



In remembrance of Fabrice Champion

by Antonio Plana

Today we have read, by the newsletter of Shambhala Europe, that our friend of Dechen Chöling, Fabrice Champion, passed away. Tears arise to my eyes.

He was a circus artist. At the Forum event in Barcelona, he fell down from the trapeze. His injuries sat him in a wheelchair for ever. I met him in that way, he caught my attention because of it.

He was meditation instructor and Shambhala teacher. He was my instructor at the Spring Dathum of 2006, with Sarah Coleman. He was interested in me and how I was during the program, because I also came from the city that he had the accident. I was very surprised to meet him because I knew about the accident; I was working for a period of time in the event and I was in contact about what was happening there.

I did the Warriors Assembly with him too –with David Hope and with Sarah Coleman, again.

Once, I remember, I saw him at the shop of Dechen Chöling, then I did a step back, I am a little shy and I thought that maybe he didn't remember me. Then, he turned to me and called me extending his arms with a life face of joy and warm feeling to me. He was a warm-hearted person. He had conceded the blows of life. He used to be happy in spite of his pain, and he loved arts. I'm sure that you know it better than me.

This year he decided to travel to South America alone, in the wheelchair, with his difficulties. He was in Peru in a supposed healing shamanic ceremony. He died in it, as we

read. Extrange cicumstances are around the fact. Fabrice was not fooled, but he had a “difficult” body and probably he clung to the promise of be more healthy. Maybe a little hope and a big dose of good faifh .

At the Warrior Assembly I atend with him, he gave a talk on decorum. I took notes and trancript them down this article. Whith his teaching, today, we are caught againg by his warm mind and relationship. We are not alone. I’m sure that he didn’t gone, he turned one of the Dralas of Dechen Chöling. We will see him when we call him with the cry of the Warrior KI KI SO SO.



06.07.09 – Talk –Fabrice Champion DECORUM

Here we are, alive, it’s wonderful.

Contemplation: ¿What we need? ¿Where is it? ¿How can I get it?

We have all we need, but sometimes is difficult to see it.

The problem is that we cover the magic with our habitual patterns.

Decorum is related with the principle of the container.

Gramatically means a) decoration b) decency.

The container intensifies our awareness of space, our mind, separating the internal from the external.

Decorum is a quality of mind.

Another quality is to come back again and again when it (the mind) has been. (The more we are thinking today, the more we will think tomorrow).

First we take care of our physical environment (clean, beautiful, etc.) It’s like a mirror of our own mind.

We take care about how we dress, how we clean our body. It arises lung-ta.

Elegance in the way of eating.

Decorum is worked by discipline, to know the instructions and follow them, it only mean to be able to do, and to do it all right. From that point joy arises.

We can help to a “dissonant” person, telling him the consequences in others of his behaviour.

The results of discipline is something than doesn't smells to negative karma.

Lunga-ta and the container are contagious if we accept to be touch by them.

AFTER I SENT THE ARTICLE TO THE SPANISH SHANGHA

I sent the previous message –by the help of the Center of Madrid, to the Spanish Shambhala Community, as a way to express and share our mourning for Fabrice.

I received several calls and mails, even from people whom never met him, as an expresión of love and warm memories of him, and a kind of joy for walk a little part of our life journey with him.

Here, you can read some of them.

A person: I was also impressed when I read the news. His sudden dead is a lesson of impermanence and his life a lesson of bravery. I'm sure that what he lived and he practiced will help him in this transit.

Other: Beloved.

Other: I didn't met him too much but his death, being so young is very painful.

Other: I feel so sad too. Fabrice was a man whom I always paid attention, because his history, because the way he looked, and we had several brief enconunters. I have devotion for the circus and the acrobacy. I was at the Forum too as volunteer.

Other: Antonio, I phone you because I can believe it, I didn't like to believe it. I met him many years ago. It has been very sad for everybody.

Other: If we are sad is because we loved him, and it carry tears and pain.

Other womam whom never met him: after a time, you won't be sad because his lost, you will feel that “I was very lucky to know him”.

And she sent this poem to all the people, from a catalan poet, Miquel Martí I Pol:

Let's talk about you

"Let's talk about you, but not with grief.
Simply talk about you, how
you left us, the suffering of
losing your strenght, telling about what you like it,
what you loved and what you didn't loved,
what you did, what you talk and what you feel;
we talk about you, but not with sadness.

Slowly you become so ours
that we won't need to talk about you
to remember you; step by step you will be
un gesture, a word, a taste, a look
flowing without saying it and without thinking it."

Always with us, Fabrice.

Thanks to exist!

