

Karma Triyana Dharmachakra

PROGRAM SCHEDULE • OCTOBER 2015 - JANUARY 2016

OCTOBER

October 9-11

MAHAMUDRA WEEKEND: FOUNDATION, PATH & FRUITION LAMA DUDJOM DORJEE

Mahamudra's foundation (or ground) is a thorough understanding of the nature of mind. This is augmented by the path - direct experience through meditation. Fruition is the actualization of the potential inherent in the mind. Lama Dudjom Dorjee lays out the route to mahamudra, including how to experience it in conjunction with practice and analytical meditation.
\$120/\$96 KTD members.

October 16-18

HIMALAYAN YOGA & MEDITATION RETREAT KHENPO KARMA TENKYONG

The cultivation of a peaceful mind centers around meditation, which relies on the foundation of a flexible body. Simple Himalayan yoga movements and breathing techniques (pranayama) help open your body and prepare you for meditation - stimulating the nervous and circulatory systems, improving breathing, increasing flexibility, and opening the energy centers (chakras) so you can achieve your precious wish.
\$120/\$96 KTD members.

October 21 (Wednesday, 10:00 am - noon)

THE PARINIRVANA OF HIS HOLINESS THE 16TH GYALWANG KARMAPA

To commemorate the passing of His Holiness the 16th Karmapa, we perform a Karma Pakshi Guru Yoga and Tsok offering in the morning.

October 25-31 (Sunday - Saturday)

PHOWA RETREAT KHENPO KARTHAR RINPOCHE AND LAMA TASHI DONDUP

To attend this special retreat on the transference of consciousness at the time of death, you must have accumulated 600,000 recitations of the Amitabha mantra (or at least 100,000 with the commitment to complete them). The Amitabha empowerment and reading transmission will be offered at the retreat. You are required by Rinpoche to attend all seven days of the retreat. Translator: Lama Yeshe Gyamtso.
\$150/\$120 KTD members.

How to Register for the Phowa Retreat

Registration for the Phowa Retreat will open on Friday, September 4th, at 1 pm EST on the kagyu.org website. KTD is doing this so everyone has an equal chance to register for housing during this coveted retreat.

Very important: filling out the registration form on kagyu.org with a request for on-site housing does not mean the housing is available!

You are not officially registered for the teaching with on-site housing until Nancy or Marie from KTD guest services confirms your reservation.

If you are making flight reservations, please wait until you receive confirmation from Guest Services. Thank you for understanding!



STEPHANIE COLVEY

TYPICAL TEACHING SCHEDULE

Teaching times may vary for certain retreats, or based on the preference of the teacher.

FRIDAY	7:00 - 8:30 pm: Teaching	SUNDAY	10:00 - 10:30 am: Meditation
SATURDAY	10:00 - 10:30 am: Meditation		10:30 am - noon: Teaching
	10:30 - noon: Teaching		2:00 - 2:30 pm: Meditation
	3:00 - 3:30 pm: Meditation		2:30 - 4 pm: Teaching
	3:30 - 5 pm: Teaching		

FULL MOON CHENREZIK

Chenrezik is a bodhisattva who embodies the compassion we seek to develop in ourselves. The Chenrezik puja is practiced every night at KTD from 7 - 8 pm, but the full moon is considered an especially powerful time to practice.

OCTOBER 27, TUESDAY	7-8 pm	DECEMBER 25, FRIDAY	7-8 pm
NOVEMBER 25, WEDNESDAY	7-8 pm	JANUARY 23, SATURDAY	7-8 pm

NOVEMBER

November 1-4

NYUNGNE GREAT OCCASION OF BUDDHA'S DESCENT FROM HEAVEN (LHABAP DUCHEN) LAMA KARUNA TARA

Lhabap Duchen is one of the Four Great Occasions, commemorating Buddha's descent from heaven back to earth. The effects of virtuous actions such as fasting are multiplied on this day. Instructions are given the evening of November 1. The fast begins after lunch on Nov. 2nd, continues on Nov. 3rd (Lhabap Duchen) and ends with breakfast on Nov. 4th.
\$40 teaching.
Donations gratefully accepted for retreat days.

November 6-8

GENEROSITY: CULTIVATING INNER ABUNDANCE TSUNMA LHUNDUP DAMCHÖ

Our consumerist society is designed to keep us feeling dissatisfied with what we have and constantly seeking to acquire more. Instead of living generous lives free of fear, we live in constant fear of losing what we have and craving for what we do not have. This leaves us feeling impoverished inwardly as well as outwardly.

This weekend retreat is designed to help us reorient our lives by exploring the Buddha's many teachings on the cultivation of authentic generosity. Along with teachings and meditation, this retreat will include interactive exercises to work directly with our own poverty mind and to cultivate a full heart that is open and ready to give. Suitable for newcomers and long-term practitioners alike. Participants are encouraged to read the chapter on consumerism and greed in "The Heart Is Noble" by His Holiness the Karmapa.

We are delighted to announce that this teaching in English will simultaneously be translated into Spanish.

Spanish Translator: Tsunma Tenzin Nangpel
\$120/\$96 KTD members.

November 8

FAMILY DAY TSUNMA LHUNDUP DAMCHÖ

Bodhi Kids uses the arts, storytelling and environmental awareness activities to convey the Buddha's teachings in a way suitable for Buddhists and non-Buddhists alike.
Lunch \$10.

November 13-15

THE BENEFITS OF OFFERING BUTTER LAMPS KHENPO KARTHAR RINPOCHE

Symbolizing Buddha's enlightenment, lamp offerings are associated with great good fortune. They are made to celebrate big events like birth and marriage, in difficult or uncertain times, and at the time of death. Rinpoche explains all the benefits of offering lamps, which can increase longevity, remove obstacles, and relieve the fear of falling into the lower states. When the lamps are offered to the buddhas and bodhisattvas, great accumulations of merit can be gathered. KTC Webcast.
Translator: Lama Yeshe Gyamtso.
\$120/\$96 KTD members.

November 20-22

CONFUSION ARISES AS WISDOM RINGU TULKU RINPOCHE

With a gift for storytelling, great personal humor and a love of questions, Ringu Tulku continues teaching his book, based on "Gampopa's Great Teachings to The Assembly." This 12th century text contains clear, precise instructions on realizing the true nature of reality. You need not have attended last year's teaching to benefit. \$120/\$96 KTD members.

November 29-Dec. 5

GYALWA GYAMTZO DRUPCHÖD

Drupchöds are the practice offerings to major Kagyu yidams and are performed yearly at monasteries to consecrate the environment, accumulate merit, purify negativities, and benefit beings. The Drupchöd is performed by the Karme Ling lamas. You may observe the puja, do your own practice, contribute toward offering lamps or food for the daily tsok feasts, and receive daily blessings. Offerings, particularly to the sangha, are welcome and appreciated.

DECEMBER

December 11-13

THE CHÖD RETREAT LAMA TSULTRIM GYALTSEN

Chöd (severance) is a practice in which visualizing the offering of one's own body cuts through ego and engenders a sense of fearlessness. Lama Tsultrim teaches chöd based on the Milam Lungten text by Karma Chakme Rinpoche and on the outline of the chöd retreat given by His Holiness the 17th Karmapa. Open to all levels of chöd practitioners, including beginners. \$120/\$96 members.

December 18-20

TRANSFORMING DIFFICULTIES THROUGH THE SIX PERFECTIONS LAMA KARMA DRODHUL

Difficulties are part of life, yet we suffer needlessly because we don't know how to transform them. Using the six perfections of generosity, discipline, patience, joyous effort, meditation and wisdom, we can overcome challenges and enhance our inner strength. This weekend will include teachings, meditation, workshops and eco-responsible life release. \$120/\$96 KTD members.

December 27-31

AMITABHA RETREAT KHENPO KARTHAR RINPOCHE

For the 14th year KTD offers the Amitabha Retreat, a practice intensive of the "Buddha of Boundless Light" leading up to the First Light Ceremony for World Peace on January 1. Amitabha is particularly associated with longevity and the accumulation of merit, the cause to be reborn in his Pure Realm.

December 27 (Sunday, 4:00 pm)

AMITABHA EMPOWERMENT KHENPO KARTHAR RINPOCHE

Refuge is required and will be offered. Commitments may be given. \$20

JANUARY

January 1

FIRST LIGHT

At sunrise, we renew our prayers for world peace and offer long-life blessings with the lighting of 108 offering lamps. The names and dedications of those donating toward the lamps will be read.

January 8-13

SHAMATHA RETREAT KHENPO KARMA TENKYONG

Buddhist Meditation Master, Khenpo Karma Tenkyong, takes you on a five-day journey through the basics of shamatha meditation for a healthy mind and body. Learn why meditation is a central practice of Tibetan Buddhism and receive teachings on the nine stages, five preparations, seven postures, and seven conditions necessary for meditation. Practice different aspects of shamatha, including sight, sound and breathing techniques for focusing and quieting your mind. \$120/\$96 members

January 15-20

NGÖNDRO RETREAT LAMA KARMA DRODHUL

Ngöndro is the foundation practice for the Kagyu lineage and gives all subsequent practice, including mahamudra, its substance and strength. Lama Karma has brought many practitioners to this life-changing path. Beginners and practitioners receive instructions, make progress in their practice and can have personal interviews with Lama Karma. \$120/\$96 KTD members.



AMBER BONGER

DAILY SCHEDULE

All practices are voluntary. Sitting meditation is held in the main shrine hall. Green Tara and Chenrezik are held in the Green Tara Shrine Room. Mahakala is held in the Mahakala Shrine Room.

6:00 am:	Green Tara prayers	4:30 - 5:30 pm:	Mahakala Protector prayers
7:30 am:	Breakfast	6:00 - 6:45 pm:	Supper
8:30 - 9:30 am:	Sitting Meditation	7:00 pm:	Chenrezik prayers
12:00 Noon:	Lunch		

TSOK OFFERINGS

A tsok or feast gathering is one of the most important practices of Tibetan Buddhism. It is a powerful method of purification, representing a gathering of fortunate individuals, offerings, deities, merit and wisdom. All are welcome to attend these ritual practices, which feature chanting prayers and food offerings.

Karma Pakshi Tsok		Guru Rinpoche Tsok	
OCTOBER 7, WEDNESDAY	6:30 - 8:30 pm	OCTOBER 23, FRIDAY	7-8 pm
NOVEMBER 6, FRIDAY	10 am - noon	NOVEMBER 21, SATURDAY	7-8 pm
DECEMBER 5, SATURDAY	6:30 - 8:30 pm	DECEMBER 20, SUNDAY	7-8 pm
JANUARY 4, MONDAY	6:30 - 8:30 pm	JANUARY 19, TUESDAY	7-8 pm

STEPHANIE COLVEY



MONASTERY TOURS

Free guided tours are available to the general public and monastery guests on Saturdays and Sundays at 1 pm. Meet in the Gateway near the bookstore. On Saturdays, the tour is followed by a free Introduction to Meditation class from 2:00 - 3:00 pm.



INTRODUCTION TO MEDITATION

On Saturdays from 2 - 3 pm, KTD offers a free Introduction to Meditation class in the Amitabha shrine room. Daily sitting meditation is held in the main shrine room from 8:30 - 9:30 am. Contact: Jan Tarlin, 845-679-5906 x1012, jan@kagyu.org

INTRO TO TIBETAN BUDDHISM

Our free Introduction to Tibetan Buddhism class takes place from 7:30 - 8:30 pm on Wednesday nights in the Amitabha shrine room. The classes explain the history, practices and principles of the Kagyu Tibetan Buddhist tradition. Arrive at 7:00 pm for a half-hour of sitting meditation before class begins.

DHARMA BOOK STUDY

A free dharma book study class is offered from 7:30 - 8:30 pm on Thursday nights in the Residence library. Arrive at 7:00 pm for a half-hour of sitting meditation before class begins.

PRIVATE INTERVIEWS

During teachings, Rinpoches and lamas sometimes give private audiences to discuss questions related to practice and spiritual life. Please request an interview when you make your reservation, as availability is limited.



BETH KEENAN

PERSONAL RETREATS

When accommodations are available, meditators may do a personal retreat, consulting with KTD's resident lamas to develop a daily practice schedule. Please submit a personal retreat application form at least two weeks in advance. The application is reviewed by KTD lamas for approval. Contact Guest Services at office@kagyu.org.

GETTING TO KTD

Driving from the South: Take I-87 to Exit 19 (Kingston). Go west on Route 28 for 5.7 miles, then turn right on Rt. 375 and continue three miles to Rt. 212. Turn left to enter Woodstock. At the town center, turn right onto Rock City Road, which becomes Mead Mountain Road. Continue 2.5 miles to the top of the mountain.

Driving from the North: Take I-87 to Exit 20 (Saugerties exit). Take Rt. 212 West straight into Woodstock and follow above directions.

If the parking lot is full, please do not park in the trailhead parking lot across from the monastery or on the road. Parking at KTD's lower parking lot is available.

By Bus: The Adirondack Trailways bus line from Albany or New York City connects in Kingston with buses to Woodstock. Taxis are available in Woodstock from 6:00 am - 10:00 pm on Fridays and 6:00 am - 6:00 pm the rest of the week. Please call 845-679-7766 or 845-679-8294 in advance so a taxi will be waiting for you.

By Plane: The nearest airports are Albany International Airport (ALB) and Stewart International Airport (SWF) in Newburgh.

Call us to register: 845-679-5906 Ext. 3 or visit kagyu.org