



## Halifax Shambhala Centre Report from Wednesday, February 1, 2017: A Taste of Shambhala

The Taste of Shambhala began with the arrival of over 60 people including about 25 Interfaith Engagement participants. The evening started with a delicious meal of vegetarian soups, bread and a variety of cheeses. Tables were setup in the main shrine room for everyone to visit and connect with the representatives of the Shambhala community. After dinner, the participants



all gathered in the main shrine room seated in chairs and on the cushions facing the main shrine. Shastri Mary Campbell began the evening by asking the IE participants to identify themselves and recognizing the UN Interfaith Harmony program. She then gave a talk providing an overview of Shambhala Buddhism and the purpose and view of meditation practice. This

was followed by guided meditation practice. After the meditation practice, Mary facilitate a lively discussion session: the participants had a host of questions about meditation practice and the Shambhala teachings that many reflected were very helpful for a better understanding of these practices and teachings. The evening ended with a social time where the participants and community members were able to speak together in smaller groups.

