



MANCHESTER SHAMBHALA MEDITATION GROUP

Welcome

The Shambhala Meditation Group of Manchester, Vermont, is dedicated to mindful living through the practice of meditation and the study of Shambhala Buddhist teachings.

We welcome people of all denominations, traditions, and spiritual disciplines who would like to learn about the benefits of meditation in cultivating an awareness of the world around us.

Why practice meditation?

“Many of us are slaves to our minds. Our own mind is our worst enemy. We try to focus, and our mind wanders off. We try to keep stress at bay, but anxiety keeps us awake at night. We try to be good to the people we love, but then we forget and put ourselves first. And when we want to change our life, we dive into spiritual practice and expect to see quick results, only to lose focus after the honeymoon has worn off. We're left feeling helpless and discouraged. We all have the potential to awaken from the sleep of ignorance. We can create an alliance that allows us to actually use our mind, rather than be used by it. This is a practice anyone can do.”

From *Turning the Mind into an Ally*

*The vision of Shambhala begins
with the understanding that all humans,
at the very ground of their being,
have basic goodness and wisdom.*

www.ManchesterShambhala.org



Our lineage

Chogyam Trungpa Rinpoche (1939-1987), the founder of Shambhala International, was a



renowned meditation master, scholar, artist and poet. A revered teacher in both the Kagyu and Nyingma schools of Tibetan Buddhism, Trungpa Rinpoche's

teachings include the wisdom of Shambhala now presented in meditation centers throughout the world.

Sakyong Mipham Rinpoche

is the director of Shambhala International and the son of Chogyam Trungpa Rinpoche.

Educated in Buddhist meditation, philosophy, and



ritual, he was raised in both Eastern and Western traditions, attending school in the United States. Mipham Rinpoche teaches around the globe and is particularly skillful at making Buddhist teachings relevant to the Western audience. He is the author of *Turning the Mind into an Ally* and *Ruling Your World*.

About us

The Shambhala Meditation Group of Manchester, VT, has been meeting together and practicing meditation for the past eight years on Bonnet Street. We offer courses to deepen students' understanding of the Shambhala Buddhist path, as well as individual meditation instruction, weekend practice sessions, and special programs.

We have a strong and direct connection with Karme Choling Shambhala Retreat Center in Barnet, VT, where many of our members have participated in programs.

For more information, please see our website, www.manchestershambhala.org or contact a member of our leadership council:

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