

## A Different Kind of Faith

According to legend, during the time of the Buddha, a great king went to Him to inquire whether a king with responsibilities to rule a kingdom could embark upon the same journey as a monk and still reach Enlightenment...

By: Tyler Preston

JUNEAU - According to legend, during the time of the Buddha, a great king went to Him to inquire whether a king with responsibilities to rule a kingdom could embark upon the same journey as a monk and still reach Enlightenment.

The Buddha ushered the other monks out of the room, winked at the king and answered yes. This was the beginning of Shambhala Buddhism and also the introductory anecdote for a speech by Dan Hessey, the speaker at Thursday night's Evening at Egan Lecture entitled "Meditation, Leadership and Enlightened Society."

Organized by the Juneau Shambhala Center, Hessey was in town for the weekend of Feb. 16 to deliver a short series of Buddhist workshops before flying back to his home in Boulder, Colo., where he is a mortgage banker and a board member at the Shambhala Mountain Center, one of the largest Shambhala centers in the country.

When asked about his roots with Shambhala, Hessey replied, "Well I was around 23...I was a really curious person, and what I was most curious about was, you know, where is all this suffering coming from? Because I was not happy, and I sort of had this quality of just looking and looking and looking without knowing what I was looking for."

Upon attending a lecture by Chögyam Trungpa Ripoché, the founder of Shambhala, he realized that Buddhism was the right path for him.

"He was talking turkey about what was important to me," Hessey said about Trungpa, "I went up and I met him, and I started meditating, and one thing led to another and its been a path with heart as they say."

It did not solve his problems, but according to Hessey, "It has been a genuine path for opening up my heart."

Shambhala distinguishes itself from other Buddhist groups by its practical application in real life.

Rather than sequestering themselves away from the world at a monastery to meditate and contemplate, its practitioners hold jobs, have

families and maintain ordinary lives, using their meditation practice to develop self-awareness in the hopes of creating an inward lens that allows them to examine their world without the bias and ego that most of us use to rate and judge things.

By accepting that they are part of a transient world and the notion that they themselves are a part of it and therefore transient as well, Shambhala practitioners release their egos to foster a better relationship with others and the world at large.

The essence of Shambhala is to be comfortable with oneself to allow you to fully experience your life for what it is.

Rather than approaching the situations of your life from a "Whose fault is this and how do I fix it?" perspective. Shambhala involves making peace with oneself as a path to making peace with the world.

After the lecture, the audience mingled for a few minutes, chatting about the upcoming weekend retreat with Dan Hessey as well as a workshop coming up on March 1 for anyone interested in learning more about Shambhala,

The workshop is entitled "The Body and Meditation," and it will be held at the Shambhala Center from 9:30 a.m. to 4:30 p.m. on March 1. The cost is \$65 for the day.

There are also free weekly sittings and teachings on Sundays starting at 9:30 a.m., which are probably the most cost-effective way to get involved in this grassroots community.

For more information, please contact the [Juneau Shambhala Center](#).

## Frisbee Frenzy

Frisbees were flying Monday night at the University of Alaska Southeast's Recreation Center...

By: Kayla Bevaart

AUKE BAY - Frisbees were flying Monday night at the University of Alaska Southeast's Recreation Center as players strategically darted and dashed across the court attempting to score points for their team.

The evening of February 11 consisted of two consecutive Ultimate Frisbee games, the first starting at 7:45.

The teams do not have names yet, but they do have captains for each team.

In the first game, Joey Fox's team defeated Andy White's team with a final score of 12-7, and in the second game, Rekann Keppinger's team defeated Luca's Baranovic's team with a score of 10-9.

Ultimate Frisbee is one of the more popular intramural sports played at the U.A.S. and the game is enjoyed by students, faculty, and staff alike.

Heather Beaudette, a 24-year-old Advising Coordinator for the School of Arts and Sciences from Carson City, Nev., explains that the environment and atmosphere of Ultimate Frisbee games is what she enjoys most.

"It's really for anybody, people who have never played Ultimate before to people who have played for years," Beaudette said, "Anybody can play, and it's fun!"

Though many players enjoy the atmosphere of the game and the company of their fellow Ultimate players, some also enjoy the competitiveness of the game.

Lucas Baranovic, a 21-year-old junior from Colo. majoring in Biology at U.A.S. said he enjoys playing sports and the game's competitiveness, but also stated that the game also has its challenges.

"I find Cody most challenging about the game," Baranovic joked, referring to fellow Ultimate Frisbee player Cody Bennett. "I've been trying to beat him for years. Maybe this season I will, hopefully in the championship game."

The most challenging aspect of the game for Beaudette is the game's techniques. She finds that breaking out of her comfort zone to learn new moves for the game can be challenging.

"For me 'diving' is a really big thing. I haven't done that indoors at all yet," Beaudette said.

Beaudette has learned a technique from playing outdoors referred to as "lay out," where the player jumps for the Frisbee and lands on the ground lying out with the Frisbee in hand.

For those interested in learning or just perfecting their Ultimate Frisbee moves, Amy Dripchak, a 24-year-old legislative organizer for SEACC from Grand Rapids, Mich., stated that in a couple of weeks an Ultimate Frisbee clinic is going to be held at the Rec. Center. Dripchak stated that at the clinic players can work on throws, marking and other techniques. According to Dripchak, the clinic is open to student, faculty, and anyone interested in improving or refining their Ultimate skills. Ultimate Frisbee intramural games are held on Monday nights at 7:30 p.m. at the Rec. Center, and "Pick-up" games are held Friday nights at 5:30 p.m. at the Rec. Center as well.

For more information on game dates and times, the Ultimate Frisbee website is [www.uas.alaska.edu/pub/ultimate](http://www.uas.alaska.edu/pub/ultimate).

## Fifteen Years of Banff Adventure Films in Juneau

As the audience reacted in sync with the films' action, high speed crashes provoked groans and jaws gaped at flashy stunts...

By: Seth Griffin

JUNEAU- As the audience reacted in sync with the films' action, high speed crashes provoked groans and jaws gaped at flashy stunts.

Hundreds of people converged in Juneau's Centennial Hall for the Banff Mountain Film Festival February 14 and 15.

Films ranged from several topics including winter sports, mountaineering and base jumping.

The show ran for two nights. Film lengths were between two minutes and one hour.

The Banff Mountain Film Festival is based in the town of Banff, which is located in Alberta, Canada.

The 32-year-old show has gained a devoted following across the globe. Its world tour reaches over 200,000 people in about 30 countries and on all 7 continents. This year marked the festival's 15th visit to Juneau.

Banff Centre film host Demetre Galaxidas thanked Juneau for its warm reception and the UAS Student Government for their efforts in bringing the festival to Juneau.

Festival sponsors provided several prizes given away by random drawing during the intermission

Some audience members did not enjoy this year's festival as much as ones of previous years. Audience members were largely silent when asked by student body president Lindsey Forrest to shout in favor of a third night of the festival in the future.

UAS student Nick Steele attended both nights of the festival. He enjoyed the films but remarked, "It was kind of slow this year."

Another student, Chelsie Harris, 20, concurred, "Next year, I'd like to see a little more variety."

Both Steele and Harris stated that the festival still inspired them to pursue adventures in the back country.