



## Extensive Mahakala Practice and Tibetan New Year Celebration Led by Lama Lodu Rinpoche, Retreatant Lamas, Nuns and Monks

**Wednesday, February 3rd - Monday, February 8th**

KDK, 1892 Fell St., San Francisco, CA

Feb. 3rd (Wed.) - Torma Day

Feb 4th (Thur.) - Feb 8th (Monday) - Full Practice Days

Every year Lama Lodu Rinpoche invites the Kagyu Drodren Kunchab Sangha, students and friends to join him in Mahakala puja. Experienced practitioners are the main participants, but everyone is welcome to come and sit down for any length of time and whatever your leisure. Everyone is welcome to join in on the breakfast, lunch and dinners served during the practice days. We have an immediate need for helpers to do shopping,

helping to prepare meals, serve tea, helping the altar master, and other things as they arise. We will list the signup sheet to enable people to volunteer in the KDK shrine room, and also you can leave a message on the KDK message line at (415) 752-5454 to sign up. In addition, if you wish, you are welcome to make a donation for the ganachakra, butter lamps and other things such as lunch, dinner or tea as you wish. You are welcome to donate or help with cooking and serving. It is good to connect in any way with this activity, as it will be helpful for many things in your life. Please take this opportunity to do whatever one is able to do.

The actual participants have to be at KDK before 5 AM, when the actual practice starts each morning for the practice days on the 4th, 5th, 6th, 7th, and the 8th. The practitioners will be making offerings of Ganachakra feasts, confessing broken samaya and making accumulations of merit. The blessings engendered by this profound ritual clears away obstacles and creates favorable conditions for the realization of our highest wishes for the New Year. This year, the KDK practice will be aligned with the Tibetan New Year celebration.

Also, it is important to give the names of deceased parents and friends, which will benefit them during their transition to the next lifetime, as well as those encountering difficulties in this lifetime, such as health or financial hardship, mental hardship, physical hardship.

On **Tuesday, February 9th**, Tibetan New Year's Day, this is a real opportunity as Rinpoche is normally on pilgrimage. This year, the situation is different and Rinpoche is able to have a traditional Tibetan New Year at KDK. You all are welcome to join us on **Tuesday, February 9th**. Traditionally, you first come to bow to the Three Jewels, then offer the traditional white scarf, or kata to the throne and altar. Then, you will receive the "chimar" (barley flour mixed with ingredients of honey and butter), as well as "dutsi" (ambrosial nectar, made from strong alcohol). Then, you may make a candle light offering if you have available, otherwise you can sit down and receive ceremonious rice and Tibetan tea. If you can come on time for puja, you can participate, and afterwards there will be Losar videos of Tibetan opera dance and music and you can enjoy all day to celebrate the Tibetan New Year. Lunch will be provided by KDK.



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