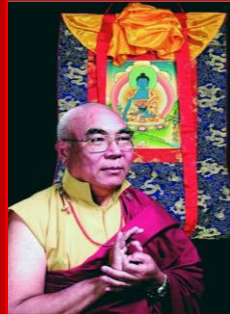




His Holiness the 17th Karmapa



His Eminence Kalu Rinpoche



Venerable Lama Lodu Rinpoche

KDK Arcata Dharma Study Group

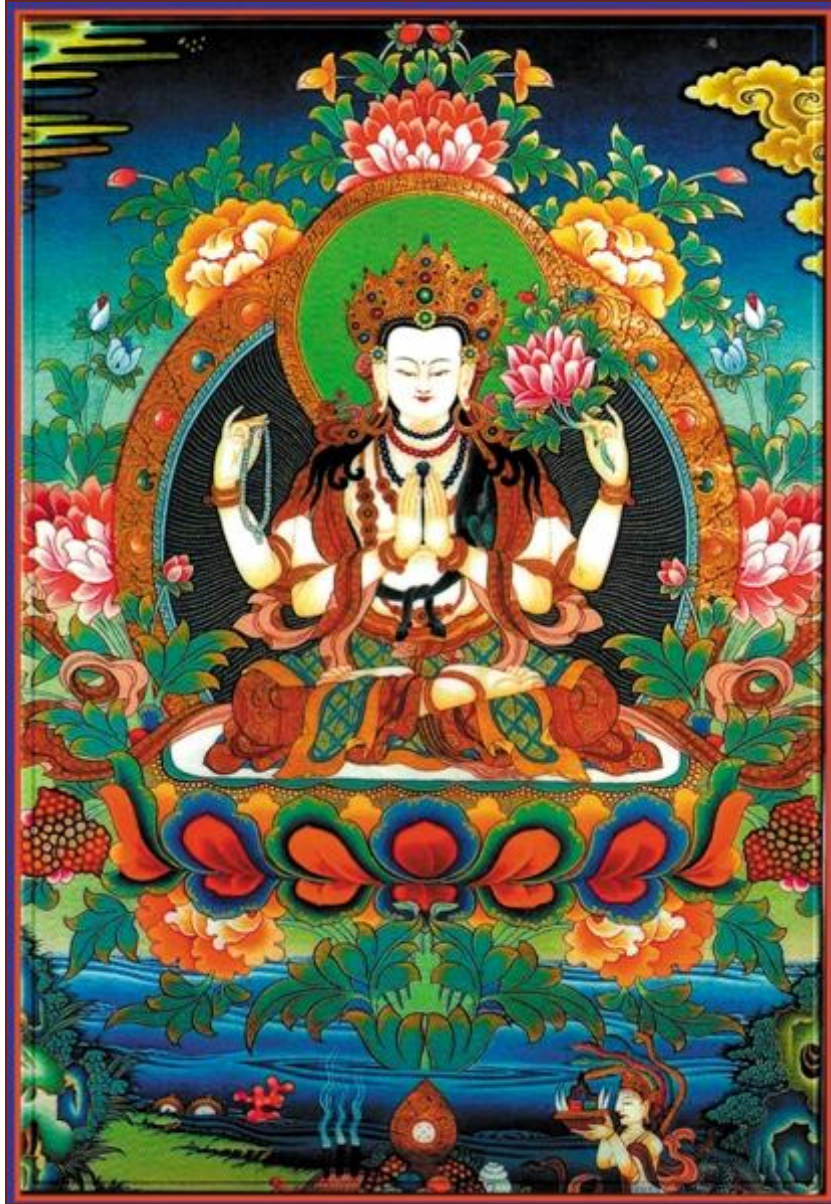
Dorje Yang Dron: Melody of Diamond Light

Founded by
His Eminence Kalu Rinpoche
Directed by
Venerable Lama Lodu Rinpoche

Arcata Sangha E-Newsletter Fall 2011

Dear Arcata Sangha,

This is our E-newsletter that we do our best to update at least semi-annually. It is a way of announcing important dharma events and new or ongoing dharma activities in the Arcata Sangha. This way we can practice the Shangpa and Karma Kagyu lineage teachings of Tibetan Buddhism and allow them to flourish.



Four-Arm Chenrezig

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Who We Are

We are a practice and study group under the guidance of the Venerable Lama Lodu Rinpoche. His main dharma center Kagyu Drodren Kunchab (KDK), is located in San Francisco. We are fortunate enough to practice the rare and precious teachings of the Kagyu lineage in this time and place due to the immeasurable compassion of our teacher, Lama Lodru Rinpoche, and his root teacher His Eminence Kyabje Kalu Rinpoche. To find out about KDK's activities you can go to kdk.org. Our own webpage is kdkarcatagroup.org.

Ongoing Activities

Sunday Practice and Study Group

Our practice group meets every Sunday at 6:00 pm at the Arcata Yoga Center located on the Arcata Plaza at 890 G Street. Richard Bradley leads the recitation of the Four-Arm Chenrezig sadhana. This is followed by a study group and discussion. The Chenrezig practice is especially effective in purifying the mind of afflicted emotions, which is necessary to cultivate wisdom and compassion. All are welcome. You may call or Email Henry and Mody Hollomon with any questions about the Sunday group at hnrymody@yahoo.com or (707) 822-4756.

The current study texts are:

- ☞ The Guide to the Bodhisattva's Way of Life by Shantideva
- ☞ Gently Whispered: a compilation of oral teachings by H.E. Kalu Rinpoche
- ☞ Luminous Mind by H.E. Kalu Rinpoche

We welcome you to bring your own dharma books to share and read. It's important to bring texts from the Shangpa or Karma Kagyu traditions of Tibetan Buddhism.

Weekly Mahakala Practice

The weekly practice group of 6-arm Mahakala will be on Mondays at 6pm. Lama Nyugu hosts this practice session at his home in Eureka. 6-arm Mahakala is the principal protector of the Shangpa Kagyu lineage. Mahakala is the wrathful form of Chenrezig, therefore it is required that one have the empowerment of Six-Arm Mahakala to practice this sadhana. However, it is permissible for those without the empowerment to sit and observe the ritual. If you'd like to join this practice, contact Lama Nyugu at Fierro_roman@yahoo.com or (707) 442-7068.

Monthly Mahakala Tsok Offering

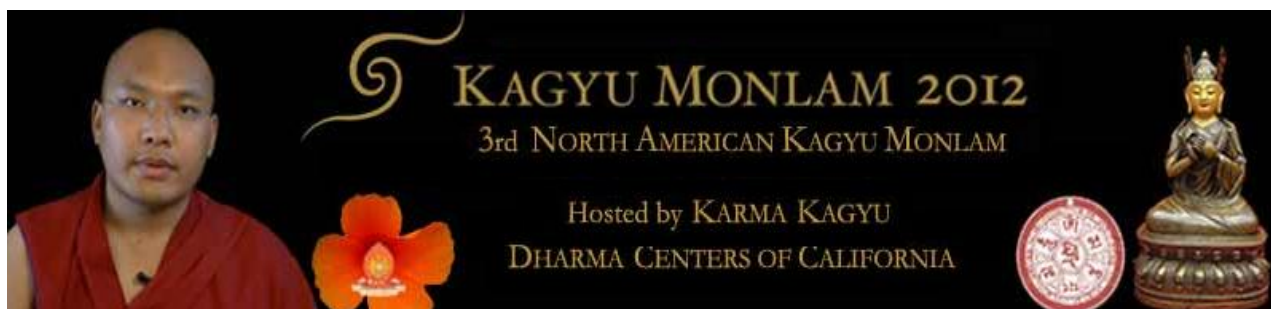
Lama Nyugu hosts a monthly Mahakala Tsok practice to be performed in conjunction with the ongoing weekly Mahakala practice on Monday nights. Tsok offerings are important to perform for those of us practicing in the Vajrayana tradition, particularly in the Kagyu lineage. Tsok is a profound practice of generosity which is very effective in purifying any broken samayas we might have with our lineage and root gurus, our yidam deity, dharma protectors, and dharma brothers and sisters. In this practice we cultivate wisdom by maintaining the view of emptiness. This view causes the merit we generate by making offerings to the Wisdom Protector Mahakala to be boundless.

Tsok is a Tibetan word that means "accumulation" or "gathering". When we perform a ceremonial tsok offering, four accumulations must be present. They are:

- 1) The gathering of practitioners to perform the practice and share in the tsok offering
- 2) The gathering of the enlightened Wisdom Beings; who are the Three Roots of Lamas, Yidam Deities and the Dharma Protectors.
- 3) The gathering of merit and wisdom
- 4) The gathering of substances that is pleasing to the five senses. These substances include heaped offerings of delicious foods, vases of flowers, butter lamps, and incense.

Traditionally, tsok offerings are performed on auspicious days in accordance with the Tibetan lunar calendar. These days are the 10th day, the 15th day (always the full moon day), the 25th day, and the 29th day (the last day of the month). We will coincide each monthly tsok on Monday nights as close to the full moon day as possible. An email announcement will be distributed to keep you informed. You may bring flowers or food to offer if you wish.

Please advise Lama Nyugu you are coming so that space considerations can be met. As with the weekly Mahakala practice, all tsoks will take place at Lama Nyugu's home in Eureka. You can email or call him for directions and RSVP at: Fierro_roman@yahoo.com or (707) 442-7068.



We are in the early stages of a fundraising campaign for the 2012 North American Kagyu Monlam. This event is being hosted by the Karma Kagyu Dharma Centers of California. It is scheduled for June 29 to July 1, 2012. We will have the blessings of H.H. the 17th Karmapa Orgyen Trinley Dorje. The Kagyu Monlam is a practice which enacts the activity of H.H. the 17th Karmapa. The Tibetan word "monlam" means "aspiration prayer". The aspiration prayers are for the ultimate enlightenment of all beings, bringing peace on earth, and to restore balance between ourselves and the earth. To find out in depth about the history, meaning, and sponsorship of the Kagyu Monlam go to californiakagyumonlam.org .

The Arcata Sangha wishes to join together with the intention of our spiritual director, Lama Lodru Rinpoche, to make the 2012 North American Kagyu Monlam a successful event. To do so, the support of all the West Coast Kagyu Dharma Centers is needed. Monthly meetings at our main center in San Francisco, KDK, occur to discuss logistics and fundraising for this event. In the last meeting on September 30th, it was agreed that each Kagyu Dharma Center should aspire to meet a goal to raise \$10,000. All donations are tax deductible, to which donors will receive a confirmation letter from KDK. To donate support for this event you can:

- 1) Go to californiakagyumonlam.org to use the PayPal option or to send donations directly
- 2) Submit donations to Vonnie Fierro, Arcata Sangha Monlam Treasurer. She will keep a record of your name, your mailing address, and the date and amount of your donation. Mail to:

Vonnice Fierro
PO Box 5241
Eureka, CA 95502

A monthly meeting to discuss fundraising ideas is scheduled for after our study session on the Sunday Practice Group on November 6th, 2011. Please join us with your ideas. So far, we have discussed tabling on the Arcata plaza, garage sales, and a music benefit show. Thank you for your support and prayers for the 2012 North American Kagyu Monlam.

Tibetan Reading & Writing

The Tibetan language is the medium of our scriptural tradition. Any who are interested can register for a course or tutoring sessions with Lama Nyugu that is available to sangha and non-sangha members. You can do so by calling or Emailing Lama Nyugu at Fierro_roman@yahoo.com or (707) 442-7068.

Pema Zhima commented about the course: "My new skills at reading and writing Tibetan will be invaluable for my life practice."

Volunteering

It takes much effort to keep our Dharma Center functioning. We have to set up the room each Sunday at the Arcata Yoga Center. Help is needed with setting up the shrine, putting out chairs, meditation cushions, and pictures. Much merit is gained in assisting our Dharma friends to practice. Richard Bradley, our chant master on Sundays, would much appreciate volunteers to arrive at 5:30pm to do this.

ॐ May All Beings Benefit ॐ