

# Dharma News

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



## Khenpo/Yogi and Singin' Ari -- Back in Dallas Again

By Larry Keenan

On Oct. 15th thru 17th, 2004, KTC Dallas was honored to host the incomparable Kagyu yogi and scholar, Khenpo Tsultrim Gyamtso Rinpoche. We seem to have become a regular stop on Rinpoche's North American tours, a circumstance for which we are profoundly grateful. Venerable Lama Dudjom Dorjee's special connection with Rinpoche is very probably the reason for our good fortune.

As in previous years, Rinpoche combined commentary on a profound Dharma text with the transmission of Vajra songs from Milarepa and other great yogis. The Dharma text was Maitreya's Distinguishing Phenomena and Pure Being, translated by Jim Scott under

**As Rinpoche said, "The dream itself is not confusion, but rather the assumption that the dream is real. Dualistic appearance and dualistic assumption are both required to have Samsara."**

Rinpoche's guidance. This challenging text addresses ordinary confused consciousness and how it is transformed into wisdom. The section dealing with "phenomena" follows the 'Mind Only' tradition in describing how confused consciousness takes the apparent distinction between subject and object as truly existent.

The section dealing with "being" follows the 'Shentong' tradition by describing the nature of mind as

self-present wisdom-awareness, or clear light. This text is not quickly taught or quickly understood in its entirety, but Rinpoche presented selected passages to give us a glimpse of its profound meaning.

Many new vajra songs were given to us, performed as always by the extraordinary translator/singer Ari Goldfield. Most were from among the many songs of the Lord of Yogis, Milarepa. Sometimes these are embedded in a story like "Kyang-pen Sky Fortress," which Rinpoche urged us to read again and again. Other songs like "Seven Delights" were presented on their own. Rinpoche described this particular song as good to sing when you are about to die. Of course, we need to practice a lot now

*(Continued on page 7)*

### 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, brownish-green 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.kagyu.org](http://www.kagyu.org).

### KTC Board of Directors

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## What is new is old

We'd like to thank Jen Sparks for the considerable effort of getting the listserv up and going, and for doing such a good job these last months. Jen now has a full-time job and we have to go back to low-tech private e-mail. Please know that you can now sign off of the Yahoo listserv, or at least discontinue posting to it, as we'd like to stop monitoring it for strays. If you are not getting Beth's email communications but would like to, just ask to be added to her list:

[b\\_keenan@earthlink.net](mailto:b_keenan@earthlink.net)

### KTC Information:

Phone 214.948.3348  
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Website [www.ktcdallas.org](http://www.ktcdallas.org)

### Library Hours

Sun 9 - 9:30am & 12:15 - 12:45pm  
Thurs 7 - 7:30pm, 9 - 9:30pm

To volunteer to help:  
[shellysparkman@earthlink.net](mailto:shellysparkman@earthlink.net)

### Winter 2004-05 Newsletter

Coordinator: Lori Rasor  
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**"May we live long , and be free of illness.  
Enjoy freedom, great resources and happiness.  
In the next life, may we meet in the Pure Realm.  
May we always practice Dharma, and benefit beings!"**

-- aspiration song given by  
Khenpo Tsultrim Gyamtso Rinpoche

### Thrangu Monastery In Need

This is the home monastery in Eastern Tibet of the great teacher Very Venerable Khenchen Thrangu Rinpoche, as well as of Venerable Khenpo Karthar Rinpoche. Earlier this year the Chinese government demolished buildings whose rental income had been the main source of support for the monastery. To restore their lost income, the monks plan to build 16 two-story buildings on a new piece of land, with 32 spaces to be rented out as stores and the like. The estimated cost of construction is \$128,000. Contributions are tax-deductible. A check payable to Karma Ling Retreat (indicating the Thrangu Project) may be sent to:

Lama Karma Lodro  
315 Retreat Road  
Delhi, NY 13753 USA

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# Children's Dharma

By Yolanda Barner

Tucked away in the back dining room, the Children's Dharma Class has continued to flourish. After our summer break, we started the fall classes by confirming our connection with Chenrizig, making paper prayer flags with the heartsong of compassion mantra "OM MANI PADME HUNG" on them, in Tibetan script. The kids had a great time. The prayer flags are called Windhorses -- it is believed that the mantras written on them are carried by the wind, bringing great blessings to all the wind touches. The children's creativity, and their delight in offering these prayers to the benefit of all sentient beings, was awesome. I had a hard time convincing one child that her baby doll wasn't a sentient, living being and I eventually gave up and we included the baby doll in the prayers.

Venerable Lama Dudjam Dorjee loaned us a wonderful children's book called "Windhorse and other Songs of Happiness." It is a song and coloring book with Tibetan wisdom stories for



## The Littlest Buddha

Wonderful news from Mark, Lisa and Jacob Stanfill: Jacob Edward Allen Stanfill was born Thursday, November 4 (an auspicious day) at 11:36 pm -- healthy and happy at 8 lbs, 6oz, 20 and 3/4".

singing, dancing and coloring, written by Prema Dasara and illustrated by Hope Campbell. The first story and song we are learning is "Tara Tames the Eight Fears." Sandra Turner and I introduced the concept of the eight fears -- jealousy, anger, desire, greed, stupidity, pride, wrong ideas, and doubt. So far we have learned about the Snake of Jealousy and for the Thanksgiving holiday we introduced the Prison of Greed. The children colored pictures from the book that represented these fears and we discussed our experiences with these fears. We also read the songs to Tara requesting her swift assistance in overcoming these fears. If anyone knows where we can get a tape of these songs, please let us know so we

can start singing and dancing to Tara as well.

We recently made holiday ornaments from the pictures of the Eight Taras. We colored and embellished images of:

- ◇ Green Tara: Mother Protector,
- ◇ Red Tara: Blazing with Love,
- ◇ White Tara: Smiling with love,
- ◇ Gold Tara: Auspicious and Shining,
- ◇ Blue Tara: Sitting in Wisdom,
- ◇ Copper Tara: Young and Playful Happy with Love,
- ◇ Black Tara: Powerfully Calling with Love, and
- ◇ Rainbow Tara: Shimmering with Love.

The children completed two that they connected with to hang on their holiday trees or decorate their homes with.

The children's class is always so much fun and though we are still small in number the love, compassion and dedication of these children is amazing.



## Tibetan Language Study Group

We are currently working with some of the basics around examining a long life prayer for Khenpo Tsultrim Gyamtso Rinpoche that was written by Jamgon Kongtrul Rinpoche in 1983.

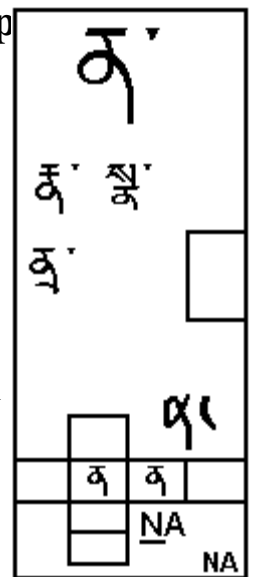
What basics? Well, there's reading... spelling... writing... transliteration... translation of the words (using a dictionary)... and making sense out of it all (i.e. putting the words into appropriate English phrases).

Of course we are still putting in some effort with conversational phrases.

The class meets regularly on the first and third Tuesday of each month from 7:00 pm to 8:30 pm in the living room at the center. We will not meet when Bruce (the organizer) is out of town or when Lama Dudjom Dorjee is teaching Tibetan Language classes. Come join us. It's fun!

*An extra note from Bruce:*

Attendance has been rather low lately but we will continue with the previous schedule for now. If attendance does not pick up over the next month or two though we will have to think about whether or not it makes sense to continue having these classes.



# 9 Stages of Zhi-ne - Stage 8 - Making One-Pointed - (Tse-chik-tu-je-pa)

ཚེ་གཅིག་དུ་བྱེད་པ་ནི་འབད་མེད་དུ་འཇུག་པའི་ཕྱིར་དུ་འབད་པའོ།

(The following is an excerpt from a talk given by The Ven. Lama Dudjom Dorjee at KTC Dallas on March 28, 1999.)

We will continue working on "The Nine Stages of Zhi-ne Meditation" from "The Ornament of Sutra" which talks about zhi-ne practice according to the sutra tradition. We have already discussed the first seven of them, and today we're going to discuss number eight.

The root text for the eighth stage says, "Tse-chik-tu-je-pa-ni-be-me-du-juk-pai-ch'ir-dun-be-pao." What does "tse-chik" mean? "Tse-chik" means "concentrate on one object," in other words "concentrate one-pointedly."

The second part of the root text says, "be-me-du." "Be-me-du" means there's no action taken on it. There's no activities involved with it. It's free from activities when you meditate on it one-pointedly.

One example is a burning butter lamp. A burning candle free from the wind is the idea. Any major or minor wind can disturb the burning flame. The flame's brightness, when it moves due to the wind, will be less. The flame represents our mind and the wind shows how it will be taken away in different directions. It shows how it can be distracted. The effect by distractions with one-pointed meditation is less. So it's free from action, it's free from labeling, and it's free from jumping. It's free from distraction. One-pointedly you continue.

The mastery of this single technique allows you to do ninety percent of what's involved in accomplishing the other meditation techniques.

Ultimately meditation will not be one-pointed because it's beyond the level of being one-pointed. One-pointed meditation is especially important for beginners, or amateurs, or for those who are brand-new. This is a very important message, and we should not forget to apply it every time we meditate. We should utilize it every time we meditate.

Our mind is like our vehicle, our car, and it's normally going everywhere. It's driving around and going everywhere, and then, suddenly, we park it in a parking lot. So what's happening then? The car's resting. When the car is not moving, that's the idea of the one-pointed mind. Suddenly mind doesn't move anywhere. It stays where we would like it to stay, hopefully. That's the one-pointed meditation.

"Zhi-ma-ne-na-lhak-mi-t'ong"

ཞི་མ་གནས་ན་ལྷག་མི་མ་རྟོང་།

"Without having developed the stability of zhi-ne, the result of insight is very little." The word "insight" in Tibetan is "lhak-tong" [[ལྷག་མ་རྟོང་]] What it really means is that you see something that you've never seen before. What we are talking about here is a little experience and a little realization. This little bit of realization comes from zhi-ne meditation. Without zhi-ne meditation this realization is impossible unless it's somebody who has had zhi-ne meditation in a previous life and then has a result now.

Therefore we have to increase, more and more, the one-pointed meditation. We increase the duration step-by-step. We increase it more and more so that it even helps in our daily life, such that whenever we begin to apply it then right away we have one-pointed concentration. We will make less



mistakes and we will hurt ourselves less.

We are of more benefit to others simply because we can see other people's state of mind more clearly. It's simply because we are one-pointed. Our mind was not partially engaged, it was completely engaged, so we can see more of other people. We can see what's going on in their life and then we can help them more effectively.

La-ma-sang-gyai-gyu-yin-te

ལྷ་མ་སངས་ཀྱི་རྒྱལ་ཡོན་དེ།

Ma-gom-war-du-sang-mi-gye

མ་གོམ་འུ་དུ་སངས་མི་རྒྱལ།

So, overall, buddhas and bodhisattvas are a cause of lama and dharma, but if we do not apply what we learn through practicing (if we don't apply it, if we fail to use it) then it doesn't mean anything. (laughs)

Realizations are very good, they're very special, but they are not going to really do anything for us if we don't meditate.



## "Holy Buddhist Bible" is Here!



On October 22, Venerable Lama Dudjom Dorjee and a group of volunteers put text covers on our newly arrived 103 volume Kangyur (Lama-la described it as "the Holy Buddhist Bible"). Special donations by Julie Markle and Charmaine Gantt made it possible for us to obtain the set.

The Kangyur manifested from the realization of the Buddha, not from someone's intellectual understanding or study. The teachings were remembered and verified by disciple practitioners who had attained Arhat realization. One of the qualities of such realization is perfect recall. After the Buddha's death they all assembled and verified each other's memory, thus creating the written Kangyur we have today.

These books contain Buddha's entire direct oral teaching (the lung). All three levels of teaching are there: the Hinayana (or Theravadin), the Mahayana (The Path of the Bodhisattva), and the Vajrayana (The Sacred and Secret Path). The volumes are also called 'Gyalwa Kangyur Rinpoche', which translates to 'The Precious Teachings of the Victorious Ones'.

The Kangyur is a major addition to any shrine room. Its appearance is said to bring good energy to the area. When the wind blows and the incense burns, the Kangyur's energy is blown to the neighborhood. Just standing close to it is beneficial. If someone who is physically or mentally sick reverently touches the Kangyur, does prostrations and makes a wish with the proper attitude and motivation, the wish will be fulfilled.

At this point, our new Kangyur volumes are wrapped, and each has its reference tab, but at some point in the future we will need to unwrap, identify, and sort the volumes. Lama Dudjom said that in our next center we'll have cabinets built for them.

Just for clarification, we do not have the Tengyur, which is often paired with the Kangyur. The Tengyur is the commentary on the Buddha's writings by Vasubandhu, Nagarjuna, and 6 other Mahasiddhas, usually in 226 volumes.



## Jolly Lama visits Denton

The Open House at Juliet's Jewels on November 6 was a wonderful time. The day was simply beautiful so the talk was given outside. 103 people showed up from as far away as Oklahoma City and Tyler, Texas.

Venerable Lama Dudjom Dorjee introduced himself saying "I'm not the Dalai Lama, I'm the JOLLY Lama," and everyone had a laugh. He spoke on "Wisdom and Anger," a timely topic for many of us considering it was right after the presidential elections. After half an hour he took questions. Most of the questions were on how to deal with our anger when it comes. After the talk, private interviews were given for another two hours. The people who were there are still talking about this event and how they wished the "Jolly Lama" could speak in Denton more often.

The lama also blessed the new space upstairs. Since then there have been meditation sessions upstairs on Sundays at 5:30 pm. Some nights there will also be international movies. Contact Dawa Sangmu at (940) 243-1447 or cell (940) 368-4915.



## DMA Lama

Venerable Lama Dudjom Dorjee assisted the Dallas Museum of Art with its Chinese exhibit by videotaping commentary for the Tibetan items. The exhibit runs thru May 29, 2005.

(See photo below.)

## Refuge

After his talk on Sunday, November 7, Venerable Lama Dudjom Dorjee clipped hair and gave Kagyu refuge and dharma names to Cliff Cornette, William Tadeo, Kathryn Bodinson, and Isabel Umana.

## Oklahoma Dharma

November 19-20, Venerable Lama Dudjom Dorjee visited the fledgling sangha in Oklahoma City, and gave teachings. If you re in Oklahoma and would like to meditate with this group, e-mail Ron Loving at: [obiwan4@cox.net](mailto:obiwan4@cox.net).



## Nyung-ne GOOD!

The Tibetan Buddhist practice of Nyung-ne is designed to purify the negative karma that causes lower rebirths, while accumulating merit and wisdom. It combines practice methods from all three of the Vehicles of Buddhism. The vows (fasting from food and drink, silence, no intimate contact with others) reflect the rigorous discipline of the Hinayana. Generation of the Bodhisattva attitude (practicing for the benefit of all beings) reflects the Mahayana. The actual practice (repeatedly performing the sadhana of the 1000-arm form of Chenrezik, Bodhisattva of compassion) reflects the vehicle of secret mantra, Vajrayana.

Our most profound thanks to Lama Dudjom Dorjee for again providing us the opportunity to practice Nyung-ne on Nov 13-15. Thanks to Sam Brodsgaard for Coordination, to Shelly Sparkman for Chö hen and Shrine-Keeping, and to all the people who helped serve.

The 15 participants were: Larry Keenan, Beth Keenan, Bruce Roe, John Springer, Gerardo Mulas, Theron Ramos, Clay Youngblood, Shelly Sparkman, Isabel Umana, Sue Womack, Sam Brodsgaard, Scott Poupore-Hatts, Phyllis Jones-Rivers, Michael Carr, and Dawa Sangmu. Good!

## Interfaith Thanksgiving

Ani Lodro Chotso and Beth Keenan represented KTC at the annual "Prayers of Thanks-Giving" event, downtown at Thanks-Giving Square November 22nd. The service consisted of 15 minutes of prayer from each of 12 religious groups from 12:00 noon till 3:00 pm. Two days later Ani Lodro also participated in the rededication of Thanks-Giving Square. Her picture appeared in the Dallas Morning News -- Thursday, 11/25/04 -- page 9B of the Metro Section.

## Honoring Our Turkeys

In the KTC shrineroom on Thanksgiving Day, Lama Dudjom Dorjee did his annual Chod for the Turkeys. Chod practice was originated by the incredible Tibetan female adept Machik Labdron several hundred years ago. The practitioner uses a human thighbone trumpet and a large damaru. The sound of the trumpet is unearthly and the tune is compelling. One imagines giving one's body away to all the beings who think you owe them something. Even just watching the practice is said to be beneficial for anyone experiencing physical or mental sickness.





## KTC Holiday Party

A large number of the Dallas sangha showed up on Sunday, December 12th for a fabulous KTC dress up holiday party at Kay Lisch's house.

Interesting live music was provided by Susan Swaim's son, Asher Kurtz. The sounds of several classical Spanish guitar pieces as well as more modern rock and jam sessions with Sam and Charles were enjoyed by those in attendance. The consensus was that Asher is very talented.

Several sangha were surprised by the appearance of a long absent former KTC member, Alfie Wishart.

The food was pot luck, plentiful and extremely tasty. Thanks Kay for sharing your beautiful home with us.



## Khenpo Tsultrim's Visit

*(Continued from page 1)*

if we wish to approach death with such a joyful state of mind! Another offering was a song of realization by a female disciple of Milarepa, Sahle O: "I'm a pretty clever lady, I'm grounded and smart -- When sweet-talkers try to fool me, I eat them for lunch."

These teaching songs carry tremendous spiritual power and blessing, and we are fortunate that Rinpoche chooses to transmit them to us, and that Ari, Jim and others are able to create such skillful English translations, and catchy melodies. While it is fun to sing these songs as a group, Rinpoche also encourages us to learn them on our own. He specifically mentioned that it is good

to sing a vajra song first thing in the morning. To encourage this, I have asked Sam Brodsgaard, when available, to lead a vajra song class on the first Sunday of each month.

Rinpoche also gave us a practice based on the Prajnaparamita teachings that all phenomena are originally pure and free. This repetitive recitation practice goes through a list of 3 kleshas and 12 ways of saying "Self," combining each with a list of 110 relative categories, and asserting that all are "perfectly pure, are not dual, cannot be made dual, are not separate, and are not different." Wow. This is a comprehensive contemplation of

**"Desire is perfectly pure and therefore forms are perfectly pure.**

**Forms are perfectly pure and therefore desire is perfectly pure.**

**Thus, desire, perfectly pure, and forms, perfectly pure, are not dual, cannot be made dual, are not separate, and are not different."**

perfect purity in all of its manifestations.

Rinpoche also emphasized making aspiration prayers and gave us two new ones. (See page 2 -- ed.)

It never ceases to astonish me how much Dharma teaching Rinpoche presents in a few short sessions over a single weekend. We will be challenged to assimilate a fraction of this teaching and include it in our regular practice; but if we don't, his supremely generous offering of Dharma will not have been sincerely received. It is by our sincere and diligent practice that we foster our

connection with Rinpoche and create the cause for him to return here.

Thanks to everyone whose volunteer work helped make the weekend with Rinpoche possible. Special thanks to Shelly Sparkman for coordinating the many details of the visit, and Sam for arranging the use of the spacious hall at Northway Christian Church.



## Coming in 2005:

### First Light

Saturday, January 1 -- 7:30 AM -- Western New Year Celebration at the KTC. Puja conducted at first light, in coordination with Kagyu centers around the world, followed by coffee, tea and snacks.

### Losar

Otherwise known as Tibetan New year, Losar will be celebrated Wednesday, February 9 at the KTC. Dress nice and come enjoy Tibetan tea and dumplings with the Lama family and friends.

### Bluebunny 2005

Friday-Friday, March 18-25 -- Bluebunny/Union of Mahamudra and Dzogchen Retreat with Venerable Lama Dudjom Dorjee, out in the country, on the banks of the Brazos River, near Acton Texas.

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## KTC Dallas Weekly Schedule

<b>Sunday:</b>	8:00am	<b>Green Tara puja</b>
	9:00am	<b>Shamatha meditation instruction</b> - for newcomers
	9 to 10am	<b>Shamatha meditation</b>
	10 to 11am	<b>Dharma teaching by Lama D. Dorjee</b> (unless he s out of town)
	10 to 11am	<b>Children's class</b> (alternate Sundays)
	11:30 to 12:30pm	<b>Dharma class</b> (various instructors)
	11:30 to 12:30pm	<b>Dharma class for newcomers</b> (various instructors)
	11:30 to 12:30pm	<b>Private interviews with Lama D. Dorjee</b> (when available)
	12:30pm	<b>Sangha lunch</b> - at local restaurant
	2:30pm	<b>Board meeting</b> - first Sunday (Call Larry at 214-948-5540 to confirm)
<b>Tuesday:</b>	7:00pm	<b>Tibetan Language Class</b> - with Bruce Roe (1st & 3rd Tue. of each month)
<b>Wednesday:</b>	7:30pm	<b>Medicine Buddha class</b> - with Joan Klein (1st & 3rd. weeks - \$5 suggested)
<b>Thursday:</b>	7:30pm	<b>Chenrezik/Amitabha puja</b> - with Lama D. Dorjee, when available
<b>Saturday:</b>	9:00am	<b>Workday</b> (Miscellaneous projects -- call to confirm.)

*For weekly schedule updates, subscribe to the KTC email list: [b\\_keenan@earthlink.net](mailto:b_keenan@earthlink.net)*

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## Dharma News

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