In this quarter’s catalog:

- **Teachings from the Sakya Khondung Lamas H.E. Avikrita Rinpoche, H.E. Abhaya Rinpoche and H.E. Asanga Rinpoche**

- **Class: The Importance of the View of Non-Duality** with Khenpo Jampa Rinpoche

- **Refuge ceremony**

- **Virtual Practice: Green Tara, Guru Puja, Tsok Kor and Calm Abiding meditation**

- Livestream Chenrezi practice Thursdays and Sundays

- **Virtual Monday classes**

The Marici Fellowship:

- Allyship Program

- Special class: *Cultural Bias, Racism, and Otherism* with guest lecturer Reverend Seiho Morris

- Book Club

- Monthly Meal Service

- P-patch garden

Green Tara virtual practice October 1 & November 30
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 and practicing the Buddhadharma.

Due to the current health guidelines concerning the Covid-19 virus we have temporarily moved many of our activities to a virtual format.

Via livestreaming and Zoom, we are offering live pujas, introductory and meditation classes, and special lectures and online community activities. This includes:

- Weekly Calm Abiding meditation via Zoom
- Livestreamed Chenrezi Practice on Sundays and Thursdays
- Monthly pujas via Zoom
- Monday evening classes via Zoom

Biographies of the Sakya Khöndungs, lamas and teachers can be found on pages 17-21.

Sakya Monastery’s Marici Fellowship is continuing many of its activities while maintaining recommended safety guidelines. Read about ongoing community outreach activities on The Marici Fellowship page of this catalog. https://marici-fellowship.org.

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.

Although all of these classes and pujas are freely offered, your donations are greatly appreciated and help in the care of Sakya Monastery, its teachers, and the continued offerings of the precious Dharma. Anyone who wishes to make a donation may do so at https://www.sakya.org/donate or by check at:
Sakya Monastery of Tibetan Buddhism
108 NW 83rd Street
Seattle, WA 98117

Though the Monastery plans to remain closed to the public at least through the end of the year, continue to check back often as we build our online offerings!

Yours in the Dharma,
Teresa Lamb
VEI Coordinator
During these difficult times, we are offering 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). Recordings are online for everyone to enjoy shortly after.

Teachings are scheduled on an ongoing basis. If you’re a current Monastery member, keep an eye out for email announcements at the beginning of the week.

Recordings can all be found on the Monastery’s YouTube page! Links to teachings we have offered so far are listed below.

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

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

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

**The Essence of the Mahayana, part 1**
H.E. Avikrita Rinpoche  
https://youtu.be/p1AnBiNyuTg

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

These videos and more can all be found at the Sakya Monastery YouTube channel:  
https://www.youtube.com/SakyaMonastery
Understanding Avalokiteshvara (Chenrezi)
Teaching by H.E. Asanga Rinpoche

Sunday, September 27
Time: 9:30am

Teaching will be streamed before Chenrezi practice

www.sakya.org/live-streaming-video

Through the meditation on Chenrezi (Avalokiteshvara), one develops loving kindness, compassion, and bodhicitta. Buddha taught that “love” is the wish for all beings to experience happiness, that “compassion” is the aspiration that they be free from all suffering, and that “bodhicitta” is the mind dedicated to attaining enlightenment for the benefit for all beings.
So much suffering in life can be traced back to thinking about things in only black and white terms - good versus evil, long versus short, male versus female, us versus them. Buddhism emphasizes how thinking dualistically is the root cause of our suffering. How do we break free from the traps of rigid thinking and see the lighter side of life?

Khenpo Jampa Rinpoche will give practical teachings on how to remove ourselves from the clutches of dualistic thinking, and in doing so find the path to a more peaceful and harmonious way of living.
**VIRTUAL PRACTICES**

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 Time. Please make sure to check against your local time zone. (Keep in mind that daylight saving ends November 1st.)

---

**SUNDAY CHENREZI**

Sundays, 10:00am  
Livestream: [https://www.sakya.org/live-streaming-video](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.

---

**THURSDAY CHENREZI**

Thursdays, 7:30pm  
October 28, 22, 29  
November 5, 12, 19, 26  
Livestream: [https://www.sakya.org/live-streaming-video](https://www.sakya.org/live-streaming-video)

Thursday Chenrezi meditation is being livestreamed for all who wish to participate remotely. English chanting led by H.H. Jigdal Dagchen Dorje Chang’s son, H.E. Zaya 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.

(Chenrezi may be canceled in the event of other pujas. Please check the calendar for the complete schedule. [https://www.sakya.org/calendar](https://www.sakya.org/calendar))
VIRTUAL PRACTICES

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

(Calm Abiding may be canceled in the event of other pujas. Please check the calendar for the complete schedule. https://www.sakya.org/calendar)

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.

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 replying to let us know.
VIRTUAL PRACTICES

Beginning in October, in addition to the weekly practices listed on the preceding pages, Sakya Monastery will be offering more pujas online!

October’s schedule is below.
Dates may be subject to changes; please consult the online calendar for the latest schedule:
https://www.sakya.org/calendar/

October 1 ——— Green Tara
7:30PM  https://zoom.us/j/97227322975

October 6 ——— Medicine Buddha
7:30PM  https://zoom.us/j/92306690413

October 9 ——— Guru Puja
7:30PM  https://zoom.us/j/93697527978

October 26 ——— Tsok Kor
7:30PM  https://zoom.us/j/99826599206
(In lieu of tangible offerings, monetary donations are accepted at www.sakya.org/donate)

October 30 ——— Sachen Kunga Nyingpo Memorial
7:30PM  https://zoom.us/j/99470558288

November 7 ——— Buddha’s Descent from Heaven
7:30PM

November 10 ——— Medicine Buddha
7:30PM

November 24 ——— Tsok Kor
7:30PM
(In lieu of tangible offerings, monetary donations are accepted at www.sakya.org/donate)

November 30 ——— Green Tara
7:30PM
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. [https://www.sakya.org/donate](https://www.sakya.org/donate)

All times listed are in Seattle local time, which is Pacific Time. Please make sure to check against your local time zone. (Keep in mind that daylight saving ends November 1st.)

**Sep 21**

**12 STEPS OF CULTURAL BIAS**
Time: 7:00 – 9:00pm  
Instructor: Reverend Seiho Morris  
Zoom: [https://zoom.us/j/95961479885](https://zoom.us/j/95961479885)  
Meeting ID: 959 6147 9885

This two hour event is two parts. In the first hour Rev. Seiho Morris will share on his developed framework and approach in working with cultural and racial bias, racism and otherism; as a process and practice of harm reduction. This is through mindful engagement with Ahimsa, The Eightfold Path of Buddhism and relationship with skillful means.

In the second hour, the floor will open to questions, answer and dialog, concerning cultural and racial bias, racism and otherism; including how we might work with it to cultivate and support equanimity in our difficult times.

Donations toward this event can be made through the Sakya Monastery Paypal. Please note the event title when making a donation. Donations will be split between Rev. Seiho and Marici Fellowship.  
[https://www.sakya.org/donate](https://www.sakya.org/donate)

**Sep 28**

**SAKYA MONASTERY OVERVIEW AND ORIENTATION**
Time: 7:00 – 8:15pm  
Instructor: Chuck Pettis  
Zoom: [https://zoom.us/j/96009597275](https://zoom.us/j/96009597275)  
Meeting ID: 960 0959 7275

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.
LIFE AFTER REFUGE
Time: 7:00 – 8:15pm
Instructor: Ron Hogan
Zoom: https://zoom.us/j/96369950432
Meeting ID: 963 6995 0432

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. 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.”

UNDERSTANDING THE THURSDAY CHENREZI PRACTICE (FILLING SPACE TO BENEFIT BEINGS)
Time: 7:00 – 8:15pm
Instructor: Laura Ellis
Zoom: coming soon
Meeting ID: coming soon

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.

MOVEMENT FOR MEDITATORS
Time: 7:00 – 8:15pm
Instructor: Joshua Crouch
Zoom: coming soon
Meeting ID: coming soon

Have you ever wanted some adaptable, friendly exercises that you could utilize to help with aches and pains from meditational postures? This class will combine methods from Tibetan Yogas, Fletcher Pilates, and the breathing exercises of Martha Graham in a fully integrated and adaptable approach.

Dance professional, Sakya Monastery member, and national movement educator Joshua Crouch will guide you through a series of conditioning, strengthening, and stretching exercises that you can use daily or as needed, to help maintain the body dynamic that works best for you as a tool to bring a little more ease and comfort to your meditation postures and sits. Please wear comfortable clothes you can move in.
SAKYA MONASTERY OVERVIEW AND ORIENTATION

Time: 7:00 – 8:15pm
Instructor: Chuck Pettis
Zoom: coming soon
Meeting ID: coming soon

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.

MOVEMENT FOR MEDITATORS

Time: 7:00 – 8:15pm
Instructor: Joshua Crouch
Zoom: coming soon
Meeting ID: coming soon

Have you ever wanted some adaptable, friendly exercises that you could utilize to help with aches and pains from meditational postures? This class will combine methods from Tibetan Yogas, Fletcher Pilates, and the breathing exercises of Martha Graham in a fully integrated and adaptable approach.

Dance professional, Sakya Monastery member, and national movement educator Joshua Crouch will guide you through a series of conditioning, strengthening, and stretching exercises that you can use daily or as needed, to help maintain the body dynamic that works best for you as a tool to bring a little more ease and comfort to your meditation postures and sits. Please wear comfortable clothes you can move in.

CALM-ABIDING MEDITATION TECHNIQUES

Time: 7:00 – 8:30pm
Instructor: Chuck Pettis
Zoom: coming soon
Meeting ID: coming soon

This is one of the most popular classes at Sakya Monastery. H.H. Jigdag Dagchen Sakya Dorje Chang, Sakya Monastery’s Founding 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 started!

Readings: Calm Abiding and Special Insight by Geshe Gedun Lodro; Practical Mindfulness Techniques by His Holiness Jigdal Dagchen Sakya Dorje Chang
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** at 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**, 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 info@marici-fellowship.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.
The Marici Fellowship at Sakya Monastery has, since its creation, provided ways for all of us to take our practice off the cushion and actively extend compassion out into the community. Because of current events spotlighting injustices happening to our friends in BIPOC (Black, Indigenous, People of Color) communities all around us. We see that we need to support these communities, to stand beside them, to become allies to them. So we have created the Marici Fellowship Allyship Program.

The Marici Fellowship Allyship Program focuses on the understanding that although we may acquire racist or discriminatory tendencies, and these may have become part of our conditioning, it is not our true nature. Our inherent condition is our Buddha Nature, compassion and non-violence. Knowing this, the goal of the Allyship Program is to provide tools to draw from, to build awareness, and to make it possible to live by non-violence and compassion, our universal way of being. In this way becoming true allies and a genuine part of creating the changes that need to be made.

To read more about the Allyship Program and to explore some resources we have compiled, visit https://marici-fellowship.org/allyship/

Upcoming events and programs:
We have two activities scheduled so far and more to come in the future.

- Cultural Bias, Racism, and Otherism, a special talk by Reverend Seiho Morris. More information on page 6 of the catalog.
- Book Club Series: The Marici Fellowship is proud to host meetings to help foster meaningful discussions on a host of topics. More information on the following page.

For a current schedule of events and programs, visit https://marici-fellowship.org/coming-events/
THE MARICI FELLOWSHIP
ALLYSHIP PROGRAM BOOK CLUB

*How to Be an Antiracist*
*by Ibram X. Kendi*

The first of the Marici Fellowship Allyship Program Book Club Series

**Date:** Every other Tuesday  
Sep 29, Oct 13, Oct 27  
Nov 10, Nov 24, Dec 8, Dec 22  

**Time:** 7:00pm-8:30pm  
If interested in joining, contact info@marici-fellowship.org

Introducing the Marici Fellowship Allyship Program Book Club Series! The first meeting will be on September 29th at 7PM and we will be reflecting on the first three chapters of *How To Be An Antiracist* by Ibram X. Kendi.

The goal of the Allyship Book Club is to provide a safe place to grow together, where interactive experiences, honest, and authentic conversations can happen. Where we explore our own biases, reflect on the experiences that have shaped our thoughts and beliefs in order to change and create ways to honor and become an uplifting energy to our fellow human beings, especially those in the BIPOC and LGBTQ communities. For practitioners of the Dharma, turning inward is the practice, connecting these experiences with the Dharma we find ways to expand our practices in compassion, equanimity and understanding of all aspects of the Dharma.

The structure, pace, and direction of the Book Club meetings will be flexible and depend on the collective participants.
Calling All Cooks!

We are looking for cooks to join the Marici Fellowship cooking team!

Each month the Marici Fellowship serves food to those in need around our community in Seattle. We provide prepared meals for the homeless and those housed in tiny home communities. We are currently looking for more volunteers who are able to prepare and package meals at home that can be distributed to those in need.

If you are interested in joining, please contact info@marici-fellowship.org

What kinds of recipes are typically made?
A typical meal might be wraps, salads, casseroles, or other meals which are easy to prepare in large amounts and easy to divide up. If you go to the Marici website’s blog, you can see pictures of meals being cooked during past events. [https://marici-fellowship.org/blog/](https://marici-fellowship.org/blog/)

How many servings would I be preparing?
Most meals are usually made to serve approximately 30 people. However, if you don’t have the capacity to prepare that volume of food, you can talk to other volunteers about splitting cooking duty for the month between two or three people. You are joining a team, and everyone works together!

How often would I be expected to cook?
The Marici Fellowship prepares meals once per month, and cooking duty rotates. You can cook however often you feel comfortable doing so.

What if I want to help, but I’m worried about my cooking skills?
You’ll be provided with a recipe to follow, and the meals are typically simple to make. However, if aren’t comfortable cooking but still want to help out, contact info@marici-fellowship.org for other ways to contribute!

Do I have to buy all the ingredients?
You will shop for all the necessary ingredients, but the Marici Fellowship will reimburse all costs.

Again, if you’d like to join in preparing monthly meals, please email info@marici-fellowship.org. Thank you all for your support!
His Holiness Jigdal Dagchen Sakya Dorje Chang (1929 - 2016) was born in Tibet 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 Khön Konchok Gyaplo (1034—1102). He received teachings of the unbroken Khön 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 Rabdzal 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 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”.

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 Khenchen Rinpoche in an ordination ceremony witnessed by H.E. Luding Khenshon Rinpoche, H.E. Khangsar Shabdrung Rinpoche, Ven. Antro Tulk and the Abbot of the Sakya Vajrayana College, Khenpo Kon-chog Gyaltser, at the Ngoc Luding Ladrang in Munuwala, 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 Khenchen, 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 Khenchen 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 Chimey. He is also the grandson of H.H. Jigdal Dagchen Sakya Dorje Chang and therefore a direct descendent of the unbroken Khön 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 Khenchen Rinpoche, H.E. Jetsun Chimay Luding, H.E. Khchenen Appay 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 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, 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. Khchenchen 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 Kyentse. 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 Khchenchen 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. Jigpal 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.

Ven. Seiho Morris | 清峰 (Clear Peak) is an ordained Rinzai Zen Buddhist monk, having trained and practiced in the Zen tradition for nearly three decades. He has also receiving formal training and empowerments in Tibetan Nyingma and Sakya lineages in various teachings and practices. Ven. Seiho has been providing workshops and immersion practices related to cultural/racial bias, racism and otherism. He does so, harmonizing Ahimsa, the Four Noble Truths, Eightfold Path and Upaya; within a specifically revised expression Twelve Step healing principles; in an effort to help support and advance a path of change related to racism. He’s been in long-term recovery for the last 33 years, with regards to addictive disease. He’s a former addictions counselor, program director and facility administrator; and currently on the administrative team of an addictions treatment center in the State of Maryland. He regularly offers 1, 3 and 5 day immersion practices. (Biography provided by Rev. Seiho’s organization The Mentor Garden.)

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. Chogy 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 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.

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.