



**Albany Karma Thegsum Chöling**

**Winter  
Newsletter**

**Tibetan Buddhist Meditation Center**

**January-February 2010**

Greetings!

**Come to our New Albany KTC Center at  
Doane Stuart School  
199 Washington Avenue  
Rensselaer, NY 12144**

Albany KTC is now located on the eastern shore of the Hudson river in Rensselaer. Our shrine room is on the first floor of Doane Stuart School, inside the entrance across from the school's south parking lot. With lots of sunlight and windows overlooking the river, the shrineroom offers a wonderful space for meditation and dharma study. We invite everyone to join us at KTC's new location.

Please join us for Sunday morning meditation practice and dharma talks by Lama Zopa, for Tuesday evening Vajrayana practices, for monthly Guru Rinpoche tsok practice, and for weekend teachings by KTD's most respected teachers. The two abbots of KTD monastery have already visited the new shrineroom and given dharma teachings. Khenpo Karthar Rinpoche blessed our new KTC shrineroom at the inauguration ceremony in October, and Khenpo Ugyen Tenzin recently gave important dharma teachings when he visited in early December. Both events were joyous occasions.

#### Driving Directions

##### **Coming from the West on I-90:**

**After crossing the Hudson River, take exit 7 for Washington Avenue toward Rensselaer**

**Turn right onto Washington Avenue**

**Go two blocks, pass the Doane Stuart school on your right.**

**Turn right at the light onto Forbes Avenue and park in the school's south parking lot.**

**Climb the white concrete staircase and enter the left door. Turn left down the hall and go to Room 142.**

##### **Coming from the East on I-90:**

**Take exit 8 to merge onto NY-43**

**Turn left on Washington Avenue Extension (or County Rt 55)**

**Continue on Washington Ave for 1.3 mile**

**Pass the Doane Stuart School on your right.**

**Turn right at the light onto Forbes Avenue and park in the school's south parking lot.**

**Climb the white concrete staircase and enter the left door. Turn left down the hall and go to Room 142.**

## Meditation Practice Retreat in January

On the weekend of Jan 15-17, Lama Zopa will lead a weekend of our regular Chenrezig/ Amitabha / Guru Rinpoche practice with an extended mantra recitation. On Friday evening, Jan. 15, 7-9 pm, Lama Zopa will teach the practices. On Saturday and Sunday, Jan. 16 & 17, there will be practice sessions 9-12 am and 2-5 pm. We plan to send out for lunch for participants on Saturday and Sunday. A donation of \$25 is suggested. Please contact Laura Roth at 374-1792 if you plan to attend.

## Khenpo Karthar Rinpoche's visit

In October, over the course of a weekend, our great master, Khenpo Karthar Rinpoche, graced our KTC with his majestic presence and blessings. The sutras teach us that it is extremely rare for great spiritual masters to appear in the world and that it is extremely rare for beings to encounter such masters and receive teachings from them. Those disciples who had the merit and good fortune were able to receive the most profound mahamudra teachings from Khenpo Rinpoche as a direct oral transmission. Such teachings cannot be transmitted through books alone but must be received directly from a realized lama.

For those disciples who desire to practice "the profound path of mahamudra," Khenpo Rinpoche clearly explained the reasons and importance of completing the mahamudra preliminary practices. Khenpo Rinpoche also gave some of the most amazing "mind teachings" I have ever heard. Such "mind teachings" are at the heart of both the mahamudra and dzogchen systems of instruction and are considered to be essential for authentic meditation to take place.

Khenpo Rinpoche also kindly bestowed the empowerment or "*wang*" for the 1,000 Armed Chenrezig. Chenrezig, the Bodhisattva of Compassion, is not only considered the special deity for us Kagyupas but is in fact the special deity for the Nyingma, Sakya, and Gelukpa lineages as well. Receiving the *wang* is important because it gives us the authority and blessing to take the deity as a personal practice.

All of the teachings were superbly translated by Lama Yeshe Gyamtso, one of the greatest Kagyu translators. Great translators such as the Lama Yeshe are another rarity in the world. In conclusion, I sincerely pray that Khenpo Rinpoche remain in the world for many, many more years for the benefit of both the teachings and fortunate disciples and that all of his intentions may be swiftly fulfilled. by Lama Zopa

Read Khenpo Karthar Rinpoche's biography at <http://www.kagyu.org/kagyulineage/teachers/tea15.php>

## Upcoming Events

Guru Rinpoche Tsok (Sacred feast):  
Jan 5, Jan 26 & Feb 23 at 7pm

Weekend Chenrezig Meditation  
Retreat: Jan. 15-17 (Fri-Sun)

Losar Tibetan New Year  
Celebration: Feb. 14 (Sunday)

## WEEKLY SCHEDULE

Sunday 9-10 am

Chenrezig & Amitabha practice

Sunday 10-11 am

Shamatha Meditation

(Instruction for  
beginners available)

Sunday 11:15-12:30

Buddhist talk by Lama Zopa,  
Albany KTC's resident teacher

Tuesday 7 pm

Chenrezig & Amitabha practice

## Losar Potluck Party(Tibetan New Year)

**Sunday, Feb 14**

Come to a Potluck Party celebrating the Tibetan New Year--the Year of the Tiger. The celebration begins with a puja and meditation from 9-11, followed by a pot luck lunch at 12. **Please bring a vegetarian dish to share and a non-perishable item for a local foodpantry.**

**For more information,  
call Laura at 374-1792.**

## Khenpo Ugyen Tenzin's visit

Khenpo Ugyen Tenzin, abbot of KTD monastery, gave a weekend seminar on "Prajnaparamita, the Mother of all Buddhas," on December 11-13, 2009, at Albany KTC Buddhist Center. In Mahayana Buddhism, the teachings on the six paramitas have great importance because these six trainings are necessary for a bodhisattva and for the attainment of enlightenment. Among the six paramitas, prajna (knowledge) is essential for realizing emptiness, the nature of reality. Prajna also guides and strengthens the other six paramitas of generosity, moral conduct, patience, diligence and meditation.

Khenpo explained that the study of prajna alone would be insufficient for progress on the bodhisattva path, just as the development of the other five paramitas alone would also be insufficient. A bodhisattva must cultivate both prajna and the other five paramitas together in order to practice and develop the authentic path to enlightenment. Drawing from the chapter on prajnaparamita in Lord Gampopa's *The Jewel Ornament of Liberation*, Khenpo carefully defined prajna as "discerning wisdom" and distinguished the different kinds of prajna. He also described the flaws that occur if one neglects the development of prajna and the benefits of cultivating prajna.

When Khenpo offered more personal, practical advice, he recommended meditating on a personal yidam or guru, especially in times of crisis. Visualization and mantra practices that bring one's yidam or guru to mind will protect and strengthen a practitioner and will enhance progress along the path. by Linda Patrik

Read Khenpo Ugyen's full biography at <http://www.kagyu.org/kagyulineage/teachers/tea25.php>

## Introduction to Buddhism Course

A two-part "Introduction to Buddhism" course for newcomers will be given on two Saturdays in winter: January 9<sup>th</sup> (Part A) and February 6<sup>th</sup> (Part B), from 10 AM to 12 Noon. The two parts alternate and can be taken in either order. This is a wonderful opportunity for people to become more familiar with the basic ideas and principles in Buddhism, as well as the Karma Kagyu Lineage of Tibetan Buddhism. The topics for the classes are

- Part A: "The Three Jewels" and "The Life of the Buddha"
- Part B: "The Three Vehicles" and "Understanding Lineage"

## Om Mani Peme Hum

Albany KTC participated in the One Million "Om Mani Peme Hum" mantras for the World Peace Project of KTD.

Led by Lama Kathy Wesley, Buddhists gathered at KTD in August to chant "Om Mani Peme Hum" while Albany KTC members and other Buddhists from around the world added their chanting to the accumulation of well over a million "Om Mani Peme Hum" mantras.

## Join Our Mailing List!

To add your name to KTC's regular US postal mailing list, please email Laura Roth at [albanyktcdirector@gmail.com](mailto:albanyktcdirector@gmail.com)

Can't Say it  
Enough!! Thank You KTC  
Volunteers!!

The Executive Committee of Albany KTC wishes to thank the many volunteers and members who generously donated their time, energy, and prayers. Many layers of paint and sweat have made the move successful! We couldn't have done it without YOU!!!

THANK YOU!  
THANK YOU!

## Volunteer

**Please join** one of KTC's committees to help us grow strong as a vibrant and compassionate sangha. By volunteering your time and your skills, you participate in one of the three most meaningful aspects of Buddhism--the sangha or community of spiritual aspirants. Please contact the chair of a committee to volunteer.

Finance Committee - Nelson Kent, Chair

Public Relations Committee - Laura Roth, Chair

Communications Sub-Committee - Linda Patrik, Chair

Membership Sub-Committee - Louise Kuziomko, Chair

Program Committee - Laura Roth, Chair

Dharma in Action Sub Committee - Laura Hill, Chair

Shrine Room Committee - Lou Ferayoni, Chair

**Finance Committee:** Oversees development of the budget, ensures accurate tracking/monitoring/accountability for funds and membership data, and ensures adequate financial controls. This committee is led by the KTC treasurer. In the future, it may undertake grant writing and develop a capital campaign.

**Public Relations Committee:** Represents Albany KTC to the community, enhances the organization's image, and provides information and communications to the press. The Public Relations Committee has several sub-committees: **Communications Sub-committee:** Manages methods for facilitating communication within and outside of sangha membership (such as newsletters, weekly updates and website management)

**Membership Sub-committee:** Oversees communication with current and potential members, including identifying their needs and determining how to meet those needs with our services/programs. This committee also facilitates member retention, membership growth, and a sense of community within the sangha.

**Program Committee:** The Program Committee is charged with long range planning by overseeing the Albany KTC teachings and various programs. This committee has several sub-committees related to its programming function: **Shrine Room Committee:** Maintains the altar and the sacred space for Vajrayana meditation, study and practice. This committee also prepares Albany KTC's shrineroom for teachings and empowerments by visiting lamas. **Dharma in Action Sub-committee:** Plans and coordinates community service events related to helping sentient beings in need around us. **Special Events Sub-committee:** Helps plan and carry out special events. This committee may work with the other committees such as membership or Dharma in Action to coordinate and plan special events.

### Save 10% on teachings at KTC & KTD

Become a full member of Albany KTC and receive 10% off on all Albany KTC weekend teachings as well as 10% off on the teachings offered at KTD monastery in Woodstock and 10% off the books sold at KTD's Namse Bangdzo Bookstore.

Talk to our Membership Committee for more information about different levels of membership.

Family: \$49.00/month

Full: \$33.00/month

Associate: \$15.00/month

A suggested donation for individual KTC classes might be \$5.00 or \$10.00. You are, of course, always welcome to attend and contribute what you can.

### Contact Information

Lama Zopa, Resident Lama (518) 374-1792

Laura Roth, Director (518) 526-1495

Pilar Arthur-Snead, Member-at-Large 330-4085

Nelson Kent, Treasurer 872-2265

Linda Patrik, Associate Director/Secretary 331-1106

Laura Hill, Member-at-Large 439-2974

Albany KTC's website: [www.albanyktc.org](http://www.albanyktc.org)

KTD monastery's website: [www.kagyu.org](http://www.kagyu.org)

Mailing address: Albany KTC, 1270 Ruffner Rd, Niskayuna, NY 12309 USA

Email: [LMROTH@nycap.rr.com](mailto:LMROTH@nycap.rr.com)