

# July @ KPC

## 2008

**KUNZANG Palyul Chöling** is a Vajrayana Buddhist Temple in the Nyingma tradition, under the direction of Jetsunma Ahkön Lhamo.

18400 River Road, Poolesville, MD 20837 • Office VoiceMail: 301-349-0440 • On the Web: [www.tara.org](http://www.tara.org) • E-mail: [kpcinmd@gmail.com](mailto:kpcinmd@gmail.com)

**MANI JEWEL** giftstore: 301-972-7190 • Mon thru Fri 2pm–6 pm • Sat Noon–6 pm • Sun Noon–6 pm • also by appointment

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Visitors and newcomers, please note:</b> Shower of Blessings Tsog is a beautiful practice to which all are invited. The umset (chant leader) will help you get oriented. <i>All are welcome to join.</i></p>		<b>1</b> 10am–Chimed Sog Thig Tsog	<b>2</b> (29th Lunar day)  6:30pm–Ordained Sojong 7:30pm–Vajrakilaya	<b>3</b> (30th Lunar day) ● New Moon  4pm–Sh/Bl Tsog 6:30pm–Jetsunma: Teaching for New Students†	<b>4 Independence Day</b> 10am–Chimed Sog Thig Tsog 11:30am–Three Roots  7:30pm–Phowa Practice	<b>5</b>  4pm–Sh/Bl Tsog 6pm–Three Roots
<b>6</b> Sunday Schedule* 10am–Sh/Bl. Orientation 10am–Teens Class 1pm–Children’s Class	<b>7</b>  7pm–Open AA Mtg.	<b>8</b> 10am–Chimed Sog Thig Tsog**	<b>9</b>  7:30pm–Sh/Bl Tsog	<b>10</b>  4pm–Sh/Bl Tsog 6:30pm–Jetsunma: Teaching for New Students†	<b>11</b> (9th Lunar day) 10am–Vajrakilaya Tsog 11:30am–Three Roots	<b>12</b> (10th Lunar day) <b>Birth of Guru Rinpoche Retreat</b> (see over)  4pm–Sh/Bl Tsog 6pm–Three Roots
<b>13</b> Sunday Schedule*  1pm–Children’s Class	<b>14</b>  7pm–Open AA Mtg.	<b>15</b>	<b>16</b>  7:30pm–Sh/Bl Tsog	<b>17</b>  TBA–Ordained Sojong 4pm–Vajrakilaya 6:30pm–Jetsunma: Teaching for New Students†	<b>18</b> (15th Lunar day) ○ Full Moon 10am–Chimed Sog Thig Tsog 11:30am–Three Roots	<b>19</b>  4pm–Sh/Bl Tsog 6pm–Three Roots
<b>20</b> Sunday Schedule* 10am–Teens Class 1pm–Children’s Class	<b>21</b>  7pm–Open AA Mtg.	<b>22</b> (19th Lunar day)  7:30pm–Vajrakilaya	<b>23</b>  7:30pm–Sh/Bl Tsog	<b>24</b>  4pm–Sh/Bl Tsog 6:30pm–Jetsunma: Teaching for New Students†	<b>25</b>	<b>26</b>  4pm–Sh/Bl Tsog 6pm–Three Roots
<b>27</b> (25th Lunar day) <b>Dakini Day</b> Sunday Schedule* 1pm–Children’s Class	<b>28</b>  7pm–Open AA Mtg.	<b>29</b> 10am–Chimed Sog Thig Tsog	<b>30</b>  7:30pm–Sh/Bl Tsog	<b>31</b> (29th Lunar day)  TBA–Ordained Sojong 4pm–Vajrakilaya 6:30pm–Jetsunma: Teaching for New Students†	<p><i>If you’d like to learn more about Buddhist teachings and practice, contact KPC’s VoiceMail (301) 349-0440 and leave a message with your name and phone number—someone will return your call.</i></p>	

**\*Sunday Schedule:**  
*KPC’s regular program of events*

10:00 am Meditation  
11:00 am Shower of Blessings Tsog – *Public Invited*; Temple/Stupa Tours  
12:30 pm Lunch (Community Room) *Meat & vegetarian entrees*  
2:00 pm Dharma Teaching

KPC is a 501(c)(3) nonprofit supported by the generosity of its members, friends and visitors. Your contributions are always welcome and much appreciated.

\*\* (1) Participation in the *Chime Sog Thig* Practice requires an empowerment. (2) Ngöndro Practice open to students with permission from teacher.  
† See box on reverse.

**ABOUT THE PRACTICES**

To learn about the prayers and practices listed below, please see the Spiritual Programs Team of senior students: Ani Rinchen or Ani Samten.

**Shower of Blessings Tsog** — A profound and beautiful Buddhist practice used to accumulate the Seven Line Prayer and invoke the blessings of the Guru. It also repairs samaya and removes obstacles to hearing teachings from one's Lama. All are welcome. It is traditional to bring foods to offer that are beautiful, pure and fresh, such as sliced meat, fresh or dried fruits or vegetables, nuts, cheese, crackers, etc. Packages should be unopened, servings untouched.

**Stabilizing the Mind** — A basic breathing meditation, as taught by Jetsunma Ahkön Lhamo. It is appropriate for beginners as well as experienced meditators. Promotes clarity of mind, lays foundation for any spiritual practice. Instruction offered every Sunday at 10 a.m.

**Amitabha** — The Buddha of Infinite Light. The practice of Amitabha is traditionally done on the 15th day of the lunar calendar. It is a beautiful, yet relatively simple practice. No empowerment or special transmission is required to participate.

**Ratna Lingpa Vajrakilaya** — Requires an empowerment and specific training. Held on the 9<sup>th</sup>, 19<sup>th</sup> and 29<sup>th</sup> days of the lunar calendar.

**Phowa** — The practice of transferring consciousness upon death. Regular practice is done to prepare for one's death and to dedicate to those who have recently died. Open to those who have completed a Phowa retreat. Held at KPC at varying times during the first week of every month.

**Twenty-one Homages to Tara** — Visualization and chanting on the nature of Tara, the feminine Buddha of Compassion, who represents our true nature.

**Chime Sog Thig** — A longevity practice that is the root of Jetsunma Ahkön Lhamo's accomplishment. It was revealed by H.H. Dudjom Rinpoche while he was still in Tibet. Prerequisite for participation in this practice: students must have received the Chime Sog Thig empowerment.

**KPC Weekly Schedule**

**SUNDAYS:**

10 am Meditation

11 am Shower of Blessings Tsog and Temple/Stupa Tours

2 pm Dharma Teachings

Live or video teachings by Jetsunma Ahkön Lhamo (schedule varies)

**SPECIAL DAYS:**

7:30 pm Shower of Blessings Tsog or other practices —*listed on reverse.*

10th day of the Lunar calendar: **Guru Rinpoche day.** Each Guru Rinpoche day commemorates an event in his life and is celebrated with a tsog feast. Guru Rinpoche himself said that if we call on him that day, he will especially be with us. A very auspicious day to practice.

25th day of the Lunar calendar: **Dakini day.** Celebrated with a tsog feast; a very auspicious day to practice.



**Saturday, July 12**  
**Guru Rinpoche Retreat**  
**and Tsog Feast**

When tirthikas (disputing philosophers) from South India attempted to harm the Buddha Dharma, Guru Rinpoche, with his great power, vanquished them along with their gods and guardians. Raising the victory banner of the Dharma, he became known as Guru Senge Dradok — the Lion's Roar.

Join us as we discuss the life of Guru Rinpoche, and the meaning of the Seven-Line Prayer. We will conclude the day with an abundant Shower of Blessings Tsog (offering feast). All are welcome to attend. Please bring offerings for Tsog, such as meat, cheese, fruit, or cookies.

SCHEDULE

11am-12:30pm	Teaching: Who is Guru Rinpoche
12:30pm	Lunch
2pm-3pm	Teaching: Meaning of the Seven Line Prayer
3:30pm	Tsog Preparation
4pm	Shower of Blessings Tsog

**NEW THURSDAY NIGHT CLASS**

*Turning the Mind to Dharma*

Beginners' Series with Teachings by Jetsunma



Thursdays at 6:30 p.m.

If you are a new student of Buddhism (or just curious), this series of talks on "Turning the Mind to Dharma" is specifically designed for you. Jetsunma shows how the compassionate way of the Buddha can end suffering, provide the basis for happiness, and make the world a better place. She shows why these ancient truths have endured for 2600 years, and helps apply them to contemporary hearts and minds. *Learn your own mind. Learn to understand others. Learn to respond with true compassion to a sometimes troubling world.*

**Sunday, July 6<sup>th</sup> 10am:**  
**Shower of Blessings Orientation**

Shower of Blessings is a guru yoga practice devoted to Guru Padmasambhava (Guru Rinpoche). Learn about the specific prayers and visualization for the practice, as well as the meaning of tsog (feast-offering). Then join us, immediately following the class, for the practice at 11am. All are welcome to attend.