



**September 25, 2008**

**Vol. 12, #5**

## **September**

**Saturday, September 27, 2008**

**Naropa Writing & Poetics Department Reading**

8 p.m.

Performing Arts Center, Naropa University

## **October**

**Thursday, October 2, 2008**

**Spiritual but not Religious Group**

6:30 p.m. Lincoln Studio

Join us to discuss Atheism, Agnosticism and Humanism.

**Thursdays, October 2, 2008–November 20, 2009**

**Cutting through Spiritual Materialism**

with Phil Karl

6:30–8:30 p.m.

Nalanda Campus

To Register: 303-245-4873 or [extend@naropa.edu](mailto:extend@naropa.edu)

This class will explore the classic text, *Cutting through Spiritual Materialism*, by Chogyam Trungpa Rinpoche, which surveys the landscape of the Buddhist path while addressing the pitfalls of the spiritual practitioner.

**Friday, October 3, 2008**

**Lecture Demonstration with Katsura Kan: The Origins and Techniques of Butoh**

Offered by Extended Studies in collaboration with the Departments of Performing Arts and Somatic Counseling Psychology

7–9 p.m.

Performing Arts Center, Naropa University

\$15 general admission; \$10 for seniors and students (Free admission is included in registration for either of the weekend workshops listed below)

**Saturday and Sunday, October 4–5, 2008**

**Space Exploration Workshop Led by Butoh Artist Katsura Kan**

Offered by Extended Studies in collaboration with the Departments of Performing Arts and Somatic Counseling Psychology

10 a.m.–5 p.m. both days

Performing Arts Center, Naropa University

To Register: 303-245-4873 or [extend@naropa.edu](mailto:extend@naropa.edu)

Quality and Atmosphere is the theme of this workshop. Focusing on space created by the body, and movement, participants will examine the presentation of space atypical to western dance.

**Wednesday, October 8, 2008**

**First Annual Graduate School Fair**

11:30 a.m. to 1:30 p.m. Performing Arts Center (PAC)

This event is free to all Naropa students and alumni as well as the general public. Participating graduate schools and programs include Antioch University New England, California Institute of Integral Studies, Institute of Transpersonal Psychology, all Naropa University graduate programs, Prescott College, University of Colorado Boulder, and University of Denver Josef Korbel School of International Studies. Sponsored by Naropa University's Department of Student Affairs, Career Services, and Office of Admissions.

**Friday, October 10, 2008**

**Prisoners of Our Thoughts: Viktor Frankl's Principles of Discovering Meaning in Life and Work**

With Alex Pattakos

October 10–12

Public Talk: Friday, October 10, 2008 7 p.m. Nalanda Campus

Please call 303-245-4800 for more information or to register

Psychiatrist and philosopher Viktor Frankl's *Man Search for Meaning* is one of the most influential books in modern history. This workshop introduces you to Frankl's wisdom by detailing the core principles that can help you find meaning in your life and work.

**Saturday and Sunday, October 11–12, 2008**

**Katsura Kan's Butoh Notation Workshop Led by Butoh Artist Katsura Kan**

Offered by Extended Studies in collaboration with the Departments of Performing Arts and Somatic Counseling Psychology

10:00 a.m.–5:00 p.m. both days

Performing Arts Center, Naropa University

To Register: 303-245-4873; [extend@naropa.edu](mailto:extend@naropa.edu)

Focusing on "Skouken," the initial path of the Buddha's Noble Eight Fold Path, participants will work on observation and patience. Through "moving and thinking," Kan will introduce his Butoh Notation.

**Saturday, October 11, 2008**

**Writing & Poetics Department Reading Series: Rae Armantrout and Maureen Owen**

8 p.m.

Shambhala Hall, Naropa University

**Wednesdays Beginning October 15, 2008**

**Sacred Sanskrit for Spiritual Practice**

With Sreedevi Bringi

October 15–November 12 Nalanda Campus

Please call 303-245-4800 for more information or to register

This immersion course introduces participants to the oral and written Sanskrit alphabet through the sacred framework of Indian teachings. Pronunciation, reading, writing and the Roman transliteration system are combined with a beginning awareness of Sanskrit grammar.

**Friday October 17, 2008**

**The Inner Lives of Animals**

Panel Discussion: The Inner Lives of Animals

7 p.m. Nalanda Campus

Please call 303-245-4800 for more information or to register

Join Marc Bekoff, author, animal behavioralist and co-founder with Jane Goodall of Ethologists for the Ethical Treatment of Animals; Damian Ficca, equine education program director and Californio horse trainer; Joyce Leake, author and intuitive communicator!; Faith Maloney, founder of Best Friends animal sanctuary in Kanab, Utah; and moderator Hildy Armour, director of Colorado Horse Rescue, for an incisive and thought-provoking discussion on the minds and emotions of animals.

**Saturday October 18, 2008**

**Workshop: Intuitive Communication with Animals**

With Joyce Leake

October 18–19 Nalanda Campus

Please call 303-245-4800 for more information or to register

Intuitive communication is neither magic nor psychic; like out other senses, intuition – the driving force behind instinct – is a sense we are born with, but because it is less visible, less psychical, it is less trusted in the western world. The goal of this workshop is to provide you with the scientific foundation of intuitive communication and to share a set of tools that will help you develop your intuitive sense. Participants will work with horses and dogs to practice these skills.

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**Wednesday, October 22, 2008**  
**Campus Sustainability Day**  
12–1:30 p.m. in the P.A.C.

Please join us as we take celebrate sustainability on campus. The event will feature speakers from a variety of departments on campus with the means to educate and inspire all students, faculty and staff on ways in which we can care for our planet and ourselves on campus.

**Thursday, October 23–Saturday, October 25, 2008**  
**Naropa's MFA Theater: Contemporary Performance Thesis Performances**  
Original experimental works by 2nd yr MFA students  
7:30 p.m.  
Nalanda Campus, Studio Theatre (North end, room 9190)  
\$7 general admission; Free to seniors, students and Naropa community w/ ID

**Thursday, October 23 & Friday, October 24, 2008:**  
**7:30 p.m. (Doublebill with Medea Unstrung and Fancy)**  
Nalanda Studio Theater, Naropa University

**Medea Unstrung: An Operetta**  
Created by Meyung Kim

Exploring personal myths and the story of Medea through music, movement and media.

**Fancy**  
Created by Nita Mickley

A curious fairy-tale exploring the ins and outs of opposite minds.

**Friday October 24, 2008**  
**Theravada Vipassana Meditation and the Practice of Loving Kindness**  
With Sylvia Boorstein  
October 24–26  
Public Talk: Friday, October 24, 2008 7 p.m. Nalanda Campus  
Please call 303-245-4800 for more information or to register

When mindfulness meditation is practiced, the exquisite ordinariness of the movement of breath and the busyness of the mind and emotions is discovered. This intensive introduces insight meditation, vipassana, from the Theravada Buddhist tradition.

**Saturday, October 25, 2008**  
**I Am Not What I Am**  
Created and performed by Taavo Smith; Directed by Jeremy Williams  
7:30 p.m.  
Nalanda Studio Theater, Naropa University

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Shakespeare's perfect villain avenges himself against a non-existent god. A butoh comedy featuring words from Sophocles, Verdi, Lautreámont and others.

**Saturday, October 25, 2008**

**Writing & Poetics Special Event: Arielle Greenberg lectures on the Gurlesque**

Lecture at 7 p.m., Reading at 8 p.m.

Shambhala Hall, Naropa University

**Friday October 31, 2008**

**Creativity of Non-Doing**

With Alok Hsu Kwang-han

October 31–November 2 Nalanda Campus

Please call 303-245-4800 for more information or to register

With simple and effective energy and meditation exercises, this workshop is for artists and non-artists who are drawn to the adventure of being intimate with the unknown

**Friday, October 31, 2008**

**Naropa's MFA Theater: Contemporary Performance Thesis Performances:  
four more**

Co-created by Margot Bassett, Lauren Brenner, Sally Foster and Micha Frayne

7:30 p.m.

Nalanda Studio Theater (North end, room 9190)

\$7 general admission; Free to seniors, students and Naropa community w/ ID

Four beautiful and also incredibly unattractive artists invite you into their topsy-turvy world—a collage of music, heartache, dance, teacups and thunderstorms behind closed doors.

**Friday, October 31 & Saturday, November 1, 2008**

**New Student Preview Weekend**

Master class taught by Joan Bruemmer and Cara Reeser. Also, current BFA students will go the Coffee House and be available to talk to prospective students.

## **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

**Tuesdays, 12 noon – 1:00 p.m.**

**Qigong Classes**

Offered by Maureen O'Connor

Lincoln 4130 -or- once the weather is WARM – the class will be 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.

**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

**Wednesdays 3:30-5:30 and Fridays 1:30-3:30**

**Naropa Healing Group**

On the Sycamore green if it is nice, Goldfarb 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.

**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 Thursday between 1–2 p.m.**

**Riding the Energy of Emotions**

With Acharya Dale Asrael

Paramita Meditation Hall

**Every other Friday starting September 29, 2008. Between 5–7 p.m.**

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

Arapahoe Meditation Hall

**Every Tuesday between 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)

## **Resources**

### **Registration for Text Messaging**

<http://webreg.naropa.edu>

For the safety and well-being of its community, Naropa University will implement numerous tools to alert faculty, staff and students to campus emergencies, as well as keep them informed of snow-day closures and related events. Voicemail, email and an on-campus public address system will be utilized along with the single most critical component, text messaging, which allows you to be instantly notified by cell phone or personal digital assistant (PDA).

Registration for the text messaging service starts now. All Naropa students and faculty are strongly encouraged to log in to Naropa's web registration page, from which you may access a secure site and add your personal information to the text messaging alert system. Staff will receive additional instructions via email.

When registering, it is necessary to have your phone with you and turned on. Please opt in now; it only takes a minute.

### **Tuesdays through Thursdays**

#### **Drop-in Counseling Center**

11:30 a.m.–2 p.m.

In the 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
- Or 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 Open**

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

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 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) .

Go to 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**

### **Naropa University Extended Studies offers increased discounts for Naropa community members.**

Alumni: 15%

Students: 30%

Full-time Faculty/Staff: 50%

Adjunct Faculty: 50%

MI & TA: 30%

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

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