



**October 23, 2008**  
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## **October**

**Thursday, October 30, 2008**

### **The Coat Hanger Project**

Film Screening and discussion following with director Angie Young  
7:30pm at Naropa University Main Campus in Goldfarb Studio

The Coat Hanger Project is a new documentary film about abortion and the current state of the reproductive justice/pro-choice movement. The purpose of this documentary is to provide a flash of truth about the lived realities of women and the need for safe, legal abortion access that will wake us from this lotus-eater sleep that makes us think the current status quo is okay. It is also meant to be an educational tool that provides an unbiased history of abortion. (Check out [www.thecoathangerproject.com](http://www.thecoathangerproject.com) for more info and to watch the trailer.)

We realize this is not an easy topic to discuss and confront—interns from the Naropa Counseling Center will be present during the screening and discussion. While we hope to create a safe space, please access your right to remove yourself from the room for self-care if needed. Endorsed and sponsored by: El Centro de la Gente, Student Life Programming, Community Studies, and DOING Gender.

**Friday, October 31, 2008**

### **Naropa's HALLOW's EVE BASH**

8:13 p.m.–12:12 a.m.

9:30 p.m.–Pumpkin Contest

10 p.m.– Live Zombie Band: “The Widow's Bane circa 1825

11 p.m.–Costume Contest

PAC

Dance to a Live Band & our famous DJ!

Get Zombie-fied (zombie makeup artist on hand)

Bring an item that caused your “death” to be attached!

Carve a Punkin

Bring Yer Pumpkins (we'll have some there, too)

Learn / Perform the “THRILLER (1982)” Dance

Flaunt yer Costume... win prizes!

Scream to “Night of the Living Dead (1968)”

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Win a Door Prize / Grab a Treat Bags  
Sip on Mocktails and Inhale the Sweets!!

? Wanna help set up?  
5 p.m. in PAC (free pizza for those that help!) on Friday!

**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.

**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**

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**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

Documentary leading up to, during and after the 1968 Summer Olympic Games in Mexico City. Features interviews with athletes, including John Carlos, Tommie Smith and George Foreman, activist Dr. Harry Edwards, journalists and archival footage of the Games and the fallout after the raised fist gloves by Carlos and Smith.

**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.

**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.

**Friday, November 7, 2008**

**Dream Yoga: The Dzogchen Teachings**

With Lama Tharchin Rinpoche

November 7–9

Public Talk: Friday, November 7, 2008

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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

US soldiers have been stationed in special Korean military camps since the end of the conflict with North Korea in the early '50s. Though it is not officially sanctioned, many of the soldiers frequently avail themselves with Korean prostitutes to boost their morale. This documentary examines the plight of these exploited women, many of whom were forced into becoming sexual servants. Many times the women choose prostitution because they have no other economic resource. Unfortunately, they pay high prices for their choice as they are ostracized by their countrymen and the resulting Amer-Asian children are despised. Occasionally, a soldier will marry a Korean woman, but 80% of the marriages end and many turn violent. Sometimes soldiers even murder their women. For those Korean women who make it to America, life is not much better and the face more subtle forms of exploitation.

**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

Since the late 18th century American legal decision that the business corporation organizational model is legally a person, it has become a dominant economic, political and social force around the globe. This film takes an in-depth psychological examination

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of the organization model through various case studies. What the study illustrates is that in its behaviour, this type of "person" typically acts like a dangerously destructive psychopath without conscience. Furthermore, we see the profound threat this psychopath has for our world and our future, but also how the people with courage, intelligence and determination can do to stop it.

**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

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.

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**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 or 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

**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 [steward@naropa.edu](mailto:steward@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.

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## **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%

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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.