

NAROPA WEEKLY
February 12, 2009
Vol. 13, #5

February

Monday, February 16, 2009

Lecture & Demonstration by Tuvan Throat-Singing Group Tyva Kyzy
7 p.m., Performing Arts Center
General admission: \$10; free for seniors and students with a valid ID

A lecture/demonstration of folk instruments and throat-singing will be given by Tyva yzy, the first and only all-female Tuvan Throat Singing Group. The event will be held in conjunction with Swallow Hill Music Association, which will host a concert the previous night. Tyva Kyzy literally means "Daughters of Tuva," and by breaking tradition (this form of singing was usually practiced by men and prohibited for women), they bring a uniquely feminine twist to their performances.

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.

Wednesday, February 18, 2009

"The Cure for Money Madness" with Spencer Sherman
Noon–1:30 p.m., Performing Arts Center

Spencer Sherman is the CEO and co-founder of Abacus Wealth Partners, a values-based, national wealth advisory firm, and the creator of the Rainbow Portfolio™, a highly diversified wealth-building strategy. Regularly named by Worth magazine as one of the country's top 100 wealth advisors, he is the author of the recently published book, *The Cure for Money Madness*. Spencer Sherman will give a lecture addressing the current economic crisis by examining the effect it has had on Wall Street investors, homeowners and students, as well as the poor and homeless populations. Hors d'oeuvres will be served and free copies of *The Cure for Money Madness* will be provided to the first fifty attendees of the lecture presentation. A Q&A session and book signing will follow. For more information, please contact Jarod Drozdowski at 303-245-4847. This event is made possible with funding provided by The More Than Money Endowment at Naropa University.

Wednesday, February 18, 2009

Paramita Students of Color Advocacy and Support Group
5:00–6:30 p.m., Paramita Conference Room

Take a break from your hectic schedule to enjoy some good food, conversations and an opportunity to kick back and re-energize. Sponsored by El Centro de La Gente.

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, student diversity coordinator, and Sarah Steward, career services coordinator. Additionally, we will all travel to and from Denver together. Please contact us at ssteward@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 NYU'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: Year of the Earth Ox

11:30 a.m.–1:30 p.m., Performing Arts Center

In Honor of the Year of the Earth Ox, please join us for Naropa's Annual Shambhala Day celebration featuring performances by students, staff, faculty and alumni, an I-Ching reading and more. A light brunch will be served. Shambhala Day marks the Tibetan lunar new year and is a tradition begun by Naropa's founder, Chögyam Trungpa Rinpoche.

Wednesday, February 25, 2009

Issues in Education: The Mary Culkin Lecture Series: "Guiding Children's Potential by Opening Hearts to Joy" with Janet Humphries, 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

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 & Saturday, March 6 & 7, 2009

Undergraduate Preview Weekend

The Office of Admissions is hosting a Preview Weekend for prospective undergraduate students in early March. If you see prospective students milling about, please greet them. Please help them find their way, and show them how welcoming Naropa is! Thank you so much. If you have any questions, please email or call Admissions at admissionsevents@naropa.edu or ext 3548 or 4696.

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

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; Saturday: 10 a.m.–5 p.m.; Sunday 10 a.m.–1 p.m., Nalanda 9180RSVP: 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, 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, Between 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.

Community Qigong Classes

Offered by Maureen O’Connor

Lincoln Lecture Hall (Once the weather is WARM, we will be directly south of the Café, past the parking lot, on the grassy area of the CU Campus)

Free (donations appreciated, but not expected)

Please join us for free practice sessions of Qigong (pronounced Chi Gong) and related energy work. Anyone is welcome to join at any time, no experience necessary. This is strictly for fun and exercise. Qigong is an ancient Chinese healing movement art related to acupuncture, acupressure, and the Taoist philosophy. It’s best to wear loose fitting clothing and flat-soled shoes or plan to go barefoot. (When inside you may want thick cotton or wool socks—outside you will need flat-soled shoes.) Please eat a small amount of food prior to coming to class—energy work on an empty stomach is not recommended.

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

Narapa 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 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.

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 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.

Nyinthun, 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 [ssteward@naropa.edu](mailto:sseward@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

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. 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.

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 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, 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.