



Kagyü Sukha Chöling

CENTER FOR THE PRACTICE AND STUDY OF TIBETAN BUDDHISM

KSC Schedule Vol. XVIII, Issue 1

Fall 2017: September – December

Meditation & Programs Schedule

KSC Center, 109 Clear Creek Drive, Ashland, OR

Sangha Sundays: Sept. 3, Oct. 8 Nov. 5, Dec. 3 & Jan. 7

10:00 – 10:45 a.m. ~ Sangha-Guided Calm Abiding

11:00 – 11:30 a.m. ~ Self-Guided Calm Abiding

Calm Abiding Sundays: Oct. 1, Nov. 12, Dec. 10 & Jan. 14

9:00 – 11:30 a.m. ~ Calm Abiding (Shinay Service)

Instruction, meditation, dharma talk, and discussion

Tonglen Sundays: Oct. 15, Nov. 19, Dec. 17 & Jan. 28

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

Instruction, guided meditation, dharma talk, and discussion

DharmaKids: Sundays 9:00 – 11:30 a.m. | Ages 6-11

Oct. 1 & 15, Nov. 12 & 19, Dec. 10 & 17, Jan. 14 & 28

Ages 6-11 | Begins October 1

TUESDAYS

7:30 a.m. Green Tara

12:30 – 1:30 p.m. Sanctuary open for self-guided meditation

WEDNESDAYS

9:30 am Lujong* 8 Week session | Sept 27 – Nov 15

6:00 p.m. Mahakala*

7:00 p.m. Chenrezig

Condensed Chenrezig & Teaching | Oct.11, Nov. 8, Dec. 13 & Jan. 10

THURSDAYS

4:00 p.m. Sur Chö*

5:00 p.m. Four Deities*

6:00 p.m. Calm Abiding

FRIDAYS

8:00 a.m. Joyful Effort*

**Prior empowerment & instruction required to attend these practices*

DharmaKids For children ages 6-11, meets on Calm Abiding and Tonglen Sundays, twice a month. Utilizing the teachings of the Buddha, this program aspires to plant the seeds of loving kindness, compassion and mindfulness as young people begin their spiritual journey.

The program runs from October through May. Please visit www.kscashland.org for more information and registration form. Please email dharmakids@kscashland.org

Practice Groups Schedule

Tranquility Practice Group | Tuition: \$150.

Tranquility Practice Group (7-month commitment) meets monthly on Calm Abiding Sundays, to support members' Calm Abiding meditation. Open to new and renewing members at the November meeting. (November – May)

12 noon Calm Abiding Sundays: Nov. 12, Dec. 10, Jan. 14 &

Half-day mini-retreat - TBA

Insight I & II Practice Groups* | Tuition: \$150.

Insight I*: (9-month commitment) meets monthly on Calm Abiding Sundays, to strengthen mindfulness, build a truly reliable daily calm abiding practice for all situations, and explore insight meditation. Open to new and renewing members at the October meeting. Prerequisites: Tranquility Group membership of 2+ years or equivalent experience, and lamas' permission required.

12 noon Calm Abiding Sundays: Oct. 1, Nov. 12,

Dec. 10 & Jan. 14

Insight II*: (9-month commitment) meets monthly on Wednesdays, to further develop confidence in insight methods and nurture a mature mindfulness in everyday activities. Open to new and renewing members at the October meeting. Prerequisites for new members: Insight Group I membership of 2+ years or equivalent experience, and lamas' permission required.

2-4:00 p.m. Wednesdays: Oct. 11, Nov. 8, Dec. 13 &

Jan 10

Joyful Effort Practice Groups* | Tuition: \$100.

Joyful Effort meets monthly to support Ngöndro (Foundations) meditation practice. A six-month commitment is required. Renewing members accepted at October 15 meeting, lamas' permission required. Ongoing all year: *New members accepted at the April 2018 meeting.*

12 noon Tonglen Sundays: Oct. 15, Nov. 19, Dec. 17

& Jan. 28 | Fridays - 8:00 am

To request permission of the Lamas: lamas@kscashland.org

To register visit www.kscashland.org. Scholarships available.

Annual Clean Day: Sat., Sept. 23, 9-noon Please join us for a day of smudge removal, dust catching and cob-web cleaning. Light refreshments will be provided.

Newcomer's Night

Please join us for Calm Abiding Meditation at 6:00 p.m. At 6:40 p.m., the lamas will provide an introduction to Buddhism, the programs offered at KSC and time for questions and answers. All are welcome and no pre-registration is required.

Thursday, October 12, 6:00 – 7:30 p.m.

Tuesday Class

Led by Lama Pema & Lama Yeshe.

Kind Living, Confident Dying

Tuesdays, Oct., 17 – Nov., 21, 6:30 - 8:30 p.m.

The subject of death and dying occupies a central place within Tibetan Buddhism. Death and life are not viewed as opposed realities or as separate from one another; they are viewed as part of a continuum. The implication of that perspective is that how we act in life will prepare us for the dying process and what will follow. This class will encourage the expansion of our innate kindness and bravery, as we prepare in practical and emotional ways for a fearless passage at the end of life.

All are welcome and no one will be turned away for lack of funds. Tuition: \$145 (\$125 for KSC members at \$25 or more monthly dues) Scholarships available.

Registration: www.kscashland.org or (541) 552-1769.

Residential Retreat

Calm Abiding and Insight Meditation Retreat

Buckhorn Springs, Ashland | Fri., Oct. 27 – Mon., Oct. 30

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: \$360 for meals & lodging, plus dana offering for the teachings. Scholarships and Work Exchange may be available. Open registration will be announced.

To register, email retreats@kscashland.org, visit www.kscashland.org or call 541.552.1769

Non-Residential Retreat

Have No Fear: Preparing for Death Utilizing Meditation

It is the Buddhist view that the mind (including all the aspects of character that we refer to as "heart") will outlast the body. From this perspective, the way we live our lives every day will naturally result in a state of mind that accompanies us through the dying process and onward into experiences after death.

This weekend retreat will encourage the life attitudes of loving kindness, compassion, fearlessness and mindfulness. We will also examine the nature of our fears and habits, as a way to expand our sensitivity, responsiveness and choice in every moment. On that basis, we will explore the Tibetan Buddhist teachings on the dying process, and practice meditation to prepare for our own and others' dying.

Tamarack Bldg., 3575 Donald Street | Eugene, OR

Saturday, Nov. 4 and Sunday, Nov. 5, 10 am – noon

& 2-4:00 pm | 4 sessions

Suggested donation: \$120 for the weekend. All are welcome and no one will be turned away for lack of funds.

Save the Dates

January 13- 14 | **Non Residential Retreat**

March 16 - 19 | **Buckhorn Springs Retreat | Tonglen II**

April 20 -22 | **Wayfarer Retreat | Tonglen III**

June 8 - 15 | **Personal Practice Retreat at Buckhorn Springs**

Guest Teachers

Training the Wisdom Body: Buddhist Yogic Exercise
A weekend with Rose Taylor Goldfield

Sat & Sun, September 16 & 17 | 9 am-noon & 1:30- 4:30 pm.
Tuition: \$150 for the weekend.

Wisdom Body *Lujong* is the ancient Tibetan practice that brings physical exercise and meditation together. It has been used for centuries to enhance natural confidence, help meditation become deeper and more profound, dissolve anxiety and stress, and increase physical and mental vibrancy.

These practices work on the threefold levels of our human being: the physical body, the subtle body of feeling and sensation, and pure awareness. We will train with body-based meditations, subtle body practices, and movement meditations. Wisdom Body *Lujong* is accessible for all levels of physical ability and fitness.

It is suggested that participants read *Training the Wisdom Body: Buddhist Yogic Exercise* by Rose Taylor Goldfield, available in the KSC Bookstore, before attending the program.

Pre-registration is required. Scholarships available. Visit www.kscashland.org. Soup Supper provided during mid-day breaks for \$10 donation to the scholarship fund.

Lama Lodru Rinpoche

The Creation and Completion Stages of Tibetan Buddhist Meditation | Saturday, October 21, 10- noon & 2-4 pm

Tibetan Buddhist meditations rely upon the method of visualization. Rinpoche will give succinct instructions for this style of meditation, as well as the purposes and benefits of such a powerful method. Suggested donation: \$60 for the day.

Green Tara Empowerment and Instructions
Sunday, October 22, 10-noon & 2-4 pm

Green Tara expresses the feminine energy of Buddha's compassion. As Green Tara embodies fearlessness, practicing this meditation reduces conflicting emotions, increases compassion and loving kindness toward all beings, and deepens one's natural devotion. Suggested donation \$60 for the day

KSC Events

A Thousand Mothers a movie by Kim Shelton
Thursday, October 26 | 6:30 pm followed by Q & A

Set at an ancient nunnery above the majestic Irrawaddy River, A THOUSAND MOTHERS is an unprecedented look into the lives of Buddhist nuns in Sagaing, Myanmar. This is a celebration of unique life, and its value as a force for good in our troubled world. Suggested donation \$20. Baked goods provided by Leslie Sargent of Buckhorn Springs.

Visioning Circle | Sat., Nov 18, 9 – 1:00 pm KSC Shrine Room
Sangha, lamas and board will join together to consider the future of KSC. Refreshments will be served.

KARMA Saturday, Dec. 9 | 10 a.m.-noon and 1:30 - 3:30 p.m.

Buddhist teachings on karma ("cause and effect") educate us to the potential power of our words and actions. It is common to think of karma as unavoidable fate. Yet the teachings indicate that the moment of engaging in speech or action is one of freedom and responsibility.

During this teaching day the lamas will explore the roots of karma, as well as the many ways we can affect the habits of a lifetime. Suggested donation for the day: \$40. All are welcome and no one will be turned away for lack of funds

~ PLEASE VISIT www.kscashland.org FOR UPDATES ~

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