

## **NAROPA WEEKLY**

January 29, 2009; Vol. 13, #3

### **JANUARY**

Thursday, January 29, 2009

BA Contemplative Psychology Presents "Gross National Happiness: The Overarching Philosophy of Bhutan"  
With Lotay Rinchen  
7-8 p.m., Lincoln 4130

Bhutan, also known as "The Last Shangri-La," a tiny kingdom in the Himalayas, has a very rich bio-diversity, ancient and intact tradition and culture, pristine environment, and friendly people. Bhutan is on the forefront of environmental stewardship and the government's "high value-low volume" tourism policy is a unique way of regulating tourist flow into Bhutan. Unlike most countries, Bhutan is not flooded with tourists, and it continues to be an exotic and exclusive travel destination because of the peoples' strong respect for the environment and government's commitment to long-term sustainability. Bhutan wants to save the destination (special places) for our children and future travelers to enjoy too. It is all about sustainability and middle path. This is guided by the overarching philosophy of Gross National Happiness (GNH) whereby it emphasizes the need to find the balance between material prosperity and spiritual well-being. Bhutan's major export is thus hydro-electricity and happiness. Join Bhutan native, Lotay Rinchen, as he takes us through this beautiful country.

Friday, January 30, 2009

Artist's Reception for Sue Wallingford Exhibit:  
"Making Sacred. . .The Smallest of Things"  
5-7 p.m., Lincoln Gallery

This body of work consisting of ordinary objects enclosed in silk teabags was inspired by Sue's love for the natural world, her work as a therapist and her continued commitment to see things with honesty and intimacy. Exhibit runs through March 6, 2009.

Friday, January 30, 2009

Naropa Indoor Soccer  
Boulder Indoor Futsal, 2775 Valmont Rd., Boulder

Come out and support your Naropa athletes! The Bodhi Cheetahs play at 7:30 p.m.; the Bodhi Squirrels play at 8:20 p.m.; and the Bodhi Fire play at 9:10 p.m. Organized by Naropa Sports. Wanna play? Contact Phil Battos for more info: philbattos@gmail.com, 860-462-8785.

Friday & Saturday, January 30 & 31, 2009

Somatic Counseling Psychology Department's 13th Annual Somatic Arts Scholarship Concert: Chalking Sides  
8 p.m., Performing Arts Center  
Donation of \$10 requested; For more information: 303-245-4854 or leahd@naropa.edu

This annual student-directed event is sponsored by the Somatic Counseling Psychology Department. Students, staff, faculty and alumni come together to create performance out of love for expression, passion for the arts and a desire for community. The purpose of the concert is to raise scholarship funds for program students; give the Naropa and surrounding Boulder community a unique experience of embodied performance; provide a venue for cooperative projects between the department and mental health agencies in the outlying communities; create an educational opportunity for performers in the somatic counseling psychology community to come into relationship with the fundamentally healing and transformative power of the creative process.

## **FEBRUARY**

Tuesday, February 3, 2009

El Centro Film Series: Pink Floyd: The Wall

12–2 p.m., El Centro

A revolutionary rock opera that traces the troubled past a depressed rock star at the end of his rope & desperately searching for a way out. A stylized blend of drama, music and brilliant animation earned this film instant cult status.

Wednesday, February 4, 2009

Issues in Education: The Mary Culkin Lecture Series: "Four Resources of Emotional Richness in Education" with Richard Brown, MA Chair, Contemplative Education

6:30–8:30 p.m., Shambhala Hall

Suggested donation: \$8 (\$5, Naropa students)

The lecture and discussion series is made possible through community collaboration with the Early Childhood Council of Boulder County—Professional Pathways, Naropa University, Boulder County Association for the Education of Young Children and City of Boulder—Children, Youth & Families Division. The series was developed in memory of the late Mary Louise Culkin, who taught in the Early Childhood Education program for many years and helped develop the MA in Contemplative Education. Preregistration is not necessary. Donations support the Contemplative Education Scholarship Fund. For more information, contact Michael Girodo (303-546-5288).

Friday, February 6, 2009

Writing & Poetics Department's 4×4 Reading

8 p.m., Performing Arts Center

Naropa University, the University of Denver, Colorado State University and the University of Colorado at Boulder participate in the 4×4 Reading Series, where MFA and PhD students from each creative writing program meet twice a semester to give a reading on the host campus. Naropa's MFA students are nominated and selected by consensus at faculty meetings.

Saturday, February 7, 2009

Artist's Reception for Leo Tanguma, Chicano Muralist

2–4 p.m., Nalanda Gallery

Monday, February 9, 2009

El Centro Film Series: Romantico

1–3 p.m., El Centro

Two Mexican mariachi singers who pour their passion & talent into their music, performing for largely unappreciative audiences in San Francisco. Despite the hardships, the two immigrants persist in pursuing their art, chasing the dream of a better future for themselves—and their families.

Tuesday, February 10, 2009

Creating Sustainable Change: Brown Bag Dialogues

Facilitated by Lee Scriggins

12:00–1:30 p.m., El Centro

A discussion and open dialogue on collaboration, ally building and strategies for effective action in a holistic and inclusive manner. Open to everyone. Bring your lunch.

Saturday & Sunday, February 14–15, 2009

Weekend Workshop for NAROPA STAFF & FACULTY

with Dr. Reginald Ray, University Professor, Religious Studies

sponsored by Academic Affairs

free of charge; Saturday: 10 a.m.–5 p.m.; Sunday 10 a.m.–1 p.m., Nalanda 9180

RSVP: [jlowry@naropa.edu](mailto:jlowry@naropa.edu)

Reggie Ray envisions that participants will examine the potential role of the body in deepening and enhancing our work as contemplative educators. Through engaging in a series of practices derived from Tibetan yoga, participants will see what it might mean to be more somatically present to ourselves, our students and our community; and we will explore the kinds of resources that become available when we tap in more fully to the body's own knowledge and approach our challenges from the depth and darkness of the body itself.

See March 7 & 8 for a similar free program for Naropa students.

Tuesday, February 17, 2009

El Centro Film Series: Favela Rising

3–5 p.m., El Centro

This acclaimed film charts the growth of Rio de Janeiro's Afro-Reggae movement, a grassroots effort to combat the soul-crushing oppression of the city's most notorious slum. Led by former street thug, the nonviolent program celebrates Afro-Brazilian culture, drawing on hip-hop music & dance to unite the impoverished neighborhood against drug pushers and corrupt cops.

Thursday, February 19, 2009

Colorado Multicultural Career & Internship Fair

1–5 p.m., Four Points Sheraton Hotel, Denver

The fair is free and open to all Colorado higher education students and alumni, with a particular target audience of women and people of color. Learn about hundreds of well-paid internships and full-time career opportunities. Recruiters from reputable, sustainable companies with a commitment to diversity will be in attendance. We invite you to attend with a group from Naropa led by Jacovo Lovato, diversity coordinator, and Sarah Steward, career services coordinator. We will gather on Monday, February 9 from 5:00 to 6:30 p.m. (location TBD) to discuss strategies to make the fair a success. Additionally, we will all travel to and from Denver together. Please contact us at [ssteward@naropa.edu](mailto:sseward@naropa.edu) if you are interested in participating in this group.

Thursday, February 19, 2009

Diversity Dialogue with Suzanne Benally, Senior Diversity Officer

4–5:30 p.m., El Centro

Friday, February 20, 2009

Trojan Women

Produced by Naropa's MFA Theater: Contemporary Performance Program; Directed by Kevin Kuhlke, former chair of the Department of Drama at New York University's Tisch School of the Arts

ATLAS Center for Arts, Media, and Performance

University of Colorado, Boulder

8 p.m.; general admission: \$15; students and seniors: \$10

Naropa University's MFA Theater: Contemporary Performance Program proudly announces its next production: Trojan Women—Jean-Paul Sartre's adaptation of Euripides' classic story of war and its aftermath. The play, highlighting the "fragility of self," will be contextualized in the modern age of media, where the struggle for integrity is challenged by horrific world events. Within this contemporary multimedia setting, Mr. Kuhlke will integrate song and dance just as Greek theater did many centuries ago. He is collaborating with acclaimed New York-based composer Cynthia Hopkins and CU Dance Faculty Onye Ozuzu to create a multidimensional theatrical experience.

Saturday, February 21, 2009

Trojan Women

Produced by Naropa's MFA Theater: Contemporary Performance Program; Directed by Kevin Kuhlke, former chair of the Department of Drama at New York University's Tisch School of the Arts

ATLAS Center for Arts, Media, and Performance

University of Colorado, Boulder

2 p.m. & 8 p.m.; general admission: \$15; students and seniors: \$10

See description above.

Sunday, February 22, 2009

Trojan Women

Produced by Naropa's MFA Theater: Contemporary Performance Program; Directed by Kevin Kuhlke, former chair of the Department of Drama at New York University's Tisch School of the Arts

ATLAS Center for Arts, Media, and Performance, University of Colorado, Boulder

2 p.m.; general admission: \$15; students and seniors: \$10

See description above.

Monday, February 23, 2009

El Centro Film Series: Punk: Attitude

5–7 p.m., El Centro

From London's 1970 mod scene to Sonic Youth, punk music has always been about attitude & anarchy. This comprehensive rockumentary traces the roots of punk through stories and vintage performances.

Tuesday, February 24, 2009

Creating Sustainable Change: Brown Bag Dialogues

Facilitated by Lee Scriggins

12:00–1:30 p.m., El Centro De La Gente

A discussion and open dialogue on collaboration, ally building and strategies for effective action in a holistic and inclusive manner. Open to everyone. Bring your lunch.

Wednesday, February 25, 2009

Shambhala Day

Wednesday, February 25, 2009

Issues in Education: The Mary Culkin Lecture Series: "Guiding Children's Potential by Opening Hearts to Joy" with Janet Humphryes, MA, Director of Education at Mile High Child Care

6:30–8:30 p.m., Shambhala Hall

Suggested donation: \$8 (\$5 for Naropa students).

The lecture and discussion series is made possible through community collaboration with the Early Childhood Council of Boulder County—Professional Pathways, Naropa University, Boulder County Association for the Education of Young Children and City of Boulder—Children, Youth & Families Division. The series was developed in memory of the late Mary Louise Culkin, who taught in the Early Childhood Education program for many years and helped develop the MA in Contemplative Education. For more information, contact Michael Girodo (303-546-5288). Preregistration is not necessary. Donations support the Contemplative Education Scholarship Fund. For more information, contact Michael Girodo (303-546-5288).

Thursday, February 26, 2009

Bystander Intervention Training: Being a Strong Ally—Getting to Action  
5:30–7:00 p.m., El Centro

This training on bystander intervention is based on research that indicates that when people have the chance to practice thinking through situations they may find that they can see opportunities to help, think of more strategies, and feel more confident in attempting to intervene and more comfortable with the outcome, whatever it is. Practicing these skills in training can lead to increased awareness and action in real situations. This session will take participants through a cognitive developmental model of bystander intervention that takes into account social and cultural factors that inhibit people from intervening. Participants will have an opportunity to work through situations and determine the best course of action. It is our hope that people will leave this session with new skills for becoming an active ally.

## **MARCH**

Tuesday, March 3, 2009

Community Practice Day

Thursday, March 5, 2009

Lesbian/Bi-women Tea Party in Honor of International Women's Day  
5–6:30 p.m., SYC 8130

Thursday, March 5, 2009

Bystander Intervention Training: Being a Strong Ally—Getting to Action  
5:30–7:00 p.m., El Centro

This training on bystander intervention is based on research that indicates that when people have the chance to practice thinking through situations they may find that they can see opportunities to help, think of more strategies, and feel more confident in attempting to intervene and more comfortable with the outcome, whatever it is. Practicing these skills in training can lead to increased awareness and action in real situations. This session will take participants through a cognitive developmental model of bystander intervention that takes into account social and cultural factors that inhibit people from intervening. Participants will have an opportunity to work through situations and determine the best course of action. It is our hope that people will leave this session with new skills for becoming an active ally.

Saturday & Sunday, March 7–8, 2009

Weekend Workshop for NAROPA STUDENTS

with Dr. Reginald Ray, University Professor, Religious Studies  
sponsored by Academic Affairs

free of charge; Saturday: 10 a.m.–5 p.m.; Sunday 10 a.m.–1 p.m., Nalanda 9180

RSVP: [jlowry@naropa.edu](mailto:jlowry@naropa.edu)

Reggie Ray envisions that participants will examine the potential role of the body in deepening and enhancing our work as contemplative educators. Through engaging in a series of practices derived from Tibetan yoga, participants will see what it might mean to be more somatically present to ourselves and our community; and we will explore the kinds of resources that become available when we tap in more fully to the body's own knowledge and approach our challenges from the depth and darkness of the body itself.

Monday, March 9, 2009

Black Maria Film Festival

Time TBA, Performing Arts Center

Since 1981, the annual Black Maria Film and Video Festival, an international juried competition and award tour, has been fulfilling its mission to advocate, exhibit and reward cutting edge works from independent film and videomakers. The festival is known for its national public exhibition program, which features a variety of bold contemporary works drawn from the annual collection of fifty award winning films and videos. In conjunction with the University of Colorado at Boulder, Film Studies Department, Naropa University will be hosting this renowned festival.

Tuesday, March 10, 2009

Creating Sustainable Change: Brown Bag Dialogues

Facilitated by Lee Scriggins

12:00–1:30 p.m., El Centro

A discussion and open dialogue on collaboration, ally building and strategies for effective action in a holistic and inclusive manner. Open to everyone. Bring your lunch.

Wednesday, March 11, 2009

Issues in Education: The Mary Culkin Lecture Series: "A Portable Joy: Discovering

Your Practice in Your Work" with Michele Blumberg, MA, Global Village School and Flying High Tutoring

6:30–8:30 p.m., Shambhala Hall

Suggested donation: \$8 (\$5 for Naropa students).

The lecture and discussion series is made possible through community collaboration with the Early Childhood Council of Boulder County—Professional Pathways, Naropa University, Boulder County Association for the Education of Young Children and City of Boulder—Children, Youth & Families Division. The series was developed in memory of the late Mary Louise Culkin, who taught in the Early Childhood Education program for many years and helped develop the MA in Contemplative Education. For more information, contact Michael Girodo (303-546-5288). Preregistration is not necessary. Donations support the Contemplative Education Scholarship Fund. For more information, contact Michael Girodo (303-546-5288).

Thursday, March 12, 2009

Bystander Intervention Training: Being a Strong Ally—Getting to Action

5:30–7:00 p.m., El Centro

This training on bystander intervention is based on research that indicates that when people have the chance to practice thinking through situations they may find that they can see opportunities to help, think of more strategies, and feel more confident in attempting to intervene and more comfortable with the outcome, whatever it is. Practicing these skills in training can lead to increased awareness and action in real situations. This session will take participants through a cognitive developmental model of bystander intervention that takes into account social and cultural factors that inhibit people from intervening. Participants will have an opportunity to work through situations and determine the best course of action. It is our hope that people will leave this session with new skills for becoming an active ally.

Friday, March 13, 2009  
El Centro Film Series: Shut Up & Sing  
12–2 p.m., El Centro

This film features country music's The Dixie Chicks & their nationwide vilification over critical statements they made about President Bush in 2003. Over a three-year period, the singers went from darlings of the industry to political targets, receiving constant death threats & being demonized by the national media.

Saturday & Sunday, March 14–15, 2009  
Weekend Workshop for NAROPA STAFF & FACULTY  
with Dr. Reginald Ray, University Professor, Religious Studies  
sponsored by Academic Affairs  
free of charge; Saturday: 10 a.m.–5 p.m.; Sunday 10 a.m.–1 p.m., Nalanda 9180  
RSVP: jlowry@naropa.edu

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Tuesday, March 17, 2009  
Students of Color Support Group  
12 p.m., El Centro

Thursday, March 19, 2009  
Diversity Dialogue with Suzanne Benally, Senior Diversity Officer  
4–5:30 p.m., El Centro

Tuesday, March 31, 2009  
Creating Sustainable Change: Brown Bag Dialogues  
Facilitated by Lee Scriggins  
12:00–1:30 p.m., El Centro

A discussion and open dialogue on collaboration, ally building and strategies for effective action in a holistic and inclusive manner. Open to everyone. Bring your lunch.

#### Ongoing Events

Mondays, 3–6 p.m.  
Japanese Tea, “Open hearth” Tea Ceremony  
Led by Michael Ricci  
Teahouse, 2130 Arapahoe Ave.

Mondays, 5:15–6:30 p.m.  
Zen Group  
Led by the Great Mountain Zen Group and Gerry Wick Sensei  
Arapahoe Campus Meditation Hall

Zazen sitting and instruction: 5:15–5:50 p.m.  
Walking meditation: 5:50–6:00 p.m.

Zazen sitting and Chant of Four Vows: 6–6:30 p.m.

Tuesdays, 12–1:00 p.m.

Qigong Classes

Offered by Maureen O'Connor

Lincoln 4130

Once the weather is warm, the class will be held directly south of the café, past the parking lot on the grassy area of the CU Campus.

Anyone is welcome to join at any time, no experience necessary. This is strictly for fun and exercise, and an opportunity to spend time with other members of the Naropa community. It's best to wear loose fitting clothing and flat-soled shoes or plan to go barefoot. Please eat a small amount of food prior to coming to class; too much energy in an empty stomach is actually not all that healing.

Tuesdays, January 20–April 28, 2009, 5:00–6:30 p.m.

Naropa Counseling Center Presents a Weekly Group Workshop

"Explore Psychological Balance through Yoga"

With Louis Carlino, RYT, third-year Somatic Counseling Psychology student

Dojo Room (Room 9180), Nalanda Campus

Forty-five minutes of Yoga followed by group sharing/discussion. For more information, email Louis at [existentia@msn.com](mailto:existentia@msn.com) or call him at 303-815-0898.

Tuesdays, 7–9 p.m.

Insight Meditation- Vipassana, A Buddhist Meditation tradition of Southeast Asia

Led by David Chernikoff a faculty member of Naropa University.

Unitarian Universalist Church, 5001 Pennsylvania. For more information, please see [www.insightcolorado.org](http://www.insightcolorado.org).

Wednesdays, 1:30-5:30 p.m.

Naropa Healing Group

On the Sycamore green if it is nice, Goldfarb or in the Student Lounge in inclement weather

The Healing Group and all interested, certified healers will gather to offer healings to the community. Light and local refreshments will be offered. Modalities one might expect are reiki, spiritual healings, massage, zero-balancing, and whatever else our healing community brings to the table. Contact [jurchek@students.naropa.edu](mailto:jurchek@students.naropa.edu) for more information.

Wednesdays, 6–7:30 p.m.

Zen Peace-Makers Meditation Group, samatha-vipashyana, pranayama, metta and tonglen meditation practices

Led by Sensei Fleet Maull

Paramita Meditation Hall

Thursdays, 1–2 p.m.

Riding the Energy of Emotions

With Acharya Dale Asrael

Paramita Meditation Hall

Thursdays, 6–7:30 p.m.

Paramita Community Yoga Class

Virya classroom

Taught by Thiago Leao, one of Naropa's stellar yoga teacher training grads.

Suggested Donation: \$3.

Saturdays, 10 a.m.–1 p.m.

Sitting and Walking Meditation and Guided Bodywork Practice and/or Dharma Talk

Led by the members of Dhyanasangha and the Dharma Ocean Foundation

Sitting and Walking Meditation Saturdays 10 a.m.–12 p.m.

Guided Bodywork Practice and/or Dharma Talk Saturdays 12 p.m.–1 p.m.

Arapahoe Campus Meditation Hall

First Sunday of the Month, 10:00 a.m.–12:00 p.m.

Group Sitting and Walking Meditation

Led by Phil Karl

Arapahoe Campus Meditation Hall

Every other Friday, 5–7 p.m.

Vimalakirti Cult, A full group reading of the Second Turning popular text

Arapahoe Meditation Hall

## Resources

Drop-in Counseling Center

Tuesdays through Thursdays, 11:30 a.m.–2 p.m.

Snow Lion Building (entrance on the East side)

Need some support? Having a hard time adjusting? Wondering about community resources? Just want to talk? Drop by the Naropa Counseling Center. For more information or to set up an appointment, call 303-245-4697.

Career Services

Monday–Friday 9 a.m.–5 p.m. and by appointment

Career Services is a free service for Naropa students and alumni and can assist you in making meaningful and positive academic and career decisions. The process of career development and planning can be difficult, and they are here to help you:

- Explore your interests, values, skills, and talents
- Identify potential academic and career paths
- Develop internship and job search strategies
- Plan your graduate school or other educational application process
- Learn how to write effective cover letters and resumes
- Prepare for the interview process
- Assist you if you have any other concerns, questions or need information about your career

If you would like to schedule an appointment, please call 303-245-4863 or email [ssteward@naropa.edu](mailto:ssteward@naropa.edu).

Naropa Writing Center

Sycamore Hall across from the student lounge

Monday–Thursday 10 a.m.–6 p.m.; Friday: 10 a.m.–2 p.m.

303-245-4606; [nwc@naropa.edu](mailto:nwc@naropa.edu)

The NWC is open for the spring semester. The NWC offers a respectful, collaborative environment for all writers. We can assist you with essays, scholarship applications, cover letters, creative work, theses and more. Come in at any stage of the writing process from brainstorming and organization to revising and documenting sources. Appointments are available on the hour and half-hour, for 25 or 50 minutes. Citation workshops will be offered this semester. Location, dates and times will be announced as soon as they are available.

## Volunteer Opportunities

### Volunteer work with Moving to End Sexual Assault

#### Rape Crisis Hotline

For more information, or a volunteer application, please check out our website, call 303/443-0400 x102 or email Julie Washnock at [julie@movingtoendsexualassault.org](mailto:julie@movingtoendsexualassault.org). Training dates are listed below.

#### Men's Prevention Education Program

For more information, a training schedule and a volunteer application, please check out our website, call 303-443-0400 x103 and ask for Marti Hopper or email her at [marti@movingtoendsexualassault.org](mailto:marti@movingtoendsexualassault.org).

Visit MESA for more information on required training dates, job descriptions and application forms.

### Service-Learning Opportunities with Prison Dharma Network

Prison Dharma Network (PDN), an international interfaith network founded by Naropa adjunct faculty member Fleet Maull is always in need of service-learning participants for its various programs working with prisoners and youth at risk in the Boulder area. PDN is also in need of people to respond to prisoner's book and information requests, as well as teach yoga and meditation at the Boulder County Jail. We support thousands of prisoners in the practice of all forms of the contemplative path: meditation, yoga, centering prayer, chi kung, etc. Please contact Sarah Gurganus at [pdn2@indra.com](mailto:pdn2@indra.com) or visit Prison Dharma Network for more information.

### Volunteer Work with Shambhala Prison Community

The Shambhala Prison Community works in about sixty prisons nationwide and is looking for dedicated practitioners of meditation to work with prisoners who are themselves practicing meditation and studying the Dharma. Current need also involves volunteers who can assist with shipping literature from our libraries to prisoners. If you are interested in this extraordinarily rewarding work, we would be delighted to discuss with you the possibilities of your becoming a volunteer.

To find out more about how you can help ease the suffering of the incarcerated, email the Shambhala Prison Community at [prison@indra.com](mailto:prison@indra.com), or call 303-544-5923. Please identify your interest in volunteering in the subject line.

## Student Discounts

### Denver Center for the Performing Arts (DCPA) Student Discount

An hour before any performance, students can purchase tickets at DCPA for only \$10.

### Eco Pass Xtra

Use your Eco Pass and receive discounts at restaurants, stores and more.