

# March @ 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
<b>1</b> x100,000 Sunday Schedule*	<b>2</b> x100,000	<b>3</b> x100,000	<b>4</b> x100,000	<b>5</b> (9th Lunar day) x100,000 10am–Vajrakilaya Tsog  6:30pm–Jetsunma: Teaching for New Students†	<b>6</b> (10th Lunar day) <b>Guru Rinpoche Day</b> x100,000  7pm–Rigdzin Dupa Practice	<b>7</b> x100,000
<b>8</b> x100,000 Sunday Schedule*  7pm-Phowa Practice	<b>9</b> x100,000	<b>10</b> x100,000	<b>11</b> (15th Lunar day) ○ Full Moon <b>Chotrul Düchen</b> <b>10 Million Day</b> (See schedule on reverse) TBA-Ordained Sojong	<b>12</b>  6:30pm–Jetsunma: Teaching for New Students†	<b>13</b>	<b>14</b> (19th Lunar day) 10am–Orientation to KPC  4pm–Vajrakilaya Tsog
<b>15</b> Sunday Schedule*	<b>16</b>	<b>17</b> St. Patrick's Day	<b>18</b>	<b>19</b>  6:30pm–Jetsunma: Teaching for New Students†	<b>20</b>  <i>Vernal Equinox</i>	<b>21</b> (25th Lunar day) <b>Dakini Day</b>  4pm–Shower of Blessings Tsog
<b>22</b> Sunday Schedule*	<b>23</b>	<b>24</b>	<b>25</b> (29th Lunar day)  TBA–Ordained Sojong	<b>26</b> (30th Lunar day) ● New Moon  6:30pm–Jetsunma: Teaching for New Students†	<b>27</b>	<b>28</b>
<b>29</b> Sunday Schedule*	<b>30</b>	<b>31</b>	<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. All are welcome to join.		If you'd like to learn more about Buddhist teachings and practice, email KPC' at <a href="mailto:kpcinmd@gmail.com">kpcinmd@gmail.com</a> with a message, name and phone number—someone will get back to you.	

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

10:00 am Meditation; Teens Class  
 11:00 am Shower of Blessings Tsog – *Public Invited*  
 12:30 pm Lunch (Community Room) *Meat & vegetarian entrees*  
 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	<i>(unless</i>
Tuesday	10 am	Shower of Blessings	<i>otherwise</i>
Wednesday	7 pm	Vajrasattva	<i>specified</i>
Thursday	11 am	Shower of Blessings	<i>on front of</i>
Friday	10 am	Vajrasattva	<i>calendar)</i>
Saturday	4 pm	Shower of Blessings	

## 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.
- 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.*

## Entering Into The Mandala

Saturday, March 14, 2009 10am

Once a month, Spiritual programs offers a class as part of an introductory series focusing on 'Everything you ever wanted to know about KPC, as a spiritual community, and how one can engage in this mandala of activity.' We will offer a tour of the temple and stupa park, (weather permitting), introduce the various activities that one can become involved in, how to get started on the path and what resources are available to you. There will be lots of time for questions.

## Continuation of LOSAR

### Tibetan New Year 2136

*The Year of the Earth Cow*

The Tibetan New Year, Losar, began on February 25th. Losar marks the start of a 15 day period wherein the virtue one accumulates is considered to be multiplied 100,000 times. The final day is one of the four great festivals of Tibetan Buddhism, **Chötrul Düchen**, and commemorates the Buddha's display of miracles for fifteen days in order to increase devotion of his disciples.

The period of Losar is an excellent time to visit the Temple, make offerings and engage in practice. We invite you to join us during this time of prayer and celebration.

### Friday, March 6 Guru Rinpoche Day

7 pm Rigdzin Dupa Tsog

### Wed., March 11 Chötrul Düchen – 10 Million Day

7 am Reading from *Lives and Liberation of Princess Mandarava* at Enlightenment Stupa

Offerings at Stupas

9 am Morning Prayers – Riwo Sang Chod, Vajrakilaya, 21 Homages x21

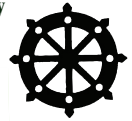
Noon Lunch

1 pm Open Shower of Blessings

3 pm Live Releases around Migyur Dorje Stupa

5 pm Refuge and Bodhisattva Vows by Jetsunma; Shower of Blessings Tsog

(Sutra recitation throughout the day)



## DRAGMAR TULKU TO VISIT KPC EARLY THIS SPRING



Watch [tara.org](http://tara.org)  
for updates about  
his schedule!