

# April @ KPC

## 2009

**KUNZANG Palyul Chöling** is a Vajrayana Buddhist Temple in the Nyingma tradition, under the direction of Jetsunma Ahkön Lhamo.  
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**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>	<b>2</b> 17th Anniversary of <b>Jetsunma's Invocation</b> 6:30pm–Jetsunma: Teaching for New Students†	<b>3</b>	<b>4</b> (10th Lunar day) <b>Guru Rinpoche Day</b> 4pm–Rigdzin Dupa Practoce
<b>5</b> Sunday Schedule* 7pm–Phowa Practice	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> (15th Lunar day) ○ Full Moon TBA–Ordained Sojong 6:30pm–Jetsunma: Teaching for New Students† <i>Passover</i>	<b>10</b> <i>Good Friday</i>	<b>11</b>
<b>12</b> <i>Easter</i> Sunday Schedule*	<b>13</b> (19th Lunar day) 7pm–Vajrakilaya Tsog	<b>14</b>	<b>15</b>	<b>16</b> 6:30pm–Jetsunma: Teaching for New Students†	<b>17</b> 24th Anniversary of the 24-hr. Prayer Vigil	<b>18</b>
<b>19</b> (25th Lunar day) <b>Dakini Day</b> Sunday Schedule* 11am–Shower of Blessings Tsog	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> 6:30pm–Jetsunma: Teaching for New Students†	<b>24</b> (29th Lunar day)	<b>25</b> (30th Lunar day) ● New Moon
<b>26</b> Sunday Schedule*	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> 6:30pm–Jetsunma: Teaching for New Students†	If you'd like to learn more about Buddhist teachings and practice, contact KPC's Voice Mail (301) 710-6259 and leave a message with your name and phone number—someone will return your call.	

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

10:00 am	Meditation; Teens Class
11:00 am	Shower of Blessings Tsog – <i>Public Invited</i>
12:30 pm	Lunch (Community Room) <i>Meat &amp; vegetarian entrees</i>
1:00 pm	Children's Class; Riwo Sang Chöd (Fire Puja)
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.

### Daily Tsog Schedule —

Sunday	11 am	Shower of Blessings	
Monday	7 pm	Vajrasattva	(unless
Tuesday	7 pm	Shower of Blessings	otherwise
Wednesday	7 pm	Vajrasattva	specified
Thursday	11 am	Shower of Blessings	on front of
Friday	7 pm	Vajrasattva	calendar)
Saturday	4 pm	Shower of Blessings	

## His Holiness Pedma Norbu Rinpoche 1932 – 2009



His Holiness Pedma Norbu Rinpoche, the 11th Throne Holder of the Palyul Lineage, entered his final meditation at 8:20pm March 27, 2009 at Namdroing Monastery in India. For a number of years KPC was his Seat in the West. Even as we grieve the passing of such a precious being, we celebrate the connection with Holiness and Jetsunma which has produced amazing and miraculous gifts. During this time of heightened opportunity for prayer, practice and making offerings we also honor and celebrate these memories with joy, gratitude, and renewed resolve.

## KPC Weekly Schedule

### SUNDAYS:

- 10 am Meditation; Teens Class
- 11 am Shower of Blessings Tsog
- 1 pm Children's Class; Riwo Sang Chöd (Fire Puja)
- 2 pm Dharma Teachings by Jetsunma Ahkön Lhamo (live or video)

### SPECIAL DAYS:

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

## THURSDAY NIGHT CLASS

## Turning the Mind to Dharma

### Beginners' Series with Teachings by Jetsunma

### Thursdays at 6:30 pm

*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.*

## Celebration of the 17th Anniversary of *Invocation*

On April 2, 1992, Jetsunma spontaneously brought forth *Invocation*, a mystical message of longing for true wisdom and compassion to make its appearance in the world and liberate beings from their confusion and suffering. *Invocation* can be used as a profound meditative practice as it naturally stimulates and calls forth compassion and devotion within the mind.

*Invocation* CD, and *How to use Invocation as a Meditative Practice* booklet are available in the Mani Jewel gift store and also at [www.palyulproductions.org](http://www.palyulproductions.org).

### Invocation

Lord Guru, teach me to see your face  
Rinpoche, teach me to call your name  
Come Come Come Come  
Appear in Nirmanakaya form  
Make your holy face appear  
Be known to us now.  
Do not leave us comfortless  
Do not abandon your vow  
Bring us your nectar  
For we thirst ... We thirst!  
And we cry to you  
Stainless, Precious One!  
Without your blessing we are helpless  
Do not refuse this voice.  
I offer my body, speech and mind  
Take this body to enhance your activity  
Make of this speech a perfect voice  
And in my mind you are enthroned  
upon the lotus in my heart.  
Use me Use me Use me  
For the sake of all beings  
that they might be free  
Ah La La Ho  
Ah La La Ho  
Ah La La Ho  
For their sake, my children  
For their sake, my children.

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## 24-Hour Prayer Vigil Celebrates its 24th Anniversary

On April 17, 1985, Jetsunma and a group of about 25 students began a continuous, 24-Hour Prayer Vigil, dedicated to the alleviation of suffering in the world. Since its inception, over 200,000 hours of continuous prayer have been logged by hundreds of people, all united in the conviction, born from experience, that prayer effects change. The Prayer Vigil continues unbroken to this day and the Prayer Room is open to all 24-hours-a-day.