



Lama Tsonдру Sangpo since the age of eight has received and practiced the complete Dudjom series of teachings from Guru Padmasambhava's Regent, Kyabje Dudjom Rinpoche, Jigdral Yeshe Dorje. Lama Tsonдру Sangpo has also received many quintessential teachings from his Root Teacher Kyabje Chadral Kungpangpa Sangye Dorje Rinpoche. In addition, Lama Tsonдру Sangpo has received precious teachings from Kyabje Dodrupchen Rinpoche, Kyabje Pema Norbu Rinpoche, Kyabje Taklung Tsetrul Rinpoche, as well as all of the Kama and Terma teachings within the Nyingma System.

The second Do Rinpoche transmitted the Longchen Nyingthig teachings of the Nyingma Lineage to Tulku Pema Drubchen Rinpoche. His Eminence Kangs Ka Rinpoche (root teacher to H.H. the 16th



Lama Tsonдру Sangpo, Tulku Serdo Rinpoche, Lama Padma Karma.

Gyalwa Karmapa) passed on the Mahamudra teachings of the Karma Kagyu and Shangpa Kagyu to Tulku Pema Drubchen Rinpoche. He, in turn, passed the complete system of Nyingma and Kagyu teachings on to Serdok Rinpoche, who now resides and teaches

at Pema Osel Ling in Albuquerque, New Mexico.

Serdok Rinpoche was recognized by Sherab Oser Rinpoche, the present Abbot of Nyakla (Drubje) Pema Dudul's Kalsang Monastery, as an incarnation of the previous Serdok Rinpoche, Abbot of Kalsang Monastery in Kham, Tibet.

Due to the kindness of Serdok Rinpoche, Lama Padma Karma holds both Nyingma and Kagyu Lineages.

Lama Padma Karma continues to study with H.H. Chadral Sangye Dorje Rinpoche in Pharping, Nepal, Lama Tsonдру Sangpo in New Haven, CT, and with Serdok Rinpoche in Albuquerque, New Mexico.

Lama Padma Karma founded the Center for Dzogchen Studies in New Haven, Connecticut in 1994.

#### DIRECTORS

Lama Tsonдру Sangpo  
Serdok Rinpoche  
Lama Padma Karma

#### APPRENTICES

Bodhisattva Karma Drolma (Angela Amendola)  
Bodhisattva Tashi Oser (David Hurtado)

Bodhisattva Tashi Gyatso (Brian Shortt)  
Bodhisattva Rinchen Dorje (Paul Amendola)

The Center for Dzogchen Studies welcomes you to visit every Sunday at 10 a.m. Please feel free to call the Center Monday thru Friday between 1 p.m. – 5 p.m. for further information.

### Thank you's

Thank you to Debra Sims for taking Lama Tsonдру's precious words and putting them to paper in both last months The Precious Marme and this months *Chag Tsalwa* articles.

Thank you to Matt Prinz for driving Lama Tsonдру to Vermont to give his precious teachings. Lama Tsonдру reports that retreat is going well for Lama Padma Karma.

Thank you to Cynthia Chao for the peony's for Lama Tsonдру's garden, they are very special and we are enjoying their lotus like blossoms!

Thank you to Paul Amendola for your ongoing help. Doing the odd jobs for Lama Tsonдру and his family, replacing the shower head, fixing the phone jack and working with the girls, teaching them how to avoid computer viruses.

Thank you to the Wednesday night group for getting so much Karma Yoga done! It is amazing how much can be done in a short time when everyone is focused on the task.

Thank you to Lou Jason and Dom Dellarocca for making the new bookcases for Rinpoche's room.

Thank you to Bob Lee for the serving tray, it makes serving tea so much easier.

Thank you to Leslie Davis who was a great help getting some legal work accomplished for us! You saved the day!

### Special Offerings

An offering has been made to the Center to pay for paint and supplies to paint some of the upstairs rooms at the Center. We need volunteers to help with the painting. Please see Jerry Keane if you can help ( jksrme@aol.com ).

Offerings have been to the Center in memory of Art's dad, Arthur Menker, Sr. Thank you.

### Corrections

In last months newsletter I mistakenly misspelled Damian's name, it is correct here, sorry for the error.

### Other Notes

Lama Tsonдру asked that I tell you that the butter lamp photo shown on page one of our last newsletter was taken by my husband

### Speech Prostration (*nagyi chag tsalwa*)

As with the physical prostration, in speech prostration we first visualize devoted objects. We think about all the qualities of the Buddhas and Bodhisattvas. We consider their inner, outer, and secret qualities. Then we praise, rejoice, and feel satisfied by knowing these qualities. To perform a speech prostration we recite a mantra or a prayer with a tune; that song is the offering. We recite all the precious teachings to a melody in order to perform our speech prostrations.

### Mind Prostration (*yedkyi chag tsalwa*)

We again visualize all the Buddhas and Bodhisattvas in the same way as we did when we performed body and speech prostrations. This time, however, we have to think more about how they achieved enlightenment. For instance, Buddha Shakyamuni was just an ordinary being when he was born. To shed his samsaric existence, he practiced diligently. We must understand the hardships the Buddha had to endure to attain enlightenment. We know it was not easy; we understand that he did not receive a teaching one day and become a Buddha the next. Buddha Shakyamuni worked at it for six long years. So we have to appreciate the effort it took the Buddhas and Bodhisattvas to achieve enlightenment. They accumulated so much merit through their deeds, becoming Buddhas and Bodhisattvas for the benefit of all sentient beings. Accordingly, we need to consider the prayers they made to return as Buddhas for many lifetimes in order to relieve sentient beings from their suffering. They made a commitment to take infinite lives and lifetimes to help us. We have to think about and be grateful for this. Moreover, we must remember how precious and useful their teachings are. We will never find happiness or peace in this world unless we delve deeply into the teachings of the Dharma.

When we truly understand all these things, we need to rejoice in our knowledge. At the same time, we should feel faith, confidence, and a strong belief in the Buddhas and Bodhisattvas. They will never cheat us or disappoint us. Having these kinds of thoughts will create some merit, which we should dedicate to all sentient beings. We must think they will very quickly achieve enlightenment and have peace and happiness. These are the kinds of thoughts we must have and this is prostration by mind.

The three different forms of prostrations (through body, speech, or mind) are not meant to be done at the same time. They are in fact three separate elements that we perform depending only on the present circumstances, whatever they may be. The teachings of the Buddhas and Bodhisattvas are clever because they consider the variant levels of understanding among sentient beings. Therefore, there are alternate versions of many of the Buddha's teachings. As you now know, you can substitute prostrations depending on the situation. So, when we prostrate by body, that is all we do. Sometimes we are sitting and unable to do body prostration, that is when we prostrate through our speech. If that too is impossible, we perform our prostrations in our mind. For example, there might come a time when we are driving and see some precious object. The only way to prostrate at that time is through the mind. Or, if we are unable to perform body prostration correctly due to some physical ailment, we can use mental prostration then as well.

What are the benefits of doing prostrations? You must consider the placement of your body when you touch your five points (or your entire body) to the ground. You are not just resting your body on the earth. You should visualize a very strong golden ground as thick as 84000 *pak tse* (Tibetan measurement). Beneath this initial layer you will find the soil and sand. So, think about how much surface space you occupy during your prostration and then imagine passing that same distance through the earth beneath you. Think about how many grains of sand occupy the space in that lower layer. Can you count them? The number is immeasurable. That is how much merit you can achieve by doing prostrations.

Just as there are innumerable grains of sand, there are countless benefits to performing prostrations regularly. Among them are an improved, strong body; physical beauty with a good complexion and a radiant glow; exceptional speech, which all will understand; marvelous surroundings; lots of possessions; being loved by gods and human beings; rebirth in a higher realm; and of course, achieving enlightenment. Remember, too, that as many grains of sand that you occupy, that is how many lifetimes you will be a Dharma king. This is not a fairy tale; this is what the Buddhas and Bodhisattvas have taught.

-Lama Tsondru Sangpo



Various stages of the prostration as seen at the Jokhang Temple in Lhasa, Tibet May 2000.

Photo by Jack Knies

## The "Art" of Exhibition

A few months ago we had the pleasure of organizing a Thangka Painting Exhibition here in Vermont for Lama Tsonдру Sangpo. Having organized many events in the past and knowing that Vermont is a very arts oriented community, I felt confident that it would be a fairly simple process. Considering where I am at in my practice, I should have known that a feeling of confidence was like putting a challenge out to the universe and that I would definitely be "tested". Karma, not missing a step, showed up with a big old smile and more than a few surprises.

As the practitioners at the Center all know, when your teacher requests something of you - fulfilling that request becomes very important and close to your heart. These requests also tend to, unknowingly to us at first, present us with unexpected challenges that ultimately make us more skillful. For that, I have to thank our teachers for their infinite wisdom. We worked with an Asian studies professor at the University of Vermont to schedule the exhibition at one of their on-campus galleries and set the date for the third weekend in March. We were pleased to check that off the list and to jump full force into writing press releases, creating advertising and posterage. About 2 weeks before the event, the professor contacted us to say that we couldn't have the exhibition at UVM this spring, but instead, could have it there in October during the annual Tibetan Festival. Ugh!!!

So the marathon of phone calls to other colleges, galleries and museums started. During this scramble, Jeff suddenly remembered a very important piece of information. While Lama Tsonдру and Lama Padma Karma were visiting Vermont last year, they stayed at a local bed & breakfast. The owner, Duker Bower, is also an artist, with a good-sized art studio adjacent to the B&B. It was also located on a main road in a prime location. Duker took such a liking to Lama Tsonдру during the visit last year, that he even began painting his portrait. We called on Duker and not only was he happy to rent the space to us, he promised to have it all cleaned, paint touched-up and the wood stove cranking.

Three days before the exhibition, weather forecasters were predicting 12-38 inches of snow by the weekend. We were somewhat nervous about bad weather, yet Lama Padma Karma remained unworried. By that Friday, Lama Tsonдру, Lama Padma Karma, Paul and Damian arrived in the afternoon bringing 60 degree weather and sunshine with them. We went to Duker's studio and began hanging Thangkas, setting up the wine & cheese reception, and making up a Thangka price list. It was rather comical between Lama Tsonдру, Lama Padma Karma, Damian and I trying to suggest to Lama Tsonдру that his prices were too low. In a very selfless act, Damian even put a price on her own beloved Thangka painting with the intent to donate the proceeds to the monks at Gonjang Monastery.

To be surrounded by Lama Tsonдру's Thangka paintings is always so awe inspiring. The detail, the imagery and the dedication in creating these works of sacred art are almost beyond my comprehension. As Lama Tsonдру gave descriptions of each, I realized that what I know of the dharma equates to a spec of dust floating in the universe. It also came ever more clear to me how truly rare and precious it is for us to have Lama Tsonдру Sangpo, Serdok Rinpoche, and Lama Padma Karma available to help us learn, to guide our practice and selflessly assist us as we stumble along the path that can end our suffering.

We were excited and nervous, as this was the first "official" event here at Jangchub Dronme Ling. It was so wonderful having Damian and Paul here as our first Sangha guests. Their kindness and hard work made everything go smoothly. During the exhibition we saw many new faces and it was refreshing to know that others out there were just as awed by the Thangkas as I. We had many visitors interested in Thangkas, and sold several. Lama Tsonдру gave talks on Thangka painting and an introduction to the Dharma. Damian did a wonderful job of explaining the Thangka painting process and I'm sure that it was not easy considering her teacher was among the audience. Damian also shared her sketchbook, which proved that westerners can indeed approach this sacred vehicle. Many local artists attended and were extremely supportive. The local Zen center issued a standing invitation to Lama Tsonдру to exhibit there at any time. Seeing the spark of connection to the Dharma arise in others was wonderful to behold and quite humbling to be a part of. We look forward to future exhibitions, and the ripening of the seeds of Dharma that our beloved teachers have sown here.

*-Padma Lhamo*

### Upcoming Events!

**May 21 - May 28** - An exhibition of Lama Tsonдру Sangpo's Thangka Paintings will be on display at the Atlantic Gallery at Atlantic Filmworks, 449 Putnam Avenue, Hamden CT 06517, (203) 248-9910 or (800) 585-3456 in CT. Gallery Hours 8:00 to 5:30 M, W, F 8:00 to 7:00 T, Th. Opening reception Friday May 21, from 6:00 to 8:00 pm.

**June 27, 2004** - Lama Tsonдру will give teachings in New Haven between 10 - 11:30am. Immediately following we will perform TSOK ceremony to Guru Rinpoche and then a celebration for Lama Tsonдру and Sangay Chopel's departure to India. Sangha members should sign up at the Center for "Pot Luck" food items to bring to the celebration. All are welcome (family, friends, etc.) to the celebration. We hope to see you there.

<b>May 2004</b>	<b>Date</b>	<b>Time</b>	<b>Description</b>
Saturday	1	9:30 a.m. 9:00 a.m. - 12 p.m.	Amjee Bhutti sees patients Meditation Retreat
Sunday	2	9 a.m. - 10 a.m. 10 a.m. - 12 p.m.	Meditation Session <b>Lama Tsonдру Sangpo gives teachings</b>
Monday	3	6 p.m. - 9:30 p.m.	Thangka Painting Class
Tuesday	4	6 p.m. - 9:30 p.m.	<b>Posadha (Sojong) Bodhisattva Ceremony (Home)</b> Thangka Painting Class
Wednesday	5	6 p.m. - 7 p.m. 7 p.m. - 8 p.m. 8 p.m. - 9 p.m.	Dharma Teaching Meditation Session Karma Yoga
Thursday	6	6 p.m. - 9 p.m.	Dudjom Tersar Practice and Study Group
Friday	7	6 p.m. - 9 p.m.	Tibetan Language Class
Sunday	9	9 a.m. - 10 a.m. 10 a.m. - 12 p.m.	Meditation Session <b>Lama Tsonдру gives teachings</b>
Monday	10	6 p.m. - 9:30 p.m.	Thangka Painting Class
Tuesday	11	6 p.m. - 9:30 p.m.	Thangka Painting Class
Wednesday	12	6 p.m. - 7 p.m. 7 p.m. - 8 p.m.	Dharma Teaching Meditation Session
Thursday	13	6 p.m. - 9 p.m.	Dudjom Tersar Practice and Study Group
Friday	14	6 p.m. - 9 p.m.	Tibetan Language Class
Sunday	16	8 a.m. - 11 a.m. 9 a.m. - 11 a.m. 10 a.m. - 11 a.m. 11:30 a.m.- 1 p.m.	Create Torma Meditation Session Newcomers Welcome <b>21 Tara Ceremony</b>
Monday	17	6 p.m. - 9:30 p.m.	Thangka Painting Class
Tuesday	18	6 p.m. - 9:30 p.m.	Thangka Painting Class
Wednesday	19	7 p.m. - 8 p.m. 8 p.m. - 9 p.m.	<b>No Discussion or Meditation Session</b> <b>Posadha (Sojong) Bodhisattva Ceremony (Center)</b> <b>Bodhisattva Study Group</b>
Thursday	20	6 p.m. - 9 p.m.	Dudjom Tersar Practice and Study Group
Friday	21	6 p.m. - 9 p.m.	Tibetan Language Class
Sunday	23	9 a.m. - 11 a.m. 10 a.m. - 11 a.m. 10 a.m. - 11 a.m. 11 a.m. - 12:30 p.m.	Ngondro Practice Newcomers Welcome Meditation Session <b>Refuge Study Group</b>
Monday	24	6 p.m. - 9:30 p.m.	Thangka Painting Class
Tuesday	25	6 p.m. - 9:30 p.m.	Thangka Painting Class
Wednesday	26	6 p.m. - 7 p.m. 7 p.m. - 8 p.m.	Dharma Teaching Meditation Session
Thursday	27	6 p.m. - 9 p.m.	Dudjom Tersar Practice and Study Group
Friday	28	6 p.m. - 9 p.m.	Tibetan Language Class
Saturday	29	7 p.m. - 9 p.m.	<b>Guru Rinpoche Day (Tshechu)</b> <b>Tsok Offering Ceremony</b> <b>VERMONT: Lama Tsonдру Sangpo gives teachings</b>
Sunday	30	8 a.m. - 9 a.m. 9 a.m. - 10 a.m. 10 a.m. - 12 p.m.	Ngondro Practice Meditation Session <b>Lama Tsonдру Sangpo gives teachings</b>
Monday	31	6 p.m. - 9:30 p.m.	Thangka Painting Class

<b>June 2004</b>	<b>Date</b>	<b>Time</b>	<b>Description</b>
Tuesday	1	6 p.m. - 9:30 p.m.	Thangka Painting Class
Wednesday	2	6 p.m. - 7 p.m. 7 p.m. - 8 p.m.	Dharma Teaching Meditation Session
Thursday	3	6 p.m. - 9:30 p.m.	<b>Saga Dawa Duchen Buddha Shakyamuni's enlightenment and parinirvana Teaching on how to keep a shrine Lama Tsonдру Sangpo's Birthday Posadha (Sojong) Bodhisattva Ceremony (Home)</b>
Friday	4	6 p.m. - 9 p.m.	Tibetan Language Class
Saturday	5	8 a.m. - 12 p.m. 9:30a.m.	<b>Meditation Retreat \$25.00 Amjee Bhutti sees patients</b>
Sunday	6	9 a.m. - 10 a.m. 10 a.m. - 12 p.m.	Meditation Session <b>Lama Tsonдру Sangpo gives teachings</b>
Monday	7	6 p.m. - 9:30 p.m.	Thangka Painting Class
Tuesday	8	6 p.m. - 9:30 p.m.	Thangka Painting Class
Wednesday	9	6 p.m. - 7 p.m. 7 p.m. - 8 p.m. 8 p.m. - 9 p.m.	Dharma Teaching Meditation Session Karma Yoga
Thursday	10	6 p.m. - 9 p.m.	Dudjom Tersar Practice and Study Group
Friday	11	6 p.m. - 9 p.m.	Tibetan Language Class
Sunday	13	8 a.m. - 11 a.m. 9 a.m. - 11 a.m. 10 a.m. - 11 a.m. 11:30 a.m. - 1:30 p.m.	Torma Making Meditation Session Newcomers Welcome <b>21 Tara Ceremony</b>
Monday	14	6 p.m. - 9:30 p.m.	Thangka Painting Class
Tuesday	15	6 p.m. - 9:30 p.m.	Thangka Painting Class
Wednesday	16	6 p.m. - 7 p.m. 7 p.m. - 8 p.m.	Dharma Teaching Meditation Session
Thursday	17	6 p.m. - 9 p.m.	<b>Posadha (Sojong) Bodhisattva Ceremony (Home instead of Center this month)</b> Dudjom Tersar Practice and Study Group
Friday	18	6 p.m. - 9 p.m.	Tibetan Language Class
Sunday	20	9 a.m. - 11 a.m. 10 a.m. - 11 a.m. 11 a.m. - 12:30 p.m.	Meditation Session Newcomers Welcome <b>Refuge Study Group</b> <b>VERMONT: Lama Tsonдру Sangpo gives teachings</b>
Monday	21	6 p.m. - 9:30 p.m.	Thangka Painting Class
Tuesday	22	6 p.m. - 9:30 p.m.	Thangka Painting Class
Wednesday	23	6 p.m. - 7 p.m. 7 p.m. - 8 p.m.	Dharma Teaching Meditation Session
Thursday	24	6 p.m. - 9 p.m.	Dudjom Tersar Practice and Study Group
Friday	25	6 p.m. - 9 p.m.	Tibetan Language Class
Sunday	27	9 a.m. - 10 a.m. 10 a.m. - 12 p.m. 4 p.m. - 7 p.m. 7:00 p.m. - 9:00 p.m.	Meditation Session <b>Lama Tsonдру Sangpo gives teachings</b> Torma Making <b>Guru Rinpoche Day (Tshechu)</b> <b>Tsok Offering Ceremony</b>
Monday	28	6 p.m. - 9:30 p.m.	Thangka Painting Class
Tuesday	29	6 p.m. - 9:30 p.m.	Thangka Painting Class
Wednesday	30	6 p.m. - 7 p.m. 7 p.m. - 8 p.m.	Dharma Teaching Meditation Session



Center for Dzogchen Studies  
17 Tour Avenue  
New Haven, CT 06515

## Center for Dzogchen Studies

### Dharma Store

Bag-Silk	\$ 10.00 each	Silver Dorje	\$ 5.00 each
Bag-Cotton	\$ 10.00 each	Silver Gau (large locket)	\$ 35.00 each
Books	Priced as marked	Silver Gau (small locket)	\$ 18.00 each
Bumpa	\$ 75.00 each	Silver Phurba	\$ 3.00 each
Gonjang Monastery Cards	\$ 5.00 each	Silver Ring (small)	\$ 32.00 each
Deity Cards	\$ 5.00 each	Silver Ring (large)	\$ 40.00 each
Incense -Yellow	\$ 10.00 pkg.	Table Top Mani Wheel	\$ 25.00 each
Incense -Red	\$ 8.00 pkg.	Shokanlan (text holder)	\$ 25.00 each
Kata Large (blue ribbon)	\$ 7.00 each	Zen	\$ 65.00 each
Kata Small (pink ribbon)	\$ 5.00 each		