



Sukhasiddhi

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Kagyü Sukha Chöling

A CENTER FOR THE PRACTICE AND STUDY OF TIBETAN BUDDHISM

Founder, His Eminence Kalu Rinpoche
Director, Venerable Lama Lodru Rinpoche
Resident Teachers, Lama Pema Clark & Lama Yeshe Parke

Vol. VIII Issue 1

Fall 2008

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• **Lama Lodru, November 7-9**

Save these dates!

Inner Yoga Retreat, Buckhorn Springs
February 13-16, 2009

Tranquility and Mindfulness Retreat,
Wayfarer Resort
April 24-26, 2009

Seven-Day Personal Practice Retreat,
Buckhorn Springs
June 19-26, 2009

Newsletter & website changes...

KSC's beautiful new website has been launched. Beginning with this issue, the newsletter will be in a more condensed format. You're encouraged to explore the new website for the articles and progress reports that formerly appeared in the newsletter, as well as many entirely new features.

For the latest information,
visit our website:

www.kscAshland.org

Kagyü Sukha Chöling

147 Granite Street
Ashland, OR 97520
(541) 552-1769

H.H. 17th Karmapa in U.S.

Historic event and teachings held in Seattle

MORE THAN 60 PEOPLE FROM KAGYU SUKHA CHÖLING attended teachings in Seattle given by His Holiness the 17th Karmapa Orgyen Trinley Dorje in Seattle May 29th to June 2nd, 2008. His Holiness's first visit to the United States was long awaited by his many students who reside here in this Western land. The Karmapa is the head of the Kagyu school of Tibetan Buddhism and is the embodiment of compassion and wisdom, a genuine bodhisattva or "awakened being."

His teaching opened the hearts of those in attendance and many KSC students remarked upon the intimacy and candor with which he spoke about his own spiritual journey. In a direct and powerful voice, he gave essential advice to bring one's practice into daily life. He reminded us that we are a part of a global village and therefore we must be concerned for the well-being of all, including the planet itself.



His Holiness the 17th Karmapa

This young and majestic Karmapa composed a beautiful song entitled *An Aspiration for the World*. The last stanza reflects the expansive and hopeful vision that he expresses in his words and presence:

*In every section of our world's land,
May there thrive a fertile field of peace
and joy,
Rich with the leaves and fruits of happiness,
Filled with the many sweet scents of freedom.
May we fulfill our countless and
boundless wishes.*

May we have the good fortune and conditions to welcome His Holiness again and again to this land called America.

South Sangha Schedule

KSC Center, 147 Granite Street, Ashland

Regular Meditations

SUNDAYS

First Sundays

Sep. 7, Oct. 5, Nov. 2, Dec. 7, Jan. 4

9:00–9:45 a.m. ~ Chenrezig & Tonglen: *Morning Service*

10:00–11:30 a.m. ~ Silent Sit: *A silent, personal meditation practice, in three half-hour sessions*

Tonglen Sundays

Sep. 14, Oct. 12, Nov. 16, Dec. 14, Jan. 18

9:00–11:30 a.m. ~ Universal Compassion (Tonglen):

Instruction, guided meditation, dharma talk and discussion

Calm Abiding Sundays

Sep. 21, Oct. 26, Nov. 23, Dec. 21, Jan. 25

9:00–11:30 a.m. ~ Calm Abiding (Shinay): *Instruction, meditation, dharma talk and discussion*

WEDNESDAYS

6:45 p.m. ~ Mahakala*

7:30 p.m. ~ Chenrezig (last Wednesday in English)

THURSDAYS

5:00 p.m. ~ Four Deities*

6:00–7:00 p.m. ~ Calm Abiding

SATURDAYS

Sep. 13 & 27, Oct. 11 & 25, Nov. 22, Dec. 13 & 27, Jan 10 & 24

9:00–10:30 a.m. ~ Green Tara

*Requires prior empowerment and instruction to attend

Practice Groups

Tranquility Practice Group ~ *ongoing*: Calm Abiding Sundays

Sep. 21, Oct. 26, Nov. 23, Dec. 21, Jan. 25

Noon–2:00 p.m.

Joyful Effort Practice Group ~ *ongoing*: Tonglen Sundays

Sep. 14, Oct. 12, Nov. 16, Dec. 14, Jan. 18

Noon–2:00 p.m.

Classes

Inner Yoga

Mondays, Oct. 6–Nov. 24 ~ 7:00–9:00 p.m.

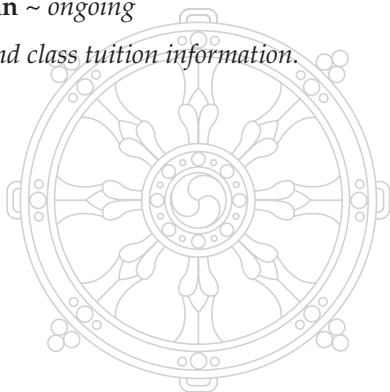
PLUS Saturday, Nov. 15 ~ 9 a.m.–5 p.m.

Opening the Door to Awakening

Tuesdays, Oct. 7–Nov. 25 ~ 7:00–9:00 p.m.

Translating Classical Tibetan ~ *ongoing*

See page 3 for practice group and class tuition information.



North Sangha Schedule

Regular Meditations

WEEKLY ~ Call 541-543-3404 for location and day

6:00 p.m. ~ Calm Abiding

6:45 p.m. ~ Chenrezig

MONTHLY ~ SATURDAYS

Instruction, meditation and dharma talk with the lamas

Sep. 20 at the Eugene Zendo, 2190 Garfield Street

Oct. 11, Nov. 1, Dec. 13, Jan. 10 at 587 E. 39th Place, Eugene*

10:00 a.m.–noon ~ Calm Abiding

12:15–1:00 p.m. ~ Chenrezig

*Directions: 587 E. 39th Place is between Unity Church (Hilyard & Dillard) and Unitarian Church (40th & Donald). Please park on 40th or at Safeway, not in the church parking lots. If walking is difficult, there is limited parking in front of the house.

Practice Group

Tranquility Practice Group ~ Call 541-543-3404 for location

Ongoing, and led by the lamas

Sep. 20, Oct. 11, Nov. 1, Dec. 13, Jan. 10

8:15 a.m.

See page 3 for practice group and class tuition information.

Regional Retreat

Tonglen Weekend Retreat

Buckhorn Springs, Ashland

Oct. 17–Oct. 20

6:00 p.m. Fri.–1:00 p.m. Mon.

See page 3 for tuition and registration information.

Advance registration at KSC is required for all classes and practice groups. To register, contact KSC, 541-552-1769 or ksc@mind.net.

Distance Learning

If you live too far away to attend a class, you may register for Distance Learning for an additional fee of \$20. You will receive CDs of class meetings, class materials, and periodic phone or email contact with the lamas.

To register, contact KSC, 541-552-1769 or ksc@mind.net.

Class Descriptions



Inner Yoga

In the mid-1970s, His Eminence Kalu Rinpoche wrote a concise root text presenting a sequence of physical yogas to support the synchronization of body, speech and mind in meditation practice. These dynamic exercises, and the essential Buddhist teachings upon which they are based, will be presented in an 8-week class with an additional Saturday session. The yogas can be of benefit to anyone, as they promote a sense of well-being and harmony in ones daily life.

Please note: This class will not be available to distance learners.

Tuition: \$175 (KSC members: \$155)



Opening the Door to Awakening

The life and teachings of the Buddha provide a model and basis for a complete transformational journey of awakening. Class participants will be encouraged to examine and reflect upon their own individual spiritual path in light of the Buddha's extraordinary example. Additionally, meditation instruction and guidance will be given at each meeting. This is an excellent class for those wishing to learn or refresh the core principles of the Buddhist path of wisdom and compassion.

Tuition: \$145 (KSC members: \$125)



Translating Classical Tibetan

This ongoing class focuses on basic grammar and translation of sacred Tibetan texts.

Tuition: \$100

Practice Groups



Tranquility Practice Group

Tranquility Practice Group meets monthly in Ashland and Eugene, to support members' Calm Abiding meditation practice and study. These groups will be open for new and renewing members (six-month commitment) at the October meeting.

Tuition: \$100



Joyful Effort Practice Group

Joyful Effort Practice Group meets monthly to support the daily *Ngöndro (Foundations)* meditation practice. This ongoing Ashland group will renew its six-month commitment at the October meeting.

Tuition: \$100

Regional Retreats



Tonglen Weekend Retreat

Teachings from *The Seven Points of Mind Training*, and its central practice of Tonglen (*welcoming and offering*) is the focus of this retreat. When adversity strikes in everyday life, this practice for the world shifts our self-attention to genuine concern for other beings.

This weekend retreat of teaching, practice and discussion is an excellent way to begin, renew or strengthen ones acquaintance with the practice of welcoming and offering.

Tuition: Meals and lodging: \$265 plus *dana* offering. Work exchange and scholarships may be available.

To register, contact KSC, 541-552-1769 or ksc@mind.net before Oct. 10.

Scholarships at KSC

Classes: Contact the lamas (541-552-1769 or ksc@mind.net) if you need financial aid for tuition.

Retreats: Partial scholarships may be available depending on the size of the Scholarship Fund. Both KSC dues-paying members and non-members may apply with preference given to members. Scholarships are limited to one retreat per year for each applicant. To request a scholarship, contact KSC, 541-552-1769 or ksc@mind.net, stating the financial aid needed and your reasons for wishing to attend a particular retreat.

Day for Dharma Begins with a Site Tour!

On Saturday, September 20th at 9 a.m., the sangha is invited to a tour of the building site of KSC's new center, near the corner of Oak and East Hersey Streets in Ashland. The architect and landscape architect will make short presentations about the building's sustainable components and design, and floor plans will be available.

The Site Tour is a special event to open KSC's annual Donate a Day for Dharma campaign. We hope you will join us, the design team and KSC's board of directors for an inspiring look at our future. ~ *The Lamas*

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Submissions are encouraged, and comments are welcome. Send to: ksc@mind.net

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Tranquility and Insight: Teaching and Practice Sessions with Venerable Lama Lodru Rinpoche

When Prince Siddhartha took his seat under the Bodhi Tree, he had already achieved perfect tranquility meditation, the ability to rest the mind. He then undertook insight meditation, in which the mind turns inward. With this meditation, he realized the nature of mind and became Buddha Shakyamuni. The practices of calm abiding (Shinay) and insight (Lhaktong) can be extremely useful to anyone who wishes to understand and address the causes of mental and physical affliction. KSC is happy to welcome Venerable Lama Lodru Rinpoche, an accomplished yogi and KSC's spiritual director, who will give an in-depth explanation and direct experience of these meditation methods.

Carpenter Hall, Corner of S. Pioneer & Hargadine, Ashland
Friday, Nov. 7, 7 to 9 p.m. —

Introduction to Calm Abiding & Insight Meditations

Saturday, Nov. 8, 10 a.m. to noon & 2 to 4 p.m. —

Calm Abiding Meditation

Sunday, Nov. 9, 10 a.m. to noon & 2 to 4 p.m. —

Insight Meditation

Cost: \$25 per person (\$15 KSC members) per session. All sessions: \$125 (\$75 KSC members)

Free Public Talks Cultivating Contentment

In our daily life, while rushing to meet the future or reliving the past, we may miss the experience of relaxed and open awareness that meets each moment as it is. There are many simple methods for bringing our attention into the present, which is the basis of contentment and simplicity. Join the lamas for an exploration of these ideas and methods.

Mon., Sept. 29, 7 p.m. — Carpenter Rm., Medford Library

Tues., Sept. 30, 7 p.m. — Gresham Rm., Ashland Library

Newcomers' Night

Thursday, October 2, 6:00 p.m.

Join us for Calm Abiding Meditation at 6:00 p.m. Afterwards, the lamas and community members will provide an introduction to Buddhism and the programs offered at KSC. Refreshments are served, and all are welcome.

Buddha Cinema

Check our website, www.kscAshland.org, for dates and films to be announced.