The evening, when the photo exhibition of the life of Trungpa Rinpoche was opened in the Hamburg Shambhala Centre, there were many touching pictures. My eyes were caught by this and for me there was no doubt. That was the beginning of Shambhala Kado. The flower school under the umbrella of Shambhala. That was a very delightfully event, please enjoy this wonderful moment in looking at this picture.

Dagmar Waldau
Preface

Dear Kadokas, dear friends of Shambhala Kado. The Shambhala Kado School is 10 years old. We celebrate this with this magazine. Texts and poems reflect the rich facets of Shambhala Kado “The way of flowers”. The photos show us familiar images. We see them with new eyes and it creates a longing to discover Kado again and again. May Kado world is flourishing and expanding.

May Isler, Juana Piney
Council members of Shambhala Kado

Kado practice

Kado is a meditative, contemplative understanding of self, nature, space and perception and how they all interrelate and depend on one other for true, authentic expression.

Kado means ‘The Way of Flowers’. The Flower Way began in China over 2000 years ago. When it was introduced and assimilated into Japan, the Japanese word Ikebana arose, meaning ‘living flowers’.

Kado is a contemplative practice that studies nature as it is. Human beings are part of nature, we are not separate. We follow the same patterns as does all life on this planet, therefore Kado students simultaneously study the human condition when working with natural materials from the earth.

Kado teaches us to see the wisdom of nature clearly, which is the same in ourselves and others by practicing classical Ikebana forms. The ultimate purpose in Kado is not to make pleasant flower arrangements, but to discover joyfulness, work with obstacles, and develop respect for all things animate or inanimate as they are.
Before the practice, Cologne 2010

Practice material station, Amsterdam 2006

Practice, Maastricht 2012

Spoiled for choice, Hamburg 2012

Heaven, Earth and Men/Humanity, Dublin 2011
Do not expect more from the flowers than their nature can bear.

Gustie Herrigel

Cleaning cutters, KIT Dechen Chöling 2007

Practice, London 2013

Look and see, La Drôme 2011

Look and see, Madrid 2012

After the practice, Prague 2011
2012 Sakyong Mipham Rinpoche in his wise and compassionate way, he kindly bestowed a title on our Kado teacher, Marcia Wang Shibata. She is in the Shambhala Buddhist community and co-founder of the Shambhala Kado School. She is a student of Chögyam Trungpa Rinpoche and Sakyong Mipham Rinpoche. Having studied, and continues to study and practice in the major schools of Ikebana, both classical and modern, she teaches from the view of nature’s innate wisdom and Buddhist/Shambhalian compassionate warriorship.

If you see things as they are, you can see what you can do for it. Kado teaches us to receive things as they are. This is the most important teaching to become an authentic person.

Marcia Wang Shibata
Shambhala Kado Instructors

To seal the commitment to the Sakyong, the Sakyong Wangmo, the vision of the Great Eastern Sun and Shambhala Kado, the Kado Instructors took the Instructors Oath. That was followed by a Kado Name ceremony. All Instructors received a Flower Name, written on a wonderful Japanese Shikishi board, written by Hiromi Masui, our Kado friend in Kyoto, Japan.

(In the picture, front row: Acharya Mathias Pongracz and Marcia Shibata; second row from left to right: Dagmar Waldau, Sibylle Fraund, Soheyla Akchoti, Juana Piney, Martina Hunsdieck; back row, left to right: Arnaud Caron, May Isler, Jitka Holubcova.)

Sakyong Mipham Rinpoche, the eldest son of Chögyam Trungpa Rinpoche, is the Dharma heir and present lineage holder of Shambhala Buddhism. Shambhala Kado was officially recognized and confirmed by the Sakyong in August 2003. The Shambhala Kado School is based on the teachings of Shambhala Buddhism. The school was inspired by Chögyam Trungpa’s understanding that the innate wisdom in human beings can be recognized and cultivated through properly understood flower practice. Chögyam Trungpa often made flower arrangements to illustrate natural wisdom; a way to show students the truth of the Buddhist Shambhala teachings. Both the Buddhist and Shambhala traditions teach enlightened warriorship and natural wisdom born from basic goodness.
Flowers creep in my way. 
I saw them by passing by. 
They crossed my steps and my thoughts. 
Since then I can’t let them pass without watching.

May Isler
The path is the goal
– it is not just what we do, but how we do it –
the art of life, and life as art, grace, enjoyment.

VCTR
The Shambhala Kado Council is a group of elder Kado students. This group started out some years ago, in working on view, forms and decorum of a Flower School under the umbrella of Shambhala.

Until today the Council worked on the Logo, Pin and Flyer of Shambhala Kado.

One part of the Council is the Curriculum group, that worked on the first Shambhala Kado Guide Book, with the title “Spring” and will be followed by “Summer”.

The Council meets at least once a year.

Dagmar Waldau, Chairlady of the Shambhala Kado Council
“Kado, the path of flowers is and will always be a part of Dechen Chöling”, said Director Simon La Haye in his welcome address at the beginning of the Shambhala Kado Instructor Training 2012. Everybody was very happy and having the opportunity to practice Kado and share time.

Kdo Instructor Training is the highlight in every Kado year. This is the time to deepen practice and studies of Kado, to get training in Assistantship or training depending being an instructor. Also the great opportunity to collect material in the wild, directly from the nature, this is what Kado practitioners really love.
Kado Dathün

The wish having a Kado Dathün came up some years ago. 2010 was the right time, place and people. The Kado Dathün Bamboo Moon took place in Dechen Chöling under the clear and gentle guidance of Acharya Mathias Pongracz and Marcia Wang Shibata. All ages came together to experience a month of Sitting Meditation and Kado Practice.

First two weeks Sitting, Gong, sit, Oryoki, Golden Silence, sit, running out of clean socks…wash, Gong. Daily life can be very simple. Almost silent giggles of the youth and broad smiles of the elders, even knees started to hurt. Refuge vows at the end of week two.

Week three, the Maitri barn was transformed into a Kadojo, almost overnight. Space for everything. Cutters, flowers, water, containers and shoes. Basic upright left was the first classical form and we started. In between the form was always space for a smile. The Kado Oath Ceremony for people who lost their heart to the flower practice and wish to follow this path took place. Acharya Pongracz and Marcia Wang Shibata handed oath water and a pin to the members of the Shambhala Kado Europe Council Members, sealing their vow, to keep promoting the Way of Flowers.

Guest from the other side of the lake came; the Magyal Pomra Encampment took place at the same time. Dathün and Encampment are the same, just a slide difference. At the encampment you don't have to think what to wear, or to take a shower. We are all working with the mind.

Week four. Practice of loving kindness. The little blue flower on the Shrine never gave up. We found heart.

Dagmar Waldau, Germany and May Isler, Switzerland (published Shambhala Newsletter)
Kenkasai is a traditional Japanese ceremony involving offering of flower arrangement to the Shrine to express the respect and gratitude to mother nature for receiving branches and flowers throughout the year. Kenkasai is the most formal type of flower ceremony existing in Japan and is held in the spring and in the fall at Buddhist temples and Shinto shrines.

The first Shambhala Kenkasai was held in August 1984 and was an extraordinary event.

In Hamburg and Marburg Germany and Bern, Switzerland Shambhala Centers at Shambhala day had a simple Kenkasai.

The participants offered flowers to the shrine to say thank you for everything they received throughout the year for their practice and others.

We make flower gifts to the Buddha to cleanse our heart and our mind of negativity by inviting the Buddha and all the Kami especially the flower Kami (KoNoHana) into our heart to stay. With the flower offering we express also a clear and open heart to Buddha and the Kenkasai celebrate that.

Marcia Wang Shibata, Mexico
A taste of Kado in Japan

In September 2005 silver wings brought members of the Shambhala Kado Europe Sangha and their teacher Marcia Wang Shibata to the land of Samurai, Manga, sushi, sake, millions of etiquette rules, millions of paradox …. Buddhas, Kami, rice, lots of hot water and Omatarasuomikami - to Japan.

The first taste of our stay was an invitation for a tea ceremony from Hiromi Masui and Jack Convery, Tea Master, Shambhala Buddhist Sangha member, a man full of humour and a big heart, at their house in Kyoto.

We experienced flower lessons from current teachers of the major schools Ohara and Sogetsu, to witness the various approaches of the Way of Flower practice today.

We met at the Rokkakudo Temple which is the headquarters for the Ikenobo School of Ikebana, the oldest school of this art in Japan. A guided visit of the museum and a look at classes, along with exchange of the students about their very beautiful Ikebanas, was one of the highlights.

The smell of old wood and incense accompanied us during the stay. We visited a lot of temples and gardens.

The trip to Ise to the Shintô Shrine, considered to be the spiritual home of the Japanese people, got us another impression. We met a lot of japanese people on their pilgrimage, admiring the big cedars, the gold and red fishes in the
river and the old shrines. The day ended with a boat trip on the pacific.

We visited Koyasan, the center of Shingon Buddhism, a Buddhist Vajrayana sect which was founded by Kobo Daishi, one of the most significant personalities in Japan’s religious history. Over one hundred temples stand in the small town on top of the wooded mountain.

We experienced a night at one of the temple, tried shojin ryori, the vegetarian cuisine of monks and participated in the morning prayers.

Okunoin, the site of Kobo Daishi’s mausoleum

The Japanese culture yesterday and today, people with western clothes and Kimonos/Hakamas, the modern station of Kyoto, Temples, nice prepared food, bathhouses, temple sales, …. unfolded to us day by day.

May Isler, Switzerland
Kado Dinners, Kado Mercado, Kado Birthdays, Kado Weddings, Kado at Festivals, ...
The complete universe can be discovered in one container.

Marcia Wang Shibata

Photo by Veronika Faustmann

Kado = the way of flowers from Hiromi Masui, Japan

Photos by: Annette De Vlieger, Jitka Holubcova, Martina Hunsdieck, May Isler, Juana Piney, Christoph Schönherr, Dagmar Waldau, Rebecca Younger, unknown.

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