

DORJE YANG DRON

Melody of Diamond Light

Founded & Directed by Lama Lodu Rinpoche

LAMA LODU RINPOCHE'S TEACHING SCHEDULE in BAYSIDE, CA JAN 2023

Registration for all events is required, please contact Lama Nyugu at Fierro_roman@yahoo.com or call (707) 601-5466. All attendees are recommended to wear a medical-grade mask & all must be free of Covid-19 symptoms & maintain social distancing.

All are welcome to attend, any experience and any age.

FRIDAY JAN 20

7:30-9:00 pm

Teaching:
"THE 3 KINDS OF
DEVOTION".

There are outer and inner conditions one needs to practice the dharma, the path to awakening as taught by the Buddha. One's interest in the practice, deciding to begin, and continuing on the path with courage and a good heart are the inner conditions known also as aspiration-devotion, or faith. Rinpoche will teach on this topic. A donation of \$20 is requested, pay cash at the door or via Venmo anytime to @RD-Fierro.

SATURDAY JAN 21

10 am - 12 noon

**CHENREZIG
EMPOWERMENT**

The meditation practice of visualizing the Buddhist Deity of Loving-Kindness and Compassion, Chenrezig, is a skillful method to tap into our intrinsic, natural goodness, our good heart. Receiving the Chenrezig empowerment from a qualified lama such as Rinpoche helps us to recognize this basic goodness, Chenrezig, as intrinsic to our own mind. The empowerment includes generating the mind of altruism: the wish for happiness for all beings and likewise the wish to dispel their suffering. Also, should anyone wish to Go for Refuge in the 3 Jewels of the Buddha, Dharma and Sangha, Rinpoche will offer the Refuge ceremony.

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2 pm - 4 pm
**EXPLANATION OF
CHENREZIG SADHANA**

Rinpoche will explain how to do the Chenrezig meditation while following the Chenrezig text, or sadhana. For attendees who want a Chenrezig sadhana, contact Michael Tipton (707)296-4203. They cost \$10 each.

A donation of \$20 is requested, pay cash at the door or via Venmo anytime to @RD-Fierro.



SUNDAY JAN 22

11 am - 1 pm

**"HOW TO FOLLOW THE SPIRITUAL PATH &
EFFECTIVELY ENGAGE IN SOCIAL ACTIVITY"**

At the request of Humboldt Unitarian Universalist Fellowship, Lama Lodu Rinpoche will teach on the subject of harmonizing one's inner spiritual practice with social engagement & activity in the world. All are welcome to attend. For those not in HUUF congregation, please contact Lama Nyugu if you wish to attend.

3:30 - 5 pm

**INTRODUCTION TO THE
PRAJNAPARAMITA SUTRA**

The insight into the nature of mind is developed by cultivation of the faculty of mind called Prajna in Sanskrit. Paramita can be translated from Sanskrit as a "transcendental perfection." The first 5 of the 6 Paramitas: Generosity, Morality-Ethics, Patience, Diligence and Concentration are the skillful methods to accumulate merit on the path of awakening, comparable to having legs to walk on the path. The 6th Paramita, the Perfection of Wisdom or Prajnaparamita, is the way to accumulate wisdom, comparable to having eyes to see the path that one is walking on. Rinpoche will teach on how to cultivate this faculty of mind and the importance of doing so on the Buddhist path of liberation.

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6 - 7 pm

Lama Lodu Rinpoche will join us in practising
CHENREZIG SADHANA

Since 1976 Lama Lodu Rinpoche has been the spiritual director at Kagyu Drodren Kunchab Dharma Center in San Francisco for almost five decades. **Rinpoche** is a Tibetan born in Sikkim in 1942, who at age 8 entered Rumtek Monastery, the seat of His Holiness the 16th GYALWANG KARMAPA, the Supreme Head of the Kagyu lineage of Vajrayana Buddhism. **Rinpoche** was also trained by His Eminence KALU RINPOCHE, the senior meditation master of the entire lineage. His Holiness the KARMAPA has said, "We are fortunate to study and learn the nature of mind with **Lama Lodu** -- a Lama who has highly developed his inner practice."

Hosted by KDK Arcata Buddhist Group - Dorje Yang Dron. The group meets every Sunday at 6pm to practice the Chenrezig sadhana on a virtual platform. Contact Lama Nyugu for questions at Fierro_roman@yahoo.com or (707)601-5466 or see kdkarcatagroup.org

All events take place at the
**HUMBOLDT UNITARIAN
UNIVERSALIST FELLOWSHIP**
24 Fellowship Way, Bayside, CA

(Off Jacoby Creek Road)