



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 2

Winter 2010

South Sangha Schedule

KSC Center, 147 Granite Street, Ashland

Regular Meditations

SUNDAYS

First Sundays

Jan. 3, Feb. 7, Mar. 7, Apr. 4

10–10:45 a.m. ~ Sangha-guided Calm Abiding meditation

11–11:30 a.m. ~ Self-guided Calm Abiding meditation

Tonglen Sundays

Jan. 17, Feb. 21, Mar. 14, Apr. 11

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

Instruction, guided meditation, dharma talk and discussion

Calm Abiding Sundays

Jan. 31, Feb. 28, Mar. 28, Apr. 18

9:00–11:30 a.m. ~ Calm Abiding (Shinay): *Instruction,*

meditation, dharma talk and discussion

DharmaKids on Tonglen and Calm Abiding Sundays

Jan. 17 & 31, Feb. 21 & 28, Mar. 14 & 28, Apr. 11 & 18

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

*Requires prior empowerment and instruction to attend

Practice Groups

Joyful Effort Practice Group

Ongoing: Tonglen Sundays

Jan. 17, Feb. 21, Mar. 14, Apr. 11 ~ Noon–2:00 p.m.

Tranquility Practice Group

Ongoing: Calm Abiding Sundays

Jan. 31, Feb. 28, Mar. 28, Apr. 18 ~ Noon–2:00 p.m.

Classes

Jewel Ornament II

Mondays, Feb. 1 – Mar. 15 ~ 6:30–8:30 p.m.

Mind Beyond Death

Tuesdays, Feb. 2 – Mar. 16 ~ 6:30–8:30 p.m.

North Sangha Schedule

Eugene locations as noted

Regular Meditations

WEEKLY

Tuesdays: 2467 Onyx (Call 543-3404 for information)

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

Jan. 9, Mar. 13 (No sit in February or April due to retreats)

10:00 a.m.–12:30 p.m.

Eugene Zendo, 2190 Garfield Street

Practice Group

Tranquility Practice Group

Ongoing, and led by the lamas

Jan. 9, Feb. 6, Mar. 13 ~ 8:15–9:30 a.m.

Call 541-543-3404 for location

Regional Retreats Schedule

Have No Fear - Preparing for death by relying on meditation

A non-residential retreat, Avalon Lodge, Eugene

Friday, Feb. 5 (7-9 p.m.)

Saturday & Sunday, Feb. 6 & 7

(10 am–Noon & 1:30-3:30 p.m.)

Calm Abiding & Extraordinary Calm Abiding

Buckhorn Springs, Ashland

Friday, Feb. 12, 6:00 p.m. - Monday, Feb. 15, 1:00 p.m.

Tonglen Retreat

Wayfarer Resort, near Eugene

Friday, Apr. 23 1:00 p.m. - Sunday, Apr. 25, 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.

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 II

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 II, we will read, contemplate and discuss the second half of the book, including the topics of the Paramitas (generosity, ethics, patience, joyous effort, meditation and wisdom). We will use the translation by Khenpo Kunchog Gyaltzen Rinpoche, (Snow Lion, 1998).

Tuition: \$145 (KSC members at \$25/month or more: \$125)

Mind Beyond Death

This class utilizes the book, *Mind Beyond Death*, by Dzogchen Ponlop Rinpoche. With class members reading this book between meetings, more time is given to discussing the important questions that individuals have about preparing for the dying process, death, and the post-death experience

Tuition: \$145 (KSC members at \$25/month or more: \$125)

Distance Learning... If you live too far away to attend a class, you can receive recordings. Notify KSC when you register.

Regular KSC Events...

Free Public Talk: Open-hearted Living

Tues., Jan. 26 ~ 7:00 p.m. — Gresham Room, Ashland Library
Can we live a courageous and generous life? Join the lamas for a perspective on meditations that open the heart.

Newcomers' Night

Thursday, Jan. 28 ~ 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: Jan. 15, Feb. 19, Mar. 19, Apr. 16 ~ 7:00 p.m.
Films and location will be announced on the E-Sangha.

Save these dates!

April 27, 2010 – **Free Public Talk**, Ashland Public Library

April 29, 2010 – **Newcomers' Night**

June 2010 – **Lama Lodru Rinpoche Teaching**
Check website for dates

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

October 22-25, 2010 – **Buckhorn 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) in October 2010.

Tuition: \$150

Joyful Effort Practice Group

Joyful Effort Practice Group meets monthly to support *Ngöndro* (Foundations) meditation practice. This ongoing Ashland group will accept new members in April 2010.

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 meets two Sundays a month, 9 am to noon. DharmaKids will accept new members in October 2010.

Regional Retreats

Have No Fear-Preparing for death by relying on meditation

Understanding the nature of our fears and habits releases us to make fresh choices. We will explore the Tibetan view of living and dying, in order to see the choices available in every moment. From that basis, we will practice meditation to prepare for our own and others' dying. *Suggested donation:*

\$10 Friday night; \$20 each session on Saturday & Sunday.

No registration required

Calm Abiding & Extraordinary Calm Abiding Retreat

Calm Abiding Meditation provides training to quiet our inner agitation and allows us to experience a state of tranquility. Techniques in this retreat include the Extraordinary Calm Abiding of His Eminence Kalu Rinpoche. This practice teaches the transformation of the elements of our fabricated world into emptiness, and can be a way to prepare for the eventual dissolution of our body at the time of death. *Tuition: \$285*

for meals and lodging, plus dana offering for the teachings.

Work exchange and scholarships may be available.

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

Tonglen Retreat

This weekend presents teachings from the text *The Seven Points of Mind Training* and its central practice of Tonglen (Taking and Sending) Meditation. Both text and practice can be utilized when adversity strikes in everyday life. This "practice for the world" shifts the habit of self-attention to genuine concern for other beings. *Tuition: \$125 for lodging plus dana offering for the teachings. Retreatants provide their own meals. Registration: ksc@mind.net or 541-552-1769.*

Scholarships at KSC... Classes: Contact the lamas at 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 Susan Bizeau c/o KSC.