



SATDHARMA

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FROM

SATDHARMA

FALL 2002



Chögyam Trungpa Rinpoche and his Vajra Regent, Ösel Tendzin.

ON THE 12TH ANNIVERSARY OF THE PARINIRVANA OF THE VAJRA REGENT ÖSEL TENDZIN

The following is an edited excerpt from an address by Patrick Sweeney during the celebrations for the 12th anniversary of the Parinirvana of the Vajra Regent, on Saturday, August 24, 2002.

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” was the word chosen by the Vajra Regent for the organization that would continue his work. It means “genuine or authentic truth.” It represents a spiritual journey as well as the container in which such a journey can unfold. The result is a way of life in which human beings can connect with the true nature of reality and face whatever life presents to them with confidence and humor.

As practitioners we are continually confronted by a choice between the longing to say “yes” to life on its own terms, and the fearful tendency to reject reality

and deny life as it is. At any moment, we can ask ourselves, “Are we leaning in to the naked reality of direct experience or are we subtly, or perhaps dramatically, pulling back? Are we expanding, or are we recoiling into a self-contracted body of fear that has at its center a basic ‘no,’ a rejection of

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life as it is?”

The basic goal of Satdharma is to provide a transformative space in which people can have the courage, confidence, and support to relinquish a way of life which is based on saying “no” and embrace a way of life with sanity at its core and compassion as its basic manifestation. On a practical level, during this past year we have begun the process of creating the basic organizational framework in which Chögyam Trungpa Rinpoche’s lineage through his Vajra Regent can continue properly. It was the Vajra Regent’s

intention that the transmission of spiritual wisdom that he received from Trungpa Rinpoche be continued here in Ojai.

Once again, the events of September 11th pointed out the nature of mind and reality to be empty of any intrinsic, objective or permanent existence. Our conventional views, which invest so much value, meaning and permanence in the political, social and economic structures of our era, were shown to be naïve and illusory. Our superficial way of going along with conventional concepts was fractured. Deep questions were raised about who we are and where we’re going, both individually and as a society. During this time of social, psychological and spiritual chaos, the teachings of buddhadharma and Shambhala dharma as put forth by Chögyam Trungpa and the Vajra Regent provide both inspiration and a map to help individuals to find the self-existing seat of sanity which is the essence of their own mind and heart. Now is the time for us to fully exert ourselves individually and as a community to manifest as an enlightened culture and to emanate the profundity and power of our lineages. Satdharma exists to provide a way of returning to our self-born wisdom and to wear out our habitual pattern of

seeking externally for value, meaning, security, continuous comfort, and ultimate consolation.

Our journey begins with a simple relationship – human to human. Through the lineage of living teachers, we can receive instruction and practice so that we can let go of identities and unnecessary dramas based on having to maintain conceptual reference points. Eventually, as this process of letting go expands, it will result in the spontaneous arising of genuine community.

The process of cultivating sanity and radiating out is three-fold. First, it rests on the ability to make friends with our situation just as it is: a combination of positive awakened qualities and confusion. Next, it requires us to let go of habits, concepts and identities that bind us to our confusion, precluding us from embracing a basic “yes” to life. Finally, it empowers us to discover the capacity to respond skillfully to whatever arises in our own life as well as the lives of others. This three-fold process is supported and ultimately realized through the practice of meditation and the evolution of direct intuitive knowing. The path, whether Buddhist or Shambhala, involves staying curious and open through the skillful integration of intellectual study, personal contemplation and meditation practice.

Currently, Satdharma has four “gates” through which a practitioner can begin a genuine spiritual journey. The first two are Buddhist, continuing the Kagyü Mahamudra lineage of Chögyam Trungpa Rinpoche through his Vajra Regent, and now through me as the successor to that lineage. We are fortunate to have the consistent and persistent support of Khenchen Thrangu Rinpoche and the Dzogchen Ponlop Rinpoche to continue this lineage. Through their help, and with the legacy of the Vidyadhara and the Vajra Regent, we have a powerful environment whereby these ancient teachings can be presented in a way that can genuinely meet the existential issues of modern Western practitioners. Initially, students entering through the Buddhist gate are instructed in basic shamatha/vipashyana meditation. Eventually they are given a daily practice curriculum which includes essential meditation practices from the Hinayana, Mahayana and Mahamudra traditions.

A second Buddhist gate is offered for those who are drawn to a more profound path of transformation. On this path, students continue as householder yogins through a rigorous course of study and practice that begins with the preliminary Vajrayana practices (ngöndro) and continues through Vajrayogini, the fundamental yidam practice of the Kagyü Mahamudra tradition, and then the Six Dharmas of Naropa. This path is a continuation of the style of Vajrayana practice and discipline taught by the Vajra Regent. It combines the path of liberation, the essential practices of Mahamudra shamatha and vipashyana, with the tantric skillful means of the path of method. The main text for teaching the path of liberation is the Ninth Karmapa’s treatise on Mahamudra, *The Ocean of Definitive*



*The Vajra Regent
Ösel Tendzin and
his dharma heir,
Patrick Sweeney*



Meaning. In addition, with the encouragement and support of both Thrangu Rinpoche and The Dzogchen Ponlop Rinpoche, it has been my inspiration to include a systematic way of working with the energetic body. Three separate sequences of hatha yoga and pranayama are offered to complement the practitioner’s discipline from the very beginning stages of shamatha/vipashyana to the most advanced stages of yidam practice.

The third gate to genuine contemplative practice is the path of Shambhala Warriorship. With extraordinary brilliance and profound compassion, the Vidyadhara brought forth the Shambhala teachings. To offer them as a genuine contemplative path, he collaborated with his Vajra Regent to co-found the Shambhala Training program. Their view of an enlightened society founded on the universal truths of basic goodness and warriorship is fundamental to the Satdharma journey and will be presented in an ongoing series of Shambhala Education programs.

The fourth gate, The Mandala of Awakening, presents contemplative training in a secular, educational environment. Specifically, it is designed to give practitioners an opportunity to explore how core contemplative practices could be integrated into their daily life, allowing for a full flourishing of their essential humanity. Currently, four programs are included in this gate: 1) Hatha Yoga and Meditation, 2) Medicine Buddha Mandala: A Multidimensional Approach to Healing, 3) Psychology and Meditation, 4) Business and Meditation.

Personally, my aspiration is to allow the essence of dharma to fully enter my heart and to radiate in some small way the dignity, majesty and brilliance that manifested as Chögyam Trungpa Rinpoche and the Vajra Regent Ösel Tendzin. As the president of Satdharma, my intention is to provide a container in which people’s longing for truth and dignity can be fully satisfied. Organizationally, our priorities are to find ways to integrate the dharma with our world and our culture and to find guidelines for how we can best work with ourselves and each other. In increasingly skillful ways, we will evolve a direct path through which the wisdom of the lineage can be sustained, transmitted and offered to all sentient beings.

- Patrick Sweeney

Sep 27-29, Nov 1-3, Dec 6-8

Discovering Awakened Mind: An Introduction to the Mahamudra Lineage

Ojai Valley Dharma Center offers a three weekend series introducing participants to the core teachings of the Kagyü lineage of Tibetan Buddhism. The program is taught by Patrick Sweeney and includes gentle yoga. The last weekend is planned to take place at the Pullahari Retreat Center, just north of Morro Bay. All weekends begin Friday evening at 7:30 p.m. Cost: \$100 each for the first two weekend; \$150 for the Pullahari weekend (all meals included). The weekend series will be offered again in the spring. For information, call Robert Krupnick at 805-646-1369.

October 11-13

Emptiness and Compassion: The View and Practice of the Mahayana

An intermediate program for students who have taken, or are ready to take, the Refuge Vow. Patrick Sweeney will give both Refuge and Bodhisattva Vows during the weekend. Begins Friday evening at 7:30 p.m. Cost: \$100. For information, call Robert Krupnick at 805-646-1369.

October 22-26

A Yoga Intensive with Shandor Remete

Monday through Friday, 7:00 - 9:00 p.m.,
Saturday 7:00 - 9:00 a.m. Cost: \$35 first class only;
\$200 for the series. For details, call Elizabeth Heffelfinger at 805-646-1668.

November 8 and 9

Shambhala Education: An Overview of the Path of Warriorship

Shambhala Education is a secular program of meditation and teachings on Enlightened Society, co-founded by Chögyam Trungpa Rinpoche and his Vajra Regent, Ösel Tendzin. This introductory program provides an overview of the six weekend course. We begin with a Friday night talk at 7:30 p.m. and continue on Saturday from 9:00 a.m. through a hosted lunch. Cost: \$60. For details, call Robert Krupnick at 805-646-1369.

November 12-December 3

Four Tuesday Evenings

An introductory class with sitting meditation and a talk based on the book by the Vajra Regent, *Space Time & Energy*. Starts each Tuesday evening at 7:30 p.m. Taught by Patrick Sweeney and senior students. Cost: \$7 per class. For information, call Robert Krupnick at 805-646-1369.

November 15-17

Yoga and Meditation

The common thread underlying both the tradition of hatha yoga and the tradition of Buddhadharma 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.

December 13-15

Shambhala Education - Program One: Discovering the Heart of Warriorship

The first of six weekend programs of meditation, teachings, discussions and interviews. Based on the Shambhala teachings of Chögyam Trungpa Rinpoche and the program's co-founder, the Vajra Regent Ösel Tendzin. Cost \$100. For details, call Robert Krupnick at 805-646-1369.

December 26-January 1

Holiday Intensive at Pullahari Retreat Center

A three-yana group retreat. All levels of practitioners are welcome. Daily participation, or entire session. Cost: \$50 per day (includes all meals). To register, call Danny Mann at 805-995-3525.

A Note About Pullahari Retreat Center

Pullahari is situated in the beautiful California coastal mountain range near the city of Cayucos, about 20 minutes north of Morro Bay. The facility can accommodate both individual and group retreats. Participants are housed either in main house dormitories, or in spacious tents on platforms.

For registration or information call Danny Mann at 805-995-3525. Space is limited. In order to reserve your place, please send a check for the full amount at least two weeks before the beginning of your retreat or program. Please send checks to:

Pullahari Retreat Center, P.O. Box 1499
Morro Bay, CA 93443

RECOMMENDED INTRODUCTORY READING

Heart of the Buddha, by Chögyam Trungpa Rinpoche
Shambhala: The Sacred Path Of The Warrior,

by Chögyam Trungpa Rinpoche

Buddha In The Palm Of Your Hand, by Ösel Tendzin

Space, Time and Energy, by Ösel Tendzin (available through OVDC)

SATDHARMA

306 E. Matilija Street
Ojai, CA 93023
Tel: 805-646-2102
Email: info@satdharma.org

RETURN SERVICE REQUESTED



News from Ojai Schedule of Programs

FALL 2002



HRIH

by the

Vajra Regent Ösel Tendzin

Ojai 1989

22" x 30"
Limited edition of 108 prints
Red ink on 100% rag
90lb cold press
Offered by Satdharma
\$300

Contact Jacqueline Saunders
at 805-646-1369

A limited silk screen edition of a calligraphy of the seed syllable HRIH by the Vajra Regent was commissioned to commemorate the 12th anniversary of his Parinirvana. Those who attended the event were offered the opportunity to receive a print by contributing \$300 or more. We would like to extend this opportunity to the wider sangha. If you would like to receive one, please call Jacqueline Saunders. Your donation may be made in installments by Shambhala Day. Contributions support Satdharma's activities, which include the Ojai Valley Dharma Center, Pullahari Retreat Center, and the Vajra Regent Ösel Tendzin Library & Archives, and help augment support for Lady Lila Rich.