



# SHAMBHALA CHICAGO



## Who am I?

**Exploring alienation with a returning class**  
by Kent Bridgeman

In this age of digital saturation, we are in some ways more connected than any other point in human history. We are plugged-in 24/7. But are we losing the most important connection of all? The connection to ourselves?

Returning for a second year, *Who am I? The Basic Goodness of Being Human* emphasizes the first of three experiences of alienation, the alienation we feel toward ourselves. When we lose connection with our own heart, emotions, our body, and our sensory experience; it becomes difficult to feel. [READ MORE...](#)



## The Inexplicable Joy of Shambhala Day

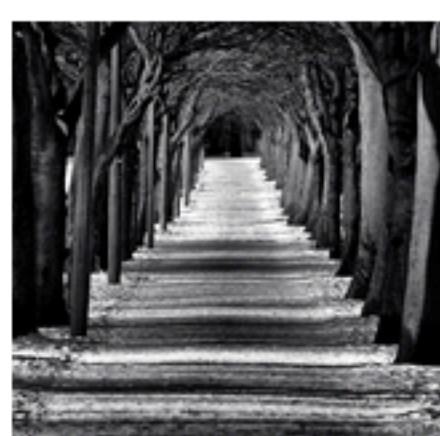
Arriving at the center for a day of Shambhala culture, the Kasung ritual of First Shot of Gin greets me with a smack and reminds me that any substance, any situation can wake us up. The Gin accompanies the First Shot, a Kyudo contemplative archery exhibition that takes place at sunrise in the shrine room, with archers dressed in Japanese ceremonial garb. Even without the straight shot of burning alcohol, there is already a sense of comradeship and friendliness towards all, even those people I've never seen before.

After the Kyudo demonstration, the following *shamatha* meditation grounds my mind and reminds me how good it is to meditate in the morning. [READ MORE...](#)

## Schedule for Shambhala Day

### Cheerful Year of the Wood Horse!

Please bring some kind of food dish, bread or dessert for the community lunch on Sunday. This year we are asking for a suggested \$10 donation (or more if you can help others) in order to cover breakfast, the three teachings, the DJ and the nine-plus hours of New Year's activities! Please [register online](#) to help us with the breakfast count. Please give a [donation](#) if possible, either [on-line](#) or at the West Loop Center. [SEE THE FULL SCHEDULE...](#)



### Dharma Journeys: The Journey is the Goal

In this new addition to the newsletter, we will take an in depth look at one our member's personal journey with mediation. The week we hear from Mary Fugiel. [READ MORE...](#)



### Inspiration: Elegance

*"Elegance means appreciating things as they are. There is a sense of delight and of fearlessness. You are not fearful of dark corners. If there are any dark, mysterious corners, black and confusing, you override them with your glory, your sense of beauty, your sense of cleanness, your feeling of being regal. "*

- Chogyam Trungpa, From [Ocean of Dharma: The Everyday Wisdom of Chogyam Trungpa](#), no. 149.

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## Upcoming Events:

### CLASSES

Feb 21-23  
[Who am I? The Basic Goodness of Being Human](#)

March 1  
[Learn to Meditate!](#)

Begins April 3  
[Contentment in Everyday Life](#)

April 4  
[Mindfulness In the Workplace](#)

April 5  
[Awake at Work](#)

### SHAMBHALA DAY!

Shambhala Day is Saturday March 1st.  
[Read all about it!](#)

Save the Date! Don't miss our GRAND OPENING on March 19-21. Details Coming Soon!

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