

SPRING 2017

# Virupa Educational Institute

at Sakya Monastery of Tibetan Buddhism

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Seattle, WA 98117  
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Dear Sakya Monastery Members and Friends,

Virupa Educational Institute (VEI), under the spiritual direction of H.E. Avikrita Vajra Rinpoche, provides opportunities to learn more about Tibetan Buddhism and its practical spiritual practices for attaining happiness. Our 100 level set of courses are held most Sunday mornings and are an excellent introduction to Tibetan Buddhism and Sakya Monastery.

Special ceremonies being offered this quarter:

The Kunrik Puja to benefit people and pets who have passed away: April 8

The Refuge Ceremony to formally become a Buddhist: April 16

White Tara Initiation and Retreat: Friday April 21 and April 22-23

First Memorial of the Parinirvana of H.H. Jigdal Dagchen Dorje Chang: Prayers on April 24-29. Candlelight Vigil on April 29.

Saka Dawa Retreat: June 9-10

Lectures:

The Sakya School & Five Founding Lamas: April 2

The Accomplishments of Sakya Pandita: May 7

My Dharma Life with H.E. Dagmo Kusho Sakya: May 14

Sunyata and Chandrakirti's Sevenfold Reasoning And The Importance of Sunyata in the Hevajra Practice: May 27

The Benefits of Animal Release: June 25

To Be or Not Be a Buddhist: April 12

Community Programs

Family Potluck Lunch after Refuge: April 16

Movies with Meaning – “Golden Kingdom”: May 13

Dharma Discussion Group: April 8, May 13, June 17

6<sup>th</sup> Annual Book and Bake Sale: Members: May 19. Public: May 20-21

Children's Dharma School: Sundays

Teen Dharma School: Sundays

Full details on all these special and inspiring ceremonies, lectures and programs are included inside! Please come and join us!

Kind wishes and blessings,

Kristine Honda, VEI Coordinator

Adrienne Chan, Co-Executive Director

Chuck Pettis, Co-Executive Director

# Calendar



## Sakya Monastery of Tibetan Buddhism

108 NW 83rd Street, Seattle, Washington 98117 | Tel: 206.789.2573

Website: [www.sakya.org](http://www.sakya.org) | Email: [monastery@sakya.org](mailto:monastery@sakya.org) | Office Hours: M - F, 8:00 am to noon

### About Us

#### *The Virupa Educational Institute*

The Virupa Educational Institute (VEI) serves as the educational branch of Sakya Monastery of Tibetan Buddhism. VEI was founded in 1998 by His Holiness Jigdal Dagchen Sakya Dorje Chang, the Head Lama of Sakya Monastery. VEI is a place where people learn about Tibetan Buddhism and the specific spiritual practices of Sakya Monastery. VEI was named after Virupa, a great Indian Buddhist master who lived during the eighth century.

### Registration

At Sakya Monastery, we hope to make our classes available to every person who would like to learn more about Tibetan Buddhism and culture. With the exception of a very few classes and retreats, class sizes are not restricted and no preregistration is necessary. However, some classes do have prerequisites: please read the course descriptions carefully. If you have any questions, or would like to enroll in a class in which class size is limited, please contact the Monastery. You can email the Monastery at [monastery@sakya.org](mailto:monastery@sakya.org), or call 206.789.2573. Office hours are Monday through Friday, 8:00 AM to 12:00 Noon.

## SPRING CALENDAR

### APRIL

Date	Time	Class	
Sunday, April 2	8:30 - 9:45 AM	SEC 116: Fundamentals of Tibetan Buddhism	p. 5
Sunday, April 2	1:30 - 3:30 PM	Dharma Lecture: The Sakya School & Five Founding Lamas	p. 12
Saturday, April 8	9:00 AM - 12:30 PM	Kunrik Puja	p. 8
Saturday, April 8	1:00 - 2:30 PM	Dharma Discussion Group: The Path of Awakening, Mapping It Out	p. 15
Sunday, April 9	8:30 - 9:45 AM	SEC 118: Significance of Taking Refuge	p. 6
Sunday, April 9	12:00 - 1:00 PM	SEC 101: Darshan Viewing (Shrine Tour)	p. 4
Wednesday, April 12	7:00 - 9:00 PM	Special Lecture: To Be Or Not To Be: A Buddhist	p. 15
Sunday, April 16	8:30 - 9:45 AM	SEC 111: How Buddhism Applies To Daily Life & Buddhist Etiquette & Moral Principles	p. 5
Sunday, April 16	11:15 AM - 12:00 PM	Ritual Ceremony: Refuge	p. 8
Friday, April 21	7:00 - 8:00 PM	Ritual Ceremony: White Tara Initiation	p. 9
Sat/Sun, April 22-23	10:00 AM - 5:00 PM	White Tara Retreat	p. 9
Monday, April 24	7:30 - 8:30 PM	SEC 100: Sakya Monastery Overview & Orientation	p. 4
Monday, April 24 to Saturday, April 29	9:00 AM - 12:00 PM, 2:00 - 4:00 PM	H.H. JSDC Memorial: Daily Chenrezi Drub Choe Prayers	p. 10
Saturday, April 29	8:00 - 9:00 PM	H.H. JSDC Memorial: Candlelight Vigil	p. 10
Sunday, April 30	8:30 - 9:45 AM	SEC 119: Life After Refuge	p. 6

## *Calendar*

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### MAY

<b>Date</b>	<b>Time</b>	<b>Class</b>	
Monday, May 1	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Sunday, May 7	1:30 - 3:30 PM	Dharma Lecture: The Accomplishments of Sakya Pandita	p. 12
Monday, May 8	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Saturday, May 13	6:30 - 8:30 PM	Friendship Circle Movies With Meaning: "Paths of the Soul"	p. 14
Saturday, May 13	1:00 - 2:30 PM	Dharma Discussion Group: The Path of Awakening, Mapping It Out	p. 14
Sunday, May 14	8:30 - 9:45 AM	SEC 114: Significance of the Lama/Guru in Tibetan Buddhism	p. 5
Sunday, May 14	1:30 - 3:30 PM	Dharma Lecture: My Dharma Life With H.E. Dagyum Kusho Sakya	p. 13
Monday, May 15	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Friday, May 19	5:30 - 8:30 PM	Sakya Monastery Members-Only Preview Book Sale	p. 14
Saturday, May 20	10:00 AM - 4:00 PM	Book & Bake Sale	p. 16
Sunday, May 21	10:00 AM - 2:00 PM	Book & Bake Sale	p. 16
Sunday, May 21	8:30 - 9:45 AM	SEC 116: Understanding the Thursday Chenrezi Practice	p. 6
Sunday, May 21	Noon - 1:00 PM	SEC 101: Darshan Viewing (Shrine Tour)	p. 4
Monday, May 22	7:30 - 8:30 PM	SEC 100: Sakya Monastery Overview & Orientation	p. 4
Monday, May 22	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Saturday, May 27	2:00—3:30 PM	Sunyata and Chandrakirti's Sevenfold Reasoning And The Importance of Sunyata in the Hevajra Practice	p. 14
Sunday, May 28	8:30 - 9:45 AM	SEC 112: Understanding the Sunday Chenrezi Practice	p. 5
Monday, May 29	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7

### JUNE

<b>Date</b>	<b>Time</b>	<b>Class</b>	
Sunday, June 4	8:30 - 9:45 AM	SEC 115: The Heart Sutra	p. 5
Monday, June 5	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Fri-Sat, June 9-10	7:00 AM - 5:00 PM	9th Annual Saka Dawa Retreat	p. 11
Sunday, June 11	8:30 - 9:45 AM	SEC 117: In the Footsteps of the Buddha: Pilgrimage with H.H. Jigdal Dagchen Sakya	p. 6
Monday, June 12	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Saturday, June 17	1:00 - 2:30 PM	Dharma Discussion Group: The Path of Awakening, Mapping It Out	p. 15
Sunday, June 18	8:30 - 9:45 AM	SEC 120: Refuge & Guru Yoga Practices	p. 6
Monday, June 19	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Sunday, June 25	8:15 - 9:45 AM	SEC 113: Calm Abiding Meditation	p. 5
Sunday, June 25	Noon - 1:00 PM	SEC 101: Darshan Viewing (Shrine Tour)	p. 4
Sunday, June 25	1:30 - 3:30 PM	Dharma Lecture Series: The Benefits of Animal Release	p. 13
Monday, June 26	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Tuesday, June 27	7:30 - 8:30 PM	SEC 100: Sakya Monastery Overview & Orientation	p. 4

## *Spiritual Education Curriculum (SEC)*

The goal of Sakya Monastery's introductory Spiritual Education Curriculum is to provide a structured set of courses that enable people interested in Tibetan Buddhism to gradually learn the basic teachings and spiritual practices that are core to Sakya Monastery and Tibetan Buddhism. Most courses will be offered at least once a semester and can be taken in any order. With the exception of SEC 100, 101, 113 and 150, they are offered at 8:30 AM on Sundays.

The introductory "100" set of courses includes:

- 100 - Sakya Monastery Overview and Orientation
- 101 - Darshan Viewing (Shrine Room Tour)
- 110 - Fundamentals of Tibetan Buddhism
- 111 - How Buddhism Applies to Daily Life
- 112 - Understanding the Sunday Chenrezi Practice (An Ocean of Compassion)
- 113 - Calm Abiding Meditation
- 114 - The Significance of Lama/Guru in Tibetan Buddhism
- 115 - The Heart Sutra – Basic Overview on Emptiness
- 116 - Understanding the Thursday Chenrezi Practice (Filling Space to Benefit Beings)
- 117 - In the Footsteps of the Buddha—A Pilgrimage with H.H. J.D. Sakya Rinpoche
- 118 - The Significance of Taking Refuge
- 119 - Life After Refuge
- 120 - Refuge and Guru Yoga Practices
- 121 - Life—A 4D Video Game: Tips and Strategies for Winning
- 122 - The Art of Dying - What Happens When We Die and How Should We Prepare?
- 123 - Introduction to the Next of Kin Guide
- 150 - Beginning Tibetan Language
- 200 - Empowerment: What's it all About?
- 220 - The Meaning and Significance of Retreat



### **SEC 100 SAKYA MONASTERY OVERVIEW AND ORIENTATION**

*April 24<sup>th</sup>, May 22<sup>nd</sup> and June 27<sup>th</sup>*

Time: 7:30 – 9:00 pm      Location: Cultural Hall

Instructors: Chuck Pettis

Free, donations accepted; all are welcome

This class is a great introduction and overview of the services and teachings available at Sakya Monastery. For people seeking spiritual and personal growth, Sakya Monastery provides access to the Buddha's teachings and guidance in a community of practitioners. In 90 minutes, we will give you an overview of Sakya Monastery, Tibetan Buddhist philosophy and beliefs, and the variety of spiritual practices taught and practiced at Sakya Monastery. You will learn 4 simple but effective meditation practices in this class. We will also give you background on the Sakya lineage, and Sakya Monastery's Head Lama, H.H. Jigdal Dagchen Sakya Dorje Chang.

The instructor will include a 10 - 15 minute talk on a special orientation topic in each class. For more information about topics offered this summer, please check our online calendar and click on the links for the overview and orientation classes.

### **SEC 101 DARSHAN VIEWING (SHRINE ROOM TOUR)**

*April 9<sup>th</sup> (Mike Morris), May 21<sup>st</sup> (TBA), and June 25<sup>th</sup> (Tashi Paljor)*

Time: Noon

Free, donations accepted; all are welcome

Sakya Monastery provides a place to learn from highly qualified Tibetan Lamas in a beautiful traditional setting. In this free guided tour of the Shrine room, you will learn the meaning and symbolism of the paintings on the walls and the statues located around the room. This is an educational and informative way to get a feel for Tibetan Buddhism and Sakya Monastery.

## *Spiritual Education Curriculum (SEC)*

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### **SEC 110 FUNDAMENTALS OF TIBETAN BUDDHISM**

*Sunday, April 2<sup>nd</sup>*

Time: 8:30 – 9:45 am                      Location: Library

Instructor: Chris Rebholz

Free, donations accepted; all are welcome

Would you like to know the basic and fundamental teachings of the Buddha? This course will give you an overview of the Tibetan Buddhism and the basic beliefs shared by all Buddhists: The Four Noble Truths (how to be happy), The Wheel of Life (birth, death and rebirth), Karma (the importance of right action), Enlightenment (the goal), Death & Dying (what happens when you die), and specific suggestions on how to transform your life for the better.

### **SEC 111 HOW BUDDHISM APPLIES TO DAILY LIFE & BUDDHIST ETIQUETTE & MORAL PRINCIPLES**

*Sunday, April 16<sup>th</sup>*

Time: 8:30 – 9:45 am                      Location: Library

Instructor: Murray Gordon

Free, donations accepted; all are welcome

Do you wonder about the protocol and proper etiquette to follow at Sakya Monastery? Would you like to have specific guidelines about how to act like a Buddha? In this class, we will cover Sakya Monastery's Code of Conduct, the importance of making conscious choices throughout the day about your actions and thoughts, the Six Perfections (the key Buddhist ethical behaviors, e.g., generosity), and how to develop compassion & become a more kind and caring person.

Readings: *Tibetan Buddhist Customs* by Sakya Dagmo Jamyang Palmo; *The Six Perfections* by Geshe Sonam Rinchen and Ruth Sonam; *Sakya Monastery Code of Conduct*.

### **SEC 112 UNDERSTANDING THE SUNDAY CHENREZI PRACTICE (AN OCEAN OF COMPASSION)**

*Sunday, May 28<sup>th</sup>*

Time: 8:30 – 9:45 am                      Location: Library

Instructor: Tim Tapping

Free, donations accepted; all are welcome

In this class, we will go page by page through the Sunday morning Chenrezi practice book, *An Ocean of Compassion: Meditation on Chenrezi*. We will explain the meaning of the text, the visualizations, and the hand gestures (mudras) that should be used in each section.

Chenrezi is the key spiritual practice at Sakya Monastery and blesses us to become kinder and more compassionate, certainly a worthy and noble goal. You can become enlightened by doing just this one spiritual practice.

### **SEC 113 CALM-ABIDING MEDITATION**

*Sunday, June 25<sup>th</sup>*

Time: 8:15 – 9:45 am                      Location: Library

Instructor: Chris Rebholz

Free, donations accepted; all are welcome

This is one of the most popular classes at Sakya Monastery. H.H. Jigdal Dagchen Sakya, Sakya Monastery's Head Lama has taught, "The only way to relieve suffering is to understand your own mind. You do that by observing your thoughts." In this class, we will teach you eleven meditations including: observing your breath, observing your thoughts, mantra recitation, and insight meditation. Each meditation will include a 60-second practice session. You will leave this class much calmer than when you arrived!

Readings: *Calm Abiding and Special Insight* by Geshe Gedun Lodro; *Practical Mindfulness Techniques* by His Holiness Jigdal Dagchen Sakya Dorje Chang

**Note: Due to the request of past students of this class, we are starting this class at 8:15 (not the usual 8:30) to enable all the calm abiding meditations to be practiced and discussed.**

### **SEC 114 SIGNIFICANCE OF THE LAMA/GURU IN TIBETAN BUDDHISM**

*Sunday, May 14<sup>th</sup>*

Time: 8:30 – 9:45 am                      Location: Library

Instructor: Ron Hogan

Free, donations accepted; all are welcome

All spiritual practices at Sakya Monastery begin with a prayer to the lineage of Lamas who have kept the authentic teachings of the Buddha alive. Lineage is very important in Tibetan Buddhism. Once you take this class, you will have a greater understanding of the importance of lineage to you personally and come to see the spiritual practices in a new light. We will cover: the Five Founding Lamas, the Sakya Khon Lineage, Sakya Masters, and the Sakya Holy Days celebrated at Sakya Monastery.

### **SEC 115 THE HEART SUTRA – BASIC OVERVIEW ON EMPTINESS**

*Sunday, June 4<sup>th</sup>*

Time: 8:30 – 9:45 am                      Location: Library

Instructor: Tim Tapping

Free, donations accepted; all are welcome

Emptiness is one of the most important, but hardest to understand philosophical concepts in Tibetan Buddhism. When you understand emptiness, you understand the features of an enlightened mind. In this class, you will receive an explanation of emptiness and how to discover, understand, and realize it.

Readings: *Essence of the Heart Sutra* by the Dalai Lama; *The Heart Sutra* by Geshe Sonam Rinchen

## Spiritual Education Curriculum (SEC)

### SEC 116 UNDERSTANDING THE THURSDAY CHENREZI PRACTICE (FILLING SPACE TO BENEFIT BEINGS)

Sunday, May 21<sup>st</sup>

Time: 8:30 – 9:45 am Location: Library

Instructor: Tim Tapping

Free, donations accepted; all are welcome

In this class, we will go through the Thursday evening Chenrezi practice book, *Filling Space to Benefit Beings*, page by page. We will explain the meaning of the text, the visualizations and the hand gestures (mudras) that should be used in each section.

Chenrezi is the key spiritual practice at Sakya Monastery and blesses us to become kinder and more compassionate, certainly a worthy and noble goal. You can become enlightened by doing just this one spiritual practice.

### SEC 117 IN THE FOOTSTEPS OF THE BUDDHA - A PILGRIMAGE WITH H. H. J. D. SAKYA

Sunday, June 11<sup>th</sup>

Time: 8:30 – 9:45 am Location: Library

Instructor: Ngakpa Tashi Paljor

Free, donations accepted; all are welcome

#### To be covered:

Overview of the life of Lord Buddha (DVD)

The Holy days that we celebrate at Sakya Monastery

Readings: *A Praise of the Twelve Exemplary Deeds of Lord Buddha*, *The Heart Sutra* and *a Non-Sectarian Prayer* by Sakya Monastery of Tibetan Buddhism, *The Life of Buddha: According to the Pali Canon* by Bhikkhu Nanamoli

### SEC 118 SIGNIFICANCE OF TAKING REFUGE

Sunday, April 9<sup>th</sup>

Time: 8:30 – 9:45 am Location: Library

Instructor: Murray Gordon

Free, donations accepted; all are welcome

When you decide that Tibetan Buddhism is your spiritual path, it is time to take Refuge. We strongly recommend that you take this class before taking the Refuge ceremony. In this class, you will learn the true meaning of Refuge and the Three Jewels. The Refuge Ceremony will be explained so you can understand the meaning and relevance of the ceremony to you. H.E. Dagyum Kusho Sakya will bestow Refuge on April 9<sup>th</sup>.

Reading: *Taking Refuge: A Teaching on Entering the Buddhist Path* by Khenpo Karthar Rinpoche

### SEC 119 LIFE AFTER REFUGE

Sunday, April 30<sup>th</sup>

Time: 8:30 – 9:45 am Location: Cultural Hall

Lecturer: Adrienne Chan

Free, donations accepted; all are welcome

#### Open to those who have already taken Refuge

What do you do once you have taken refuge? To help with questions like these, we will be offering a regularly scheduled “Life After Refuge” discussion group. The aim is to hold informal discussions on beginning your new spiritual path. Facilitated by Adrienne Chan, this will be scheduled during the week following a Refuge ceremony. Comments from past attendees:

“This class was much needed after taking refuge.”

“Excellent follow-up to refuge.”

### SEC 120 REFUGE & GURU YOGA PRACTICES

Sunday, June 18<sup>th</sup>

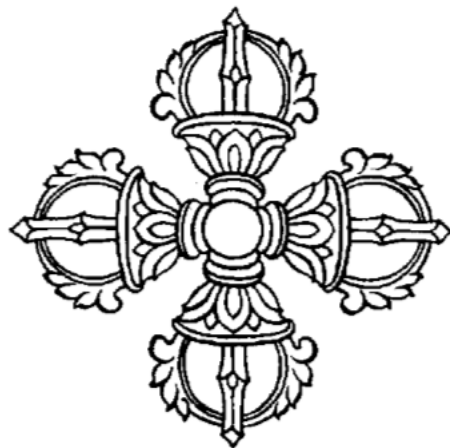
Time: 8:30 – 9:45 am Location: Cultural Hall

Instructor: Ron Hogan

Free, donations accepted

#### Open to those who have already taken Refuge

Ngöndro refers to the preliminary, preparatory or foundational practices common to all four schools of Tibetan Buddhism. The preliminary practices establish the foundation for the more advanced and rarefied Vajrayana spiritual practices. Without having the foundational practices, there is no way to reach enlightenment. In this class, you will learn two of the four foundational practices: the Refuge Foundational Practice and the Guru Yoga Practice.



## DAILY REFUGE NGÖNDRO (FOUNDATIONAL) PRACTICE

7:00 – 8:00 am, Monday through Friday

Location: Shrine Room

Coordinator: Ron Hogan

**Minimum Requirement: Formal Refuge or Refuge from a deity initiation**

Students are invited to come every morning to perform the Refuge Foundational practice in the Sakya Monastery Shrine room.

The foundational or preliminary Ngondro practices help us to:

- Remove our obscurations of body, speech, and mind. Obscurations are emotions, attitudes, imprints, and habits that prevent us from attaining enlightenment.
- Gather the two accumulations: merit and wisdom
- Purify, weaken, and get rid of clinging and attachment
- Ultimately experience enlightenment

The Refuge Foundational Practice is the first foundational practice. In the Refuge practice, you ask the objects of refuge, the Buddha, the Dharma, and the Sangha, to bless you and help you fulfill your goal of enlightenment. The practice begins with a short visualization of the Refuge tree and all the objects of Refuge. Then one says the Refuge prayer as many times as possible, ideally while also doing prostrations.

## CALM ABIDING MEDITATION

Fridays at 7:00 PM - Instructions and short sits

Fridays at 7:30 PM - Long sits

Location: Shrine Room

Coordinator: Greg Davenport & Nadine Seldon

Free, donations accepted; all are welcome

**SCHEDULE IS SUBJECT TO CHANGE—Please consult the online monthly calendar to confirm the schedule.**

*Beginning and Intermediate Levels*

In this class, we will study Calm Abiding Meditation's benefits, preparation, methods, and the stages of experience. We will learn how to recognize obstacles and apply the antidotes to those obstacles.

We will learn what to expect and how to find a method that suits each person's style in order to develop a well-grounded practice. Emphasizing experience, there will be multiple meditation periods with short breaks and time for questions and discussions. The material will be drawn from several sources using past and current meditation masters.

## SEC 260 TIBETAN LANGUAGE - SECOND YEAR

Teacher: Eric Dulberg

*Mondays: in the absence of other Monastery events*

Time: 7:00 pm – 9:00 pm

Location: Monastery Library

Class fee: \$15 Public, \$10 Members (per class)

Prerequisites: Permission of the instructor.



In 2017, we are continuing the second year of a course in literary Tibetan language. This quarter, we will continue using Translating Buddhism from Tibetan, by Joe B. Wilson. In addition, we will begin using How To Read Classical Tibetan, Volume One, by Craig Preston.

*Enrollment: I expect to limit class size to the current four students. However, if there is someone with a strong wish to join the class, and if their level of understanding would be a good fit with the current students, an additional student may be added. (My email is ericd1000@hotmail.com.)*

## KUNRIK PUJA



*Saturday, April 8<sup>th</sup>*

**Time:** 9:00 am - 12:30 pm

**Location:** Shrine Room

*Prerequisites: One must not eat meat, eggs, or garlic, or consume alcohol on the day of the puja.*

This Kunrik Puja will be led by Dorje Lopon Khenpo Jampa Tenphel, with participation from Tulku Yeshe and Lama Migmar. The benefit of a Kunrik prayer service is a favorable rebirth (in the human realm for continued Dharma practice) for those who have passed away. For those who are sick, it removes obstacles. The service will include a Sur practice, which benefits those who have passed away by facilitating their passage

through the bardo, purging attachment to objects, and helping them to achieve harmony with local deities, nagas, and formless spirits.

People should bring the name(s) and photo(s) of loved ones (including pets and other sentient beings) who are sick or have passed away. Those who cannot attend are welcome to submit names via email to include in these prayers.

Participants may bring food, candles, fruit, incense, or monetary offerings for the shrine. In appreciation for their prayers, a monetary offering to the lamas is in keeping with Tibetan tradition. Please be vegetarian on the day of these prayers.

*If you are interested in helping to sponsor this puja, please contact our office.*

## REFUGE CEREMONY

**BY H.E. DAGYUM KUSHO SAKYA**

*Sunday, April 16<sup>th</sup> at 11:15 am*

**Location:** Shrine Room



Taking refuge is the first step on the Buddhist path to enlightenment. Refuge is a ceremony during which a person formally becomes a Buddhist and receives a Dharma name. This differs from the passive refuge one receives at an initiation. It is strongly recommended that those who are interested in the Refuge Ceremony take the SEC 118 class (The Significance of Taking Refuge) before the ceremony on April 9th and then take the SEC 119 class (Life after Refuge) on April 30th. We also suggest that those considering refuge attend “To Be Or Not To Be: A Buddhist” on Wednesday, April 12. For more information or to sign up for refuge, please call 206-789-2573 or e-mail [monastery@sakya.org](mailto:monastery@sakya.org).



# WHITE TARA INITIATION & RETREAT



## Initiation

Friday, April 21<sup>st</sup>

Translator: Dagmo Chimey Sakya

Time: 7:00 pm

Location: Shrine Room

Suggested contribution:

\$30 Public, \$20 Members

\$15 Children 12 & Under

To register, visit <http://conta.cc/2o6UuMA>

*Prerequisites: One must not eat any meat, eggs, garlic, or consume alcohol on the day of the initiation. One must also be celibate for that day.*

White Tara, Cintamani Cakra, is a refuge for all sentient beings and can guide everyone to the island of blissful liberation. She is well known as the Giver of Life. The practice of White Tara brings long life, subdues illness, evil spirits, and negative karma, and clears away mental obscurations and obstacles in one's life.

## Retreat

Saturday & Sunday, April 22<sup>nd</sup> - 23<sup>rd</sup>

Time: 10:00 am - 12:00 pm, 2:00 - 5:00 pm

Location: Shrine Room

Suggested contribution: \$120 Public, \$100 members

To register, visit <http://conta.cc/2nF2esp>

*Prerequisites: All participants must have received the White Tara Cintamani Cakra initiation.*

HE Dagyum Kusho has graciously agreed to lead an intensive 2 day White Tara Retreat, at the request of Adrienne Chan and Gillian Teichert. This retreat is especially beneficial for those who are born in a Year of the Bird. All participants must have received the White Tara Initiation on April 22 or previously. The program will include a teaching from H.E. Dagyum Kusho on Saturday morning from 10am to noon, and continue with intensive practice for the remainder of the retreat.

Please bring a vegetarian (no meat, poultry, fish, garlic, onion, egg) dish to share for lunch on Saturday, and eat exclusively a vegetarian diet from Friday night until after practice on Sunday. Lunch will be provided by the Monastery on Sunday.

# FIRST MEMORIAL OF THE PARINIRVANA OF H.H. JIGDAL DAGCHEN DORJE CHANG



## Daily Chenrezi Drub Choe Prayers

*Date: April 24<sup>th</sup>-29<sup>th</sup>*

*Time: 9:00 am - 12:00 pm, 2:00 pm - 4:00 pm*

*Location: Sakya Monastery Shrine Room*

April 24-28: Includes mini Tsok offering.

April 29: Honored guest Her Eminence Jetsun Kushok Rinpoche joins this prayer service. Also includes an elaborate Tsok offering.

## Candlelight Vigil

*Date: April 29<sup>th</sup>*

*Time: 8:00 pm*

*Location: Sakya Monastery*

This week will offer an opportunity to show devotion to our guru by honoring the parinirvana of our esteemed teacher, the founder of Sakya Monastery. The Monastery has chosen the profound Chenrezi practice of loving kindness to celebrate the legacy of H.H. Jigdal Dagchen Dorje Chang and his Dharma activities, including fostering the unbroken stream of the Chenrezi practice in the West.

Prayer texts will be available in both Tibetan & English alphabetical transliteration.

*Participants may support this event by bringing monetary or Tsok offerings, or by sponsoring a lunch; please contact the office to do so.*

## 9<sup>TH</sup> ANNUAL SAKA DAWA RETREAT

### 1,000-ARMED CHENREZI AND NYUNG NYE VOWS LED BY KHENPO JAMPA TENPHEL RINPOCHE

*Date: Friday & Saturday, June 9<sup>th</sup> & 10<sup>th</sup>*

*Time: 7:00 am to 5:00 pm*

*Location: Shrine Room*

*To register, visit: <http://conta.cc/2o72uNF>*

*No retreat fee, but offerings to the Lama and the Monastery are welcomed.*

The fourth month of the Tibetan Buddhist calendar is called “Saka Dawa.”

The full moon day (15<sup>th</sup> day) of the fourth month marks the holiest day in Tibetan Buddhism: the Buddha’s Conception, Enlightenment, and parting into Nirvana. It is auspicious to perform meritorious activities on this specific day. The merit generated from these virtuous activities increases 10 million fold. This year, that day is Friday, June 9<sup>th</sup>, when for the benefit of all sentient beings and world peace, Khenpo Jampa Rinpoche will begin the retreat. The practice for this retreat is the 1,000-Armed Chenrezi.



Participants may take Nyung Nye vows for increased merit. In Tibetan, the word “Nyung” means less. “Nye” means remaining. This means that we reduce our negativity and, ideally, eliminate it entirely. Nyung Nye is a practice of fasting and purification. Each morning, one may take vows by which to abide for the whole day. On the first day, in accordance with a partial fast, a potluck vegetarian lunch is eaten at noon and liquids are taken. On the second day, no food or drink at all is consumed. In addition, on the second day, there is no talking except for the recitation of the practice.

*On Saturday only, please bring a vegetarian entree to share.*

## THE SAKYA SCHOOL & FIVE FOUNDING LAMAS



Lecturer: Tulku Yeshe Rinpoche

*Sunday, April 2<sup>nd</sup>*

Time: 1:30 - 3:30 pm

Location: Shrine Room

Suggested contribution:

\$30 Public, \$20 Members

*Prerequisite: None*

The Sakya School of Tibetan Buddhism originated from the early efforts of the five Founding Fathers. They have inspired hundreds of thousands of Buddhist practitioners with their wisdom, knowledge, and compassion. Tulku Yeshe Rinpoche will share some of their very important teachings in this lecture.

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## LECTURE SERIES: THE ACCOMPLISHMENTS OF SAKYA PANDITA

Lecturer: Khenpo Jampa Rinpoche

*Sundays, May 7<sup>th</sup> & TBA*

Time: 1:30 - 3:30 pm • Location: Shrine Room

Suggested contribution:

\$30 Public, \$20 Members per talk

Sakya Pandita, one of the founding fathers of the Sakya Lineage, accomplished many great feats, gave important instructions, and was a Buddhist scholar renowned by all sects of Tibetan Buddhism. His life and accomplishments have been chronicled pictorially in a large set of paintings, which can be seen in the back hall behind the Shrine Room at Sakya Monastery. In this yearlong series, Khenpo Jampa Rinpoche will review each of the panels and explain the specific activities depicted, as well as their profound meaning in teaching the Buddhadharma.





## MY DHARMA LIFE WITH H.E. DAGYUM KUSHO SAKYA

Lecturer: Tulku Yeshe Rinpoche

*Sunday, May 14<sup>th</sup>*

Time: 1:30 - 3:30 pm • Location: Shrine Room

Suggested contribution:

\$30 Public, \$20 Members

H.E. Dagyum Kusho Sakya has been a great Buddhist teacher and great mother. She has inspired and continues to inspire thousands of people with her wisdom, compassion, and Dharma life. By her passionate, tireless practice and spiritual energy, pure vision, and unchangeable motivation, she is a wonderful role model for us to learn from. In this class, Tulku Yeshe will share advice and special times he has been able to share with her over the last 13 years.

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## THE BENEFITS OF ANIMAL RELEASE

Lecturer: Tulku Yeshe Rinpoche

*Sunday, June 25<sup>th</sup>*

Time: 1:30 - 3:30 pm

Location: Shrine Room

Suggested contribution:

\$30 Public, \$20 Members

*Prerequisite: None*

Animal release is common in traditional Tibetan Buddhist culture. It is part of the practice of generosity. For this practice, participants must know the suitable animals, appropriate place and time, and which prayers to use. Tulku Yeshe Rinpoche will explain in detail the correct way to perform animal releases. Rinpoche has had the opportunity to perform animal releases many times in both the East and the West.



# SUNYATA AND CHANDRAKIRTI'S SEVENFOLD REASONING AND THE IMPORTANCE OF SUNYATA IN THE HEVAJRA PRACTICE

Lecturer: The Vidyadhara Acharya  
Mahayogi Sridhar Rana Rinpoche

*Saturday, May 27<sup>th</sup>*

Time: 2:00 pm

Location: Shrine Room

Suggested contribution:

\$30 Public, \$20 Members per talk

*Prerequisite: None*



Emptiness is the main view of the Paramitayana. It is considered the only antidote to ignorance, which is the innate clinging to the concept of a self as real existence. In the Vajrayana system, Emptiness is paired with Luminosity as the final view, and the Hevajra practice is intimately related to the unity of luminosity and emptiness. Without a proper understanding of what is meant by emptiness in the Mahayana system, it is considered to be dangerous. Nagarjuna says misunderstanding emptiness is like catching a snake at the wrong end! There are many authentic ways to understand the meaning of emptiness in the Mahayana; the Sevenfold Reasoning method devised by Chandrakirti is the easiest to understand.

## TO BE OR NOT TO BE: A BUDDHIST



Lecturer: Stephanie Prince

*Wednesday, April 12<sup>th</sup>*

Time: 7:00 - 9:00 pm • Location: Cultural Hall

Suggested contribution:

\$20 Public, \$15 Members

*Prerequisite: None*

This class is for those of us who are contemplating taking refuge vows and are thinking about what it means to be a Buddhist, as well as for those of us who have already taken refuge vows. In this session, we will focus on sharing (if we wish to) some of our personal stories of how and why our minds turned to the Buddha Dharma. In addition, we will review the four seals that we accept in our understanding when we characterize ourselves as Buddhists. Please bring your stories, questions, and enjoyment of the Buddha Dharma.

### *Community Programs*

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## FRIENDSHIP CIRCLE

Friendship Circle is a community building project at Sakya Monastery for those who are interested in becoming closer to other sangha members, becoming a safety net for each other and creating a community of help-minded individuals. If you have questions, please contact Teresa Lamb: If you are interested in attending a Friendship Circle event, please RSVP to: [sanghaconnections@gmail.com](mailto:sanghaconnections@gmail.com).

Friendship Circle events this quarter:

### **Family Potluck Lunch: After Refuge, - April 16<sup>th</sup>, 12:30 PM**

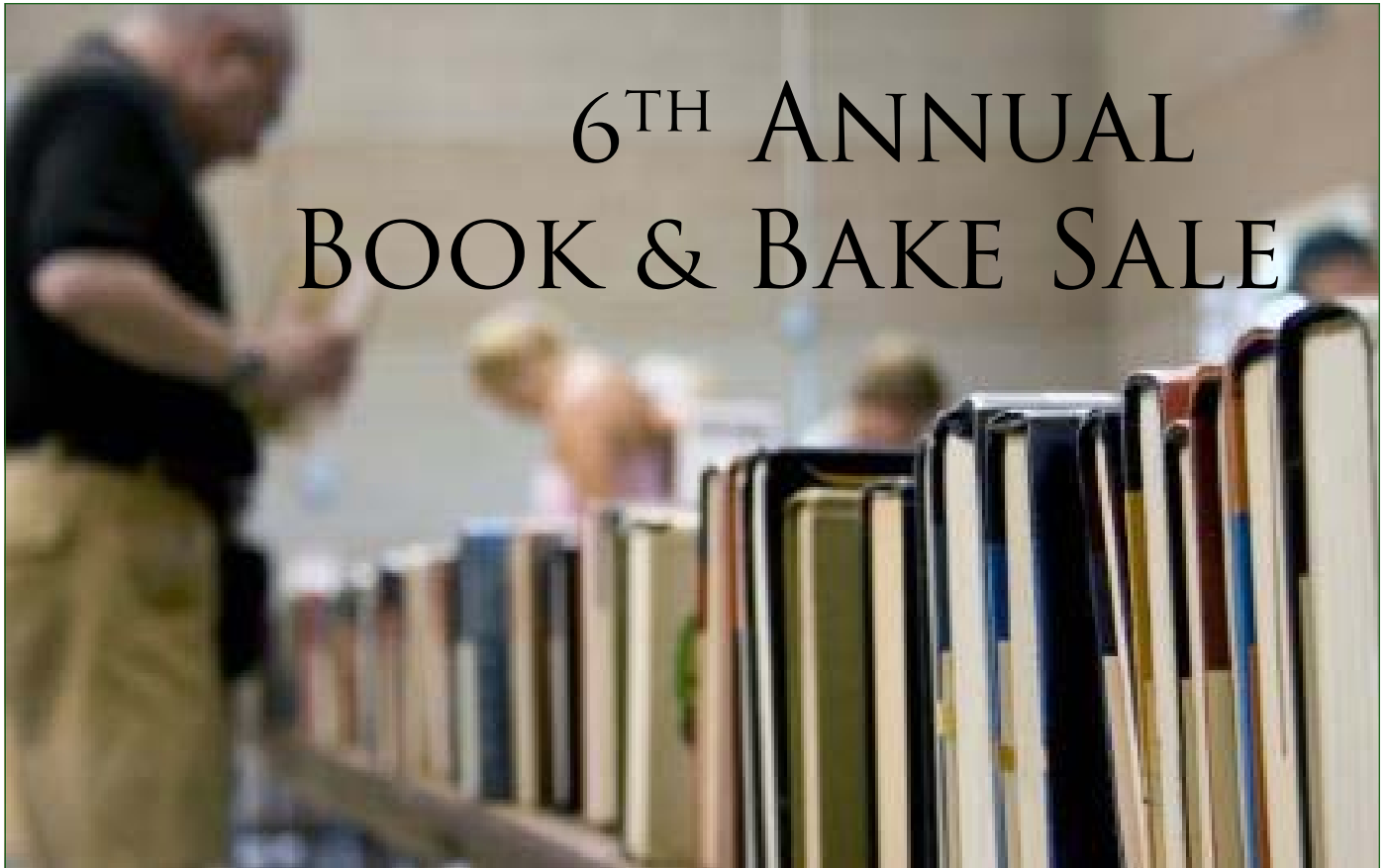
Join us for a community lunch at Sakya Monastery. It's a time to sit back and relax, take part in great conversations, reconnect with old friends, and make a few new ones over a delicious meal. This is also an opportunity for those who have just taken Refuge to be welcomed into the community. Family, friends, and loved ones are welcome to join in the fun. Please bring a potluck dish to share.

### **Movies with Meaning - "Paths of the Soul" - May 13<sup>th</sup>, 6:30 pm**

An astonishing journey of redemption, faith, and devotion. Internationally acclaimed filmmaker Zhang Yang (*Shower, Getting Home*) blurs the border between documentary and fiction to follow a group of Tibetan villagers who leave their families and homes in the small village of Nyima to make a Buddhist "bowing pilgrimage"-laying their bodies flat on the ground after every few steps-along the 1,200 mile road to Lhasa, the holy capital of Tibet. Though united in their remarkable devotion, each of the travelers embarks on this near impossible journey for very personal reasons. One traveler needs to expunge bad family karma, a butcher wants to cleanse animal bloodstains from his soul, another nearing his life's end, hopes that the prostrations will break the chain of cause and effect determined by his life's actions. Stunningly photographed over the course of an entire year, with non-professional actors and no script, *Paths of the Soul* is a mesmerizing study of faith that will inspire viewers to reflect on their own journey through life.

### **Dharma Discussion Group: The Path of Awakening, Mapping It All Out - with Ken Hockett April 8<sup>th</sup>, May 13<sup>th</sup>, & June 17<sup>th</sup>, 1:00 - 2:30 pm**

For those who want to know how the practices, the teachings and everything comes together to help us reach enlightenment. Bring your questions!



**Sakya Monastery Members-Only Preview Sale:**

*Friday, May 19<sup>th</sup>, 5:30 pm - 8:30 pm*

**Public Book & Bake Sale:**

*Saturday, May 20<sup>th</sup>, 10:00 am - 4:00 pm*

*Sunday, May 21<sup>st</sup>, 10:00 am - 2:00 pm*

**Location: Sakya Monastery Cultural Hall**

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This year we have over a thousand books with every interest represented! We also have CDs, DVDs, and video games. There will be a wide selection of delicious bake goods for sale. Everyone is welcome!



## CHILDREN'S DHARMA SCHOOL

*Sundays, 10:00 - 11:30 am*

Location: Cultural Hall

Teachers: Virginia Hassinger and Rhiannon Mayes

*For children ages 5-12; No Fee*

(\$5 donation is suggested to cover expenses for materials.)

The goal of the Children's Dharma School is to introduce and explore age-appropriate Buddhist concepts and principles, using creative and varied modalities. Different curricula have been devised for younger and older children so that they are engaged and excited about learning. Included are historical accounts of Shakyamuni Buddha, folktales and legends traditionally taught in Tibetan Buddhism, as well as more intensive classes for the older children on such topics as the Four Noble Truths, the Six Perfections and other Buddhist principles.



Dharma School

*Drawing by Metta Mayes*

There are exercises to help children develop meditation techniques as well as a variety of art activities. Guest speakers are invited to give the children lectures on special topics and there are occasional field trips, as well as opportunities to learn about other spiritual traditions. Parents may leave their children with the Dharma School while they attend Sunday Chenrezi meditation, or join the children's classes as assistants or observers.

## TEEN DHARMA SCHOOL

*Sundays, 10:00 - 11:30 am*

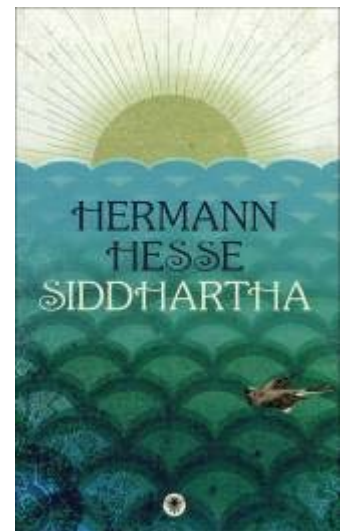
Location: Library

Teachers: Teresa Lamb and Moses Tovar

*For children ages 12 & up; No Fee*

### **Teen Program Vision:**

It was the wish of our late, most compassionate Head Lama H.H. Jigdal Dagchen Sakya Dorje Chang that the Teen group at Sakya Monastery learn how to "Be Happy, to Make Happy." Teen Dharma school accomplishes this by studying the teachings of the Buddha and the special prayers & practices of Tibetan Buddhism and weaving them together with the latest sources of information on living a happy life, sources such as, Positive Psychology, Social Emotional Learning, "Project Happiness" and more. Teens create the tools to become resilient, empowered, compassionate individuals and to "Be Happy, Make Happy" while meeting the challenges of today's changing world. Other topics we will cover: Setting up and taking care of a home shrine, mala and mantra recitation, introduction to important prayers, and other practices in the Tibetan Buddhist tradition. Guest speakers will come in for special topics, and the very special ongoing Monthly Meditation and instruction with Venerable Lekshay Sangpo will continue.



## Biographies

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**His Holiness Jigdal Dagchen Sakya Dorje Chang (1929 - 2016)** was born in Tibet in and was the head of the Phuntsok Podrang of the Khön lineage of the Sakya family until his Parinirvana on May 5, 2016. He continued the great Sakya lineage which began with Khon Konchok Gyalpo (1034—1102). He received teachings of the unbroken Khon lineage, the Sakya Vajrakilaya, the Hevajra and the complete Lamdre Tsogshe, from his father, H.H. Trichen Ngawang Thutop Wangchuk, the last Sakya throne holder in Tibet. He also studied with many other great Buddhist teachers, including Dzongsar Khyentse Jamyang Chökyi Lodrö and Dilgo Khyentse Robsal Dawa.

In 1960, H.H. Dagchen Rinpoche was invited to work on a University of Washington research project on Tibetan civilization which was sponsored by the Rockefeller Foundation. At the request of students, he co-founded with H.E. Dezhung Rinpoche the Sakya Tegchen Choling, a center for the study of Tibetan Buddhism and culture. In 1984, the center became known as Sakya Monastery of Tibetan Buddhism.

For the purpose of the preservation of Tibetan culture and religion, Rinpoche oversaw the religious activities and administration of the center/Monastery since its inception. Rinpoche placed a great emphasis on education. The Virupa Educational Institute is devoted to the study of Tibetan Buddhism, Buddhism in general, religions, cultures, and sciences from around the world. Non-sectarianism and education were major components to Rinpoche's teaching, in keeping with the beliefs of his root lamas.

Rinpoche regularly led meditations, gave teachings and initiations, conducted Refuge ceremonies in which people formally become Buddhists, and held special services upon request such as house blessings, shrine blessings, consecrating religious objects, marriages, baby blessings, divination, and healing to subdue negativity. Rinpoche regularly traveled to teach in Asia, Europe, Canada, and throughout the United States.



**His Eminence Khöndung Avikrita Vajra Sakya**, the Head Lama of the Sakya Phuntsok Phodrang, was born in Seattle on May 26, 1993, the elder son of H.E. Khöndung Zaya Vajra and Dagmo Lhanze Youden. At the age of six, he began his training in India to follow in the footsteps of his noble Khon forebears. Since that time, he has received an uninterrupted stream of transmissions and teachings from his grandfather His Holiness Jigdal Dagchen Sakya (1929-2016), including the Lamdre Tsogshay, from His Holiness Sakya Trizin including the Lamdre Lobshe, and from many high Lamas of the Sakya tradition.

Having mastered the intricate rituals of the Sakya lineage, completed meditation retreats, and presided as Vajra Master of the annual Vajrakilaya ceremony in Ghoom, Darjeeling, H.E. Avikrita Sakya enrolled in 2010 at Dzongsar Institute of Higher Buddhist Philosophy and Research. There he is successfully building on his extensive learning in the BuddhaDharma with a program of study and dialectics to gain proficiency in the classic treatises of the Sakya philosophical tradition. As well, since 2016, he has assumed the role of revision teacher (teaching assistant) at Dzongsar Institute.

For more than eight years, H.E. Avikrita Sakya has been sharing his rich Dharma teachings with warmth, clarity and wisdom around the world.



**His Eminence Khöndung Abhaya Vajra Sakya**, the younger son of H.E. Zaya Vajra Sakya and Dagmo Lhanze Youden, was born in Seattle in 1997. At the age of 11, he joined his brother H.E. Avikrita Vajra Rinpoche in India to pursue his education in the Sakya tradition. At the age of 12, he expressed his strong wish to receive monastic ordination. He received his monastic vows from H.E. Luding Khenchen Rinpoche in an ordination ceremony witnessed by H.E. Luding Khenshon Rinpoche, H.E. Khangsar Shabdrung Rinpoche, Ven. Antro Tulku and the Abbot of the Sakya Vajrayana College, Khenpo Konchog Gyaltsen, at the Ngor Luding Ladrang in Manduwala, India. He has devotedly studied the Tibetan Buddhist rituals, literature and grammar, and has received teachings from his late grandfather H.H. Jigdal Dagchen Sakya Dorje Chang, H. H. Sakya Trizin, H. E. Luding Kenchen, and other high Lamas of the Sakya tradition. He now studies at Dzongsar Institute of Higher Buddhist Philosophy and Research.



**His Eminence Khöndung Asanga Vajra Sakya Rinpoche** is the son of H.E. Khöndung Ani Vajra Sakya Rinpoche, the second son of the Phuntsok Phodrang family and Dagmo Chimey la. He is also the grandson of H.H. Jigdal Dagchen Sakya Dorje Chang and therefore a direct descendent of the unbroken Khon lineage which dates back to 1073. H.E. Asanga Vajra Rinpoche is also the grandson of H.E. Garje Khamtul Rinpoche, a highly realized and accomplished Nyingmapa master on his mother's side. His Eminence Khöndung Asanga Vajra Sakya Rinpoche was born on May 1st, 1999 in Seattle Washington. In April of 2005, at the age of five and in accordance with his wish, H.E. Asanga Vajra Rinpoche left the comforts of home and family in Seattle, Washington to begin his new life to study and train at the Tharlam Monastery in Boudhanath, Nepal. In 2007, he received the Lamdre Tsogshay teaching from his late paternal grandfather, H.H. Dagchen Rinpoche. The following year, H.E. Asanga Rinpoche received the Lamdre Lobshey teachings from his paternal grand-uncle H.H. Sakya

Trizin Rinpoche. He has also received many other very important empowerments, teachings and religious instructions from other great masters such as H.H. the Dalai Lama, H.E. Chögye Trichen, H.E. Khenchen Appye Rinpoche, H.E. Luding Khenchen as well as from his maternal grandfather H.E. Khamtul Rinpoche. In 2011, H.E. Asanga Rinpoche successfully passed his examination on the Vajrakilaya puja and rituals with a perfect score and was also the youngest lineage holder in exile to have successfully undertaken the rigorous preparation and examination. Since 2013, H.E. Asanga Rinpoche has been studying and continues to study under the private tutelage of the most Venerable Khenchen Gyatso Rinpoche, the former principal of the Sakya College and other carefully selected learned and accomplished teachers and scholars at the Sakya College for Nuns in Dehradun, India. While continuing his studies in India, he is also the Head Lama of Sakya Tsechen Shide Choling in Ho Chi Minh City Vietnam.

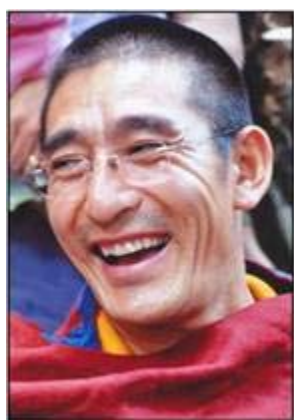


**Her Eminence Dagyum Kusho Sakya**, also known as H.E. Dagmo Kusho, was born in Kham, Eastern Tibet. As the niece of one of the most highly realized Sakya Masters of the twentieth century, H.E. Dezhung Rinpoche III, her training in Buddhist practice began at an early age. She has received extensive teachings and empowerments from many great lamas of all four schools of Tibetan Buddhism throughout her lifetime. Dagyum Kusho is the widow of H.H. Jigdal Dagchen Sakya Dorje Chang of the Khön lineage, a Head Lama of the Sakya order of Tibetan Buddhism. She is currently the Acting Head Lama of the Sakya Monastery of Tibetan Buddhism in Seattle, WA. Dagyum Kusho specializes in Tara empowerments, practices, and teachings, and has many students throughout the world.

## Biographies



**Ven. Khenpo Jampa Rinpoche** comes to us from the Dzongsar Institute in North India, where he taught and served as library director for many years. He received his Degree of Acharya after nine years of study and graduated from Dzongsar University with a Ph.D. in philosophy. Following his 13 years of study, he was ordained an Abbott (Khenpo) in 2004 by His Holiness the Dalai Lama. He spent seventeen years studying with his main teacher, H.E. Khenchen Kunga Wangchuk. He also spent three years of silent retreat in Tibet. He has received empowerments from all four schools of Tibetan Buddhism and from many great masters including H.H. the Dalai Lama, H.H. Sakya Trizin, H.H. Dagchen Sakya Dorje Chang Rinpoche, H.H. Karmapa, and H.E. Dzongsar Khyentse. He now teaches intermediate and advanced level classes on Buddhist philosophy, sutra and highest yoga tantra all over the world. He is also the founder and president of Tibetan Education Foundation, as well as the president of the International Association of Non-sectarian Tibetan Religious Traditions (IANTRT) of North America.



**Ven. Tulku Yeshe Rinpoche** is a Dzogchen master and the reincarnation of Dzogchen Gyaltsab Thodo Rinpoche. He was recognized by H.H. Dalai Lama's Nyingmapa teacher Kyabje Trulshig Rinpoche. He received teachings from twenty-five masters representing all five schools of Tibetan Buddhism. Tulku Yeshe has written thirteen books, ten of which have been published, on the subject of Tibetan Buddhism and culture, including "A One Thousand Year History of Sakyapa." He has published three books in English: his autobiography "A Modern Liberation Odyssey - An Autobiography of a Tibetan Nomad Lama", "Handbook for Half-Buddhas" and "Tibetan Zen." He also writes novels, poetry for mind training, provides Tibetan astrology readings, can advise people on how to enjoy their life, and can bestow empowerments. Currently he is working on Dharma activities at Sakya Monastery in Seattle.



**Ven. Lama Migmar** was born in Kham (eastern Tibet) and studied Dharma at Kyegu Monastery, the largest and oldest Sakya monastery in the Kham region. He trained extensively in both sculpture and painting, and completed many deity retreats. He was the primary disciple of his master Lobsang Thugje from 1987 to 1993; his master created the statues in His Holiness the Dalai Lama's residence in Dharamsala. Lama Migmar's work is featured in Kagyu, Nyingma, and Sakya monasteries throughout Kham; one monastery contains over 100 of his Shitro deity statues. He has lived in India, Nepal and Malaysia, and created extensive artwork in those locations. He came to Sakya Monastery in 2007, and is Sakya Monastery's resident artist. He has recently completed a thangka of the Sakya Lamdre lineage. Currently he is working on other Buddhist paintings and can be commissioned to create thangkas, statues, and deity masks for Buddhist practitioners.



**The Vidyadhara Acharya Mahayogi Sridhar Rana Rinpoche** was born in Kathmandu in 1949 to an aristocratic family. Seeking spiritual answers, he first practiced Hindu Tantra and Vedanta. Unsatisfied, he continued and found the Buddhadharm. He practiced initially in the Zen tradition until he met his first Vajrayana teacher, the Venerable Tulku Urgyen Rinpoche and started Vajrayana practice. He recently completed a 21 year retreat at his residence in Kathmandu, which he practiced under the guidance of HE Chobgay Trichen Rinpoche, HH the 41st Sakya Trizin Rinpoche, and HE the Fourth Karma Thinley Rinpoche. He was conferred the title of 'Acharya' by HE Karma Thinley Rinpoche in 1994 followed by the titles of 'Rinpoche' and 'Mahayogi' by HE Chobgay Trichen Rinpoche, and the title of 'Vidyadhara' by HE Karma Thinley Rinpoche in 2013. He is committed to a lifetime retreat in the Tse Tsam style which allows for the retreat to be held with short breaks and thus he is currently on a travel and teaching tour. The Vidyadhara writes prolifically, primarily in English, on various aspects of Buddhism.

## Biographies

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**Dagmo Chimey Sakya** has over 20 years of international experience translating for venerable Buddhist masters.

**Adrienne Chan** is the Co-Executive Director of Sakya Monastery and an editor of the VEI Calendars and other in-house publications.

**Faith Coben** is the administrative assistant for Sakya Monastery.

**John Connolly** is the office technician for Sakya Monastery.

**Greg Davenport** has mostly lived in the Seattle area for the last 25 years, since graduating from the University of Puget Sound in Tacoma. He has worked in the field of energy efficiency for much of the last nine years. Greg first learned about meditation on Friday nights at Sakya Monastery in 2008. Since then, he has practiced in the Theravada and Vajrayana tradition. In 2015, Greg travelled to Asia and spent most of the year in Tokyo and Nepal. While in Nepal, Greg was able to go on a long meditation retreat. He was in Nepal during the 2015 earthquake and stayed after to help with the recovery. Greg lives with his partner and her daughter in Shoreline and has one son.

**Eric Dulberg** has been a Buddhist since 1975. When he moved to Seattle in the 1990s, he became a member of Sakya Monastery. He began to teach literary Tibetan in 2008. During the past 20 years, he has studied Tibetan with both Tibetan and Western teachers of the Tibetan language. Eric's professional background includes a BS in physics and an MPH and DrPH in epidemiology.

**Murray Gordon** has previously served Sakya Monastery as the director of Virupa Educational Institute, its educational branch. Currently he coordinates the Sunday Chenrezi Omzes, darshan tour guides, and translators. He was a student of H.H. Jigdal Dagchen Dorje Chang since 1986. Murray is also a published poet and spoken word performer.

**Virginia Hassinger** is a student of H.H. Jigdal Dagchen Dorje Chang, H.E. Daryum Kusho and Geshe Jamyang Tsultrim. Her son, Alden Moore, has benefited greatly from the kindness and wisdom of previous Sakya Monastery Children's Dharma School teachers. Virginia has taught mediation to residents of Ryther Child Center's in-patient chemical dependency treatment program for several years. She works for Seattle Parks and Recreation as a capital project manager.

**Ken Hockett** is one of the senior Dharma students at Sakya. After much reading and study, he took refuge before H.H. Jigdal Dagchen Dorje Chang in 1977. His principal interest is in the Mind Training methods and has been teaching these at Sakya Monastery for over 10 years. Having received teachings and initiations from Lamas of all four schools of Tibetan Buddhism, his main teachers are of the Sakya and Nyingma traditions. He has also produced many of the practice texts used at Sakya Monastery.

**Ron Hogan** is a Counselor and Massage Therapist with a lifelong interest in body-mind and spiritual practices. He has been responsible for the Sunday morning Shitro practice and the weekday morning Ngondro practice for the past seven years.

**Kristine Honda**, ND, is the coordinator of the Virupa Educational Institute at Sakya Monastery. She is very grateful to be a student of her root lama, H.H. Dagchen Sakya Dorje Chang. She is a naturopathic physician in private practice and is an adjunct faculty member of Bastyr University.

**Teresa Lamb** feels extremely blessed to be a student of H.H. Dagchen Sakya Dorje Chang and has been an active member of Sakya Monastery for almost 10 years. Currently, she is involved in the Friendship Circles community building project, and is Sanctuary Chair for the Board of Advisors and co-teacher for the Teen Dharma program.

**Rhiannon Mayes** is delighted to be helping with the Dharma School, and finding ways to share the message of Buddhism with children.

**Mike Morris** moved to Seattle in 2000, where he spends too much time practicing law and too little time practicing Dharma. His daughter has participated in the Monastery's remarkable Sunday Dharma School program since 2007. Mike has had the good fortune to receive the Lam Dre teachings from HH Sakya Trizin, and various other teachings and initiations from H.H. Jigdal Dagchen Dorje Chang and other Lamas in the Sakyapa and other traditions.

**Dennis Oliver** has been at Sakya monastery since 1986; taking refuge with H.H. Jigdal Dagchen Dorje Chang in 1988. Currently he is program manager at the monastery. He has studied Buddhism and Tibetan Language at the University of Washington and with many Lamas and teachers.

**Ngakpa Tashi Paljor** began studying with H.H. Jigdal Dagchen Dorje Chang in 1977, and in his attempt to understand the teachings of the Buddha, joined Rinpoche in Pilgrimage in 2003 and Lamdre in 2007. He has taken teachings from many of the great Lamas of the 20th century and has been practicing Buddhism since 1972.

**Chuck Pettis** is a student of H.H. Jigdal Dagchen Dorje Chang; Co-Executive Director of Sakya Monastery; and founder of Earth Sanctuary ([www.earthsanctuary.org](http://www.earthsanctuary.org)), Sakya Monastery's Retreat Center. He developed Tibet Tech Prayer Wheels under the direction of H.H. Jigdal Dagchen Dorje Chang, available at [www.tibetech.com](http://www.tibetech.com). He is President of BrandSolutions, a leading brand consulting firm ([www.brand-solutions.com](http://www.brand-solutions.com)).

**Stephanie Prince** has studied and practiced Buddhism in the Tibetan tradition for more than 40 years and holds a B.A. in Comparative Religion from the University of Washington. She has received teachings and major initiations in the four major schools of Tibetan Buddhism, including the Sakya LamDre (Path with its Fruit), both the Lamdre Tsogshay and the Lamdre Lobshay. She has taught on general Buddhism and has guided Buddhist ritual classes at Sakya Monastery of Tibetan Buddhism. She also serves as a Buddhadharma mentor and VEI catalog editor.

**Chris Rebholz** has been a member of Sakya Monastery since 2006. She is still trying to wake up.

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**Jeffrey Schoening** (Upasaka), holds a PhD in Buddhist Studies, and is a longtime member and interpreter at Sakya Monastery of Tibetan Buddhism. Jeff is the author of *The Shalistamba Sutra and Its Indian Commentaries* (Vienna 1995), a two-volume study of teachings on dependent arising. He served as a health care chaplain at Swedish Medical Center and Northwest Kidney Center and is currently a private practice spiritual director.

**Tim Tapping** has been a Buddhist since 1993, a member of Sakya Monastery since 2001, is on the Board of Advisors, and loves introducing Tibetan Buddhism and the Sakya heritage to people! He is also the President of the Northwest Dharma Association.

**Gillian Teichert**, a member since 1994, is treasurer of Sakya Monastery and an editor of the VEI Catalogs and other in-house publications.

**Moses Tovar** is a member of Sakya Monastery, a member of the Next of Kin Registry Committee and a Sakya Monastery Ambassador. Moses has used his meditation practice in his long baseball coaching career to help his athletes relax and focus. A peace activist, Moses also volunteers at the Tibetan Nuns Project, and Big Brothers/Big Sisters.

