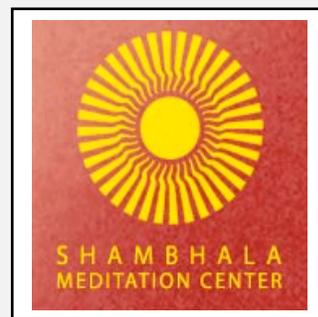


Shambhala News



133 D Street, Suite H, Davis, CA 95616
Phone: 530.758.1440
Website: www.davis.shambhala.org
Email: davis_shambhala@pacbell.net

February 2020



Our Shrine Room

12-Step Group

The 12-Step Group which uses our space meets each Wednesday at 6:30 PM.

The contact (secretary) for the group is Jon: [530-771-7970](tel:530-771-7970)

To be notified of forthcoming events, please go to our website:

<http://davis.shambhala.org>

and fill in the blanks on the right side of the homepage entitled 'Sign up for our email list'.



ALL ARE WELCOME

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

Shambhala Day 2020 Activities

Please save the dates:

Monday, February 24, 10:00 AM – Live Broadcast and Practice

Sunday, March 1—Community Gathering and Celebration

Together, we will enter the Tibetan New Year of the Iron Mouse

SHAMBHALA DAY marks the beginning of the New Year, and represents one of the most important traditions of Shambhala Buddhism. Based on the traditional Tibetan New Year's celebration of Losar, the day is calculated astrologically according to the Tibetan lunar calendar, and changes every year to coincide with the annual lunar cycles.

This year Shambhala Day is on Monday, February 24. Everyone is welcome to gather at the Center to participate in the live broadcast beginning at 10:00 AM. The broadcast program this year will include joining together in worldwide group practice, and sharing Shambhala culture, and greetings from throughout our worldwide community.

On Sunday, March 1, we will gather as a community to engage in conversation and celebrate the New Year. All are welcome. It is important to gather as a sangha for the New Year to feel what brings us together and keep us together as a community. We've all been through an incredibly challenging time, personally and as a sangha. It feels important to recognize that many of us are in different places with our feelings about Shambhala, our practice, and the Sakyong. It is our hope that we can be there for each other, amidst these differences, to practice and be in community together.

We'll share more details as they come together, and we hope to see many of you on February 24 and March 1.

Dön Season: Leading up to Shambhala Day, we can all engage in the Dön Season practices and Annual Winter Practice period together. The Don Season this year is February 13 through February 22. During this period, all are invited to learn about and practice the Mamo Chants every day at the Center at 6:00 PM or 7:00 PM depending on other programs on those days -- Check with the web calendar.

Winter Practice Period: Our Annual Winter Practice period will commence on January 26. Each Monday through Saturday, we will sit at 7:00 AM, with breakfast following at 8:00 AM. On Sundays, we will sit at our usual 9:00 AM time, followed by our usual book class and coffee at Cloud Forest Cafe.

Kindful Resilience -- Introduction to Viniyoga
February and March Tuesday evenings at 6:00 PM

MoveWell ~ BreatheWell ~ MindWell ~ Be Well



"Your breathing is the closest you can come to a picture of your mind....When you're hungry, you breathe in a special way; when you're full, you breathe in a special way; when you're happy, you breathe in a special way; when you're sad, you breathe in a special way."

Chogyam Trungpa -- *The Path is the Goal*

Do you know how to use your breath to see the portrait of your mind? Does your practice allow you to become aware of the breath and the environment you have created around the breath? Do you want greater freedom and ease in body, mind and heart?

Then dive into an exploration of Viniyoga with Jan Beange (RYT500), integrating gentle movement, breath, meditation and sound. Viniyoga methods create a deep connection between breath, body and mind. Through gentle breath-centric movement, you can learn how to use your breath patterns to discover, recover and coordinate with your fundamental well-being. Recognizing the present in this way enables body and mind to be synchronized for general health, natural ease, well-being, and contemplative insight. For more information, please contact Jan at (415) 315-9871. Cost is \$15.00 with sliding scale available. **DROP-INS WELCOME!**



Being with Aging: An Exploration
2nd and 4th Mondays 6:30 – 8 PM

We meet on the 2nd and 4th Mondays of the month from 6:30-8 pm. In this series of conversations, we are exploring the opportunities and challenges of aging in a society in which youth and vigor may be over emphasized. Is ageism only an elder issue? We live in a society of imbalances: between fear and bravery, between freedom and safety, between quality of life and long life, between interdependence and independence. Isn't it true that in an ageist society, youth and people in all decades of life also experience ageism? Everyone is welcome to join us whether or not you have been able to complete the reading.

2nd Monday: Book: *This Chair Rocks* by Ashton Applewhite.

4th Monday: Open discussion - members bring topics and one or two are chosen by the group for discussion that night.

For more information please contact Megan Murphy:

meganqmurphy@outlook.com or 510-542-1391



**Welcoming the Unwelcome:
Wholehearted Living
in a Brokenhearted World**
(The latest book by Ani Pema Chodron)

Thursday evenings March 12 through May 14 at 7:00 PM

In her first new book of spiritual teachings in over seven years, Ani Pema offers fresh wisdom, heartfelt reflections, and the signature humor and insight that have made her a beloved guide during turbulent times. In an increasingly polarized world, Pema offers us tools to find common ground, even when we disagree, so we can build a stronger and broader sense of community. Sharing never-before-told personal stories from her remarkable life, simple and powerful everyday practices, and directly relatable advice, Pema leads the way in showing us how to become triumphant bodhisattvas – compassionate beings – in even the most difficult of circumstances.

There is a lot of ground to cover, hence a ten-week session. We encourage you to get the book and read it before the class starts, and maybe even write down one or more questions you want considered. We have the hardbound copies at the Center for half-price at \$13. The group will sit in a circle, and after a very short period of meditation, we will discuss Pema's thoughts, and your reactions. Group and individual meditation instruction will be available.

For more information, contact Patti Larson at (530) 757-2861 or plb281@pacbell.net OR Bill Fell at (530) 753-2846 at wfell@sbcglobal.net.

Program price – **Range could be \$5 to \$200**

Patron price - **\$200**

No prerequisites. Drop-ins Welcome



by Mary Yamada

Sensory Awareness Session

Saturdays 2/22 and 3/21, at 10:00 AM

Sensory Awareness is a mindfulness practice through which we connect with our own natural intelligence and vitality; we discover what responds in us in the midst of change; and we learn to rely on our sensations as guides to the fresh terrain of each moment. When we surrender to our own natural responsiveness, we do rise up rooted like trees, ready to meet what comes.

All of us face, or will face, moments of stress and difficulty in our lives. In these moments, can we return to our senses? Can we feel how we tighten or contract? Can we pause in the midst of tightness and open to the next breath and the next moment?

The practice of Sensory Awareness provides tools for recognizing and living with immediacy and presence in all aspects of our lives. Classes involve a series of gentle and interesting experiments, and there are no prerequisites for these.

For further information, please contact Gene Tashima at:
(530) 756-5750



At Eighteen Months

He loves his red boots,
They take him where
 cows munch
 pigs snort
 and a banty-rooster crows --
In this haven of delight,
his sentient friends.

by Sally Sobotka



Look for these upcoming events:

Book Class with Marshall Bishop:

Most Sundays ~ 10:30 AM

Kindful Resilience -- Introduction to Viniyoga (Yoga):

February and March ~

Tuesday evenings at 6:00 PM

Shambhala Sadhana:

Sunday ~ February 9 at 9:00 AM

Sadhana of Mahamudra:

Thursday ~ February 23 at 7:00 PM

Being with Aging: An Exploration ~

Every 2nd and 4th Monday evenings

From 6:30 to 8 PM

.Sensory Awareness Session:

Saturdays ~ 2/22 and 3/21, at 10:00 AM

Shambhala Day:

Monday ~ February 24, 10:00 AM

Live Broadcast and Practice

and:

Sunday ~ March 1 ~ 10:00 AM

Community Gathering and Celebration



Grrr

I am not a cougar.
Do not look at me that way.
Youth does not charm me.
Gray hair does not alarm me.
I am not a cougar.
Your son is safe with me.
However,
Your strong arms around me,
Your hard body pressed to mine,
The musky odor of your sweat,
Mingled with my rose perfume,
Would be Devine.
But, I am not a cougar.
Do not look at me that way.

by Janet Gallagher

Sitting Meditation

Sunday mornings 9:00 AM -- 10:00 AM
and
Monday through Friday 7:00 AM -- 8:00 AM
then
Breakfast starting at 8:00 AM

Learn to Meditate (no charge)

Tuesday Evenings 7:00 PM (Introduction to Meditation)

Sunday Mornings ~ 9:00 AM



Council Members

*Co-directors Elvia Garcia and
Mark Robinson*

*Head of Practice and
Education and
Head Meditation Instructor
Lyle Larson*

*Rusung
Fernando Fierro*

*Head of Culture
and
Decorum
Pat Medeiros*

*Head of Outreach
and
Communication
Amanda Hodson*

*Director of Societal Health
and Well Being
Deb Curry*

*Head of Finance
Shelley Walker-Davey*

*Administrative Assistant
to Council
Jan Beange*

Other Volunteer Positions

*Staff Support Lead
Sloane Dell'Orto*

*Event Registration
Jane Austen*

*Environment and Facilities
Mark Robinson*

*Membership Contact
Fernando Fierro*

*Nalanda Arts Coordinators
Gene and Helen Tashima*

*Revenue Collections
Elaine Reid*

*Poet Laureate & Bursar
Bill Fell*

*Librarians
Leal Abbott and
Stuart Henderson*

*List Server Administration
Lyle Larson*

*Shambhala Database
Administration
Musawwir Spiegel and
Jon Draffan*

*Webmaster and Media
Archives:
Vacant*

*Newsletter Editor
Mary Yamada*

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

You do not need 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 the amount that is right for you, and to support the center with your practice and volunteer support. We warmly invite you to become a member. For more information about membership, contact Fernando Fierro (916.477.9678)



Meditation Instructors

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

Marshall Bishop (916.792.3960)
Patti Larson (530.210.5603)
Lyle Larson (530.210.0001)
Pat Medeiros (530.902.4949)
Manny Medeiros (530.902.3159)
Joel Mandel (530.304.9098)
Sarah Mandel (530.219.2528)
Henry McHenry (530.756.3202)
Gene Tashima (530.756.5750)
Rebekka Martorano (530.756.9605)
Yasmin Spiegel (530.758.4057)
Musawwir Spiegel (530.758.4057)
Elvia Garcia (530.574.7427)

Shambhala Guides

Bill Fell (530.753.2846) • Mary Tracy (530.758.0445)
Helen Tashima (530.756.5750) • Zenna Mohr (530.756.6612)
Richard Darsie (530.753.5981)
Laura Livingston (530.908.8203)
Amanda Hodson (505.720.6834)

Council Meetings

The next Executive Committee meeting
to be held February 11th
(Tuesday) at 7:00 PM
All are invited.

Our Facebook page has its own url now:
<http://www.facebook.com/Davis.Shambhala>

Also see front page for more information

