



October 16, 2008
Vol. 12, #8

October

Thursday, October 16th, 2008

"Fragments of Dream"

Butoh dance from over the rainbow

Directed by Katsura Kan

Performance 7:30 p.m.

Frasier Meadows Retirement Community, 4840 Thunderbird Drive, Boulder, CO

This event is FREE and open to the public.

For more information, contact: Angela Delichatsios 303-245-4660

"Fragments of Dream," an intergenerational stage show by three groups directed by Katsura Kan, in collaboration with performers from Naropa University's Somatic Counseling Psychology and MFA Theater: Contemporary Performance programs and from VIVA, the intergenerational theatre troupe of The Society for Creative Aging.

Thursday, October 16– Monday, October 20, 2008

Exhibition by Rebecca Lange

Nalanda Campus

Her artwork has been exhibited in a variety of venues, including Hofstra University and Lesley University. Her work was featured at Naropa University as part of the exhibit entitled, The Art of Healing: A Performance and Exhibit of Healing Art by Women. At the Boulder Museum of Contemporary Art, she contributed work to The Drawing Show. She painted murals on the windows of the Longmont public library every summer for several years. She has had illustrations published in diverse periodicals, including Many Voices and Genewatch. In this show, a selection of drawings and paintings is presented. This collection spans works created from her entire adult life.

Friday, October 17th, 2008

"Fragments of Dream"

Butoh dance from over the rainbow

Directed by Katsura Kan

Performance 7:30 p.m.

The Academy, 970 Aurora Avenue, Boulder, CO

This event is FREE and open to the public.

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For more information, contact: Angela Delichatsios 303-245-4660

"Fragments of Dream," an intergenerational stage show by three groups directed by Katsura Kan, in collaboration with performers from Naropa University's Somatic Counseling Psychology and MFA Theater: Contemporary Performance programs and from VIVA, the intergenerational theatre troupe of The Society for Creative Aging.

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.

Wednesday, October 22, 2008

Campus Sustainability Day

12–1:30 p.m.

Performing Arts Center

Please join us as we 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.

Thursday, October 23, 2008

Goldfarb Yogadventure Interest Meeting

7–8 p.m.

Looking for something contemplative and adventurous to do over winter break? I am co-facilitating a yoga intensive-travel abroad trip in Puerto Rico from December 13th - 23rd. It will consist of traveling to many beautiful, off the beaten path places in Puerto Rico while engaging in a plentitude of soul-enriching activities, including but not limited to: hatha yoga classes, laughter yoga seminar, meditation, proprioceptive writing, organic agriculture, kirtan/chanting, swimming, hiking, rappelling, zip-lining, clay baths, waterfall massages, snorkeling, and scuba diving. If this sounds like a swell time, then swing on by the interest meeting on Thursday. Should you not be able to make it, simply shoot me an email at bparrish@students.naropa.edu or bret_parrish@yahoo.com Bret Parrish (252)342-1750.

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 25th, 2008

Self-healing With the Five Elements

With Alexander Love, Founder and President of the Institute for the Medical Arts
The Chautauqua Community House
10 a.m.–4 p.m.

As we head into the cold season, harness the wisdoms of water, wood, fire, earth and metal to increase balance and vibrancy in your life and the life of your community. In this class, Alexander will introduce you to the theory of the Five Elements, an ancient Chinese healing art, and guide you through activities that will help you to unleash your highest evolutionary potential. \$45

For more information, contact don@transitionbouldercounty.org or call 303-494-1521
To purchase tickets, visit <http://chautauqua.frontgatetickets.com/>

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

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

Saturday, October 25, 2008

Writing & Poetics Special Event: Arielle Greenberg lectures on the Gurlisque

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

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

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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.

November

Saturday, November 1, 2008

Naropa's MFA Theater: Contemporary Performance Thesis Performances

Original experimental works by 2nd yr MFA students

7:30 p.m. Naropa University, Nalanda Campus, Studio Theatre (North end, room 9190)

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

Saturday, November 1, 2008

four more

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

7:30 p.m.

Nalanda Studio Theater

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.

Wednesday November 5, 2008

LIT @ Lunch Event: Mario Acevedo

12–1 p.m. Library Reading Room

Author of such titles as *The Undead Kama Sutra*, *The Nymphs of Rocky Flats*, and *X-rated Bloodsuckers* will discuss the business of genre fiction, and the career path of a working fiction writer. Come join us for this insightful and often hilarious speaker. Cookies and tea will be provided.

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Friday, November 7, 2008

Dream Yoga: The Dzogchen Teachings

With Lama Tharchin Rinpoche

November 7–9

Public Talk: Friday, November 7, 2008

7 p.m.

Nalanda Campus

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

Lama Tharchin shares the teachings of dream yoga according to the Dzogchen (Great Perfection) view of Vajrayana Buddhism. Dream yoga is an ancient Tibetan practice that fosters lucid dreaming and the realization of luminous clear light awareness from the state of sleep.

Friday, November 14, 2008

The Path of the Heart: El Camino do Coracao

With Prem Baba

November 14–16

Public Talk: Friday, November 14, 2008 7 p.m.

Nalanda Campus

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

Integrating teachings and meditations from the Satya lineage and the Brazilian Shamanic tradition, as well as western humanistic perspectives, Prem Baba will address how to open your heart, integrate your shadow and wounded child, and overcome obstacles to connecting with the divine.

Friday, November 21, 2008

BFA Open Classrooms

3:30–6:00 p.m.

Nalanda, 9185

Open classrooms with invitation to undeclared undergraduates, prospective students, and high school students and drama teachers in the area.

Friday, November 21, 2008

Six Minute Pieces: only the A section

MFA Theater: Contemporary Performance First Year Students'

Performance Lab Showing

Faculty Facilitated Work

7:30 p.m.

Saturday, Nov. 22, 7:30pm

Nalanda Studio Theater, Naropa University

Thirteen beginnings created by MFACP first year students as a way to synthesize and experiment with MFA techniques of creating performance. An answer to the questions: "What would happen if you were allowed to just begin and you didn't have to worry about the middle and the end; no worry about the B section; there is only the beginning? Sustainability is not an issue; what kind of freedom would that unleash?" Free and open to the public.

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

Tuesdays, Beginning November 4, 2008, 7–9 p.m.

Somatic Approaches to Change: A Systematic Approach to Shifting Your Mind

With Marcia Klump

November 4–December 2

Nalanda Campus

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

In choosing to offer more of our gifts and talents to the world, we must consciously shift our way of being. This course focuses on embodiment, which is often overlooked in the healing process, and will present information, techniques and actions that will help you set intentions and reinforce them through the body.

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, 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, 7–8:30 p.m.

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.

Wednesdays 3:30-5:30; 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 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

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

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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, starting September 29, 2008. 5–7 p.m.

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

Arapahoe Meditation Hall

Resources

Ongoing throughout the Fall Semester

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

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 . 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 .

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 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

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.