

Dharma News

~ Karma Thegsum Choling Dallas ~
a Tibetan Buddhist Meditation Center of the Karma Kagyu Lineage

~~~~~ Lama Kathy Wesley's Visit to KTC Dallas ~~~~~



Lama Kathy poses with Angela Cloward (visit coordinator)

Lama Kathy's public talk on "The Gentle Power of Love" was well attended, well received and auspiciously timed to occur on Valentine's Day. The program continued with two all-day seminars. The first was on "Prayer, Compassion and Devotion". The second was dedicated to "Tonglen Meditation". All events were held at the center.

Lama Kathy tirelessly met with various groups throughout her visit (such as a "Karma Pakshi Workshop" group, the Children's Class, the "Boardinators", et cetera.)

If you missed any of her gentle teachings, audio tapes were made and copies are available from KTC Dallas. Contact Bruce Roe for information.

Lama Kathy writes:

To all my Dharma Friends at KTC Dallas:

Thank you, Thank you, Thank you! I have felt so nurtured and cared-for by all of you, and have gained a lot from your presence.

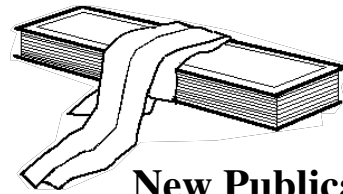
Your sangha's strength, enthusiasm, harmony and vigor have refreshed and inspired me -- I feel so blessed to have been here and to have spent this time with you!

Please keep up your good work in the practice of the Dharma - this path that makes all things worthwhile. Please take good care of Lama Dudjom Dorjee who is His Holiness' representative; please take care of the harmony you have with each other, which is like nourishing and sustaining food; and please take care of your Buddha Natures, always taming the Kleshas that cover its brilliant wisdom and clarity.

Please pray for His Holiness and our teachers; please remember me in your prayers, too - and I will remember you in mine. :-)

Keep on dedicating that merit! -May all beings benefit -
Sincerely yours in Dharma, Kathy Wesley

Thank you for coming Lama Kathy, even though this may not have been the easiest time for you to visit us. (Lama Kathy's mother [Jean Cheesebrew] passed away recently- at the end of December.)



New Publications!

by Khenpo Karthar Rinpoche
Entitled "Taking Refuge", it is available from the Namse Bangdzo Bookstore at KTD.

by Khenpo Tsultrim Gyamtso Rinpoche
"The Sun of Wisdom", a book of teachings about Nagarjuna's "Fundamental Wisdom of the Middle Way", is now available at the Shambhala website, www.shambhala.com. It should be in bookstores by mid-March.

KTC Dallas

Karma Thegsum Choling is a center for teaching and meditation practice in the Karma Kagyu tradition of Tibetan Buddhism.

Ven. Lama Dudjom Dorjee is our resident teacher, and we also host other teachers from the Karma Kagyu tradition.

KTC is located at 312 S. Winnetka, between Jefferson Blvd. and 12th Street in the Oak Cliff area of Dallas, in a two-story, tan house with white trim. Off-street parking is available in the rear of the building.

Visitors are welcome!

Membership

Local membership in KTC Dallas is a tax-deductible \$10 per month. Your dues help continue Karma Kagyu teachings in Dallas, and you stay informed via this newsletter.

National membership is another \$15 per month, in addition to your local membership. You also receive *Densal*, the newsletter of KTD, the main Karma Kagyu center in the United States, located in Woodstock, New York and online at www.kagyuu.org.

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Yolanda Barner, Secretary
Graciela Montani, Treasurer
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Grounds	David Omo
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Lama Hospitality	Yolanda Barner
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Umdze	Bruce Roe
Website	Susan Swaim

KTC Yard sale - Feb 1

The weather was great for the Yard Sale and we had a lot of fun doing it. We made \$336 during the day and there were additional dollars that came in from selling the books at Half-Price Books.

Thanks to Theron Ramos, Jessica Sullivan, Randy, Sandra and Elizabeth Turner, John Springer, Robert Lawson, Charles and Margeaux Baiamonte, Anne Johnson, Bruce Roe, and Larry Keenan.



Did you know?

Our Illustrious Leader, Larry Keenan (KTC Director), spoke on Buddhism to the Multifaith Exchange Project group on Tuesday evening, January 7th at Bangkok City Restaurant.

He also spoke briefly at an event at the Martin Luther King Educational Center on Feb 22nd.

REMINDERS:

There are almost continual updates to the KTC Dallas website (thanks to Susan Swaim) check it out!
www.KTCDallas.org

Spic n Span, Ma'am

Want to pitch in, but still don't know where?
Saturday volunteers are preciously appreciated - they get the weekly cleaning done!
Sign up on the library bulletin board.

KTC Information:

Phone 214.948.3348
Email News b_keenan@earthlink.net
Website www.ktcdallas.org

Library Hours

Sun 9 - 9:30am & 12:15 - 12:45pm

Wednesday before and after
Medicine Buddha (if someone volunteers)

Thurs 7 - 7:30pm, 9 - 9:30pm

Our Library relies on volunteers. Please speak with or email Shelly if you can assist:

shellysparkman@earthlink.net.

Spring 2003 Newsletter

Coordinator: Lori Rasor
Editor: Bruce Roe
Contributors:
Angela Cloward
Beth Keenan
Charles Baiamonte
Chris Delaplaine
Bruce Roe
Larry Keenan
Susan Swaim
Yolanda Barnard et al.

To contribute to the newsletter, please talk to Lori, or email lori@benjaminonline.com.

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December Nyung-ne

(by Beth Keenan)

Nyung-ne continues to be a most intense, vibrant, deep Dharma activity for those of us fortunate enough to be able to participate. Our deepest appreciation to Ven. Lama Dudjom Dorjee for making this opportunity possible and leading us through the practice.

Special thanks to:

Servers: Sue Womack, Larry Keenan, Tacho Dorjee, and Tiffany Henderson.

Coordination and Shrinekeeper: Chris Delaplaine

Chopon: Yolanda Barner

Participants: Jack Lee, Ann Lee, Ben Koch, Mark Stanfill, David Omo, Charles Baiamonte, Sam Brodsgaard, Hoa Nguyen, Yolanda Barner, Chris Delaplaine, Michael Carr, Shelly Sparkman, Clay Youngblood, John Springer Beth Keenan, Bruce Roe, Jack McMahan, and Angela Cloward

The date of Saka Dawa this year is April 15, per Michael Erlewine's Practice Calendar. Because of the auspiciousness of that date we are planning to have a Triple Nyung-ne at that time. Watch for flyers at the KTC.

Tashi Delek!



John Springer moves into the neighborhood...

Long time KTC Dallas patron John Springer joins the list of Dharmadillos who have moved to within walking distance of the KTC. Who will be next?



Julie Anderson Marries

Sangha member Julie Anderson sent out an invitation to an "Infinite-Bonding" ceremony. Julie and her daughter Christina were bonded with Dick on Jan 2, 2003 at 4:00pm at Longchenpa in Richardson by Khenpo Tsewang Gyatso Rinpoche. Tashi Delek!

Emma Harpole Visits

Thanks to Andy and Kellie Harpole, for bringing Emma, three months old, on her first KTC visit.

The Passing of Tessie

Jessica Sullivan's beloved Cocker Spaniel, Tessie, died Thursday Evening, Dec 26.

Richard Parvin's Health Improves

Richard has suffered from chronic back pain for some time. After two recent back surgeries he writes, "Back Surgery is like a miracle. I have only discomfort from the surgery, the chronic pain is just not there any more... Thanks to every one for your thoughts and prayers."

KTC Christmas Party

On the Sunday before Christmas, after morning meditation, a large group of the KTC sangha descended on Ton's Mongolian Pit BBQ Grill, in Grand Prairie. The uncooked food was individually selected and then handed to the cooks to prepare. The food was excellent and it was fun to watch the cooks prepare it on a large circular grilling platform. It was an "all you can eat" affair and some folks did!

Christmas Day Party at Chez Keenan

Beth and Larry Keenan opened their house for a general get together on Christmas day. It was a comfortable and good smelling time with lots of good things to eat and drink - a relaxed potluck feast. We sang some of the songs taught to us recently by Khenpo Tsultrim Gyamtso Rinpoche. Presents to each other were in the form of food and friendship. Anne Johnson provided a delicious fried turkey from Popeye's.

After a hearty meal the group trekked to Jessica's place for Desserts. One hit was a "Proper English Christmas pudding" that was set on fire just prior to consumption.

Prayers for the Lost

Clay Youngblood had two cats, but one of them died and the other has run away. Clay requested that we send a special prayer to his cat, Elvis, who ran away. "He is very over weight and can't survive on his own." Also, please pray for all sentient beings who are lost and without a home.

Nine Stages of Zhi-ne - Stage 2 - Continuously Settling - (Gyun-du-jok-pa)

རྒྱུ་དུ་འཛོལ་པ་ནི་དང་པོར་གཏང་པའི་སྐྱེས་པའི་ཉིད་གཞན་དུ་མི་གཡིང་བར་དམིགས་པ་དེ་ལ་རྒྱུ་དུ་འཛོལ་པའོ།

(The following is an excerpt from a talk given by Lama Dudjom Dorjee at KTC Dallas on February 14, 1999.)

We are working on the nine types of meditation from the "Ornament of Sutra", and today we are going to talk about the second one, called "gyun-du-jok-pa".

"Gyun-du-jok-pa" is putting the mind at rest continuously. It will be putting the mind in a place where it's very peaceful and restful continuously. It's continuous in a way that there's no break in between. What that means is that your mind, your awareness, is focused on a particular point that you choose and you do not break your focus. You continue to watch through your awareness whatever physical object or imaginary object that you chose to begin with.

One illustration is a very thin thread that's like the thread of silk worms. You connect it from your mind to the object which you are concentrating on. Then you rest your mind on the object.

Remember, every technique that we are learning is slightly different, but any of these techniques will be useful and of benefit for your meditation. So today we are looking at the one that's called "resting the mind (or settling the mind) in a peaceful environment continuously". We must not lose the connection. We must not allow the silkworm's thread to break. So there's no jumping up in your mind, no sleepy mind, no drowsing mind, and no dark mind. None of these will be allowed. {Students: (light laughter)} There's no labeling, no interpreting, and no reporting to the central headquarters. {Students: (laughter)} There are none of those. You must simply continuously maintain the silkworm's thread.

The root text says, "Gyun-du-jok-pa-ni-dang-por-te-pai-sem-de-nyi-zhen-du..."

Between the object that you choose and you there is a silkworm's thread that represents your awareness. Nar-wai
[[ན་ར་གའི]] - There's no interruption.

Mik-pa-de-la [[དམིགས་པ་དེ་ལ]] Your awareness never moves from this

silkworm's thread that represents your mind.

Do not break the silk thread in your meditation. This means that your awareness should not be interrupted. Also, the object that we are watching should not expand and should not shrink. It's very important that it stays the same way as it started out. Shrinking the object or expanding the object is a different technique that we will do later. The silk thread should not become a big rope because you are worried that it might break. Also it should not become so thin that you can't really see it very well. That's not okay. Those techniques will come later. So act like a parrot and copy me. Don't break it, don't make it bigger, and don't make it small. Use your common sense.

In terms of the thickness of the thread, maybe from your place to look up here, it's this size. <<<LDD indicates a small string hanging from the book in front of him>>> But from my place to here, it still looks too thick.

This technique of maintaining the thread of awareness continuously on the object has many of the aspects of one-pointed meditation and, as such, its mastery will allow you to do ninety percent of what's involved in accomplishing other meditation techniques. So, you can include and use this technique, and be sure to watch out for those sidetracks!

Now, if anyone has any questions please let me know.

Questions & Answers

Q: Is the object you watch something you can see right now with your eyes? Or is it maybe something you remember seeing?

A: Generally speaking, you can do it either way and it will be okay. You can use a physical object, or an imaginary object. However, I recommend that this particular time you use a physical object. This means that you use something that you can really see in front of you.



Q: I'm very sleepy this morning. What's a useful technique to use when I get drowsy, and then I make an effort to come back, and then I get drowsy again? I go halfway through and get sleepy. What's a good technique to deal with sleepiness, to wake up?

A: Perhaps you could open your crown chakra a little bit. {Students: (light laughter)} Then your drowsiness or sleepiness should go away. Be careful not to open it too far. You can also alter the angle that the chin is bent at. If you bring the chin up a little bit then that might also help. But if we go too far up, too high, or open the crown chakra too far, then we might be labeling and interpreting for the rest of samsāra. (laughs)

Q: When you're imagining the thread, can you imagine that it's a really, really strong piece of thread? I'm asking this because when I was doing this practice my thread was breaking left and right. {Students: (light laughter)} I couldn't keep it together because it just kept breaking. So I started to imagine that even though it was really fine, that it was really strong. I found that, that really helped me to not be so scattered with my thoughts.

A: Well that type of situation, the way you described it, is not unusual - it's usual. It's because our concentration is not strong enough yet. Our concentration will be the end of that thread and at the

end of that thread there is an object. That's what we are watching. So you can have a view that the thread is not going to break. It can be strong and clear. But then you have to let it go. Let it go and go to the main object. One-pointedly concentrate on the main object, and that will be the best. In other words, I'm not saying that we cannot have a notion, or a feeling, or an idea, of the size, and the color and whether it is breaking or not. All those things are a part of the package. However, our main goal is not those characteristics, but instead it is what's at the end of the thread. The thread represents your awareness.

Q: It sounds like what may be really useful is to have the feeling and the intent to have my awareness directed outwardly. If I'm looking off into the shrine, then it's to really have that feeling of being outward, connecting out, going out to that. So, we're paying attention to the end of the thread at the object instead of paying attention to something on the shrine. Is it useful for me to really have the feeling of expanding outward, of expanding my attention to there, that far away?

A: I think the confusion is the language. The words you use and the words I use are different, and maybe we are not clear to each other. But I think the idea is the same. The thread from you to the object is your mind. So your mind is only there if your awareness is there. You can call it "feeling", but it is still awareness. At one end of the thread is the object, and the other end of the thread is connected to you. The thread that's in between is the awareness, and this awareness is not moving, not shaking, not broken. That's what the meditation is.

Q: One end of the thread is at the object. Where should we connect the other end?

A: That's a very good question, but we can use common sense here. It will be wherever you think you are. {Everyone: (laughter)} Now, this is a good question, and the answer was also right on. {Everyone: (laughter)} If we can't find where we are, then it's hard to find a spot to attach the thread to. But in the meditation, particularly with this type of technique, you have to presume or believe that "you" are meditating, and "you" are touching the ground, and "your body" is there. You

have to believe then that you are inside the shrine room with a group of people, and there is some kind of strange guy talking to you. {Students: (light laughter)} When you develop that, you just have to believe that you are there. Then wherever you are (and I'm not picky-picky with different parts of your body - but the existence of you - wherever you think you are), you extend or you emanate or you visualize the thread coming from there. That way will be wonderful. That was a very good question.

I just want to let you know that these techniques and talks are very important teachings. The reason this thing is happening is because of your karma. It's your merit and wisdom that makes it possible for you to have a teacher who is able to teach all these teachings in detail. This way you have a chance to learn every Sunday. This is a great opportunity. I believe it is very special. It's not necessarily special that I am the one who is teaching. But I can imagine that it would be wonderful if I had a teacher who was teaching me every Sunday. I would be very glad and feel very fortunate. If you feel that same way then maybe my presence in this part of the country is of benefit and useful. And if it benefits us, then it benefits the rest of humanity. So if we can do good things while we are here, then why not?

Keep that in all of your minds and continue to practice in your homes, and continue to practice here, so that you learn something. If in 1999 you learn all these techniques, then in the year 2000, you may be good meditators. And then as a good meditator you'll be good at healing yourself, you will be skillful at working with your emotions (especially negative emotions), and also the most important part is that your spirituality will grow. Meditation helps your wisdom to grow so that you will know how to deal with a crazy world, a crazy universe. There's a lot of ups and downs, and you might call them "tension", "stress", "competition", "challenges", and "struggles". How are we going to deal with all of those things? Meditation is a single technique that will probably help you more than anything else. If we see that, if we realize that, then we are not

going to play around with meditation. We are going to really do it.

So as we develop and move towards the Twenty-first Century, we have to develop our wisdom side-by-side so that we can meet those challenges and deal with them. Meditation is very important on a personal level, and then on the community level, and then on the universal level. Higher meditation is very useful and important for all of us. Your heart will become big. I'm not talking about your physical heart, but your mental heart will get much bigger. We will be stronger, and we will enjoy more the life that belongs to us. The companions around us in the universe, the sentient beings that are around us, we will enjoy them more happily, more strongly, and more profoundly, because of meditation.

Repeat this practice.



Notes from Lama-la in India

Dear K T C Sangha...

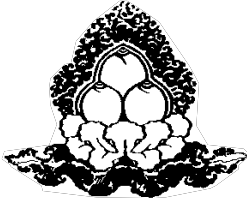
(1/10/2003) - Just wanted to let you know that we are doing very well and my mother is doing OK - I mean she can't move by herself or eat - so we have to watch her day and night.

Please do prayers for all mother sentient beings. Tashi and Tashi Dolkar are still in Delhi, the capital of India. They will come to south India within few weeks to see grandmother.

(2/15/2003) - Here is Lama la and family and we are doing very well and happy with our family. Our mother is doing a little bit better, we had a good time so far. Love to hear from all of you.

(2/26/2003) - Thank you for the mail and I am OK and my mother is OK and she seems much better since I came home. Please give hello to everybody from us.

yours in Buddha Dharma
Lama D.Dorjee with Tashi delek



Ngondro Prostrations Class

Rob Holmes conducted an instruction class for the first part of Ngondro (Prostrations) on January 12th 2003 at 2:30 pm in the KTC shrine room. The class was geared toward students who had already received the Ngondro LUNG and needed actual practice instruction before beginning.

To prepare for the class the students were encouraged to read through the Ngondro Sadhana, study the Kagyu Refuge Tree, read the appropriate part of the Torch of Certainty, and peruse Khenpo Karthar Rinpoche's Ngondro Commentary.

Thanks to Rob Holmes for his detailed and approachable Ngondro instruction class. And thanks to the participants, who were well prepared and well informed.

**Excerpt from
"A GOD IN EXILE"
LONDON SUNDAY TIMES
5 JANUARY 2003**

"Photographing the 17th Karmapa was surprising but also frustrating - surprising because he turned out to be an expert on PlayStation and rap music, and frustrating because I wasn't allowed to photograph that aspect of his life"...

Chris Delaplaine's Father Dies

(Chris writes...)

I would like to ask you all to think of my father (John Delaplaine) in your prayers. His Leukemia resurfaced and he endured a lot of problems with its complications and the side effects of medications. He passed away on 2-23-03 at 1:15 am. He was in extremely poor health for the last several weeks and died of heart failure. I will miss him and his kind protection.

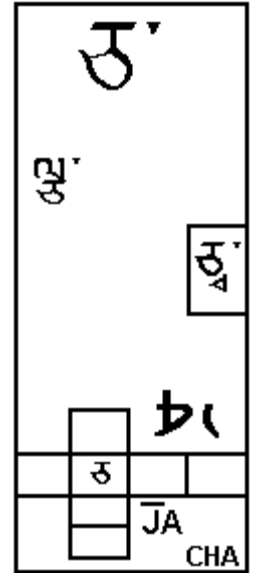
Lama Kathy gave me a black pill that His Holiness the 16th Karmapa had blessed and some blessing material to put on the crown of his head. I was able to do that after they let me in after my father had passed. I am very thankful for her help and support. Thanks for any help you all can offer.

(You may have seen Chris' dad working around the KTC. On more than one occasion his father helped him with some of the KTC yard work. - Bruce)

Tibetan Language Study Group

After Lama Dudjom Dorjee's last Tibetan Language class (The final meeting was on Dec 17) a hearty group has been regularly meeting on Tuesday evenings to study Tibetan together. This group has taken an informal approach to learning Tibetan. Their emphasis has been learning patterns of everyday speech, reading and translating small amounts of text, and review. The classes have helped the study group to stay active with using Tibetan and should help them to be better prepared for the next series of Lama Dudjom Dorjee's language classes.

One amusing translation effort concerns the story of Rabbit and Frog ("Rabbit's Revenge"). A poetic word for 'frog' in Tibetan is 'Swamp Lion'. This rabbit and frog do some peculiar things. Or is that just our translation?



Beth Keenan Conducts "Vajra Song" Classes

Several songs were taught to us by Khenpo Tsultrim Gyamtso Rinpoche and Lotsawa Ari Goldfield during their recent visit to KTC Dallas. Beth went in detail over each of the songs (2 to 4 per meeting), and then worked with the class on the melodies.

The songs reviewed were:

"All These Forms" - by Khenpo Trultrim Gyamtso Rinpoche

"An Authentic Portrait of the Middle Way" - by Milarepa

"The Four Supreme Things and the Eleven Supreme Things" - by Milarepa

"Identifying a Capable Student" - by Milarepa

"The Profound Definitive Meaning: Sung on the Snowy Range" - by Milarepa

"Seven Ways Things Shine Inside and Out" - by Milarepa

"Song of Mahamudra; in Reply to the Challenge of the 3 Scholars" - by Milarepa

"The Sources of Power" - by Milarepa

"Twenty Seven Cases of Dissolution: Sung to a Female Spirit" - by Milarepa

"Ultimate View, Meditation, Conduct and Fruition" - by Milarepa

After the final class Charles Baiamonte recorded the group singing all ten songs and a copy was sent to Rinpoche and Ari, letting them know that we have completed our 'homework' and to please visit again and teach us more soon!

Graciela Montani's Mother Dies

After a prolonged illness and a recent visit from Graciela, her mother passed away at approximately 6:30 pm Monday, January 13th. Her name was Salud Lopez.

Graciela was en route back to Argentina when she got the news. Graciela asked that we pray for her mother so that she can go through the bardo as peacefully as possible.

The 4th Annual With the Wildflowers Retreat a.k.a. the Bluebunny Retreat with The Ven. Lama Dudjom Dorjee March 21-28, 2003



Held at Camp El Tesoro, in Acton, Texas (1 hr. 20 minutes from Dallas, 1 hr. from DFW airport). Teaching, Meditation, and Discussion, with time to explore the nature trails and facets of this very large and private site on the Brazos River.

Accommodations are rustic but comfortable.

Ven. Lama Dudjom Dorjee will continue to teach from *The Union of Mahamudra and Dzogchen: The Quintessence of Spiritual Practice, The Direct Instructions of the Great Compassionate One*, by Karma Chagmey. Karma Chagmey was a great Kagyu / Nyingma yogi and poet who lived in the 17th century. This text presents pith instructions on the path to enlightenment.

Weekend Retreat

March 21-23 (Friday evening - Sunday afternoon) \$100.00

Week-Long Retreat

March 21-28 (Friday evening - Friday midday) \$315.00

(Price does not include group dinner out at a restaurant Thursday evening.)

Pick up a Flyer from KTC Dallas when you re there or contact Beth Keenan (e-mail: b_keenan@earthlink.net Phone: 214-948-5540) for additional details.

Losar at KTC Dallas

Sunday, February 2nd KTC Dallas celebrated LOSAR (the Tibetan Calendar New Year). It started at 8 am with Tara Puja using 5 colored auspicious rice for the Mandala offering. Meditation began at 9:30. The Children's Class gave a fine first demonstration/performance hope to see more of them in the future! The Children's Shrine was setup to the right of the main shrine. This was followed by the Tashi Prayer and katas were offered to H.H. Karmapa/The Shrine. Then auspicious traditional Tibetan foods were served in the Shrine Room with tea.

Center Director Larry Keenan gave a short talk on what His Holiness Karmapa has been doing recently and the Tibetan Calendar/Astrology. Our celebration concluded with the singing of some of Khenpo Tsultrim's Vajra songs.

The celebration was joyful and packed full of people. Thanks for all the beautiful flowers, the excellent and varied offerings, the servers. Thanks to Charles Baiamonte for washing the dishes and to Karen Jackson and Shelly Sparkman for cleaning the Center for the New year.

From KTD we received a wish that we have a happy, healthy and prosperous year of the Water Sheep.

New KTD Dues Policy - by Larry Keenan

Just a reminder that per the policy adopted this year by KTD (Woodstock) to stabilize their financial base, KTCs are required to pay National dues in advance. Graciela (our treasurer) has 'fronted' the money to KTD for all paid-up National members for their 1st Qtr. dues. If you are a member at the "National" level, please remember to pay your dues, otherwise we are out the money. You can of course pay on a monthly, quarterly, semi-annual or annual basis, whatever is most convenient. If you do not pay the whole year up front, please remember your ongoing commitment to pay dues in advance through the course of the year. If it should become necessary to withdraw from National membership, please let Graciela Montani or Larry Keenan know as soon as you reach that decision, so that we are not paying dues that we cannot recover.

- Thanks for your continued support Larry

This Old House

~ Shoe Storage Project ~

Dave Larcade and Bruce Roe (with a little help from Sam Brodsgaard) opened up the "useless" closet under the stairs to create a "useful" shoe storage and coat rack area. As this area faces the front door its location is ideal.

~ Porch Swing Removal ~

Due to a "crash" in the porch swing when being used by Elizabeth and Margeaux we have taken the swing down. Elizabeth received a bad sprain of her ankle.

Children's Class News

Under the guidance of Yolanda Barner-Thomas the Children's Class created a small portable children's shrine. They talked about the different things on the shrine and what they mean and why. They also learned the hand mudras for the 8 offerings. The objects were made out of sculpy clay, cloth, cardboard, paper and felt. On Losar the children demonstrated their ability to do the offering mudras in front of their shrine in the shrine room.

They are currently working on making their own meditation cushions and painting them with fabric paint. One extra cushion was completed first and was presented as a gift to Lama Kathy at the conclusion of a special meeting with her by the Children's Class.

Computer Error Haiku?

Your file was so big.
It might be very useful.
But now it is gone.

KTC Dallas Weekly Schedule

Sunday:	8:00am	Green Tara puja
	9:00am	Samatha meditation instruction - for newcomers
	9:30am	Samatha meditation
	10:00am	Dharma teaching by Lama D. Dorjee (2nd & 4th Sun. when avail.)
	10-11am	Children s class (alternate Sundays)
	11:00am	Dharma class (various instructors)
	11:00am	Dharma class for newcomers (various instructors)
	11:00am	Private interviews with Lama D. Dorjee (2nd & 4th Sun. when avail.)
	Noon	Sangha lunch - at local restaurant
	2:30pm	Board meeting - first Sunday (Call Larry at 214-948-5540 to confirm)
Wednesday:	7:30pm	Medicine Buddha class - w/ Joan Klein (alt. weeks - \$5 donation suggested)
Thursday:	7:30pm	Chenrezik/Amitabha puja (with Lama D. Dorjee when available)
Saturday:	8:45am	Green Tara puja
		Workday (morning to evening - Call to confirm.)

For weekly schedule updates, subscribe to the KTC email list: b_keenan@earthlink.net

Dharma News

Karma Thegsum Choling Dallas
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ADDRESS SERVICE REQUESTED

First Light New Year's Celebration (Western Calendar) - by Larry Keenan

For the intrepid souls who attended our First Light service early New Year's morning, it was well worth peeling themselves out of bed. We recited the Tashi (8 Auspicious Ones) Prayer, and then a long Green Tara sadhana that Ven. Lama Dudjom Dorjee kept moving along at an energetic pace, even by Beth & Larry standards.

Lama-la then favored us with some comments on proper attitude and behavior for the coming year. It was a short but forceful talk; personally I viewed this as Lama-la giving us an "extra dose of Dharma" to tide us over, since he must leave the country for a while to tend to personal matters. I won't exactly try to summarize his remarks, but I think it's worth taking note of the general themes for the broad KTC family of members and friends.

Lama-la said many excellent things about applying balance to one's life. If there is time for work, and sleep, and family, and recreation; there also needs to be time for exercise, for preparing and eating good food, and for your spiritual practice. We need to take care of ourselves in order to be of benefit to others.

Also Lama-la spoke about promoting the Center more in advertising, etc. The KTC Board welcomes your ideas and input concerning publicity and public awareness. We may be looking for a volunteer to coordinate this area, as we have done with other aspects of KTC business. If you think you can help with this, please contact me or speak with me on Sunday. Specific proposals can be presented to the Board, but please do your homework first and consider cost/benefit trade-offs. The KTC continues to manage on a very tight budget.

It is remarkable what KTC Dallas has accomplished in the 15 or so years of its' existence; and if our efforts conform with the intentions of His Holiness Karmapa, there really is no limit to what we can do. ~ Sarva Mangalam!