



CALENDAR  
OF  
PROGRAMS

SATDHARMA is the organization that encompasses the Ojai Valley Dharma Center, the Pullahari Retreat Center, and the Vajra Regent Ösel Tendzin Library and Archives. It was founded to hold and continue the transmission in the West of the Buddhist and Shambhala lineages of the Vidyadhara, Chögyam Trungpa Rinpoche and his Vajra Regent, Ösel Tendzin. Satdharma is under the direction of the current lineage holder, Patrick Sweeney.

WINTER 2002-2003

# Calendar - OVDC

## Winter 2002-03

### PULLAHARI

**HOLIDAY RETREAT AT PULLAHARI**  
**MAITRI BHAVANA - PUBLIC TALKS & CLASSES**  
**NEW CYCLE OF SHAMBHALA TEACHINGS**  
**YOGA - "DIRECT PATH" COURSE FOR REFUGEES**

### Public Programs

#### **Pullahari Beckons**

**December 26 - January 1**

Winter is always a good time to focus on practice, with short days and the sense of the year's accumulated karma to work with. As in year's past, Pullahari will host a Holiday Retreat, beginning December 26 through January 1st. Hinayana, Mahayana and Vajrayana practices will all be included, and Bodhisattva Vows will be given. The Pullahari Retreat Center is situated in the central coast region, about 20 minutes drive from Morro Bay. The cost is \$50/day (\$300/week) room and board - rate flexible in case of hardship. Space is limited. To reserve a place, please call Danny Mann immediately at 805-995-3525. The daily routine will include yoga, group practice and talks by lineage holder Patrick Sweeney. New Year's Eve will be celebrated Pullahari style!

#### **Maitri Bhavana: Compassion Practice for the Seriously III**

**January 5 & 26**

The Vidyadhara Chögyam Trungpa Rinpoche introduced Maitri Bhavana practice as a way for the sangha to rouse compassion for the benefit of others. On designated Sunday mornings at OVDC, the 9:00 a.m. to 12 noon practice session will include the liturgy "Unlimited Friendliness" and the sending and taking practice called tonglen. Sangha members and the public are encouraged to submit the names of people afflicted with a serious condition, plus a brief description of their illness. For further information, or to put someone on the Maitri Bhavana list, call Jackie Saunders at 805-646-1369.

#### **Shambhala Education Begins New Cycle of Teachings**

A new cycle of Shambhala Education programs begins with Level I, taught by Robert Krupnick, on **January 31-February 2**. Shambhala Education is a series of weekend programs that provide training in mindfulness-awareness meditation and the principles of warriorship as described in *Shambhala: The Sacred Path of the Warrior*, by Chögyam Trungpa Rinpoche. Weekends include meditation instruction and practice, talks based on the Shambhala teachings, group discussions and individual interviews. Weekends begin on Friday night at 7:30 p.m. and end Sunday at 6:00 p.m. The Level I cost is \$100 (\$85 members). The Friday night talk of Level I is free. There is a hosted breakfast on Saturday and Sunday, plus a reception after the program on Sunday evening. For more information on the program, or to receive a brochure, call Bruce Spears at 805-640-8093.

#### **Weekly Yoga**

As a bridge between the **Yoga & Meditation** weekend programs taught by Patrick Sweeney, there will be weekly yoga sessions offered at OVDC on Saturday mornings from 8:00-10:00 a.m., and on Monday and Wednesday evenings from 5:00-6:30 p.m. Consult the monthly schedule for occasional black out dates. A core routine has been developed that works to synchronize body and mind as a reinforcement for meditation practice, or for general well-being. For more information, call Tony Winecoff at 805-640-8811.

## Public Programs

### The Wisdom of No Escape

A public class based on the teachings of Pema Chödrön. Five Thursday evenings, beginning January 16.

This public class curriculum is based on Pema Chödrön's book, *The Wisdom of No Escape*, available through Amazon.com or most book sellers. Senior student Jackie Saunders will teach the course. Pema Chödrön is an American buddhist nun and one of the foremost students of Chögyam Trungpa Rinpoche. She is the resident teacher at Gampo Abbey, Cape Breton, Nova Scotia, the first Tibetan monastery in North America established for Westerners. The class runs five Thursday evenings, beginning January 16 and ending February 13. A continuation class is planned for March/April. Cost \$10/class (\$7 members). For further information, call Jackie Saunders at 805-646-1369.



### Yoga and Meditation

February 21-23. Taught by Patrick Sweeney

The common thread underlying both the tradition of hatha yoga and the tradition of Buddhaharma is a strong confidence that our fundamental human nature is intrinsically good, not separate from the nature of reality itself. The activity of the practitioner is to return over and over again to this fundamental goodness, evolving to deeper and deeper levels of trust that obstacles - physical, emotional, and spiritual - are temporary and workable. Through cultivating a genuine and gentle path of making friends with our bodies and our minds, we are able to relinquish self-defeating patterns and connect with ourselves and others in an increasingly authentic, compassionate and intelligent way.

The program combines meditation with an energetic component utilizing dynamic physical movements (hatha yoga) and breathing practices (pranayama). It includes talks and discussion on the basic principles of Buddhist meditation, yoga sessions on Saturday and Sunday, and instruction on the meditation practice known as shamatha/vipashyana (mindfulness and insight). Taught by Patrick Sweeney. Begins Friday evening at 7:30 p.m. Cost: \$130. For details, call Tony Winecoff at 805-640-8811.

## Continuing Education

### Direct Path to Enlightenment

Continuing Education for Hinayana and Mahayana Students, beginning February 7-9. Taught by Patrick Sweeney

The course comprises five segments, plus weeknight classes, and is an expansion of the Hinayana practice and study begun in the *Discovering Awakened Mind* program. Part I of the *Direct Path*

course begins the weekend of **February 7-9**. Parts II and III are scheduled for **April 5 & 6**, and **April 11-13**. Part IV will be in May and the course will culminate in a ten day summer intensive at Pullahari Retreat Center.

The syllabus is designed to introduce students to the Mahayana path, specifically the view of bodhicitta in both its ultimate and relative manifestations. The

absence of ego in oneself and phenomena provide freedom to experience one's awakened nature. Through practice, this view becomes a personal experience resulting in the expression of compassion to others.

The *Direct Path* course is required for Tantrikas and for any

students working with Patrick Sweeney who wish to take the Vajrayana teachings and transmissions that will be offered in the fall. The course will include a more extensive analysis of the Bodhisattva Vow, which will be offered the weekend of Part III. In addition, the Mahayana discipline of Lojong practice, or mind training, will be emphasized throughout. Refuge vows are a prerequisite and will be offered on Saturday evening, February 8th. The Tuesday night classes are an integral part of the course.

Recommended books for the course are: *Jewel Ornament of Liberation*, Gampopa; *Cutting Through Spiritual Materialism*, Chögyam Trungpa Rinpoche; *Progressive Stages of Meditation On Emptiness*, Khenpo Tsultrim Gyatso; *Indestructible Truth*, Reginald Ray. Cost Part I: \$150 (\$130 members). Weeknight classes \$10 (\$7 members). Please consult monthly schedule for weeknight class dates and times. For further information, call Robert Krupnick at 805-646-1369.

### Tantrika Practice & Study Weekend

February 14-16. Taught by Patrick Sweeney.

For authorized students only. A required course for Tantrikas. Sadhakas welcome. Begins Friday evening at 7:30 p.m. and ends Sunday afternoon at 5:00 p.m. Cost: \$60.

### Vajrayogini Practice

Noreen Morris and Eugenia Stewart have been inspired to initiate a one-hour short form of the Vajrayogini Sadhana practice (authorized students only), scheduled for Tuesday afternoons from 4:30 to 5:30 p.m. Other afternoons may be added when possible. To participate, call Noreen at 805-798-4088 and check that the day's session is active.



## Upcoming Events

### Shambhala Day: Year of the Water Sheep

Monday, March 3

The beginning of the new year is a time for celebration and setting intention for the year ahead. Members and friends are invited to participate in the morning practices at the Ojai Valley Dharma Center, beginning at 9:00 a.m. for approximately two hours. In the evening, there will be an elegant dinner at the Ojai Valley Inn, starting with cocktail hour at 6:30 p.m. Formal attire requested. Further information on how to approach the Year of the Water Sheep will be forthcoming (playful and practical). To help or for information, call Jackie Saunders at 805-646-1369.

### Three Yana Summer Programs at Pullahari Retreat Center

Dates TBA - Teachings by Patrick Sweeney

Don't miss the chance to do a practice intensive this summer. Three ten-day sessions will be offered with practice and study of the Hinayana, Mahayana and Vajrayana. The **Hinayana** section is suitable for the public or for members. The Mahayana and Vajrayana sections are by permission. The **Mahayana** section is the culmination of the *Direct Path to Enlightenment* course. The last ten-day program is an **introduction to the Vajrayana teachings**. Both the Mahayana and Vajrayana sections are required for Tantrikas and for any Mahayana students wishing to participate in the Vajrayana teachings and transmissions to be given in the fall. Cost and further information on the Pullahari programs will be available in the early spring.

### Yoga Program with Shandor Remete: March 21 - 28 Yoga with Emma Balnaves: March 24 - April 4

The Ojai Valley Dharma Center will host two programs based on Yoga of the Shadow School. For information, visit [www.shadowyoga.com](http://www.shadowyoga.com). More details available in the early spring.

## Announcements

### Membership

We welcome **Dyane Jackson, Carolyn Powell and Wendy Steiger**, new refugees and members of the Ojai Valley Dharma Center. Also, welcome to new members **Renee Missel, Mark Garrabrant and Robi Klein**. Membership in the Ojai Valley Dharma Center is an integral part of how the teachings can be offered. Members come together to create an ongoing environment for practice and study. The communal effort involved covers communication (mailing and phone lists, publicity for programs), social occasions, coordination and staffing of programs, and ultimately training as meditation instructors and teachers. Monthly dues support the running of the center (\$50 suggested). Members receive a key to the OVDC facility and are eligible for discounts and special member programs. For further information, please call Ruth Cooper at 805-646-4312.

### Work Study

An exchange of work in lieu of program fees is available by contacting Robert Krupnick at 805-646-1369. Typically, a small payment is requested and the balance is allocated as fulfillment of needed tasks around the center or associated with a specific program.

### Help Needed

Jackie Saunders needs help formatting a long computer file of names and addresses for eventual import into our database. The completed list will vastly expand our ability to communicate our activities and intentions. The formatting is going slowly, so if you can help, please call Jackie at 805-646-1369.

Robert Krupnick needs volunteers to help transcribe talks by Patrick Sweeney, and the remaining untranscribed talks of the Vajra Regent. Teachings by Patrick Sweeney form a necessary basis of understanding and study as students continue on their path under his direction. If you would like to help, you will be provided with either tapes or CDs and a transcribing machine. Call Robert at 805-646-1369.

### Sharing the Wealth of our Talents

Many sangha members and friends of the sangha have accomplished skills to share. Here is the beginnings of a resource list for each other and for the broader community.

#### Acupuncture, Chinese Herbs, Nutrition

Elizabeth Heffelfinger, L.Ac., 805-646-1668  
Shabad MacGregor, L.Ac., 805-646-6581

#### Yoga Clothing

Through [Yogaboys.com](http://Yogaboys.com) or by calling Eugenia Stewart at 805-646-8658.

#### Computer Fixes - Hardware and Software

Robert Krupnick, 805-646-1369 or 805-798-0679 (special rate for OVDC members). Also web page design at reasonable rates.

Joel Berkovitz at BitVision, 805-640-3300 (visit [www.bitvision.com](http://www.bitvision.com))

#### Design Work

Jackie Saunders, 805-646-1369  
Business cards, brochures, flyers, newsletters, invitations, booklets, display ads.

## SATDHARMA

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### News from Ojai Schedule of Programs

WINTER 2002-03

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## Switching to Email

If we have your email address, you will receive this and other publications electronically instead of through the mail, at a considerable savings for Satdharma and the Ojai Valley Dharma Center.

IF YOU RECEIVED THIS BULLETIN IN THE REGULAR MAIL, it indicates we do **not** have an email address for you. To add yourself to the subscriber list (or to remove yourself from our database), **please send your email request to [jackiesanders@sbcglobal.net](mailto:jackiesanders@sbcglobal.net).** The new sangha directory, to be distributed on Shambhala Day, will include members' and friends' email addresses, so be sure to log your contact information soon.

# SATDHARMA/OJAI VALLEY DHARMA CENTER

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Werma Day* Last day Pullahari Intensive	<b>2</b> Sadhana of Mahamudra 7:30pm	<b>3</b>	<b>4</b> YOGA at OVDC 8-10am
<b>5</b> 9-Noon Meditation/ Maitri Bhavana Practice/ Public Talk by Noreen Morris	<b>6</b> YOGA at OVDC 5-6:30pm	<b>7</b>	<b>8</b> YOGA at OVDC 5-6:30pm	<b>9</b>	<b>10</b>	<b>11</b> Werma Day* YOGA at OVDC 8-10am
<b>12</b> 9-Noon Meditation Practice Umdze: E. Milewski	<b>13</b> CK Feast* YOGA at OVDC 5-6:30pm	<b>14</b>	<b>15</b> YOGA at OVDC 5-6:30pm	<b>16</b> Public Class "The Wisdom of No Escape," based on the book by Pema Chodron. Five weeks ending Feb. 13 7:30pm	<b>17</b> Sadhana of Mahamudra 7:30pm	<b>18</b> YOGA at OVDC 8-10am Coordinator Training* 10-3:00pm Reception for Shambhala Level 5 Graduates at 3:00pm
<b>19</b> 9-Noon Meditation Practice Umdze: C. Collins	<b>20</b> Martin Luther King Day YOGA at OVDC 5-6:30pm	<b>21</b>	<b>22</b> Werma Day* YOGA at OVDC 5-6:30pm	<b>23</b>	<b>24</b>	<b>25</b> YOGA at OVDC 8-10am
<b>26</b> 9-Noon Meditation/ Maitri Bhavana Practice/ Public Talk by Eugenia Stewart	<b>27</b> VY Feast* YOGA at OVDC 5-6:30pm	<b>28</b>	<b>29</b> YOGA at OVDC 5-6:30pm	<b>30</b>	<b>31</b> Shambhala Education Level One 7:30pm	

\* = Restricted

# SATDHARMA/OJAI VALLEY DHARMA CENTER

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Shambhala Education Level One 7:30pm
2 End Shambhala Program	3 YOGA at OVDC 5-6:30pm	4	5 YOGA at OVDC 5-6:30pm	6 VY Feast* Public Class "The Wisdom of No Escape," based on the book by Pema Chodron.	7 Part I: Direct Path to Enlightenment Starts Fri 7:30pm Refuge Vow is a prerequisite Refuge Vows on Saturday evening	8
9 End Direct Path Program	10 Werma Day* YOGA at OVDC 5-6:30pm	11 CK Feast*	12 YOGA at OVDC 5-6:30pm	13 Five weeks ending Feb. 13 7:30pm	14 Tantrikas Weekend* Starts Fri 7:30pm	15
16 Sadhana of Mahaumudra End Tantrika Program	17 PRESIDENT'S DAY YOGA at OVDC 5-6:30pm	18 <b>Direct Path Class</b> For students taking the Direct Path to Enlightenment Course Ongoing through the spring Tuesdays at 7:30pm	19 YOGA at OVDC 5-6:30pm	20 Werma Day* First Day of MAMOS*	21 Yoga & Meditation Program Starts Fri 7:30pm	22 Public
23 End Yoga & Meditation Program	24 YOGA at OVDC 5-6:30pm	25	26 VY Feast* YOGA at OVDC 5-6:30pm	27	28	

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