In this quarter’s catalog:

- Virtual Mondays at the Monastery: intro classes and special lectures
- Virtual Practice: Weekly meditation group, Calm Abiding introductory Meditation, plus longer sits
- Special Livestream Chenrezi Practice every Sunday with Zoom Fellowship afterward
- If you are a member, look for special Thursday evening teachings with the Sakya Khondung Lamas H.E Avikrita Rinpoche, H.E. Abhaya Rinpoche and H.E. Asanga Rinpoche as their schedules permit
- Sangha Community connections: Google group
- Creative Writing class

The Marici Fellowship:
- Monthly Meal Service
- P-patch garden

Parnashavari

https://www.sakya.org/2020/02/prayer-for-the-coronavirus-outbreak/
What Sakya Monastery Offers

From the foundation laid by His Holiness Jigdal Dagchen Sakya Dorje Chang (1929 - 2016), it is the aspiration of our Head Lama, His Eminence Avikrita Vajra Rinpoche, that Sakya Monastery continues to provide multiple pathways for all who are interested in studying the Buddhadharma.

Due to the current health guidelines concerning the Covid-19 virus we have temporarily moved our activities that are suitable for an online format to Zoom.

Please look to Virtual Mondays at the Monastery for introductory and meditation classes, as well as special lectures and online community activities. We are also offering…

- Weekly Calm Abiding meditation
- Livestreamed Chenrezi Practice with Zoom Fellowship afterward
- Sakya Monastery Sangha Google Group
- Tibetan Language Studies via Zoom

The Marici Fellowship was created by H.E. Avikrita Rinpoche to be a platform to expand our practice to include helping those who need it most. The Fellowship is continuing many of its activities while maintaining recommended safety guidelines. Read about ongoing community outreach activities on The Marici Fellowship page. https://marici-fellowship.org. You can also learn more by attending the next “Compassion in Action” overview in the Virtual Mondays at the Monastery class line-up.

You can find practice support and sangha community engagement in the Sakya Monastery Google Group, including Dharma Discussion and Art Share.

And of course, as always, we have many video and audio teachings and other valuable resources on our website. You might find lockdown to be a good time to explore these resources more in depth. You can learn more about them on the Internet Teachings page of this catalog.

Though the monastery plans to be closed to the public at least through July, continue to check back often as we build our online offerings!

Yours in the Dharma,

Teresa Lamb
VEI Coordinator
Sakya Monastery is adapting! We are broadcasting some of our regular practices via livestreaming and Zoom meetings so that you can still participate from home.

When using Zoom, there are a few things to keep in mind:
♦ Keep your mic muted unless you are speaking to the group
♦ Use the chat feature to have side conversations or to ask a question
♦ Remember the Buddha’s teaching on Right Speech and be caring and respectful during the chat

All times listed are in Seattle local time, which is Pacific Daylight Time (UTC-7).

**SUNDAY CHENREZI**
Sundays, 10:00am
Livestream: https://www.sakya.org/live-streaming-video

Sunday Chenrezi meditation is being livestreamed every week for all who wish to participate remotely.

English chanting led by H.H. Jigdal Dagchen Dorje Chang’s son, H.E. Sadu Vajra Sakya Rinpoche. Tibetan chanting led by Khenpo Jampa Rinpoche and Sakya Monastery lamas. Texts to accompany the practice can be found at the livestream link above.

**SUNDAY ZOOM FELLOWSHIP**
Sundays, 11:15am
Zoom: https://zoom.us/j/95295866257
Meeting ID: 952 9586 6257

Immediately after Sunday Chenrezi, you can join Zoom Fellowship to visit and catch up with your fellow sangha members. It can be hard to connect with others during lockdown, so being able to gather after practice can help keep the community strong!
**VIRTUAL PRACTICE**

**CALM ABIDING**

Fridays, 7:00pm  
Zoom: https://zoom.us/j/96561045202  
Meeting ID: 965 6104 5202

Within Tibetan Buddhism, there are various mindfulness techniques and practices to help us understand our minds, achieve happiness, and attain enlightenment. An excellent meditation practice for beginners is Calm Abiding Meditation.

There are many techniques for practicing Calm Abiding Meditation. One of the main techniques is to sit quietly, be aware of one's mind, and observe the flow of arising and passing thoughts. Through your practice, you can increase your awareness of your body, your thoughts, and your inner emotions. Increase your mindfulness and further your understanding of the nature of happiness and suffering.

Calm Abiding is being held every week over Zoom. Anyone, new or experienced, is invited to join.

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**Important Tip!**

As so much communication moves online during this time, it’s important to remember to regularly check your email spam folder for important information you may be missing. The Monastery sends many event announcements via email and we wouldn’t want you to miss out!

Check your spam folder every few days, and if you see messages that were incorrectly flagged, make sure to mark them as *not spam* and move them back to your inbox. This will help your email provider learn what you do and don’t want to receive, so that in the future you’ll be sure not to miss important things.

We do our best not to email you too often, but if you feel like you are getting too many emails, you can always unsubscribe via the link at the bottom of the email, or by replaying to let us know.
Virtual Mondays at the Monastery

Select classes are moving to Zoom on Monday nights! Some classes are from our previous Sunday morning series, and others are special topics. To join, just go to the link at the stated time, or enter the meeting ID in your Zoom application.

Registration is not required and all classes are free, but donations to support the efforts of our teachers are always welcome.

All class times listed are in Seattle local time, which is Pacific Daylight Time (UTC-7).

SHAMATHA (CALM ABIDING) MEDITATION CLASS
Time: 7:00pm
Instructor: Venerable Lekshay Sangpo
Zoom: https://zoom.us/j/97171940085
Meeting ID: 971 7194 0085

Shamatha (calm abiding) and Vipashyana (insight) are ancient types of meditation that come from India. Each type has its own benefits. This class will be on Shamatha or calm abiding. There is a regular Friday evening Calm Abiding class at the Monastery. This one will be more in depth.

In August, Venerable Lekshay will teach another class on Vipassana or Insight meditation.

A daily meditation practice of any type is a very beneficial, life-long activity. This class is for both beginners and current practitioners. It is never too soon to learn meditation, but it can sometimes be too late!

Venerable Lekshay recommends reading *Zen Mind, Beginners Mind* by Shunryu Suzuki. Please wear loose and comfortable clothing for meditating. It's also good for beginners to have some rolled up fluffy socks for knee support.

CREATIVE WRITING
Time: 7:00 – 8:15pm
Instructor: Murray Gordon
Zoom: https://zoom.us/j/91999826437
Meeting ID: 919 9982 6437

What can you expect from a creative writing class with a Buddhist slant? Interested? Join us on ZOOM at 7 p.m. on Monday, July 13 to explore one of the Buddha’s teachings via the medium of creative writing. Murray Gordon will facilitate a class using this method to explore our experiences. Come prepared to write and read your work on Zoom.
THE HEART SUTRA – BASIC OVERVIEW ON EMPTINESS
Time: 7:00 – 8:15pm
Instructor: Chris Rebholz
Zoom: https://zoom.us/j/94421646803
Meeting ID: 944 2164 6803

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

COMPASSION IN ACTION - THE MARICI FELLOWSHIP
Time: 7:00 – 8:15pm
Instructor: Teresa Lamb
Zoom: https://zoom.us/j/97636346771
Meeting ID: 976 3634 6771

The Marici Fellowship is the Community Outreach program here at Sakya Monastery. Created by His Eminence Avikrita Rinpoche as a way for sangha members to build compassionate connections with people in our community, we help provide hope and assistance for those who need it most.

VIPASHYANA MEDITATION CLASS
Time: 7:00 – 8:15pm
Instructor: Venerable Lekshay Sangpo
Zoom: https://zoom.us/j/92708659001
Meeting ID: 927 0865 9001

Shamatha (calm abiding) and Vipashyana (insight) are ancient types of meditation that come from India. Each type has its own benefits. This class will be on Shamatha or calm abiding. There is a regular Friday evening Calm Abiding class at the Monastery. This one will be more in depth.

A daily meditation practice of any type is a very beneficial, life-long activity. This class is for both beginners and current practitioners. It is never too soon to learn meditation, but it can sometimes be too late!

Venerable Lekshay recommends reading *Zen Mind, Beginner’s Mind* by Shunryu Suzuki. Please wear loose and comfortable clothing for meditating. It’s also good for beginners to have some rolled up fluffy socks for knee support.
Would you like to know the basic and fundamental teachings of the Buddha? This course will give you an overview of 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.

This class is a great introduction and overview of Sakya Monastery of Tibetan Buddhism. In 75 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 calm abiding meditation practices in this class.

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.
Members-Only
Special Teachings

During these difficult times, we are offering member of Sakya Monastery special teachings, as their schedules permit, from His Eminence Avikrita Vajra Rinpoche, His Eminence Abhaya Vajra Rinpoche, and His Eminence Asanga Vajra Rinpoche. Members can watch these talks together at 7pm on select Thursday evenings. (Seattle local time, UTC-7)

If you’re a current Monastery member, keep an eye out for email announcements at the beginning of the week.

If you are not a member, you can still benefit from these teachings as they are viewable afterwards on the Monastery’s YouTube page! Records of teachings we have offered so far are listed below.

Aspiration for Success
H.E. Avikrita Rinpoche
https://youtu.be/vvzIugIjVnQ

Elucidating The Tenet Systems of Buddhist Philosophy
H.E. Abhaya Rinpoche
https://youtu.be/GEnvAyp8nqs

Parting from the Four Attachments: Mind Training, part 1
H.E. Asanga Rinpoche
https://youtu.be/PlOScgEo_ug

Being Present with Pain and Loss
H.E. Avikrita Rinpoche
https://youtu.be/buTyjyXdgJe

These videos and more can all be found at the Sakya Monastery YouTube channel:
https://www.youtube.com/SakyaMonastery
Dharma Discussion Group
with Ken Hockett

The Dharma Discussion Group led by Ken Hockett provides an informal open forum for Buddhist practitioners, students or people interested in the Buddhist path to come, ask questions and/or discuss any and all aspects of Buddhist philosophy and practice in general and Tibetan Buddhist practice in particular. People can ask questions, express concerns, personal or general, and connect with other practitioners. Everyone is welcome to come and participate in whatever way they wish.

Sangha Art Share

If you have been exploring your inner artist lately, maybe to help ease stress, or explore something new, for whatever reason, we would love to see what you have done. The best part of sharing your art is that it will bring some positive energy and connection to your fellow sangha members.

We would like to challenge our sangha members to post one piece of art work or photography per week, and if possible, tell us a little about it. What inspired you? What do you hope others will see in your art? Tell us about the materials you used, anything you want to share, or maybe you want it to stand alone, that is okay too!

We want to thank Alyssa McFarland, one of our sangha artists, for helping to facilitate this conversation.

Sakya Monastery
Google Group

Sangha members have created a Google Group for the Monastery as a central hub to communicate and check in with each other during lockdown. Google Groups are private message boards where you can start a topic or reply under existing topics oriented around various subjects.

Members are hosting some coordinated activities through the groups. But you are also free to use the group to just visit and catch up remotely, share strategies for getting by during these difficult times, request or offer assistance in running errands or other tasks, discuss dharma topics, or anything else.

Those interested in joining can email monastery@sakya.org to request an invitation. In order to join you will need to have or set up a Google account (different from a Gmail account).
INTERNET TEACHINGS

Did you know there are many teachings on our website from H.H. Jigdal Dagchen Dorje Chang and others? We encourage everyone to visit our website and listen to these recordings. These are an invaluable source of support and inspiration for one’s own practice.

There is a lot to explore, so here are some places to start:

Video
If you are looking for videos, start from our homepage www.sakya.org and head to Resources > Videos. Here you can find:
- **Live Streaming:** This is where you can come to find Sunday Chenrezi ever week, as well as any other special events that we decide to livestream.
- **Video Archive:** Here are videos from H.E. Avikrita Rinpoche on a variety of subjects, as well as two documentaries about H.H Jigdal Dagchen Sakya and the founding of Sakya Monastery.
- Many more videos featuring H.E. Avikrita Rinpoche, H.E. Dagmo Kusho, and others can be found at the Monastery’s [YouTube page](www.youtube.com/SakyaMonastery)

Audio
To find audio recordings, go to Resources > Downloads > Lecture Recordings (or visit www.sakya.org/2011/07/lecture-recordings)

Dozens of lectures dating back to 2006 cover an array of topics from beginner to advanced. There are lectures from H.H. Jigdal Dagchen Sakya and other members of the Phuntsok Phodrang, as well as Sakya Monastery resident lamas and guest speakers.

Print
If you would like printed teachings, visit Resources > Downloads (or visit www.sakya.org/downloads)

You can also peruse the current edition of the [Sakya Chronicles](www.sakya.org/2009/11/sakya-chronicles), which contains many articles about our events during the past year, at Resources > Downloads > Sakya Chronicles (or visit www.sakya.org/2009/11/sakya-chronicles)
The Marici Fellowship is the Community Outreach program of Sakya Monastery. Inspired by the great compassion of his Grandfather, His Holiness Jigdal Dagchen Sakya Dorje Chang, and as desire to build on the foundation he created, His Eminence Avikrita Rinpoche founded the Marici Fellowship. This is a program to serve as a platform for “Putting the Dharma into action for the benefit of all” as a way for sangha members to build compassionate connections with people in the local community, as well as connecting with others doing outreach with Marici Fellowship around the world. The Goal...providing hope and assistance for those who need it most.

“What makes the Marici Fellowship unique from regular charitable endeavors is that we are not simply sacrificing some free time and funds to provide material welfare out of mere sympathy and solidarity; we are putting the Dharma into practice for our own and others’ temporal and spiritual well-being. In other words, our work is not a separate pursuit from the Dharma but an integral part of it.” - H.E. Avikrita Rinpoche

Marici Fellowship offers monthly meals to local tent cities and other underhoused communities on third Sundays. They also run a community garden in Wedgwood. If you are interested in volunteering for any of these activities, please contact marici@sakya.org

Join the Fellowship
If you are interested in being a part of our Fellowship practice in the community, please contact the program coordinators by emailing marici@sakya.org. To find more background information and a list of current activities, go to the Marici Fellowship webpage: https://marici-fellowship.org/ We also offer “Compassion in Action” class as part of our Sunday morning series - see schedule for next class time.
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 Konebok 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 Rabsal 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.

Biographies

His Eminence Khöndung Avikrita Vajra Sakya, the Head Lama of the Sakya Phuntsok Phodrang and Head Lama of Sakya Monastery, 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 Khön 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 paternal grand-uncle His Holiness the Sakya Trichen 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. Since 2016 H.E. Avikrita Rinpoche has been an instructor on many levels and currently is a teacher now of the Madhyamaka philosophy classes in Dzongsar. In addition, H.E. Avikrita Rinpoche is the founder of the International Marici Fellowship, and the Bhadracarya Foundation with its Annual Festival in Lumbini, Nepal. For more than a decade, H.E. Avikrita Sakya has been sharing his rich Dharma teachings with warmth, clarity, and wisdom around the world.

He is now the author of the book “Wake Up to What Matters”.

He now the author of the book “Wake Up to What Matters”.
Biographies

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 Khenchhen Rinpoche in an ordination ceremony witnessed by H.E. Luding Khenshon Rinpoche, H.E. Khangsar Shabdrung Rinpoche, Ven. Antro Tulkhu and the Abbot of the Sakya Vajrayana College, Khenpo Kon- chog Gyaltse, at the Ngor Luding Ladran 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, his paternal grand-uncle H. H. the Sakya Trichen, H. E. Luding Khenchhen, and other high Lamas of the Sakya tradition. On February 18, 2019, the Auspicious occasion of the 15th day of the 1st month on the lunar calendar, 2146 Female Earth Pig. H.E. Khöndung Abhaya Rinpoche took the Holy vows of a ordained Gelong (Bhikkshu) monk. H.E. Luding Khenchhen Rinpoche led the auspicious historical event at the Sacred Meditation Garden facing the Bodhgaya Main Stupa. Currently, H.E. Abhaya Rinpoche 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 Chimiey. 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 Rinpoche is also the grandson of H.E. Garje Khamtul Rinpoche, a highly realized and accomplished Nyingmapa master on his mother’s side. H.E. Asanga Rinpoche was born on May 1, 1999 in Seattle, Washington. In April of 2005, at the age of five and in accordance with his wish, H.E. Asanga 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 Trichen 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.H. the 42nd Sakya Trizin Rinpoche, H.E. Khondung Gyana Vajra Rinpoche, H.E. Chögye Trichen, H.E. Luding Khenchhen Rinpoche, H.E. Jetsun Chimiey Luding, H.E. Khenchhen Appey Rinpoche as well as from his maternal grandfather H.E. Garje 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 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 Vietnam (Tsechen Shiday Choling) in Ho Chi Minh City, Vietnam, and the Head Lama of Guru Sakya Monastery in Ghoom, Darjeeling, India.

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 wife of H.H. Jigdal Dagchen Sakya Dorje Chang of the Khon 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, Washington. Dagyum Kusho specializes in Tara empowerments, practices, and teachings, and has many students throughout the world.
Biographies

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. Following his 13 years of study, he was designated a Khenpo in 2004 by His Holiness the Dalai Lama. He spent seventeen years studying with his main teacher, H.E. Khenchen Kunga Wangchuk. 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 Trichen, 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 former president (2014-15) of the International Association of Non-sectarian Tibetan Religious Traditions (IANTRT) of North America. Additionally, he was the President (2017-19) of the North America Sakya Monlam World Peace Foundation. He has been a resident Lama and teacher at Sakya Monastery since 2009.

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 Thuge 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.

Ven. Lama Kelsang was born in 1980. In his early twenties, he entered Sakya College in Dehradhun, India, where he took monastic vows. There, he studied Buddhist philosophy for five years. During those years, he also received empowerments and teachings from H.H Dalai Lama, H.H Sakya Trichen Rinpoche, H.E. Luding Khen Rinpoche, H.E. Thartse Khenpo, and Khenchen Kunga Wangchok. He next went to Nepal's Tharlam Monastery and completed a Manjushri retreat for three months. He received the Lamdre from H.H. Jigdal Dachen Dorje Chang in 2007. He was appointed as a tutor to H.E. Asanga Rinpoche, a position he held from 2008 until 2012. After 2012, he did a three year retreat. He has completed five times the requisite one-hundred thousand accumulations for the preliminary practices (ngondro) and has also completed the preliminary and main practice of Luminous Great Perfection, and the ritual practices of the Longchen Nyingtik tradition. He has lived at Sakya Monastery since 2017.
Biographies

**Bryanna Anadilla** started practicing Tibetan Buddhism in 2013 in central Washington where she grew up. She moved to Seattle in 2017 and joined Sakya Monastery. She speaks fluent Spanish and has assisted visitors at the Monastery. She recently joined Marici Fellowship and the Dharma Youth Group program to help spread compassion, love and joy. She has worked in medicine with developmental disabilities, special needs, and mental illness, along with teaching in early childhood programs. She is most appreciative of all the teachers and Lamas at the Monastery and hopes to continue seeing growth and productivity for more years to come!

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

**Joshua Crouch** began attending Sakya shortly after arriving in Seattle in 2015 and has become increasingly involved in various volunteer programs since. He helps out at the Dharma Youth Group program, is a member of the Marici Fellowship, and can be found most Saturdays Caring for the Monastery. As a dancer, he was trained at the Martha Graham School of Contemporary Dance in NY, served as manager for the only Fletcher Pilates Educational Center in the PNW, has lectured for Dance Educators Association of America (WA), and serves as a substitute instructor at Cornish College of the Arts. He has received teaching and initiations in three of the four schools of Tibetan Buddhism (with an emphasis on Sakya), previously studied Chogye (Korean) Buddhism and Nichiren, and is a participating member of the Northwest Dharma Association.

**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.

**Laura Ellis** has been a student of H.H. Jigdal Dagchen Dorje Chang and H.E. Dagmo Kusho Sakya since 2002. She currently chairs the Monastery’s Next of Kin Committee, a group which supports Buddhist practitioners in planning for and fulfilling their Buddhist end-of-life wishes. She is co-Secretary on the Sakya Monastery Board of Advisors, and coordinates Sunday Chenrezi omzes and Sunday tea volunteers.

**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 meditation 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 Sakya in 1977. His principal interest is in the Mind Training methods and has been teaching these at Sakya Monastery for over 15 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 since 2008.

**Teresa Lamb** feels extremely grateful and blessed to be a student of His Holiness Jigdral Dagchen Sakya Dorje Chang and His Eminence Avikrita Rinpoche. She has been an active member and volunteer of Sakya Monastery since 2005. Currently she is involved in the Marici Fellowship, is Education Chair for the board of Advisors.

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

**Dr. Lisa Meserole** is a Naturopathic doctor (retired). She was Chair of Botanical Medicine at Bastyr University until 1996. She studied Western Botanical Medicine and Chinese and Tibetan herbal medicine. Her chapter on Western Herbalism appears in Fundamentals of Alternative and Complementary Medicine.

**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), 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. He is President of BrandSolutions, a leading brand consulting firm (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.

**Ven. Lekshay Sangpo** studied Zen Buddhism for 20 years before becoming a Tibetan Buddhist practitioner in 1994, after seeing H.H. The Dalai Lama. He is a student of H.H. Dagchen Rinpoche (d. 2016). He received his novice vows in 2001 and full ordination (Bhikhu) vows in 2005, from H.E. Chogye Trichen Rinpoche (d. 2007) in Nepal. From 2000 until 2015, he lived and taught monks at Tharlam Monastery in Nepal half time. Now he is living mostly in Seattle doing volunteer work, visiting Nepal for a few months each year.

**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 Sbalistamba 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.

**Gillian Teichert** joined Sakya Monastery in 1994 and serves as its Treasurer. She assists in editing in-house publications and helps run the Sakya Monastery shop.