



Sukhasiddhi

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Kagyū 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

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Save these dates!

**Tranquility and Mindfulness Retreat,
Wayfarer Resort**

April 24–26, 2009

**Venerable Lama Lodru
Teaching Weekend**

May 15–17, 2009

**Seven-Day Personal Practice Retreat,
Buckhorn Springs**

June 19–26, 2009

KSC website...

KSC's beautiful new website has been launched. You're encouraged to explore the 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

Kagyū Sukha Chöling

147 Granite Street
Ashland, OR 97520
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The Gift of Retreat

A message from the lamas

IN OUR CULTURE, January is the time to make resolutions for the new year. If we could recommend one resolution for 2009, it would be: "I will make time for retreat!"

When we make the decision to leave our familiar world for one in which the awakening journey is the focus, we are changed by the decision itself, as well as the effort to carry it out. As we step into sacred space, we will move more slowly, speak more rarely, and make the room to contemplate the teachings and train the mind. Each of these actions changes us, broadening our usual view of ourselves, by strengthening our confidence, contentment, knowledge, and stability.

Ironically, even with these benefits, we may think, "I don't have time!" or "It's too expensive!" Issues of time and money are genuine, of course, but it is also true that if we make the decision to do retreat, these issues may just fall away. Family, coworkers and friends can aid us in arranging our lives to make time for retreat. And, for KSC retreats, there are scholarships and work exchanges to reduce costs, as well as the nearly-free personal camping retreats available at KSC's new rural retreat land.

Actually, what often keeps us from retreat is a lack of confidence and an array of anxieties. Are we prepared? Will we see positive results? Can we live a simpler life for a few days, separate from all that we usually rely upon?

When these fears arise, it is good to remember the Buddha's confidence: All of us have innate joyfulness, compassion, a love of solitude and the ability to meditate. Retreat is the gift of time to discover and strengthen these experiences. Give yourself the gift of retreat this year. ~ *The Lamas*



South Sangha Schedule

KSC Center, 147 Granite Street, Ashland

Regular Meditations

SUNDAYS

First Sundays

Jan. 4, Feb. 1, Mar. 1, Apr. 5

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

Jan. 18, Feb. 8, Mar. 15, Apr. 12

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

Instruction, guided meditation, dharma talk and discussion

Calm Abiding Sundays

Jan. 25, Feb. 22, Mar. 22, Apr. 19

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

2nd Wed: Guided, condensed meditation

Final Wed: Meditation in English

THURSDAYS

5:00 p.m. ~ Four Deities*

6:00–7:00 p.m. ~ Calm Abiding

SATURDAYS

Jan 10 & 24, Feb. 14 & 28, Mar. 14 & 28, Apr. 11 & 25

9:00–10:30 a.m. ~ Green Tara

**Requires prior empowerment and instruction to attend*

Practice Groups

Tranquility Practice Group ~ *ongoing*: Calm Abiding Sundays

Jan. 25, Feb. 22, Mar. 22, Apr. 19

Noon–2:00 p.m.

Joyful Effort Practice Group ~ *ongoing*: Tonglen Sundays

Jan. 18, Feb. 8, Mar. 15, Apr. 12

Noon–2:00 p.m.

Classes

Building a Firm Foundation

Mondays, Feb. 2 – Mar. 23 ~ 7:00–9:00 p.m.

Seven Points of Mind Training

Tuesdays, Feb. 3 – Mar. 24 ~ 7:00–9:00 p.m.

Classical Tibetan II ~ *ongoing*

See page 3 for practice group and class tuition information.

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

North Sangha Schedule

Regular Meditations

WEEKLY

Tuesdays: Call 541-543-3404 for location

6:00 p.m. ~ Calm Abiding

6:45 p.m. ~ Condensed Chenrezig

Thursdays: Unitarian Church, 40th and Donald Streets

6:00 p.m. ~ Calm Abiding

MONTHLY ~ SATURDAYS

Instruction, meditation and dharma talk with the lamas

10:00 a.m.–12:30 p.m.

Jan. 10: Tamarack Wellness Center, 3575 Donald St.

March 14: Call 541-543-3404 for location

No Saturday Sit in April, due to the April 24-26 weekend retreat

Practice Group

Tranquility Practice Group ~ *Ongoing, and led by the lamas*

Jan. 10, Feb. 7, March 14 ~ 8:15–9:30 a.m.

Radiant Life Center, 474 Willamette St., Ste. 302

No Tranquility Group meeting in April, due to the April 24-26 weekend retreat

Class

The Thirty-Seven Practices of a Bodhisattva

Jan. 9, Feb. 6, Mar. 13, May 8, June 5 ~ 7:00–9:00 p.m.

Radiant Life Center, 474 Willamette, Ste. 302

See page 3 for practice group and class tuition information.

Regional Retreats

Chenrezig One-Day Retreat

Eugene Zendo, 2190 Garfield Street

Saturday, Feb. 7, 10:00 a.m. – 4:00 p.m.

Inner Yoga Retreat

Buckhorn Springs, Ashland

Friday, Feb. 13, 6:00 p.m. – Monday, Feb. 16, 1:00 p.m.

See page 3 for tuition and registration information.

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.*

Class Descriptions



Building a Firm Foundation: Practice in Everyday Life

Buddhism provides an organic progression of view, meditation, and action which guides us on our journey toward the experience of primordial wakefulness. Since there is no external source for this experience, we must utilize curiosity, reason, discipline, enthusiasm and the support of our community to examine this path for ourselves.

To provide a foundation for personal practice and study, this class will explore the hallmark principles and meditation practices of the Three Vehicles (traditions) of Buddhism. Topics of study will include: shamata and vipasyana meditation, interdependence/emptiness, Bodhisattva path, absolute and relative view, lineage, and diety meditation. Weekly readings and meditations will be assigned.

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



Seven Points of Mind Training

The theme of mind training is learning to apply the study and practice of Dharma in our daily lives. Surrendering our habit of self-reference, and developing spontaneous concern for others, requires conscientious effort and skillful methods. Tonglen (*Taking and Sending* practice), leads to the cheerful relinquishment of our ego's primacy. Our study emphasizes the application of practice both on and off the cushion.

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



The Thirty-Seven Practices of a Bodhisattva

The path of the bodhisattva (awakened being) is motivated by the wish to liberate every being from suffering. Thirty-Seven Practices presents verses as a means to develop this life of genuine altruism. Commentaries by Khenpo Tsultrim Gyamtso Rinpoche and other lineage masters will be relied upon to develop deeper understanding of the slogans and their application.

Tuition: \$125 (KSC members: \$100)



Classical Tibetan II

This ongoing class focuses on basic grammar and translation of sacred Tibetan texts. *Tuition: \$100*

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.

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 April 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 April meeting. *Tuition: \$100*

Regional Retreats



Chenrezig One-Day Retreat

This day is devoted to instruction in the meditation of Chenrezig, the Bodhisattva of Compassion, which brings us to the experience of the compassion inherently present in our own mind. The day includes time for questions, discussion and practice. *Suggested donation: \$25*



Inner Yoga at Buckhorn Springs

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 teaching upon which they are based, will be presented as a weekend retreat. The yogas can be of benefit to anyone, as they promote a sense of well-being and harmony in one's daily life.

Tuition: Meals and lodging \$285 plus dana offering. Work exchange and scholarships may be available.

Registration: Contact KSC at 541-552-1769 or ksc@mind.net.

The Benefits of Repeating Classes

I want to encourage the sangha to take KSC classes more than once. I have done this with several classes and have found each experience to be very valuable. Although the topic of the class may be the same, the teaching and transmissions from our lamas is always fresh and unique. In addition, my understanding has often deepened, and the material from the teaching continues to reveal itself like layers of an onion. I have discovered that my first time in a class is an introduction to a topic that warrants a lifetime of study and practice. Classes such as the *Seven Points of Mind Training* and *37 Practices of a Bodhisattva*, are examples of classes I hope to repeat over and over. I encourage anyone to consider deepening their understanding of the classes offered at KSC by taking them more than once. ~ A.S.

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

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Autumn 2008 Highlights ...

- The *Donate a Day for Dharma* campaign for the New Center concluded on November 1st, with total gifts of \$23,500 — a very successful campaign!
- Lama Pema and Lama Yeshe gave their first *Teaching Weekend* in a large public setting in Ashland over the weekend of November 7-9. A total of more than 200 people attended the various sessions of teaching and practice in the methods of calm abiding, insight, and resting meditation.
- The *From Folk-to-Fine Art Sale Benefit* in mid-December was a fine success, with well over 200 pieces of art donated, and sales of over \$8500. All proceeds will directly benefit the New Center.
- Lama Pema was a guest teacher at the World Religions classes at St. Mary's High School in Medford for a second year. She teaches the calm abiding meditation and answers questions about Buddhism. Lama Pema says she enjoys staying in touch with young people in this way, as KSC continues to prepare for its future Kids and Teens Programs.

Regular Events ...

Free Public Talks

Developing Empathy

Mon., Jan. 26, 7 p.m. — Carpenter Room, Medford Library
Tues., Jan. 27, 7 p.m. — Gresham Room, Ashland Library
Empathy opens the door of our heart, enabling us to participate in the reality of others' being. This is the basis for acting in community, with compassion, joy, and equanimity. The lamas will present some simple methods for enhancing natural empathy.

Newcomers' Night

Thursday, January 29, 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.