



Sakya Monastery of Tibetan Buddhism



The Six Dharmas of Vajrasanapada

Bestowed by H.E. Sakya Khöndung Avikrita Vajra Rinpoche
Sakya Monastery of Tibetan Buddhism, Seattle, WA

February 18, 19 & 20, 2017

Vajrasanapada the Elder was a great scholar and adept of Buddhist tantric practice in early medieval India. From him originate many practices relied upon in Tibetan Buddhism in general and the Sakya tradition in particular. Of his numerous initiations and instructions, six were so highly regarded for their profundity and efficacy that they were maintained as a rare set of practices by the early Sakya Forefathers. For the first time ever, His Eminence Sakya Khöndung Avikrita Vajra Rinpoche, Head Lama of Sakya Monastery, will bestow the entire set of initiations and teachings at the Monastery in Seattle.

A practitioner may attend one, some or all of the initiations as desired, but only those who attend all six initiations may attend the special transmission at the end and receive the full practice texts. The cost of the entire series of initiations and the Special Practice Transmission and instructions is \$300 for non-members and \$220 for members. If attending individual initiations, the fee per initiation for non-members is \$40 and \$30 for members. Children 12 and under* may attend for half the adult cost.

To register, please visit sakya.org/specialevents/981-Six-Dharmas

**Due to space constraints, please take restless children outside for a break when needed. Thank you for your consideration.*

Sponsorship

In addition to the registration fee, if you wish to help sponsor one of the Six Dharmas of Vajrasanapada initiations, you may do so at the \$300 level through the Sakya Monastery office. In gratitude for your support, a patron will receive a front row seat (or front chair row seat if needed), the opportunity to make the mandala offering for that particular initiation, and a gift thangka.



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Day 1

Session 1 - Preliminary Teaching

(H.E. Sakya Khöndung Abhaya Vajra Rinpoche)

Saturday, February 18, 2017, 10:30 am

Since the Six Dharmas of Vajrasanapada belong to the Vajrayana, which is known as the uncommon resultant Mahayana system of Buddhism, it is necessary for recipients to first learn and enter the path of the common causal Mahayana by going for refuge and generating *bodhicitta*, the especially altruistic mind intent on attaining full enlightenment for the sake of all sentient beings. For those new to these ideas as well as those wishing to revisit the all-important principles of Buddhdharma, an in-depth preliminary teaching by H.E. Sakya Khöndung Abhaya Vajra Rinpoche will be given.

Prerequisites: None. **Commitment:** None.

Session 2 - Initiation of Marici (with transmission for a protective practice)

Saturday February 18, 2017, 2 pm

The practice of the 'Goddess of the Dawn' has been relied upon for centuries in the Sakya tradition to clear away all outer obstacles and transform related dissonant mental states like anxiety and stress. The initiation of Marici enables practitioners to use the sadhana and includes the transmission necessary for combining it with the Buddha's own words for an uncommon meditation for protection and overcoming fear.

Prerequisites: For those who have received the refuge vow and have aspiring Bodhicitta; only vegetarian foods may be consumed prior to the initiation.

Commitment: To cultivate Bodhicitta.

Session 3 - Blue Acala

Saturday, February 18, 2017, 4 pm

Of the various forms of the sovereign of wrathful Tutelary Deities known as the 'Immovable One', this uncommon initiation is of the kneeling blue form that the young Sachen Kunga Nyingpo, founding master of the Sakya tradition, famously used to dispel hindrances to his first retreat, which culminated in him receiving from Manjushri 'Parting from the Four Forms of Clinging.' The practice of Acala is aimed at eliminating all the inner obstacles that inhibit our spiritual and personal development on the path to enlightenment. The initiation includes a water blessing for protection from obstacles and the transmission needed for practitioners to produce their own protection-water.

Prerequisites: For those who have received the refuge vow and have aspiring Bodhicitta; only vegetarian foods may be consumed prior to the initiation.

Commitment: To cultivate Bodhicitta.

Optional extra: For those who wish to do the water protection at home, a Bumpa vessel will be needed, which may be purchased elsewhere .



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Day 2

Session 4 - **The Long Life Buddha at the Bodhi Tree**

Sunday, February 19, 2017, 10:30 am

The original bodhi tree under which Shakyamuni Buddha manifested full enlightenment was in Bodh Gaya, India, where the great Vajrasanapada later resided in the early medieval period. Just as a fourth generation tree still stands there today, the blessings of Shakyamuni Buddha remain accessible to practitioners now through our unbroken lineage. In this initiation, we are introduced to the esoteric means of attaining long life based on the meditation of the Buddha at the Bodhi Tree.

Prerequisites: For those who have received the refuge vow and have aspiring Bodhicitta; only vegetarian foods may be consumed prior to the initiation.

Commitment: To cultivate Bodhicitta.

Session 5 - **Buddhalocana**

Sunday, February 19, 2017, 2 pm

The profound healing initiation of Buddhalocana (Goddess of the Buddha's Eyes) enables practitioners to undertake her powerful meditations and mantra for allaying all manner of pain, sickness and suffering.

Prerequisites: For those who have received the refuge vow and have aspiring Bodhicitta; only vegetarian foods may be consumed prior to the initiation.

Commitment: To cultivate Bodhicitta.

Session 6 - **The Three and a Half Syllable Avalokita**

Sunday, February 19, 2017, 4 pm

Chenrezi, the Buddha of Compassion, is the main practice of Sakya Monastery, and this initiation is for a special form of Chenrezi that aids practitioners to enjoy undisturbed sleep. The short but powerful night-time meditation of the Three and a Half Syllable practice not only averts nightmares, but also brings healing, peace and longevity.

Prerequisites: For those who have received the refuge vow and have aspiring Bodhicitta; only vegetarian foods may be consumed prior to the initiation.

Commitment: To cultivate Bodhicitta.



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Day 3

Session 7 - **The Buddha Establishing the Three Vows**

Monday, February 20, 2017, 10:30 am

Another form of Shakyamuni Buddha is the sixth of the sacred practices of Vajrasanapada called Trisamayavyuha. The initiation enables practitioners to purify degradations, obscurations and any negativity that hinders our spiritual development and maintaining of vows by using the special ritual based around the Seven-Limbed Prayer found in The Prayer of Samantabhadra and the hundred-syllable mantra of Trisamayavyuha.

Those who wish to receive the initiation in the optimum form may attend an optional ritual at **9:30 am** in which H.E. Dagyum Kusho Sakya will bestow temporary Nyen-Nay vows and H.E. Avikrita Rinpoche will give the auspicious reading transmission for The Prayer of Samantabhadra.

Prerequisites: For those who have received the refuge vow and have aspiring Bodhicitta; only vegetarian foods may be consumed prior to the initiation.

Commitment: To cultivate Bodhicitta.

Optional extra: A Shakyamuni Buddha statue, incense and The Prayer of Samantabhadra are necessary for those who wish to do the full ritual at home. You may purchase these at the Monastery, but please note that our stock of Shakyamuni Buddha statues is limited.

Session 8 - **Special Practice Transmission and Instructions**

Monday, February 20, 2017, 2 pm

For recipients of all Six Dharmas of Vajrasanapada, the full transmission and precious instructions for how to implement these transformative practices will be bestowed. The full set of practice texts will also be provided (dana appreciated).

Prerequisites: Must have received the initiations of all Six Dharmas of Vajrasanapada.

Commitment: As for the initiations.

Session 9 - **Long-Life Mandala Offering**

Monday, February 20, 2017, 4 pm

In gratitude for receiving the Six Dharmas of Vajrasanapada, a traditional mandala offering service will be held with prayers for the long life of H.E. Avikrita Rinpoche, the Sakya Dhungseys and H.E. Dagyum Kusho Sakya, presided over by H.E. Abhaya Rinpoche.

Note: Session 9 is free of charge and open to all as space allows. Please RSVP to the Monastery office via phone or email if you wish to attend Session 9 only.



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Biographies



His Eminence Khöndung Avikrita Vajra Sakya Rinpoche is the Head Lama of Sakya Phuntsok Phodrang, including Sakya Monastery in Seattle, WA. His Eminence was born into the illustrious Sakya Phuntsok Phodrang in Seattle in 1993, and is the elder son of H.E. Khöndung Zaya Vajra Rinpoche and Dagmo Lhanze Youden. In 1999, at the age of six, he began his training in India to follow in the footsteps of his noble Khön forebears. Since that time, he has received an uninterrupted stream of transmissions and teachings, including the Lamdre Tsogshay, from his late grandfather, H.H. Jigdal Dagchen Sakya Dorje Chang. He has also received many teachings from his paternal grand-uncle H.H. Sakya Trizin (including the Lamdre Lobshe), and many high Lamas of the Sakya tradition. He enrolled at Dzongsar Institute of Higher Buddhist Philosophy and Research in 2010, where he mastered the intricate rituals of the Sakya lineage, completed meditation retreats and presided as Vajra Master of the annual Vajrakilaya ceremony in Darjeeling. He continues to successfully build on his extensive learning in the Buddha-Dharma with a program of study and dialectics to gain proficiency in the classic treatises of the Sakya philosophical tradition.



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 Gyaltzen, 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, paternal grand-uncle, 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.



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.