



**October 23, 2008**  
**Vol. 12, #9**

## **October**

**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](mailto:bparrish@students.naropa.edu) or [bret\\_parrish@yahoo.com](mailto: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

*Naropa Weekly*  
*October 23, 2008*  
*Vol. 12, #9*

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](mailto: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

**Tuesday, October 28, 2008**

**Film Series: *Who's Counting?***

2–4 p.m. El Centro

**Wednesday, October 29, 2008**

**Film Series: *Farmingville: POV***

4 p.m. El Centro

**Wednesday, October 29, 2008**

**Film Series: *Doing Gender***

6 p.m. El Centro

**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

*Naropa Weekly*  
*October 23, 2008*  
*Vol. 12, #9*

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.

### **Tuesday, November 4, 2008**

#### **Film Series: *Fists of Freedom***

12–2 p.m. El Centro

### **Wednesday November 5, 2008**

#### **LIT @ Lunch Event: Mario Acevedo**

*Naropa Weekly*  
*October 23, 2008*  
*Vol. 12, #9*

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.

**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.

**Tuesday, November 11, 2008**

**Film Series: *Women Outside***

12–2 p.m. El Centro

**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.

**Tuesday, November 18, 2008**

**Film Series: *The Corporation***

12–2 p.m. El Centro

**Friday, November 21, 2008**

**BFA Open Classrooms**

3:30–6:00 p.m.

*Naropa Weekly*  
*October 23, 2008*  
*Vol. 12, #9*

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

*Naropa Weekly*  
*October 23, 2008*  
*Vol. 12, #9*

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](http://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](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

**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, 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](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.

*Naropa Weekly*  
*October 23, 2008*  
*Vol. 12, #9*

## **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%

*Naropa Weekly*  
*October 23, 2008*  
*Vol. 12, #9*

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.