In this quarter's catalog:

- Chimney Phagamai Nyingtik Grand Puja
- Chenrezi Drup Choe for the Parinirvana of H.H. Jigdal Dagchen Dorje Chang
- Refuge Ceremony with H.E. Abhaya Vajra Rinpoche
- Saka Dawa Retreat
- Nagarjuna’s Commentary on Bodhicitta (Khenpo Jampa)
- Eight Verses of Mind Training (Lama Kelsang)
- Swift Path for Benefit and Ease class
- Buddhas and Bodhisattvas: Their Noble Aspirations and Activities (Anthony Bruno)

The Marici Fellowship:
- Allyship Program
- Book Club
- Monthly Meal Service
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:

- Chimey Phagmai Nyingtik Grand Puja
- Chenrezi Drup Choe for the Parinirvana of H.H. Jigdal Dagchen Dorje Chang
  - Annual Saka Dawa Retreat
  - Livestreamed Chenrezi Practice on Sundays and Thursdays
- Monthly pujas via Zoom
- Monday evening classes and Friday evening Calm Abiding via Zoom
- Special lectures from the Sakya Khöndungs and Sakya Monastery lamas
- Book clubs, poetry circle, and other community activities

Biographies of the Sakya Khöndungs, lamas and teachers can be found on pages 29-33.

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](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](https://www.sakya.org/donate) or by check at: Sakya Monastery of Tibetan Buddhism 108 NW 83rd Street Seattle, WA 98117

Continue to check back often as we build our online offerings!

Yours in the Dharma,
Teresa Lamb
VEI Coordinator
H.E. Avikrita Vajra Rinpoche and the lamas at Sakya Monastery will hold a full Chimey Phagmai Nyingtik White Tara Grand Puja for the temporal and ultimate welfare of all sentient beings, including dedications for everyone’s good health, long life, freedom from obstacles and successful Dharma practice, and with a special dedication for the long life of Her Eminence Dagmo Kusho Sakya.

This puja will be held via Zoom. All those who have received the empowerment from any lama are invited to participate in this puja. Attendees must register in advance by contacting monastery@sakya.org. Please let us know when you received the Chimey Phagmai Nyingtik empowerment and the name of the lama who bestowed it. All registrants will be provided with the Zoom link to join.

On Saturday and Monday, the Sakya Khondungs will also join the puja from India.

This puja (or ritual practice) includes a tsok. Attendees should bring tsok offerings to the Monastery on Friday, March 5 which will be distributed at the end of the puja on March 8. Appropriate offerings include candles, incense, flowers, or food such as fruit, nuts, cookies, etc. Those who cannot visit the Monastery in person may make a monetary donation via Paypal at https://www.sakya.org/donate and offerings will be purchased on your behalf. We will pack 125 auspicious long life tsok packages which will be distributed to participants. The remainder will be distributed to unhoused communities in Seattle.
FIFTH ANNUAL MEMORIAL OF THE PARINIRVANA OF H.H. JIGDAL DAGCHEN DORJE CHANG

Three Day Chenrezi Drub Choe
Led by Dorje Loppon Khenpo Jampa Rinpoche

Saturday, May 1: 9:00 am - 12:00 pm, PDT
Sunday, May 2: 2:00 - 5:00 pm, PDT
Monday, May 3: 10:00 am - 12:00 pm, PDT

The prayers will be livestreamed at https://www.sakya.org/live-streaming-video

Dedication of Merit
Candle Offering
Monday, May 3
4:00 pm

Everyone is invited to light a candle at home. May the radiant light of the candle remove obstacles, benefit all suffering due to coronavirus, and enhance wisdom and well-being for all.

This is an opportunity to show devotion to our Guru by observing the Parinirvana of our esteemed teacher and founder of Sakya Monastery. The Monastery has chosen the profound Chenrezi practice of lovingkindness to honor the legacy of His Holiness Jigdal Dagchen Dorje Chang and his Dharma activities, including fostering the unbroken stream of the Chenrezi practice in the West.

The Drub Choe text is available in Tibetan and English. English translation by Jeff Schoening, PhD. The text is available to read or download at https://www.sakya.org/wp-content/uploads/2021/02/Swift-Path-to-Benefit-and-Ease-Book-v2.pdf

Participants may support this event by making a monetary donation at https://www.sakya.org/donate
13th Annual Saka Dawa Retreat
1,000-Armed Chenrezi and Nyung Nye Vows
Led by Khenpo Jampa Rinpoche

Wednesday, May 26: 6:30 am to 10:00 am, and
Thursday, May 27: 6:30 am (vows only) on Zoom

The fourth month of the Tibetan Buddhist calendar is called “Saka Dawa.” The full moon day (15th day) of the fourth month marks the holiest day in Tibetan Buddhism: the Buddha’s Conception, Enlightenment, and parting into Nirvana. It is auspicious to perform meritorious activities on this specific day. The merit generated from these virtuous activities increases 10 million fold. This year, that day is May 26, when for the benefit of all sentient beings and world peace, Khenpo Jampa Rinpoche will lead the retreat. The practice for this retreat is the 1,000-Armed Chenrezi. Participants may take Nyung Nye vows for increased merit. In Tibetan, the word “Nyung” means less. “Nye” means remaining. This means that we reduce our negativity and, ideally, eliminate it entirely. Nyung Nye is a practice of fasting and purification. Each morning, one may take vows by which to abide for the whole day. On the first day, in accordance with a partial fast, a vegetarian lunch is eaten at noon as the only meal, though liquids can be consumed the rest of the day. On the second day, no food or drink at all is consumed*. In addition, on the second day, there is no talking except for the recitation of the practice.

This year, due to physical distancing guidelines and safety precautions, the Saka Dawa retreat will be hosted remotely. Retreatants can practice prayer, fasting, and silence in their homes. Vows and morning practice on Wednesday will be livestreamed on Zoom for registrants. Thursday morning only the vows will be taken via Zoom. Digital copies of the texts will also be provided.

*Important Precaution: Fasting can cause weakness, tiredness and on rare occasion, fainting. If you aren’t sure how fasting affects your body, proceed with caution. Seniors, and those on medication, should check with a doctor before fasting, and consider a less stringent form of fasting. Retreat also involves many prostrations which can be taxing on the body. Keep in mind that fasting can affect your capacity to do prostrations or other physical activity. All practices during the retreat are flexible and practitioners should pay attention to their limits and alter their practice as needed.

There is no registration fee for the retreat, but offerings to the Lamas and the Monastery are welcomed.
Special Teachings from the Holy Sakya Khöndungs

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 scheduled times, and recordings are shared 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 about special teachings.

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_uug

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

These videos and more can all be found at the Sakya Monastery YouTube channel:
https://www.youtube.com/SakyaMonastery
NAGARJUNA’S COMMENTARY ON BODHICITTA PART III
TEACHING BY KHENPO JAMPA RINPOCHE

Sunday, March 21

Time: 1:00 pm, PDT
Zoom: https://zoom.us/j/93584975857?pwd=VjVDeHpJZFEzVkhhZlJ3NzVCRIFiUT09
Meeting ID: 935 8497 5857
Passcode: 565419

With English translation by Amalia Rubin and Mandarin Chinese translation by Zoe Ni.

Part 4 of this teaching will be on Sunday, May 16

If you would like to support our online teachings, you may donate at www.sakya.org/donate/

Nagarjuna’s Commentary on Bodhicitta is a presentation of the two bodhicittas, conventional and ultimate. Verse by verse Nagarjuna presents the philosophical views of reality by non-Buddhist and other Buddhist schools, identifying their assertions and showing their flaws, leading the student to the highest philosophical view, the Madhyamika. Nagarjuna then presents many approaches to realize the emptiness of the person and of the aggregates, focusing especially on the emptiness of the mind. He then gives an explanation of the two truths followed by a presentation of interdependence, the king of reasonings. Finally, he explains the need to develop conventional bodhicitta, the wish to attain buddhahood for the sake of all sentient beings. Although the Commentary on Bodhicitta is a short text, it covers the philosophical views of many schools and is very rich in meaning.
Sunday, April 11

Time: 1:00pm, PDT
Zoom: https://zoom.us/j/95754534542?pwd=N2xqbDQ1UExNWnI1d1FISmpRZm03Zz09
Meeting ID: 957 5453 4542
Passcode: 071080
Translator: Amalia Rubin

If you would like to support our online teachings, you may donate at www.sakya.org/donate/

The Eight Verses of Mind Training of Kadam Geshé Langri Tangpa

The Eight Verses of Mind Training of Kadam Geshé Langri Tangpa is a very approachable set of verses which contains all the essential principles of Mind Training. The aim of Buddhist practice is to attain perfect enlightenment, Buddhahood. The purpose of Mind Training (Lojong) is to develop Bodhicitta, the Mind intent on attaining Buddhahood for the benefit of others. Without Bodhicitta, Buddhahood is not possible. In this context, there is Ultimate Bodhicitta arising from the experience of Emptiness through Shamatha and Special Insight Meditation and Relative Bodhicitta which is Compassion developed through practicing Sending and Taking (Tonglen).
Swift Path for Benefit and Ease
A New English Translation of the Chenrezi Drup Choe

Date: Sunday, April 18
Time: 1:00 pm PDT
Zoom: https://zoom.us/j/99577220454?pwd=TGNoOHYwREJVE1OTVgzanhaemhhUT09
Meeting ID: 995 7722 0454
Password: 274134
If you would like to support our online teachings, you may donate at www.sakya.org/donate

For those of you who plan to attend the three-day Chenrezi Drup Choe for the fifth memorial of the parinirvana of H.H. Jigdal Dagchen Dorje Chang, an English translation is now available.

Khenpo Jampa Rinpoche, Ken Hockett, and Jeff Schoening worked together to create this newly translated text. Khenpo directed the compilation of the text and proofread the Tibetan, Ken typeset and formatted the Tibetan and English text and edited the English, and Jeff translated the Tibetan.

Join these three presenters for the introduction, read-through, and discussion of the new translation.

Jeff Schoening, Translator
Khenpo Jampa Rinpoche
Ken Hockett, Editor
LAMP FOR THE PATH TO ENLIGHTENMENT

Course with Gen Pema Sherpa

**Dates:** Thursdays, May 6—July 1 (no class on 5/27 and 6/03)

**Time:** 6:00 - 7:00 pm, PDT

This 7-week course will be taught via Zoom. Class space is limited. First priority will be given to Sakya Monastery members.

**Registration opens April 1 and ends April 17, or when full.**

You can purchase the book from the Sakya Monastery shop while supplies last. To do so, you can order it from our Store on Amazon.com. After your purchase, your book will be shipped directly from Sakya Monastery: [https://amzn.to/2ZoiMGz](https://amzn.to/2ZoiMGz)

From Gen Pema Sherpa:

*Atisha*’s *Lamp for the Path to Enlightenment* is one of the ancient Kadampa texts that covers the path of all three vehicles and the knowledge of how to enter into the Tantrayana path. What I found most interesting about this text is that even though it covers a lot of philosophical ground, it is very much practice oriented.

It's common for students to want to practice Dharma but not know where to start. A unique feature of this text is that it helps us to evaluate and understand our present mental capacity and inclinations. In addition to that, the text guides us step-by-step as to how to practice according to our own interests and abilities—which helps us to become more proficient and efficient in our practice.
NAGARJUNA’S COMMENTARY ON BODHICITTA PART IV
TEACHING BY KHENPO JAMPA RINPOCHE

Sunday, May 16

Time: 1:00 pm, PDT
Zoom: https://zoom.us/j/93584975857?pwd=VjVDeHpjZFEzVkhhZlJ3NzVCRlFiUT09
Meeting ID: 935 8497 5857
Passcode: 565419

With English translation by Amalia Rubin and Mandarin Chinese translation by Zoe Ni.

This is the final part of a four-part series

If you would like to support our online teachings, you may donate at www.sakya.org/donate/

Nagarjuna’s Commentary on Bodhicitta is a presentation of the two bodhicittas, conventional and ultimate. Verse by verse Nagarjuna presents the philosophical views of reality by non-Buddhist and other Buddhist schools, identifying their assertions and showing their flaws, leading the student to the highest philosophical view, the Madhyamika. Nagarjuna then presents many approaches to realize the emptiness of the person and of the aggregates, focusing especially on the emptiness of the mind. He then gives an explanation of the two truths followed by a presentation of interdependence, the king of reasonings. Finally, he explains the need to develop conventional bodhicitta, the wish to attain buddhahood for the sake of all sentient beings. Although the Commentary on Bodhicitta is a short text, it covers the philosophical views of many schools and is very rich in meaning.
The fully awakened buddhas and tenth-bhūmi bodhisattvas are our foremost role models on the Mahayana Buddhist path, with its unsurpassed aim to achieve buddhahood and perform enlightened activities for the benefit of all sentient beings without any bias or exception. The sutras are rich with inspirational accounts about the noble aspirations and activities of the buddhas and bodhisattvas. For example, Buddha Shakyamuni (born as Prince Siddhārtha Gautama) is exalted as the white lotus because of his vow in a prior lifetime to achieve bodhi (enlightenment) and teach the Dharma in our world during this time when beings endure great suffering and destructive emotions.

Knowing what the sutras say about the buddhas and bodhisattvas can enhance our own mental attitude, aspirations, and practice. Drawing from various sutras, this lecture will summarize scriptural accounts about Buddha Shakyamuni, Buddha Amitābha, the Medicine Buddha, and the eight great bodhisattvas: Mañjushri, Avalokiteśvara, Vajrapāni, Maitreya, Khitigarbha, Ākāśagarbha, Sarvanivāranaviskambhin, and Samantabhadra.
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 starts March 14th.)

Sunday Chenrezi

Sundays, 10:00 am
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.

Thursday Chenrezi

Thursdays, 7:30 pm
Zoom: https://zoom.us/j/97395966263?pwd=OTJXNmZYREZwTW1zWlphMnFPSFpyZz09
Meeting ID: 973 9596 6263
Password: 973 9596 6263

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.

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

VIRTUAL PRACTICES

CALM ABIDING
Fridays, 7:00 pm
Zoom: https://zoom.us/j/96561045202?pwd=MUVBZ0Q0VlNaalkxa0Z3dHd6aWZKUT09
Meeting ID: 965 6104 5202
Password: 48086

(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 most weeks via 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
Monthly Pujas & Holy Days

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

March 2 — Medicine Buddha — 7:30 PM
https://zoom.us/j/92306690413?pwd=eHlZbnViUWNJaWxQWnV1emRoVTBYQT09

March 5 — Guru Puja — 7:30 PM
https://zoom.us/j/93697527978?pwd=eVNNbFovdGUwVUlIcmRucDBKZ2pMZZ09

March 23 — Tso Kor — 7:30 PM
https://zoom.us/j/99826599206?pwd=NDNMNTU5VnJwY3lRcHUvZ2FiTWJudy09
(In lieu of tangible offerings, monetary donations are accepted at www.sakya.org/donate)

March 28 — Green Tara — 7:30 PM
https://zoom.us/j/97227322975?pwd=WTZBcSt1dmNSSGE5WWoyRnBuWjF6UT09

April 4 — Guru Puja — 7:30 PM
https://zoom.us/j/93697527978?pwd=eVNNbFovdGUwVUlIcmRucDBKZ2pMZZ09

April 13 — Medicine Buddha — 7:30 PM
https://zoom.us/j/92306690413?pwd=eHlZbnViUWNJaWxQWnV1emRoVTBYQT09

April 22 — Tsok Kor — 7:30 PM
https://zoom.us/j/99826599206?pwd=NDNMNTU5VnJwY3lRcHUvZ2FiTWJudy09
(In lieu of tangible offerings, monetary donations are accepted at www.sakya.org/donate)

April 27 — Green Tara — 7:30 PM
https://zoom.us/j/97227322975?pwd=WTZBcSt1dmNSSGE5WWoyRnBuWjF6UT09

May 4 — Medicine Buddha — 7:30 PM
https://zoom.us/j/92306690413?pwd=eHlZbnViUWNJaWxQWnV1emRoVTBYQT09

May 21 — Tsok Kor — 7:30 PM
https://zoom.us/j/99826599206?pwd=NDNMNTU5VnJwY3lRcHUvZ2FiTWJudy09
(In lieu of tangible offerings, monetary donations are accepted at www.sakya.org/donate)

May 25 — Green Tara — 7:30 PM
https://zoom.us/j/97227322975?pwd=WTZBcSt1dmNSSGE5WWoyRnBuWjF6UT09
VEI by Verse:
Dharma Poetry Circle

Date: Monday, March 1
Time: 7:30-9:00 pm
Facilitator: Murray Gordon & Stephanie Prince
Zoom: https://zoom.us/j/95389100657?pwd=ZExmQlpoVW94d29tcDVVKys2RVE1dz09
Meeting ID: 953 8910 0657
Password: 704105

Class Outline:
Short refuge prayer
Warm-up
Sharing our writing
Short dedication of merit prayer

Please join for another session of poetry and other literary items. In this ZOOM meeting, we will begin with a short warm-up (five minutes) after which attendees will have the opportunity to read their work.

If you don’t have your own work, please bring a poem or two that you’ve read and inspires you.

The poems should be oriented to Dharma topics and thoughts such as nature of mind, praises, homages, themes focusing on the Buddha Dharma and our experiences in the Dharma.
The Wheel of Life is a pictorial representation of the Buddha's basic teachings. We will take a close look at pictures of the Monastery's Wheel of Life in this class. We will review the Four Noble Truths: Suffering, Cause, Cessation, and Path as well as the twelve components of dependent arising. We will also discuss the Four Thoughts That Turn the Mind to the Dharma: precious human life, death and impermanence, karma, cause and result, and the faults of Samsara.

This class is open to all.
Women in Buddhism
with Elisabeth Benard

Date: Monday, April 12

Time: 7:00-8:30 pm, PDT
Zoom: https://zoom.us/j/98937577287?pwd=bjQ4c2laK0tNL2ZFN0ZWNGYvaVliZz09
   Meeting ID: 989 3757 7287
   Password: 251454

If you would like to support our online teachings, you may donate at
www.sakya.org/donate

We are pleased to welcome author Elisabeth Benard to talk about her book, The Sakya Jetsunmas: The Hidden World of Tibetan Female Lamas.

“This invaluable work on the Sakya Jetsunmas offers an intimate look into the lives of four exceptional yoginis who were outstanding by virtue of both their birth and their spiritual accomplishments. Biographies of realised female spiritual adepts are few and far between, and until now this has also been true of the Jetsunmas of the Khon family. And so, it is a huge boon that the pages of this wonderful book are so abundantly filled with rich details of the Jetsunmas’ extraordinary lives. The book is filled with wonder and is bound to inspire and instruct not only female practitioners but anyone who is walking the spiritual path in earnest. I pray that it may lead uncountable beings to enlightenment.”

- HIS HOLINESS THE SAKYA TRICHEN
Women in Buddhism
A Discussion

Date: Monday, April 19

Time: 7:30 pm, PDT
Facilitated by: Stephanie Prince
Zoom: https://zoom.us/j/98937577287?pwd=bjQ4c2laK0tNL2ZFN0ZWNGYvaVliZz09
    Meeting ID: 989 3757 7287
    Password: 251454

If you would like to support our online teachings, you may donate at www.sakya.org/donate

Join us for an informal discussion about amazing women in Dharma. Do you have someone that has inspired you on your path? We would love to hear the story.

All are welcome to join in the discussion.

Check out the list below for inspiration:

- Women in Buddhism: Profiles, Conversations, and Teachings www.lionsroar.com/women-and-buddhism
- The Sakya Jetsummas: The Hidden World of Tibetan Female Lamas www.sapanfund.org/pages/index.php
- Princess in the Land of Snows: The Life of Jamyang Sakya in Tibet
- www.amazon.com/gp/product/157062691X
- Zenju Earthlyn Manuel www.amazon.com/gp/product/1946764663
- Venerable Thubten Chodron www.amazon.com/gp/product/0937938874
- Jan Willis https://wisdomexperience.org/product/dharma-matters
- Dakini Power www.amazon.com/gp/product/1559394072
Beginning Buddhism Book Study

Join us for another class in Sakya Monastery's "Introduction to Tibetan Buddhism" series. This class will consist of 4 weekly sessions, led by Ron Hogan. It is especially oriented toward the beginning Buddhist practitioner and those who would like to review and deepen their knowledge of these fundamental ideas. Together we will go through these elements that are key to understanding Tibetan Buddhism and building a strong foundation for our individual practices.

This class we will be reading Freeing the Heart and Mind by H.H. Sakya Trichen. Even if you attended the previous book study, you are sure to benefit from His Holiness’s unique and clear teaching style.

This book discussion group is free to join, however support through Dana/donations is greatly appreciated. Donations go toward Sakya Monastery’s continued efforts to offer a variety of virtual Dharma teachings as well as the support of our resident lamas. https://www.sakya.org/donate/

Freeing the Heart and Mind
by His Holiness the Sakya Trichen

Sundays, April 4-25, 2021
Time: 4:30—6:00pm, PDT
Led by Ron Hogan

If interested, contact monastery@sakya.org
Registration closes on March 22.

You can purchase the book from the Sakya Monastery shop while supplies last. To do so, you can order it from our Store on Amazon.com. After your purchase, your book will be shipped directly from Sakya Monastery:  https://amzn.to/3u8aMaN
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

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 starts on March 14.)

SIGNIFICANCE OF TAKING REFUGE
Time: 7:30 – 9:00 pm
Instructor: Ron Hogan
Zoom: https://zoom.us/j/91968464996?pwd=R0s1STVjVFVuRytCNDhGMEt0S0JMdz09
Meeting ID: 919 6846 4996
Password: 292509

Mar 22

When you decide that Tibetan Buddhism is your spiritual path, it is time to take Refuge. We strongly recommend that you take this class before taking the Refuge ceremony. In this class, you will learn the true meaning of Refuge and the Three Jewels. The Refuge Ceremony will be explained so you can understand the meaning and relevance of the ceremony to you.

H.E. Abhaya Vajra Rinpoche will bestow refuge via Zoom on Sunday, March 28 at 8:30 am. Please contact the office at monastery@sakya.org if you would like to participate.

Recommended reading: Taking Refuge: A Teaching on Entering the Buddhist Path by Khenpo Karthar Rinpoche

SAKYA MONASTERY OVERVIEW AND ORIENTATION
Time: 7:30 – 9:00 pm
Instructor: Chuck Pettis
Zoom: https://zoom.us/j/96750754656?pwd=TGpLcTIUjdUeFRWevYxa1RMV1g0dz09
Meeting ID: 967 5075 4656
Password: 344912

Mar 29

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: 7:30 – 9:00 pm
Instructor: Ron Hogan
Zoom: https://zoom.us/j/96973616454?pwd=MXJhUNFY1d3TTVUckJEWwxY1BKe309
Meeting ID: 967 5075 4656
Password: 344912
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.”

SAKYA MONASTERY OVERVIEW AND ORIENTATION
Time: 7:30 – 9:00 pm
Instructor: Chuck Pettis
Zoom: https://zoom.us/j/92858769979?pwd=b2lhYWFNSmNDVIYxQ2h2bm53VFYwUT09
Meeting ID: 928 5876 9979
Password: 983107

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.

THE ART OF DYING - WHAT HAPPENS WHEN WE DIE AND HOW SHOULD WE PREPARE?
Time: 7:30 – 9:00 pm
Instructor: Chuck Pettis
Zoom: https://zoom.us/j/93859926843?pwd=THRKckZvaihTZ28wVXNKTsJczVQGQT09
Meeting ID: 938 5992 6843
Password: 619044

Life is impermanent – we will all die. When you die, what happens? How can you prepare for the moment of death and the time between dying and rebirth?

Tibetan Buddhism is very specific about what happens after you die and what you should do before, during, and after your death. This class will explain the six Bardos and what you can do in each Bardo to maximize chances of attaining enlightenment or a favorable rebirth. This class will help students understand the importance of the spiritual practices taught by H.H. Jigdal Dagchen Dorje Chang and the benefits we receive when entering the bardos of the After-Life.

Most Tibetan Buddhist texts on the subject of dying are difficult reads or esoteric. This class simplifies the six Bardos down to their essence in a way that is understandable and, more importantly, actionable. Because the Bardos of the After-Life are very visual, the presentation will include a color PowerPoint presentation.

Recommended Reading

These are not theoretical philosophical lectures. They boil down the high level teachings to practical, actionable, and illustrated instruction manuals.
INTRODUCTION TO NEXT OF KIN GUIDE
Time: 7:30 – 9:00 pm
Instructor: Laura Ellis
Zoom: https://zoom.us/j/98814631977?pwd=UG1xd1A5VzI2L3B5aXIyS0JaMVNNZz09
Meeting ID: 988 1463 1977
Password: 502078

May 11

Please note that this class is being held on a Tuesday

Under the guidance of H.H. Jigdal Dagchen Sakya Dorje Chang, volunteers from the Next of Kin Committee assembled a packet of information to assist Tibetan Buddhist practitioners in deciding their end-of-life wishes. We will discuss what prayers can be requested for the time of death, how to handle the body according to Tibetan Buddhist protocols, what legal forms need to be filled out prior to death, and how to make arrangements with your Next of Kin to have your end of life wishes fulfilled.

SAKYA MONASTERY OVERVIEW AND ORIENTATION
Time: 7:30 – 9:00 pm
Instructor: Chuck Pettis
Zoom: https://zoom.us/j/96650964516?pwd=dE1pYVI5S0d4Si90RTQ1MHp6a0hCQQT09
Meeting ID: 966 5096 4516
Password: 492728

May 17

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.

If you would like to support our online teachings, you may donate at www.sakya.org/donate
Practice Support

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 Chenrezig every 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

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
ALLYSHIP PROGRAM

looking inward,
unlearning biases,
growing our humanity.

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/

Current events and programs:

♦ Book Club Series: The Marici Fellowship is proud to host meetings to help foster meaningful discussions on a host of topics. Most recently they are reading Love and Rage by Lama Rod Owens. This book club is ongoing and open to all that are interested in joining the discussion.

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

LOVE AND RAGE
BY LAMA ROD OWENS

Date: Every other Wednesday
   Beginning May 5
Time: 7:00-8:30 pm
If interested in joining, contact info@marici-fellowship.org

Book Club is a safe space to have authentic conversations, grow together, share experiences, and dig deep into our own biases. Reflecting on the experiences that have shaped our thoughts and beliefs in order to change and create ways to become an uplifting energy to our fellow human beings, especially those in the BIPOC and LGBTQ communities. Connecting these experiences with the Dharma, we expand our practices in compassion, equanimity and understanding.

Discussions around the chapters read in the book become the jumping off point to the internal work we are doing.

Everyone is welcome. Participation in every meeting isn’t required.
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/

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 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 Khön Konechok Gyalo (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 Dígo Khyentse Robsal Dawa.

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

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

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

His Eminence Khöndung Avikrita Vajra Sakya, the Head Lama of the Sakya Phuntsok Phodrang 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 Dzongar 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, where he gained distinction in the classic treatises of the Sakya philosophical tradition and has been an instructor in recent years. 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* from Shambhala Publications, as well as *The Way of Invincible Love* and *Festival of the Heart*, both from Sakya Monastery.
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 Tulku and the Abbot of the Sakya Vajrayana College, Khenpo Kon-chog Gyaltseten, 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, 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 (Bhikshu) 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 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 Khenchen Rinpoche, H.E. Jetsun Chimey Luding, H.E. Khchenen 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 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.
Ven. Khenpo Jampa Rinpoche comes to us from the Dzongsar Institute in North India, where he taught and served as library director for many years. He received his Degree of Acharya after nine years of study and graduated from Dzongsar University. 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. Khchen 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 Khentse. 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 Thugje from 1987 to 1993; his master created the statues in His Holiness the Dalai Lama's residence in Dharamsala. Lama Migmar's work is featured in Kagyu, Nyingma, and Sakya monasteries throughout Kham; one monastery contains over 100 of his Shitro deity statues. He has lived in India, Nepal and Malaysia, and created extensive artwork in those locations. He came to Sakya Monastery in 2007, and is Sakya Monastery's resident artist. He has recently completed a thangka of the Sakya Lamdre lineage. Currently he is working on other Buddhist paintings and can be commissioned to create thangkas, statues, and deity masks for Buddhist practitioners.

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 Khchen 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.
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!

Elisabeth Benard is a retired professor of religion at the University of Puget Sound in Tacoma, W.A. She is the author of Chinnamasta The Aweful Buddhist and Hindu Tantric Goddess (1994) and numerous scholarly articles.

Anthony Bruno feels incredibly grateful, due to the kindness of his Dharma teachers, for the opportunity to study and practice Buddhism in his life. His first Dharma mentor was the late Dr. C.T. Shen, a non-sectarian practitioner and benefactor, who introduced him to Mahayana Buddhism in the 1990s and emphasized initial study of the sutras. Later, Dr. Shen encouraged Anthony to practice Tibetan Buddhism and helped forge his connection with His Holiness the Sakya Trichen and other lamas. Anthony received the main practice instructions, including Lamdre, in the Sakya tradition. He is thankful for the opportunities to serve or support Buddhist programs and charitable activities, including the North American Sakya Monlam and the Marici Fellowship. He earned a J.D. degree, summa cum laude, from New York Law School and a B.A. degree, magna cum laude, from New York University, with a major in journalism and minor in fine arts.

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 Tsertram. 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.

**Colin Lamb** is an active volunteer for the Marici Fellowship Program and member of Sakya Monastery of Tibetan Buddhism. Colin created and led a mindfulness committee to provide regular meditation for students of his high school. He also participates in Social Justice educational programs centered around Food justice, Racial Justice and environmental restoration.

**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.

**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 Buddhadhharma 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. Chogyo 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.

**Gen Pema Sherpa** became a monk in 1992 and studied general education and ritual at Dirru Monastery in Bir, India until 2004. He enrolled in Dzongzasar Institute in 2004 and finished his Loppon degree in 2012, then continued on to teach at Dzongasar Institute for 3 years After registering for the "English for Buddhist Scholar Program" in 2016, he studied in Thailand, Bangalore, and Chennai, and has taught in Brazil and Germany. It is by the request of His Eminence Avikrita Vajra Sakya that Genla teach Sakya Monastery members courses such as the current 8 month course “Entering the Bodhisattva’s Way of Life” by Shantideva, and the upcoming 7 week course “Atisha’s Lamp for the Path to Enlightenment.”

**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.