In this quarter’s catalog:

- H.H. Sakya Trichen Birthday Celebration
- Teachings by:
  H.E. Avikrita Vajra Sakya,
  H.E. Abhayavajra Sakya,
  H.E. Asanga Vajra Sakya
- The Aspiration of Samantabhadra (Khenpo Jampa Rinpoche)
- Aryadeva’s Four Hundred Verses (Lama Kelsang)
- Chandrakirti’s Introduction to the Middle Way (Gen Pema Sherpa)
- Non-Sectarian Movement of Tibetan Buddhism (Anthony Bruno)

The Marici Fellowship:

- Marici Fellow - Speaker Series
- Monthly Meal Service

Sakya Monastery Lamas creating Medicine Buddha Sand Mandala photo by Kurt Smith
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 30-34.

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

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

Yours in the Dharma,
Teresa Lamb
VEI Coordinator
CELEBRATE THE BIRTHDAY OF
H.H. SAKYA TRICHEN

Join us online as we celebrate
H.H. Sakya Trichen Birthday

Join us to wish His Holiness Gongma Trichen Rinpoche on his 76th Tibetan Birthday.

Date: September 7, 2021  
Time: 7:30 p.m. PT

Zoom: https://us06web.zoom.us/j/85048577302?pwd=YytHTWFuZFBuEcySkFaOWIoZmxYdz09
Meeting ID: 850 4857 7302  
Passcode: 143317

To download prayers:  

We pray for him to enjoy a long, healthy and fruitful life and for him to continue teaching the profound Buddha Dharma.

His Holiness Kyabgon Gongma Trichen Rinpoche (The Sakya Trichen) served as the 41st head of the Sakya Order of Tibetan Buddhism until March 2017, when the throneholder duties were handed over to His Holiness Ratna Vajra Rinpoche, the 42nd Sakya Trizin, formally addressed as His Holiness Kyabgon Gongma Trizin Rinpoche.

His Holiness the Sakya Trichen is a member of Tibet’s noble Khon family, which founded the Sakya Order in the eleventh and twelfth centuries. Just as His Holiness the Dalai Lama is an emanation of Avalokiteshvara, the manifestation of all the Buddha’s great compassion, His Holiness the Sakya Trichen is the manifestation of all the Buddha’s transcendent wisdom.

In addition to his leadership of the Sakya Order for over fifty years, His Holiness Sakya Trichen is renowned throughout the world for the brilliance and clarity of his teachings and his fluency and precise command of English. Receiving teachings directly from His Holiness carries a special lineage of blessings from the founders of the Sakya Order, as well as from Manjushri himself.
The Essence of Mahayana
Part 3: The Result
A pre-recorded teaching by
H.E. Avikrita Vajra Rinpoche

*FOR MEMBERS ONLY
With real-time Chinese translation

Date: September 11, 2021
Time: 6:00 p.m. PT
Via Zoom:
The link will be emailed to members August 27, 2021

* If you like to become a member, please visit:
https://www.sakya.org/membership/

The deadline for new members registration for the class is August 26, 2021

Inspired from a letter of practical Dharma advice sent by a revered Sakya master to a disciple in the 14th century, H.E. Avikrita Vajra Rinpoche will explain the integration of the essential elements of the Mahayana or "Great Vehicle" to enlightenment in everyday life.

In this follow-up third part of the teaching, we will learn how to continue on the right path. Rinpoche will teach the essence of the Mahayana to be practiced for awakening wisdom and compassion.

To Review part 1: https://youtu.be/p1AnBiNyuTg
To Review part 2: https://www.youtube.com/watch?v=lPnGlnMlpPg

If you would like to support our online teachings, you may donate at:
www.sakya.org/donate/
Chenrezi practice transmission
Teaching by
H.E. Abhaya Vajra Rinpoche

*FOR MEMBERS ONLY
With real-time Chinese translation

Date: October 9, 2021
Time: 8:30 p.m. PT
Zoom & Text: will be emailed to members Oct. 6, 2021

* The deadline for members registration for the class is October 4, 2021

If you like to become a member, please visit: www.sakya.org/membership/
If you would like to support our online teachings, you may donate at www.sakya.org/donate/

Chenrezi is the esteemed deity of Loving Kindness and Compassion. Loving Kindness is the wish that all beings have happiness and compassion is the wish that they be free from suffering. Chenrezi is practiced twice weekly at Sakya Monastery. In particular, the Tangdong Gyalpo tradition is practiced on Thursday evenings.

Sakya Monastery is honored to announce that His Eminence Khöndung Abhaya Vajra Sakya Rinpoche will bestow an oral transmission of the supreme practice of Chenrezi. This Chenrezi practice is from the lineage of Mahasiddha Tangdong Gyalpo, King of the Empty Plain, (1361-1485). Tangdong Gyalpo is recognized by practitioners of all Tibetan traditions as a great saint. He is believed to be an emanation of both Chenrezi and Padmasambhava. Tangdong Gyalpo himself visited Padmasambhava in Sangdok Balri and received the teachings for this meditation practice directly from Chenrezi.
When he was twelve years old, the great Sakyapa Lama Sachen Kunga Nyingpo spent six months in strict retreat doing the practice of Arya Manjushri and on one occasion he had a direct vision of the deity. The glorious Arya Manjushri, orange in color, was surrounded by a mass of brilliant light and seated resplendently upon a jeweled throne. He was displaying the mudra of teaching the Dharma, and was flanked on either side by two bodhisattvas.

Arya Manjushri spoke the following words:

“**If you are attached to this life, you are not a true spiritual practitioner.**
   
   **If you are attached to samsara, you do not have renunciation.**
   
   **If you are attached to your own self-interest, you have no bodhicitta.**
   
   **If there is grasping, you do not have the view.**”
**Refuge Ceremony**

*By H.E. Asanga Vajra Rinpoche*

**Date:** September 04, 2021
**Time:** 6:00 pm PT

Hosted via Zoom

*With real time Mandarin Interpretation by David Lim*

It is strongly recommended that those who are interested in the Refuge Ceremony take the classes *The Significance of Taking Refuge* and **Life after Refuge.**

All participants must register by September 1, 2021.
For more information or to register, please email monastery@sakya.org.

*There is no fee for the Refuge Ceremony. If you would like to make an offering, please visit: [https://www.sakya.org/donate/](https://www.sakya.org/donate/)*

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Taking refuge is the first step on the Buddhist path to enlightenment. Refuge is a ceremony during which a person formally becomes a Buddhist and receives a Dharma name. This differs from the passive refuge one receives at an initiation.

*The Significance of Taking Refuge*

Sept 2 at 7:30 p.m. PT
https://zoom.us/j/98777273892?pwd=SFhBaHphM0pPOTlwaExWWWTJTSitPdz09

**Meeting ID:** 987 7727 3892
**Passcode:** 662166

**Life after Refuge**

September 13 at 7:30 PT
https://zoom.us/j/95535535594?pwd=bnorbzJXVEFCWEFUbXlowdGpNeW9Rdz09

**Meeting ID:** 955 3553 5594
**Passcode:** 041018
The Aspiration of Samantabhadra is a powerful sutra from Lord Buddha’s teachings. By reciting this sutra, you will come to understand the aspirations of the Buddhas and Bodhisattvas. If you wholeheartedly practice the Aspiration of Samantabhadra with Bodhicitta mind, you can liberate countless sentient beings from the ocean of suffering. Many participants know this prayer by heart as they recite it among their daily prayers. But they often do not know the significance of this famous prayer. In this teaching, Khenpo Jampa will offer an overview of this special prayer.
NEW UPDATED COURSE - OPEN TO ALL
ARYADEVA’S FOUR HUNDRED VERSES
A 5-MONTH COMPREHENSIVE COURSE
INSTRUCTED BY
VENERABLE LAMA KELSANG

Class Dates:  August 8 & 22
               Sept 5 & 19,
               Oct 3 & 17
               Nov 7 & 21
               Dec 5 & 19/2021

Time:  1:00-3:00 p.m.

Zoom Info:
https://zoom.us/j/96064761580?pwd=bE16NFhXdfTqTTdLZ0VqcU8xM2NJQT09
Meeting ID: 960 6476 1580  Passcode: 786357

Root Text:

Rendawa Commentary:

“At first, turn away from non-virtue,
In the middle, dispel misconceptions of self,
Finally, go beyond all philosophical views,
One who understands this is wise indeed.”
-Aryadeva, Four Hundred Verses, VIII

Please join Venerable Lama Kelsang for this 5-month comprehensive study of the Madhyamika treatise by Aryadeva. This treatise is included among the so-called “Thirteen Great Texts” which form the core of the curriculum in most Tibetan Buddhist monasteries.

Some of the topics covered are: impermanence, no self, compassion, the three poisons, and emptiness.

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

CHANDRAKIRTI'S INTRODUCTION TO THE MIDDLE WAY
A COURSE WITH GEN PEMA SHERPA

July 3, 2021-April 2, 2022

Wednesdays and Saturdays, 7:00 pm - 8:30 pm PT
Registration opens June 12th and ends June 26th, or when full

This special 9 month course taught by Gen. Pema Sherpa will take place via Zoom, and is open only to members of Sakya Monastery. Refuge is strongly recommended.

A maximum of 25 members may register. To register, email: monastery@sakya.org

There is no course fee, though donations are gratefully accepted.

This is an advanced level course covering the Madyamaka philosophical system. Much of the information covered will be unfamiliar to the beginning practitioner. Students familiar with more advanced studies in Buddhism are encouraged to register.

We are happy to share that a certificate from H.E. Avikrita Rinpoche will be given upon completion of the course, because of this we ask that registrants make a firm commitment to attending all classes.

Required Text: Introduction to the Middle Way: Chandrakirti’s Madhyamakavatara with Commentary by Dzongsar Jamyang Khyentse Rinpoche. To download the pdf file in English: http://siddharthasintent.org/assets/pubs/MadhyamakavataraDJKR.pdf

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 Dzongzsar Institute in 2004 and finished his Loppon degree in 2012, then continued on to teach at Dzongsar Institute for 3 years. After registering for the "English for Buddhist Scholar Program" in 2016, he studied in Thailand, Bangalore, and Chennai, and most recently travelled in order to teach in Brazil and Germany.

It is by the request of H.E. Avikrita Vajra Sakya that Genla teach Sakya Monastery members courses such as "Entering the Bodhisattva’s Way of Life” by Shantideva, “Atisha’s Lamp for the Path to Enlightenment,” and the current course on Chandrakirti’s Madhyamakavatara.
AN INTRODUCTION TO TIBETAN BUDDHISM:
THE FOUR NOBLE TRUTHS

Dates: Begins Sunday, September 26 and continues every other Sunday until finished

Time: 4:30 - 6:00 p.m. PT

Led by Ron Hogan
Zoom: link available upon registration

The class text can be ordered from: smile.amazon.com/Four-Noble-Truths-Foundation-Buddhist-ebook/dp/B003VYBP2E

Registration begins Monday, Sept 13
To register, please email us at: monastery@saka.org

If you would like to support our online teachings, please visit us at: www.sakya.org/donate

In teaching this 4 session course from our Introduction to Tibetan Buddhism series, Ron Hogan will draw on the insightful teachings of Geshe Tashi Tsering found in his book Foundations of Buddhist Thought, Volume One. Ron is known for providing helpful insights and encouraging engaging discussions among participants. This class is suitable and enjoyable for both beginning students as well as seasoned practitioners.
The Non-sectarian Movement and the Wondrous Deeds of Jamyang Khyentse Wangpo and Jamgon Kongtrul Lodro Thaye

Two-Part Lecture by Anthony Bruno (Tenzin Chödrak)

Due to the noble deeds of earlier masters and translators, Tibet became home to an ocean of Dharma teachings and practice methods. This richness in spiritual diversity is essential to benefit sentient beings of different capacities and karmic connections. By the nineteenth century, however, some of Tibet’s spiritual traditions were marginalized or almost lost.

This lecture will discuss the Rimé or non-sectarian movement and the lives of its founders, Jamyang Khyentse Wangpo and Jamgon Kongtrul Lodro Thaye. This movement was responsible for revitalizing Tibet’s spiritual traditions and many rare teachings being preserved and practiced to this day.

Dates: Mondays, October 18 & 25, 2021
Time: 7:30 p.m. Pacific Time
Zoom: https://us06web.zoom.us/j/87044862927?pwd=YmJIVDRORGFRURBM0YwL3NteUUvZz09
Meeting ID: 870 4486 2927
Passcode: 331145

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

Jamyang Khyentse Wangpo

Jamgon Kongtrul Lodro Thaye
Community Programs

Sakya Monastery is pleased to present
The Marici Fellowship - Speaker Series
“Caring for our Community”
Monday, September 27, 2021
7:30 - 9:00 p.m. PT

Join us online via Zoom:
https://us06web.zoom.us/j/81156537039?pwd=bUlpanVSOTBwTDFFdXZYSmk3R2FoUT09
Meeting ID: 811 5653 7039 Passcode: 824133

Daniel Troyak is Australia’s first full-time Buddhist chaplain. Having trained in Clinical Pastoral Education, he has spent many years sharing the Dharma in Australia’s most infamous maximum security prison, Long Bay Correctional Centre.

His passion for community care and volunteering led him to compassionate activities that support aged and vulnerable people, helping to lessen the pain of loneliness in these communities as well.

As a student of Avikrita Rinpoche, Daniel has also attended Marici programs in Seattle, Nepal and online. It’s with Rinpoche’s heartfelt wish to see the Dharma in action that has planted the seed of Marici in Australia.

In this session
Daniel shares his experience as a community based social visits volunteer and prison chaplain. And shows us how regular social visits improve quality of life and help support people to feel less isolated.

He will share with us how to support with an open heart and a listening ear, focusing on strategies and skills we need to develop for listening and caregiving. When reaching out to vulnerable people, we can make a positive impact and integrate the Dharma in everyday life.
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.)

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**SUNDAY CHENREZI**

Sundays, 10:00 am
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 Dadget 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=OTJXNmZYREZwTWIzWlphMnFPSFpyZz09](https://zoom.us/j/97395966263?pwd=OTJXNmZYREZwTWIzWlphMnFPSFpyZz09)
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](https://www.sakya.org/calendar))
**VIRTUAL PRACTICES**

**NGÖNDRO PRACTICE GROUP**

**Dates:** Monday - Friday  
**Time:** 7:00 - 8:30 a.m. PT  
**Zoom:** Available upon registration  
**Text:** Available upon registration

**What is Ngondro?**

Ngöndro practices are profound and powerful means for effecting a deep purification and transformation, at every level of our being. Not only do they prepare the practitioner for the profound path of Vajrayana but they also lead him or her gradually towards the experience of enlightenment.

For those who are interested in beginning a daily Ngondro Practice as well as for any seasoned practitioners who would just like to start their day off with this wonderful and beneficial practice accompanied by fellow sangha members, we are excited to announce the restarting of the morning Ngondro Practice Group, led by Ron Hogan.

These practice sessions will require at least one initiation in the Sakya Tradition. The text we will be following is a concise daily practice chosen by H.E. Avikrita Rinpoche. This Ngondro Practice is based on the teachings given in June, 2021, by the Sakya Dhungsays H.E. Avikrita Rinpoche, H.E. Abhaya Rinpoche, and H.E. Asanga Rinpoche.

To register, please email us at monastery@sakya.org.
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.
Regular Practices

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/

Sept 7  H.H. Sakya Trichen Birthday  7:30 PM  Text
https://us06web.zoom.us/j/85048577302?pwd=YytHTWFuZFBuFcySkFaOWtOZmxYdz09

Sept 16  Tsok Kor  7:30 PM
https://zoom.us/j/99826599206?pwd=NDNMNTU5VnJwY3lRcHuvZ2FiTWJudz09

Sept 20  Green Tara  7:30 PM  Text
https://zoom.us/j/9727322975?pwd=WTZBeSt1dmNSSGe5WWovRnBuWjF6UT09
(In lieu of tangible offerings, monetary donations are accepted at www.sakya.org/donate)

Sept 28  Guru Puja  7:30 PM  Text
https://zoom.us/j/93697527978?pwd=eVNNbFovdGUwVUllemRucDBKZ2pMZ09

Oct 5  Medicine Buddha  7:30 PM  Text
https://zoom.us/j/92306690413?pwd=eHlZbnViUWNJaWxQWnV1emRoVrByQT09

Oct 15  Tsok Kor  7:30 PM  Text
https://zoom.us/j/99826599206?pwd=NDNMNTU5VnJwY3lRcHuvZ2FiTWJudz09

Oct 19  Sachen Kunga Nyingpo’s Memorial  7:30 PM
https://us06web.zoom.us/j/83364229865?pwd=eF52SINUMFVaDVpZDBoSDZuL2xCUT09

Oct 20  Green Tara  7:30 PM  Text
https://zoom.us/j/9727322975?pwd=WTZBeSt1dmNSSGe5WWovRnBuWjF6UT09

Oct 27  Guru Puja  7:30 PM  Text
https://zoom.us/j/9727322975?pwd=WTZBeSt1dmNSSGe5WWovRnBuWjF6UT09

Nov 2  Medicine Buddha  7:30 PM
https://zoom.us/j/92306690413?pwd=eHlZbnViUWNJaWxQWnV1emRoVrByQT09

Nov 14  Tsok Kor  7:30 PM  Text
https://zoom.us/j/99826599206?pwd=NDNMNTU5VnJwY3lRcHuvZ2FiTWJudz09

Nov 19  Green Tara  7:30 PM  Text
https://zoom.us/j/9727322975?pwd=WTZBeSt1dmNSSGe5WWovRnBuWjF6UT09

Nov 26  Guru Puja  7:30 PM  Text
https://zoom.us/j/93697527978?pwd=eVNNbFovdGUwVUllemRucDBKZ2pMZ09
(In lieu of tangible offerings, monetary donations are accepted at www.sakya.org/donate)
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 on November 7, 2021)

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### LIFE AFTER REFUGE

**Time:** 7:30 – 9:00 pm  
**Instructor:** Ron Hogan  
**Zoom:** [https://zoom.us/j/9777560395?pwd=WDLzUGZuNjhzaEd1NmrRkRqL2puUT09](https://zoom.us/j/9777560395?pwd=WDLzUGZuNjhzaEd1NmrRkRqL2puUT09)  
**Meeting ID:** 977 7756 0395  
**Password:** 249523  
**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.”

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### CARING FOR THE COMMUNITY

**Time:** 7:30 – 9:00 pm  
**Instructor:** Daniel Troyak  
**Zoom:** [https://us06web.zoom.us/j/81156537039?pwd=bU1panVSOTBwTDFFdXZYSmk3R2FoUT09](https://us06web.zoom.us/j/81156537039?pwd=bU1panVSOTBwTDFFdXZYSmk3R2FoUT09)  
**Meeting ID:** 811 5653 7039  
**Passcode:** 824133

Daniel shares his experience as a community based social visits volunteer and prison chaplain. And shows us how regular social visits improve quality of life and help support people to feel less isolated. He will share with us how to support with an open heart and a listening ear, focusing on strategies and skills we need to develop for listening and caregiving. When reaching out to vulnerable people, we can make a positive impact and integrate the Dharma in everyday life.

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### UNDERSTANDING THE SUNDAY CHENREZI PRACTICE (AN OCEAN OF COMPASSION)

**Time:** 7:30 – 9:00 pm  
**Instructor:** Chris Reholtz  
**Zoom:** [https://zoom.us/j/95175105759?pwd=cU1uWk1rRFZiN3h1M0NzTUJKM3F3QT09](https://zoom.us/j/95175105759?pwd=cU1uWk1rRFZiN3h1M0NzTUJKM3F3QT09)  
**Meeting ID:** 951 7510 5759  
**Password:** 581019

In this class, we will go page by page through the Sunday morning Chenrezi practice book, An Ocean of Compassion: Meditation on Chenrezi. We will explain the meaning of the text, the visualizations, and the hand gestures (mudras) that should be used in each section. Chenrezi is the key spiritual practice at Sakya Monastery and blesses us to become kinder and more compassionate, certainly a worthy and noble goal. You can become enlightened by doing just this one spiritual practice.
The Non-Sectarian Movement of Tibetan Buddhism - Part 1 of 2

Time: 7:30 – 9:00 pm
Instructor: Anthony Bruno
Zoom: https://us06web.zoom.us/j/87044862927?pwd=YmJJIVDRORGFRURBM0YWl3NncvUz09
Meeting ID: 870 4486 2927 Password: 331145

Due to the noble deeds of earlier masters and translators, Tibet became home to an ocean of Dharma teachings and practice methods. This richness in spiritual diversity is essential to benefit sentient beings of different capacities and karmic connections. By the nineteenth century, however, some of Tibet's spiritual traditions were marginalized or almost lost.

This lecture will discuss the lives of Jamyang Khyentse Wangpo and Jamgon Kongtrul Lodro Thaye, the two holy lamas who founded the Rimé or non-sectarian movement. This movement was responsible for ending the decline of these spiritual traditions and many rare teachings being preserved and practiced to this day.

The Non-Sectarian Movement of Tibetan Buddhism - Part 2 of 2

Time: 7:30 – 9:00 pm
Instructor: Anthony Bruno
Zoom: https://us06web.zoom.us/j/87044862927?pwd=YmJJIVDRORGFRURBM0YWl3NncvUz09
Meeting ID: 870 4486 2927 Password: 331145

Due to the noble deeds of earlier masters and translators, Tibet became home to an ocean of Dharma teachings and practice methods. This richness in spiritual diversity is essential to benefit sentient beings of different capacities and karmic connections. By the nineteenth century, however, some of Tibet's spiritual traditions were marginalized or almost lost.

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Compassion in Action - The Marici Fellowship

Time: 7:30 – 8:30 pm
Instructor: Teresa Lamb
Zoom: https://zoom.us/j/95797119710?pwd=WllUVHgyM3ZkWTU5UXBBeE5McUwvUT09
Meeting ID: 957 9711 9710 Password: 344942

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

Calm-Abiding Meditation Class

Time: 7:30 – 9:00 pm
Instructor: Chuck Pettis
Zoom: https://us06web.zoom.us/j/85080537451?pwd=cllRMC9RY2R5Sl9TRVVSQGE4aThzOz09
Meeting ID: 850 8053 7451 Passcode: 300220

This is one of the most popular classes at Sakya Monastery. H.H. Jigdal 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 arrived!

Readings: Calm Abiding and Special Insight by Geshe Gedun Lodro; Practical Mindfulness Techniques by His Holiness Jigdal Dagchen Sakya Dorje Chang

Orientation to Sakya Monastery

Time: 7:30 – 9:00 pm
Instructor: Chuck Pettis
Zoom: https://us06web.zoom.us/j/88015101075?pwd=U1ZDOTdibzVEYzYvTUSCNX0Vzk4OT09
Meeting ID: 880 1510 1075 Passcode: 436818

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

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

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

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

You can also peruse the current edition of the [Sakya Chronicles](www.sakya.org/2009/11/sakya-chronicles), which contains many articles about our events during the past year, at Resources > Downloads > Sakya Chronicles  
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 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/
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 Khon lineage of the Sakya family until his Parinirvana on May 5, 2016. He continued the great Sakya lineage which began with Khon Konchok Gyalpo (1034—1102). He received teachings of the unbroken Khon lineage, the Sakya Vajrakilaya, the Hevajra and the complete Lamdre Tsogshe, from his father, H.H. Trichen Ngawang Thutop Wangchuk, the last Sakya throne holder in Tibet. He also studied with many other great Buddhist teachers, including Dzongsar Khyentse Jamyang Chökyi Lodrö and Dīgo 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 Khon forebears. Since that time, he has received an uninterrupted stream of transmissions and teachings from his grandfather His Holiness Jigdal Dagchen Sakya (1929-2016), including the Lamdre Tsogshay, from his 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, 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.
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 Kh Chen 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 Kh Chen, 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 (Bhikkhu) monk. H.E. Luding Kh Chen 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 Kha mtul 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 Lobshye 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. Choegye Trichen, H.E. Luding Kh Chen Rinpoche, H.E. Jetsun Chimney Luding, H.E. Kh Chen 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 Vajrakila 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 Gytatso Rinpoche, the former principal of the Sakya College and other carefully selected learned and accomplished teachers and scholars at the Sakya College for Nuns in Dehradun, India. While continuing his studies in India, he is also the Head Lama of Sakya Vietnam (Tsechen Shiday Choling) in Ho Chi Minh City, Vietnam, and the Head Lama of Guru Sakya Monastery in Ghoom, Darjeeling, India.

Her Eminence Dagyum Kusho Sakya, also known as H.E. Dagmo Kusho, was born in Kham, Eastern Tibet. As the niece of one of the most highly realized Sakya Masters of the twentieth century, H.E. Dezhung Rinpoche III, her training in Buddhist practice began at an early age. She has received extensive teachings and empowerments from many great lamas of all four schools of Tibetan Buddhism throughout her lifetime. Dagyum Kusho is the wife of H.H. Jigdal Dagchen Sakya Dorje Chang of the Khon lineage, a Head Lama of the Sakya order of Tibetan Buddhism. She is currently the Acting Head Lama of the Sakya Monastery of Tibetan Buddhism in Seattle, Washington. Dagyum Kusho specializes in Tara empowerments, practices, and teachings, and has many students throughout the world.
**Biographies**

**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. Khenchen Kunga Wangchuk. He has received empowerments from all four schools of Tibetan Buddhism and from many great masters including H.H. the Dalai Lama, H.H. Sakya Trichen, H.H. Dagchen Sakya Dorje Chang Rinpoche, H.H. Karmapa, and H.E. Dzongsar Khyentse. He now teaches intermediate and advanced level classes on Buddhist philosophy, sutra and highest yoga tantra all over the world. He is also the founder and president of Tibetan Education Foundation, as well as the former president (2014-15) of the International Association of Non-sectarian Tibetan Religious Traditions (IANTRT) of North America. Additionally, he was the President (2017-19) of the North America Sakya Monlam World Peace Foundation. He has been a resident Lama and teacher at Sakya Monastery since 2009.

**Ven. Lama Migmar** was born in Kham (eastern Tibet) and studied Dharma at Kyegu Monastery, the largest and oldest Sakya monastery in the Kham region. He trained extensively in both sculpture and painting, and completed many deity retreats. He was the primary disciple of his master Lobsang 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 Khenchen Kunga Wangchok. He next went to Nepal's Tharlam Monastery and completed a Manjushri retreat for three months. He received the Lamdre from H.H. Jigdal Dachen Dorje Chang in 2007. He was appointed as a tutor to H.E. Asanga Rinpoche, a position he held from 2008 until 2012. After 2012, he did a three year retreat. He has completed five times the requisite one-hundred thousand accumulations for the preliminary practices (ngondro) and has also completed the preliminary and main practice of Luminous Great Perfection, and the ritual practices of the Longchen Nyingtik tradition. He has lived at Sakya Monastery since 2017.
Biographies

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

Elisabeth Benard is a retired professor of religion at the University of Puget Sound in Tacoma, WA. She is co-editor of Goddesses Who Rule (2000) and the author of Chinnamasta: The Awful Buddhist and Hindu Tantric Goddess (1994), as well as 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 Chenrezig (Karma) and Sunday tea volunteers.

Virginia Hassinger is a student of H.H. Jigdal Dagchen Dorje Chang, H.E. Dagyum Kusho and Geshe Jamyang Tsaltrim. 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 Buddhadharma mentor and VEF 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.

**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 Dzongsar Institute in 2004 and finished his Loppon degree in 2012, then continued on to teach at Dzongsar 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.