



# SUMMER 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,

The Virupa Educational Institute (VEI), under the spiritual direction of His Eminence Avikrita Rinpoche, aims to provide opportunities to learn about Tibetan Buddhism and about spiritual practices for attaining happiness and the ability to bring happiness to others. Our 100-level set of courses is held most Sunday mornings and is an excellent introduction to Buddhism and Sakya Monastery.

There will be wonderful opportunities this quarter to learn about the Dharma and to participate in meritorious practices for the benefit of all sentient beings. On July 23<sup>rd</sup>, there will be a precious opportunity to take Refuge with Her Eminence Dagyum Kusho Sakya.

Our resident lamas are offering several opportunities to further our learning and develop our mind. Tulku Yeshe Rinpoche will bestow the Medicine Buddha Empowerment on July 9<sup>th</sup> and will lead the annual two-day Guru Rinpoche Bumtsok Retreat on Sept 16-17. Khenpo Jampa Rinpoche will bestow the Yellow Dzambhala Initiation on July 23<sup>rd</sup>. He will also teach "The Benefits of Prostration" on Aug 20<sup>th</sup>.

The International Buddhist Academy is beginning a 7-year comprehensive program entitled The Complete Path: A Systematic Training from Sutra to Tantra. The first year's weeklong course on "Clarifying the Sage's Intent" will be taught at Sakya Monastery by Khenpo Jampa Rinpoche. See page 12 for details.

Ngakpa Tashi Paljor will be teaching "How to Make a Shrine in Your Own Home" on August 19<sup>th</sup>. Dr. Eric Dulberg will be teaching Tibetan language, and Ken Hockett will continue the monthly Dharma Discussion group.

The Children's Dharma School continues to provide wonderful learning opportunities for young ones, and the Teen Dharma School offers classes for teens and a monthly special meditation practice with Ven. Lekshay Sangpo.

This summer, Sakya Monastery will once again hold its annual Independence Day potluck at Carkeek Park. Family and friends are invited. Please bring a dish to share, and join us!

Kind wishes and blessings,

Kristine Honda, VEI Coordinator  
 Adrienne Chan, Co-Executive Director  
 Chuck Pettis, Co-Executive Director

PS: Sakya Monastery wishes Kristine, Wangla, and baby Samten the best of luck in their new chapter of life in Hawaii. We also offer our sincere thanks to Kristine for her many years of skillful and devoted volunteer work for the Monastery, especially in the Virupa Educational Institute!



## 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.

## SUMMER CALENDAR

### JULY

Date	Time	Class	
Sunday, July 2	8:30 - 9:45 AM	SEC 110: Fundamentals of Tibetan Buddhism	p. 5
Tuesday, July 4	10:00 AM - 4:00 PM	Independence Day Potluck Lunch at Carkeek Park	p. 14
Saturday, July 8	1:00 - 2:30 PM	Dharma Discussion Group: The Path of Awakening, Mapping It All Out	p. 14
Sunday, July 9	8:30 - 9:45 AM	SEC 118: Significance of Taking Refuge	p. 6
Sunday, July 9	2:00 PM - 3:30 PM	Ritual Ceremony: Medicine Buddha Initiation	p. 8
Monday, July 10	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Sunday, July 16	12:00 - 1:00 PM	SEC 101: Darshan Viewing (Shrine Tour)	p. 4
Sunday, July 16	8:30 - 9:45 AM	SEC 111: How Buddhism Applies To Daily Life & Buddhist Etiquette & Moral Principles	p. 5
Monday, July 17	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Sunday, July 23	8:30 - 9:45 AM	SEC 114: Significance of Lineage in Tibetan Buddhism	p. 5
Sunday, July 23	11:15 AM - 12:00 PM	Ritual Ceremony: Refuge	p. 9
Sunday, July 23	12:00 PM - 1:00 PM	Family Potluck Lunch: After Refuge	p. 14
Sunday, July 23	2:00 PM - 3:30 PM	Ritual Ceremony: Yellow Dzambhala Initiation	p. 9
Monday, July 24	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Tuesday, July 25	7:30 - 8:30 PM	SEC 100: Sakya Monastery Overview & Orientation	p. 4
Sunday, July 30	8:30 - 9:45 AM	SEC 119: Life After Refuge	p. 6

## *Calendar*

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### AUGUST

<b>Date</b>	<b>Time</b>	<b>Class</b>	
Saturday, August 5	1:00 - 2:30 PM	Dharma Discussion Group: The Path of Awakening, Mapping It All Out	p. 14
Saturday, August 5	7:00 - 9:00 PM	The Complete Path Welcome Tea & Orientation	p. 13
Sunday, August 6	8:30 - 9:45 AM	SEC 112: Understanding the Sunday Chenrezi Practice	p. 5
Sunday, August 6 to Saturday, August 12	See schedule on p. 13	The Complete Path: A Systematic Training from Sutra to Tantra <i>Clarifying the Sage's Intent</i>	p. 12-13
Sunday, August 13	8:30 - 9:45 AM	SEC 115: The Heart Sutra	p. 5
Monday, August 14	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Saturday, August 19	1:30 - 3:30 PM	Special Lecture: How to Make a Shrine in Your Own Home	p. 11
Sunday, August 20	8:30 - 9:45 AM	SEC 116: Understanding the Thursday Chenrezi Practice	p. 6
Sunday, August 20	Noon - 1:00 PM	SEC 101: Darshan Viewing (Shrine Tour)	p. 4
Sunday, August 20	1:30 - 3:30 PM	Dharma Lecture: The Benefits of Prostration	p. 11
Tuesday, August 22	7:30 - 8:30 PM	SEC 100: Sakya Monastery Overview & Orientation	p. 4
Sunday, August 27	8:30 - 9:45 AM	SEC 117: In the Footsteps of the Buddha: Pilgrimage with H.H. Jigdal Dagchen Sakya	p. 6
Monday, August 28	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7

### SEPTEMBER

<b>Date</b>	<b>Time</b>	<b>Class</b>	
Monday, September 4	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Saturday, September 9	1:00 - 2:30 PM	Dharma Discussion Group: The Path of Awakening, Mapping It All Out	p. 14
Sunday, September 10	8:30 - 9:45 AM	SEC 120: Refuge & Guru Yoga Practices	p. 6
Monday, September 11	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Sunday, September 17	8:15 - 9:45 AM	SEC 113: Calm Abiding Meditation	p. 5
Saturday-Sunday, Sept. 16-17	8:00 AM - 6:00 PM	Ritual Ceremony: Guru Rinpoche Bumtsok Retreat	p. 10
Monday, September 18	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Sunday, September 24	8:30 - 9:45 AM	SEC 121: Life- A 4D Video Game: Tips and Strategies for Winning	p. 7
Sunday, September 24	Noon - 1:00 PM	SEC 101: Darshan Viewing (Shrine Tour)	p. 4
Monday, September 25	7:00 - 9:00 PM	SEC 260: Tibetan Language and Its Pronunciation	p. 7
Tuesday, September 26	7:30 - 8:30 PM	SEC 100: Sakya Monastery Overview & Orientation	p. 4

## *Spiritual Education Curriculum (SEC)*

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The goal of Sakya Monastery's introductory Spiritual Education Curriculum (SEC) 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 Lineage 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**

*July 25<sup>th</sup>, August 22<sup>nd</sup> and September 26<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)**

*July 16<sup>th</sup>, August 20<sup>th</sup>, and September 24<sup>th</sup>*

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, July 2<sup>nd</sup>*

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

Instructor: Tim Tapping

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, July 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, August 6<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, September 17<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 LINEAGE IN TIBETAN BUDDHISM**

*Sunday, July 23<sup>rd</sup>*

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

Instructor: Stephanie Prince

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, August 13<sup>th</sup>*

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

Instructor: Chris Rebholz

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)*

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

*Sunday, August 20<sup>th</sup>*

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

Instructor: Moses Tovar

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, August 27<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, July 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, July 30<sup>th</sup>*

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

Lecturer: Ron Hogan

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, September 10<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.

### **SEC 121 LIFE – A 4D VIDEO GAME: TIPS AND STRATEGIES FOR WINNING**

*Sunday, September 24<sup>th</sup>*

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

Lecturer: Chuck Pettis

“Life, a 4D Video Game” presents the traditional Buddhist teachings of emptiness and the path to enlightenment using video games as a metaphor for our life. In this class, you will learn:

- The rules of the game
- What you can do right now to have a happier life and less suffering
- How to get “happiness points” and merit
- How we get “suffering points” and what we need to do right now to avoid the sufferings of the lower realms
- How to get to the next level and pass to a Pure Land and achieve Enlightenment
- How to “win”

Most Tibetan Buddhist texts on the subject of emptiness and the illusionary nature of reality are difficult reads or esoteric. This class simplifies many of the teachings we recite during our Sunday Chenrezi meditation in a way that is understandable, practical, and, more importantly, actionable. Because our lives are very visual, the class will be given as a lavishly illustrated color PowerPoint presentation.

## 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 time as possible, ideally while also doing prostrations.

## 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.)*

# MEDICINE BUDDHA INITIATION

## BY TULKU YESHI RINPOCHE



*Sunday, July 9<sup>th</sup>*

Time: 2:00 pm

Location: Shrine Room

To register, visit:

<http://conta.cc/2sBmAmq>

Suggested contribution:

Public \$30, Members \$20

*Prerequisite: On the day of the empowerment, one must be vegetarian (no eggs, meat, alcohol, or garlic) and celibate the entire day (24 hours).*

The Medicine Buddha, or Bhaishajyaguru, alleviates suffering, sickness, and injury and thus prolongs human life, improving the human opportunity to attain enlightenment. The Medicine Buddha is a manifestation of Shakyamuni Buddha, who gave medicine teachings to the Fourfold Assembly. He holds a medicine bowl and radiates healing rays of energy to all sentient beings.



# YELLOW DZHAMBHALA INITIATION

## BY KHENPO JAMPA RINPOCHE

Date: Sunday, July 23<sup>rd</sup>

Time: 2:00 pm

Location: Shrine Room

To register, visit:

<http://conta.cc/2tukxkq>

Suggested contribution:

Public \$30, Members \$20

Dzambhala is a deity of wealth whose blessings remove the obstacle of poverty, bringing wealth and abundance to Dharma practitioners. As it is difficult to attain spiritual realizations while afflicted by lack of resources, Dzambhala generates prosperity so that practitioners have the time, energy, and means to practice and attain enlightenment.



### REFUGE CEREMONY

BY H.E. DAGYUM KUSHO SAKYA

Sunday, July 23<sup>rd</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) on July 9th and then take the SEC 119 class (Life after Refuge) on July 30th. For more information or to sign up for refuge, please call 206-789-2573 or e-mail [monastery@sakya.org](mailto:monastery@sakya.org).

# GURU RINPOCHE BUMTSOK RETREAT

## LED BY TULKU YESHI RINPOCHE



*Saturday & Sunday,  
September 16-17*

Time: 8:00 am - 6:00 pm with a  
lunch break from 12:00 - 1:30 pm

Location: Shrine Room

To register, visit:

<http://conta.cc/2rDmsS1>

*Prerequisite: None*

*Please bring a tsok offering and your  
dorje, bell and damaru drum if  
possible. Also bring food for a potluck  
lunch.*

If someone wants to become a Buddha or a Bodhisattva, one needs to accumulate merit and purify one's defilements. A very meritorious practice of Guru Rinpoche is a Bumtsok, which is a 100,000 Tsok offerings to Guru Rinpoche. It is fine to join the first day, the second day, or both. If you cannot come, it is considered very meritorious to donate food or money for a tsok offering for this event. Candles and flowers are acceptable as well.

## THE BENEFITS OF PROSTRATION



Lecturer: Khenpo Jampa Rinpoche

*Sunday, August 20<sup>th</sup>*

Time: 1:30 - 3:30 pm

Location: Shrine Room

Suggested contribution:

\$30 Public, \$20 Members

*Prerequisite: None*

Prostration is a very powerful activity that can clear away obscurations of body, speech, and mind. Khenpo Jampa Rinpoche will give a detailed explanation of correct intention and method.

Prostration is a preparation for clearing past and present negative karma. There are two kinds of prostrations- full body prostration and 5 point prostration.

*Special Lecture*

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## HOW TO MAKE A SHRINE IN YOUR OWN HOME



Lecturer: Ngakpa Tashi Paljor

*Saturday, August 19<sup>th</sup>*

Time: 1:30 - 3:30 PM

Location: Cultural Hall

Suggested contribution:

\$20 Public, \$15 Members

*Prerequisite: None*

When you begin to practice Tibetan Buddhism spiritual practices, you may want to set up a shrine and maintain it in your home as your special sacred space for meditation. In this class, you will learn the purpose and benefits of a shrine and how to set one up. You will learn the purpose and types of daily shrine offerings, the meaning and significance of the Eight Offerings, how to remove daily and old offerings, and how to close the shrine for the night.

# THE COMPLETE PATH: A SYSTEMATIC TRAINING FROM SUTRA TO TANTRA



The International Buddhist Academy (IBA) in Kathmandu is launching a global training program that encompasses the Buddhist

path in its entirety. This unique course has been devised for Dharma practitioners of all levels of experience and is focused mainly on the theory and practice of the Vajrayana path as transmitted by the founding masters of the Sakya school of Tibetan Buddhism.

His Holiness Ratna Vajra Rinpoche, the 42nd Sakya Trizin, will teach this full 7-year program at the International Buddhist Academy in Kathmandu. In addition, IBA has established partnerships with selected Dharma centers on different continents to offer the first three years of this program, taught by qualified lamas and guest teachers.

To create this precious opportunity for Buddhists in the United States, H.E. Avikrita Rinpoche, Head Lama of Sakya Monastery, and H.E. Dagyum Kusho, the Acting Head Lama, have chosen to host the first year (2017) of The Complete Path at Sakya Monastery.

Ven. Khenpo Jampa Rinpoche, assisted by translator Geshe Jamyang Tsultrim, will teach the weeklong intensive course at Sakya Monastery (Seattle, WA) from August 5-12, 2017.

The first year (2017) is open to all. Participation from the second year (2018) onward requires completion of the previous levels. At the end of each year's course, participants will receive a certification attesting their qualification to continue the program. For more information about the 7-year program, please visit [thecompleteness.com](http://thecompleteness.com).

For questions about the program at Sakya Monastery, please contact us at [monastery@sakya.org](mailto:monastery@sakya.org) or 206-789-2573.

To register, visit [conta.cc/2rVQ5RG](http://conta.cc/2rVQ5RG) or contact the monastery.



## 2017: CLARIFYING THE SAGE'S INTENT BY SAKYA PANDITA

This text is a classical treatise on the theory and practice of the Mahayana studied in the Sakya tradition. Sakya Pandita describes the stage of the bodhisattva path from the beginning right up to full and perfect enlightenment, following the teaching tradition of the great early Kadampas on the ten stages of practice. Sakya Monastery will provide all participants with a new edition of the text published specifically for this program.

*The Complete Path*

**TUITION**

\$400	Members
\$450	Nonmembers
\$475	Late registration (after July 31, 2017)

**DAILY SCHEDULE**

Mon/Wed/Fri August 7, 9, & 11	10:00 am—12:00 pm	Morning Lecture
	12:00—2:00 pm	Lunch break
	2:00—5:00 pm	Afternoon Lecture
	5:00—6:00 pm	Q & A
Tue/Thu, August 8 & 10	10:00 am—12:00 pm	Morning Lecture
	12:00—2:00 pm	Lunch break
	2:00—4:00 pm	Afternoon Lecture
	4:00—5:30 pm	Q & A
	5:30—7:00 pm	Dinner break
	7:00—9:00 pm	Evening Lecture
Saturday, August 12	10:00 am—12:00 pm	Morning Lecture
	12:00—2:00 pm	Lunch break
	2:00—5:00 pm	Q & A
	5:00—5:30 pm	Closing

**OPTIONAL SAKYA MONASTERY PRACTICES**

Sunday, August 6	10:00 am	Chenrezi Practice
Monday, August 7	7:30 pm	Green Tara Practice
Friday, August 11	7:00 pm	Calm Abiding Meditation

## INDEPENDENCE DAY POTLUCK LUNCH PICNIC



*Tuesday, July 4<sup>th</sup>*

Time: 10:00 am - 4:00 pm

Location: Carkeek Park

950 NE Carkeek Park Rd,

Seattle, WA 98177

*Tables 30-32 are reserved near the  
campfire & the playground*

Join us for summer fun at Carkeek Park on the 4th of July! Please bring a dish to share with family and friends.

For directions, visit <http://www.seattle.gov/parks/parkspaces/CarkeekPark/directions.htm>

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## FAMILY POTLUCK LUNCH: AFTER REFUGE

Sunday, July 23<sup>rd</sup>

Time: 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.

## DHARMA DISCUSSION GROUP:

## THE PATH OF AWAKENING, MAPPING IT ALL OUT

July 8th, August 5th, & September 9th

Time: 1:00—2:30 pm

Ken Hockett leads this monthly discussion group for those who want to know how the practices, the teachings and everything comes together to help us reach enlightenment. Bring your questions!

## 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*

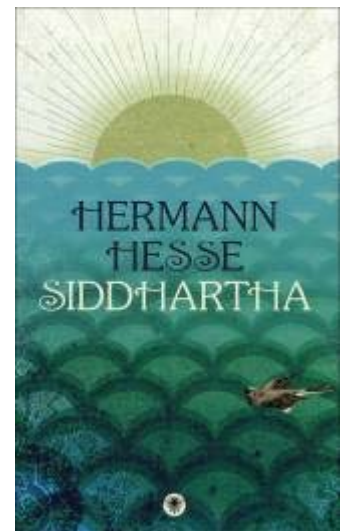
Location: Library

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, 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 Appey 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

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**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.

## Biographies

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**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 Theravadan 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. Dagyum 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.

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

**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.

**Geshe Jamyang Tsultrim** received his “Loppon” an advanced degree in Indo-Tibetan Psychological/Philosophical studies from Sakya (Monastic) College in India after studying 10 consecutive years under the late Khenchen Appy Rinpoche. He then served as a faculty member teaching Buddhist philosophical studies for two years at the Sakya Institute, Puruwala, India. He became a close attendant/translator for the late H.E. Dezhung Rinpoche III in Nepal for several years. After arriving in USA, Jamyang was officially appointed as a resident dharma teacher in Olympia, WA by H. H. Dagchen Dorje Chang in 1988 and has been serving as a Dharma teacher for the last 29 years. He was a former Tibetan Buddhist monk for twenty years. He is also a founder of the Nalanda Institute (Center for Buddhist Studies and Meditations) in Olympia. Jamyang was a visiting faculty member teaching Sakya Pandita’s Buddhist logic and Epistemology at IBA, Nepal in 2002.

In the west, he then received his M.A. in Counseling Psychology in 1997 from Saint Martin’s University and his B.A. from The Evergreen State College in 1992 with an emphasis in Western Psychology. He has been practicing as a mental health therapist since 1990 and is a WA state licensed mental health counselor as well as works as a therapist at the Evergreen State College. He also teaches at the same college mainly East/West Psychology, Buddhist Epistemological and psychological model of mind emotion and specializes in a clinical application of mindfulness in mental health issues as well as well-being in a daily life.

