



# *Sakya Kachöd Chöling*

Tibetan Buddhist Retreat Center on San Juan Island, Washington

AN OCCASIONAL NEWSLETTER #7 - SPRING 2004

## Presidents Message:

On behalf of H.E. Sakya Jetsun Chimey Luding (Jetsun Kushok) and all of us here, we would like to wish you a very special, prosperous and peaceful New Year of the Wood Monkey!

2003 was a very busy and successful year for SKC. So much so that I never had time to get the newsletter out! But, here it is and it's full of exciting news, interesting comments from retreaters and ideas on how to participate.

## 2003 Highlights

**February:** An auspicious start with Khenpo Lungrik of Bir Monastery. With him came Lama Jamyang, an accomplished Tangka painter and wonderful cook and Chimey a fantastic translator who was precise and fluid. Khenpo gave two public talks. One on the significance of the Tibetan Temple and the other on the guru/disciple relationship. He also gave two beginning meditation classes, the empowerments of Red Sarasvati and Yellow Jambhala and led the Green Tara practice every morning.

**March:** Jetsun Kushok gave her annual Green Tara retreat. This has become a retreat that brings students back each year to deepen their practice of Green Tara. To be able to spend undistracted time with a teacher such as Jetsun Kushok, who is in high demand all over the world, was an incredible blessing.

**June:** Geshe Jamyang Tsultrim gave his annual meditation retreat, focusing on Shamatha and Vipassana. Practice sessions were balanced with instruction and question



and answer periods. His thorough and accessible teaching methods have gained a solid group of students here on San Juan Island.

**July:** H.E. Luding Khenchen Rinpoche, one of Jetsun Kushok's root gurus, came and gave Lojong teachings, a talk on the Sakya lineage, bodhisattva vows and Manjushri and Vajrapani empowerments. H.E. is the 75th Head of the Ngor sub-sect of the Sakya tradition and was enthroned in 1954. His contributions to the Dharma have been vast, including giving the precious Lam Dre teachings 15 times.

**July:** Jetsun Kushok returned to give a weekend Manjushri retreat. continued...

**August:** The Gaden Shartse monks of the Gelugpa school came through with their yearly Sacred Earth and Healing Arts tour. While here they provided a very special presence as they gave house blessings, healings and astrological readings.

**September:** Ms. Leslie Di Russo, visiting here from NYC, gave a slide show and lecture featuring selected photographs from the Heinrich Harrer (Seven Years in Tibet) collection of original photographs taken by him while in Tibet.

### 2004 and Beyond Preview:

- March 26-29 Jetsun Kushok will give a Green Tara retreat
- Late June or sometime in July Jetsun Kushok will give a foundation practices retreat.
- On-going classes have recently begun with Geshe Jamyang Tsultrim on Shamatha and Vipassana meditation and Buddhist philosophy. This group meets quarterly with Geshe Jamyang and every two weeks as a self study group. The group is open to all, but due to the nature of the course, coming on a drop-in basis is not possible. This course is scheduled on a yearly basis and another one will begin next January.
- Pema Chodron Shambhala teaching tapes group. This group meets here on Sundays at 3:00 p.m. Current course is "Going To the Places That Scare You". This program addresses learning to practice with fear, aversion and suffering in the context of the great motivation to benefit others. This group does not require a commitment and is open to all. Drop-ins welcome during the course of 5 weeks.
- Dharma Video Night continues on the last Sunday of the month, 7:00 p.m. at the library.
- Green Tara practice every Sunday at 11:30 a.m.
- Shamatha meditation practice every Sunday from 1:30 till 2:30 p.m.
- Notice of other events for 2004 will be sent as dates, etc. become firm.



### Special Announcement

I am pleased to let you know the following: Jetsun Kushok is planning on coming to SKC for an extended period of time in 2006 and will give a Vajrayogini retreat while here. Details will be sent as they become firm.

H.E. Luding Khenchen Rinpoche has been invited to come to SKC for an extended stay in 2005. Details will be sent as they become firm.

For more information on these events or any other questions you might have about the center, please call Thrinley DiMarco at 360-378-4059 or e-mail [thrinley@rockisland.com](mailto:thrinley@rockisland.com)

### Acknowledgements:

First and foremost, to our Guru and Spiritual Director, **Jetsun Kushok**. Her concern and care for her students and all beings is a powerful presence at all times.

Very special thanks to **H.E. Luding Khenchen Rinpoche** who fit us into a very busy schedule.

To the following individuals who consistently put the paramita of generosity into practice:

**Bruce Conway**, for maintenance of our web page, my computer, and for designing the

newsletter and event flyers. **Bruce & Jen Conway** for always being available to help with systems maintenance, **Susanna Salisbury, Thaddeus Khrol, Javis Lehn** and **Christina** for a huge cleanup of the grounds (they haven't looked this good in years!) and for getting the repainting of the outside of the Gompa building started (and for supplying Thrinley with occasional late night chocolate...), **Javis Lehn & friend** for splitting, hauling and stacking about 3 years worth of fire wood, **Tamar Krames** for taking on the responsibility of organizing the Pema Chodron tapes series and helping with Sunday meditation, **Mike Kaile & Thaddeus Khrol** for general carpentry help in the renovation of the office, bathroom and Thrinley's room, **John Soderberg** for driving to Seattle to transport H.E. Luding Khenchen Rinpoche and entourage to SKC and then back to Seattle. No small thing when you consider this involves coordinating ferry schedules and travel time on the ferry as well as driving time to Seattle and back. Also for grounds maintenance, helping tend the burn piles and donation of a TV and VCR, **Andy Savage** for taking charge of the burn piles, **Peggy Sue McRae** for "Gompa sitting" when I've had to be away and for helping clean up before retreats, **Jeanetta Noland** for helping clean up before retreats, **Dawn Presta** for help with retreat cooking, **Rod Kulbach** for trudging back and forth from the woodpile to the woodbox, which is on the upstairs deck!, and keeping it filled without even being asked Anonymous (who asked not to be named, but I'm including their reason.).

"The identity of the giver is not so important as the act of giving for the benefit of others", two wonderful Green Tara statues. One carved from a block of sandalwood in deep bas relief, with a main image of Green Tara surrounded by tiny images of the 21 Taras. Very, very lovely. The other is a stunning 100 year old gilded bronze as powerful as it is beautiful. Images of both will be on our web site, **Lee Burkhart** for her professional carpentry skills that were put to good use on the renovation of the office, Thrinley's room and fixing some minor damage to the front steps, **to those who have quietly and anonymously**

**slipped donations into the offering box, those who have committed to making monthly contributions and do so faithfully month after month, and those who have made donations at all levels on and off through the year,** heartfelt thanks from Jetsun Kushok and all of us who carry on the work of maintaining the center to all of you who have given so generously of your time, treasure and talents.



#### Retreatants Comments:

"A silent place like a forest where one can reach a condition of peace, as the Buddhas and Bodhisattvas did. A place where there is no confusion and involvement in work, companions and ordinary people who lead one into distraction. It is pleasant to have wild animals and birds for companions; it is easy to find the food of ascetic discipline such as water and leaves, to develop Dhayana and free oneself in one's own state from attachment to links, hatred, friends, relatives, and enemies and thus come to possess numerous qualities"

from The Precious Vase by  
**Chogyal Namkhai Norbu Rinpoche**



"Rinpoche (Garchen Rinpoche) has given me permission to participate in a 3 year retreat which will begin in India next Fall, and this I am very glad about. It is one of the reasons I came to Sakya Kachod Choling....to prepare for this retreat." **Emily Selke 2003**

"SKC is important to me and it is important to me that SKC have the resources and monetary support it needs. For me, it is the ideal place to practice in the Pacific Northwest. I could not imagine anything better. It is a very powerful place, I feel. I think it is just a matter of time before many more members of our culture will be doing everything they can to engage in contemplation and places like SKC will truly be of great benefit to them."

**Barry Schodel 2003 & a return retreat**

"I will be sending the Center the proceeds I raised through my artwork and journal excerpts from my retreat at your Center. I had the opportunity to display and sell some of them during a Reiki event Thank you for providing the space for that blossoming and the continued blossoming of my work in this world to occur!" **Eileen Wurst 2003**



### **Bodhisattva**

Become the seed  
that has survived  
foundering ages  
sealed in its own night,  
and dark two thousand years,  
unknowing comes to light  
in a present hour....  
buoyant, without need, to flower  
a starred lotus,  
offering whatever air  
rare brief fragrance.

Lorna Price  
San Juan Island