



Sukhasiddhi

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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

KSC Schedule Vol. IX, Issue 1

Fall 2009

## South Sangha Schedule

KSC Center, 147 Granite Street, Ashland

### Regular Meditations

#### SUNDAYS

##### First Sundays

Sep. 6, Oct. 4, Nov. 1, Dec. 6, Jan. 3  
10–10:45 a.m. ~ Sangha-guided Calm Abiding meditation  
11–11:30 a.m. ~ Self-guided Calm Abiding meditation

##### Tonglen Sundays

Sep. 13, Oct. 11, Nov. 15, Dec. 13, Jan. 17  
9:00–11:30 a.m. ~ Universal Compassion (Tonglen):  
*Instruction, guided meditation, dharma talk and discussion*

##### Calm Abiding Sundays

Sep. 20, Oct. 18, Nov. 22, Dec. 20, Jan. 31  
9:00–11:30 a.m. ~ Calm Abiding (Shinay): *Instruction, meditation, dharma talk and discussion*

##### DharmaKids on Tonglen and Calm Abiding Sundays

Oct. 11, Oct., 18, Nov. 15, Nov. 22, Dec. 13, Dec. 20

#### WEDNESDAYS

6:45 p.m. ~ Mahakala\*  
7:30 p.m. ~ Chenrezig  
*2nd Wed: Guided, condensed meditation*  
*Final Wed: Meditation in English*

*Note: No meditation Nov. 25 or Dec. 30*

#### THURSDAYS beginning Sep. 10

5:00 p.m. ~ Four Deities\*  
6:00–7:00 p.m. ~ Calm Abiding

*Note: No meditation on Oct. 1 or Nov. 26*

*Refuge Ceremony Oct. 8; Candlelight Service Dec. 31*

\*Requires prior empowerment and instruction to attend

### Practice Groups

#### Tranquility Practice Group

*Ongoing: Calm Abiding Sundays*  
Sep. 20, Oct. 18, Nov. 22, Dec. 20, Jan. 31 ~ Noon–2:00 p.m.

#### Joyful Effort Practice Group

*Ongoing: Tonglen Sundays*  
Sep. 13, Oct. 11, Nov. 15, Dec. 13, Jan. 17 ~ Noon–2:00 p.m.

### Classes

#### Jewel Ornament I

Mondays, Sep. 28 – Nov. 16 ~ 6:30–8:30 p.m.

#### Introduction to Tibetan Buddhist Psychology

Tuesdays, Sep. 29 – Nov. 3 ~ 6:30–8:30 p.m.

#### Classical Tibetan II ~ Ongoing

## North Sangha Schedule

Eugene locations as noted

### 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*

Sep. 19, Oct. 10, Nov. 14, Dec. 12, Jan. 9

10:00 a.m.–12:30 p.m.

Call 541-543-3404 for location

### Practice Group

#### Tranquility Practice Group

*Ongoing, and led by the lamas*

Sep. 19, Oct. 10, Nov. 14, Dec. 12, Jan. 9 ~ 8:15–9:30 a.m.

Call 541-543-3404 for location

## Regional Retreats Schedule

#### One-Day Retreat: Condensed Green Tara Practice

Sat. Oct. 17, 10 a.m.–4 p.m. at KSC

#### Calm Abiding & Insight Meditation

Buckhorn Springs, Ashland

Friday, Oct. 23, 6:00 p.m. – Monday, Oct. 26, 1:00 p.m.

#### Mindfulness Practices for Daily Living

Carpenter Hall, Ashland

Friday, Nov. 6, 7–9:00 p.m.

Saturday, Nov. 7, 10 a.m.–noon & 2–4:00 p.m.

Sunday, Nov. 8, 10 a.m.–noon & 2–4:00 p.m.

*Advance registration at KSC is required for all classes, practice groups, and retreats. To register, contact KSC at 541-552-1769 or [ksc@mind.net](mailto:ksc@mind.net).*

**Kagyü Sukha Chöling** is a non-profit, 501(c)(3) organization.

KSC Schedule is published 3 times a year: September, January, April.

## Class Descriptions

### **Jewel Ornament I** (Session II – Winter, 2010)

*The Jewel Ornament of Liberation* was written by Gampopa, one of the principal students of Milarepa. It describes the stages of the Buddhist path, offering clear and precise guidelines to encourage and mature our practice. In Session I we will read, contemplate and discuss the first half of the book, including the topics of Buddha Nature, Four Thoughts, Refuge and Bodhicitta. During his recent visit, Lama Lodru Rinpoche recommended this text many times. Following his advice, we will use the translation by Khenpo Kunchog Gyaltzen Rinpoche (Snow Lion, 1998). *Tuition: \$145 (KSC members: \$125)*

### **Introduction to Tibetan Buddhist Psychology**

This course examines principles of Tibetan Buddhist psychological theory and the application of those principles in creating individual emotional clarity. We explore the Buddhist view of desire, confusion and aggression, and develop an understanding of ego's neurotic and wisdom aspects. This is an excellent class for those who have dual interests in psychology and Buddhism. *Tuition: \$125 (KSC members: \$100)*

### **Classical Tibetan II**

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

## Regular KSC Events...

### **Free Public Talk: Creating Happiness**

Our happiness is dependent on the condition of our own mind. Join the Lamas to learn methods for calming the mind and increasing awareness of thoughts, speech and actions. Mon., Sep. 21 ~ 7:00 p.m. — Gresham Room, Ashland Library

### **Newcomers' Night**

Thursday, September 24 ~ 6:00 p.m.  
Join us for Calm Abiding Meditation at 6:00 p.m. Afterwards, the lamas will provide an introduction to Buddhism and the programs offered at KSC. Refreshments are served, and all are welcome.

### **Buddha Cinema**

Fridays: Sep. 18, Oct. 16, Nov. 20 ~ 7:00 p.m.  
Films and location will be announced on the E-Sangha.

## Save these dates!

October 1, 2009 ~ **An Autumn Evening at Pascal Winery, A Benefit for the New Center**

October 11-December 20, 2009 ~ **DharmaKids Program**

December 31, 2009 ~ **Candlelight Service**

February 12-15, 2010 ~ **Buckhorn Retreat**

April 23-25, 2010 ~ **Tonglen Retreat, Wayfarer Resort**

June 25-July 2, 2010 ~ **7-Day Personal Practice Retreat**

## Practice Groups & DharmaKids

### **Tranquility Practice Group**

Tranquility Practice Group meets monthly in Ashland and Eugene, to support members' Calm Abiding meditation practice. These groups will be open for new and renewing members (nine-month commitment) at the October meetings. *Tuition: \$100*

### **Joyful Effort Practice Group**

Joyful Effort Practice Group meets monthly to support Ngöndro (Foundations) meditation practice. This ongoing Ashland group will renew its six-month commitment at the October meeting. *Tuition: \$100*

### **DharmaKids**

The mission of the children's program is to plant the seeds of compassion and mindfulness in young people, utilizing the teachings of the Buddha as they begin their spiritual journey. The program will meet two Sundays a month, 9 am to noon. *Pre-registration is required.*

## Regional Retreats

### **One-Day Retreat: Condensed Green Tara Practice**

The meditation of fearlessness will be taught and practiced in a condensed form. *Suggested donation: \$25. Potluck lunch.*

### **Calm Abiding & Insight Meditation at Buckhorn**

The source of all our happiness and suffering is the state of our own mind. Calm Abiding Meditation provides training to quiet our inner agitation and experience a state of tranquility. With this basis, one can practice methods to develop special insight into the very nature of thought and mind. Recognizing the spacious empty nature of mind leads, ultimately, to freedom from our habitual bewildered state.

*Tuition: Meals and lodging \$285 plus dana offering*

### **Mindfulness Practices for Daily Living**

Mindfulness is the ability to be present and aware of what is occurring inside ourselves and all around us. This weekend of teachings will explore the four objects of mindfulness (body, feelings, mind and phenomena), and utilize Calm Abiding Meditation as a way to focus and deepen our awareness.

*Suggested donation: \$20 per session.*

**Distance Learning...** If you live too far away to attend a class, you can receive CD recordings. Add \$20 to the cost and notify KSC when you register.

**Scholarships at KSC... Classes:** Contact the lamas at 541-552-1769 or [ksc@mind.net](mailto: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 Susan Bizeau c/o KSC.