



## NEWS FROM SATDHARMA

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.

SPRING 2003

# VISUALIZING THE MANDALA

**S**hambhala Day provides a nexus for the Satdharma community to gather our energy for the year ahead. This year, Patrick Sweeney has called together the first Shambhala Day caucus of Satdharma members for a weekend program called *Visualizing the Mandala*. This program will be an opportunity to discuss and explore the plans that have been developed for Satdharma's continued growth and well-being. Whether you are able to attend or not, we hope you will be stimulated by the many prospects for expanding our mandala, and that you will accept our invitation to be fully involved as we tread the path ahead.

## Visualizing the Mandala

No mandala would be possible without the extraordinary exertion of our root teachers, Chögyam Trungpa Rinpoche and his dharma heir, the Vajra Regent Ösel Tendzin. Through their devotion to the lineage and to their students, we have the legacy upon which to build our efforts to present the dharma to others. This includes continuing the lineage stream through the dharma activity and teachings of Patrick Sweeney, the Vajra Regent's dharma heir.

## The Cycle of Teachings

Since our first newsletter in September, programs were successfully implemented that provided a gateway for beginning students, addressed the practice and study needs of the first generation of Satdharma ngondro students and continued the presentation of the Shambhala teachings in Ojai. *Discovering Awakened Mind*, a three seminar course taught by Patrick Sweeney that culminated in a practice and study weekend at the Pullahari Retreat Center, has provided a core group with a focused introduction to the buddhadharma in general, and a foundation in the skilful means of our lineage in particular. The *Shambhala Education* program, under the direction of Robert Krupnick, is well underway with a new cycle of undergraduate programs. The *Holiday Retreat at Pullahari* provided a full house of practitioners with a strong group practice situation. February of 2003 saw the beginning of the *Direct Path to Enlightenment* course, a series of weekend intensives taught by Patrick Sweeney. The curriculum focuses on the Hinayana and Mahayana teachings, specifically renunciation, bodhicitta and sunyata, and how these teachings form the basis for properly approaching the tantric or Vajrayana buddhist path. As well, yoga



Patrick Sweeney and  
The Dzogchen Ponlop Rinpoche

continues to be an important element in our programs. *Yoga and Meditation* weekends combine the wisdom of the buddhadharma with the wisdom of hatha yoga, helping to synchronize body, energy, and mind and to cultivate a stable environment for meditation practice.

The tantrikas, 17 students who received Vajrayana transmission from Patrick Sweeney last January, are continuing their ngondro practices and further studies in the Mahayana and Vajrayana. A core group of tantrikas will be receiving meditation instructor and teacher training over the spring and summer, and will begin as active M.I.s and teachers in the fall.

## Spiritual Advisors

Satdharma is most fortunate to have the Venerable Khenchen Thrangu Rinpoche as a spiritual advisor. His encouragement and authorization have empowered the growth of Satdharma's study and practice activities, including Vajrayana transmission given by Patrick Sweeney early last year and to be given again next January. Thrangu Rinpoche will continue to be a guide for further expansion. Mr. Sweeney will also be working closely with the Dzogchen Ponlop Rinpoche to develop our curriculum. Ponlop Rinpoche has requested him to teach a course in yoga at his annual Nalandabodhi sangha retreat. Ponlop Rinpoche will be visiting Ojai and Pullahari for one week in January of 2004. Additionally, Khenpo Tsultrim Gyamtso Rinpoche has tentatively scheduled a visit to Ojai and Pullahari in November 2003.

## Communications

We are pleased to announce the coming launch of our website, [www.satdharma.org](http://www.satdharma.org), scheduled to go up on April 4th. There you will find a detailed lineage history, biographies, program descriptions, photos and excerpts from talks by the Vajra Regent and Patrick Sweeney. We hope that it will be a useful tool in understanding the scope of our activities.

The Satdharma newsletter has settled in as a practical source of information on our many programs and a way to give perspective to our activities. In between newsletters, we issue bulletins giving the latest calendar updates. You can subscribe to both the newsletter and the calendar by contacting Jackie Saunders at 805-646-1369, or email her at

jackiesaunders@sbcglobal.net. Email versions are a way to help Satdharma's financial bottom line, so we hope you will be part of our growing e-sangha.

## Leadership

On Shambhala Day we are beginning an expansion of the Satdharma mandala. William Okin will become co-director of the Ojai Valley Dharma Center, joining Robert Krupnick. Robert will also continue as the Director of the Shambhala Education program. With Robert and William's leadership, the



tantrikas will be taking on more of the responsibility of running the Ojai center during the coming year, and many will be joining the ranks of meditation instructors and dharma teachers.

The board of directors is also welcoming new member Jacqueline Saunders, who will be joining president Patrick Sweeney,



Joseph Parent (first vice president and treasurer), Danny Mann (secretary) and directors Robert Krupnick and William Okin.

## Aspirations

Perhaps one of the most significant developments this Shambhala Day period is the launch of our official fundraising activities. This first year, we plan to raise \$60,000 towards a capital campaign goal of \$300,000 for the proposed expansion of Pullahari Retreat Center (see page 4). Pullahari's current crisis of wood fungus in the main house foundation has become an opportunity to rebuild that part of the facility in order to increase capacity and to add much needed dormitory and office space, plus additional bathrooms and a second shrine room.

Our other major fundraising goal this year is to raise \$30,000 for the projects to be undertaken by the Vajra Regent Ösel Tendzin Library & Archives. The Vajra Regent was a prolific teacher and this Shambhala year we will finish or undertake several projects based on his work. These include a close-to-

finished collaboration with Vajradhatu Publications on a book/CD combination of *The Chariot of Liberation*, finalization of the publication of *The Lonely Journey: Devotion and the Kagyü Path*, to be issued by Satdharma Publications, and several other important projects. You can read more about these on page 5 of the newsletter.

## Membership in Satdharma

Because of expanded plans for programs, the Library & Archives' ambitious publishing schedule, and necessary renovations and possible expansion of the Pullahari Retreat Center, we also need to expand our funding. Up to this point, member support has been restricted to Ojai Valley Dharma Center, in the form of dues. Commencing on Shambhala Day, we are also introducing MEMBERSHIP IN SATDHARMA. We are hoping that sangha and friends near and far will be able to lend support by making a gift to the Satdharma Annual Fund.

Contributions support the Satdharma umbrella organization, the Pullahari Retreat

Center and the Vajra Regent Ösel Tendzin Library & Archives. Please see pages 4 and 5 for detailed information on Pullahari and the Library & Archives. Local sangha should note that OVDC is supported separately by monthly dues, and that membership in Satdharma is an additional contribution funding the other activities of Satdharma.



Each year on the occasion of the parinirvana celebration of the Vajra Regent, the Library & Archives will issue a limited edition reproduction of one of his calligraphies, and members of Satdharma contributing more than \$300 to the annual fund will receive a complimentary print.

The Satdharma membership year begins each Shambhala Day. If you were unable to be with us on March 3rd, you may make your contribution by returning the envelope provided in this newsletter. In the meantime, we welcome your input as we continue to grow and develop. If you have ideas to share about fundraising and membership, please contact Jackie Saunders at 805-646-1369.

On the occasion of Shambhala Day, and throughout the year, we celebrate our common heritage, and look forward to many opportunities to communicate and expand.

*Photos clockwise from top left: Khenchen Thrangu Rinpoche, the Dzogchen Ponlop Rinpoche, Patrick Sweeney.*

# Announcing Membership in Satdharma

Dear Friends of Satdharma –

We hope you enjoy this latest edition of our newsletter, and that we have been able to communicate the vision of Satdharma for the year ahead.

Over the past months or years, many of you that live far away have kept in touch, and some have been able to lend support by helping with transcribing, or helping financially, for which we are most grateful. However, we are now at the stage in our development where activity is increasing, and with it the need for further communication and further funding.

This Shambhala Day, we are inaugurating a new membership program – MEMBERSHIP IN SATDHARMA - in order not only to support our programs and activities, but also to expand our mandala of communication. Financial support is necessary, but more than that, we are seeking to establish a group with whom we can share our plans, share feedback and suggestions, and in general foster an intimate connection. Membership in Satdharma begins by making a contribution to the Satdharma Annual Fund. Gifts support the umbrella organization, the Pullahari Retreat Center and the Vajra Regent Ösel Tendzin Library & Archives (see detailed information on pages 4 and 5). Local sangha should note that membership in Satdharma does not replace support for OVDC through monthly dues, but is an additional contribution funding Satdharma's other activities.

We're pleased to offer Satdharma members who contribute \$300 a year or more (\$25 a month) a print of a limited edition reproduction of a calligraphy by the Vajra Regent, and a Satdharma membership pin. As well, we wish to hold a **SATDHARMA MEMBERS CONVOCATION** once a year – an opportunity for all of us to get together, celebrate and share our ideas. This year, we are planning the event to coincide with the Parinirvana Celebration for the Vajra Regent. Please save the dates: August 22-25. We hope you can join us, and we will assist with housing and other needs you may have.

There is also a need for ongoing support for Lady Rich and her family. Those wishing to assist can make a personal gift to Lady Rich, and may call me for further information.

Please take a moment to fill out the envelope-form enclosed with the newsletter. Your Satdharma membership gift may be spread over the year in monthly installments, if this is more convenient. Whatever way it comes, it will be a tremendous help as we gather to move forward.

With gratitude,  
*Jacqueline Saunders*  
Director of Development  
Tel: 805-646-1369



# Supporting the Vision

## Expanding the Pullahari Retreat Center

### A Critical Resource

Pullahari Retreat Center has been in existence for ten years. Due to the effort and practice that has occurred there, it possesses the qualities of a true dharma practice center. Consecrated by Thrangu Rinpoche as a Kagyü retreat center and cared for by Patrick Sweeney, the activity at Pullahari is instantly recognizable as an emanation of the lineage of Chögyam Trungpa Rinpoche.



As Satdharma's three-yana curriculum has been implemented, it has become clear that Pullahari Retreat Center is an integral part of the

dharma programs that begin in Ojai. Only three hours from Ojai, in the beautiful mountains of the Central Coast, Pullahari provides an excellent environment for intensive practice and study. Pullahari hosts various programs throughout the year, including weekend intensives for Ojai students, weekthuns or dathuns in the summer months, monthly teachings for the local community, and a group retreat over

the winter holiday season. For both the lineage holder and the Satdharma community, it is the inner resource that supports the busy cycle of teaching and practice.

Currently, group retreats can accommodate up to 30 people, including staff,

although several participants must sleep off-site. Meals are served in the main house, which has three bedrooms and a dormitory that sleeps six. Set up on the hill, the main house enjoys a spacious view of the shrine room, the mountains and the ocean in the far distance. Reachable only by dirt road, the isolation of Pullahari provides a strong sense of protection.

This year, many urgent repairs have been accomplished through the generosity of private donors. The road up from the canyon floor has been resurfaced. The retreat cabin, Mr. Sweeney's home when he is in residence, has been repainted, and the shrine room has been reroofed and painted. Two large platform tents have been added as extra accommodation for retreats or programs.



### Expansion Of Pullahari Being Researched

Bad news can sometimes be an opportunity. It has recently been discovered that the foundation of the main house must undergo significant repairs because of a fungus condition. Since the entire structure will have to be raised off its slab, considerable expense will be incurred. Pullahari programs are operating at capacity, and so Patrick Sweeney has decided to take the opportunity to work with an architect and the county to research the degree to which a plan for expanding Pullahari is realistic.

The expansion plan currently being explored (including the repair to the main house foundation) would increase capacity significantly. The main house would be rebuilt to include men's and women's dormitories, offices, and a bigger kitchen and dining room. A second shrine room would be added for Vajrayana or other

practices. A separate bathhouse structure would be needed, and retreat cabins would be added.



The project is estimated to cost \$300,000 over a three year period. This year, we hope to raise \$60,000

towards our goal. That will allow us to do the work on the main house before the foundation collapses, and, in the process, expand and renovate the main house structure as described above. We hope to complete the full Pullahari expansion project by 2005.

We're pleased to announce that \$10,000 has been raised towards our 2003 goal of \$60,000. If you can help with this accelerated timeline by making an early donation, please fill out the enclosed response envelope, or call Jackie Saunders at 805-646-1369. A contribution in any amount will help us reach our goal.

This summer, Pullahari will host the 17 Tantrikas who took their preliminary Vajrayana vows last spring. They will be continuing their ngondro practice and studies as they train to be meditation instructors and teachers. Beginning and intermediate students will have the opportunity to do a ten-day program that provides a bridge between the Hinayana and the Mahayana curricula and prepares the ground for the next group of Vajrayana students who will take vows in January 2004. The lineage's blessings are easily felt at Pullahari. With your help, we hope to be able to share that with many more people in the years ahead.

# Sharing the Wealth

## The Vajra Regent Ösel Tendzin Library & Archives

### Our Legacy

The Vajra Regent left us a great legacy, including teachings, calligraphies, poems and photographs. Generous donations enabled us to build a climate-controlled facility on the grounds of the Ojai Valley Dharma Center in which to house what we have in our possession. So far, we have published one book, *Space, Time and Energy*, as well as a transcript of talks from the 1988 seminary. Many other talks have been transcribed and are in various stages of preparation for publication both as books and as CDs. A collaborative process with Shambhala Archives will eventually bring copies to Ojai of all the audio and video tapes they have of the Vajra Regent's talks. Our collection also includes talks by the current lineage holder, Patrick Sweeney, and several visiting teachers.



### Plans for 2003

This year we will begin work on two projects based on teachings by the Vajra Regent. These include *The Unobstructed Way*, a book based on two seminars the Vajra Regent gave of commentary on "The Jewel Ornament of Liberation" by Gampopa; and a second book, *The Lonely Journey: Devotion and the Kagyü Path*, to be issued with accompanying CDs. This year will also see the publication of *Chariot of Liberation*, based on the Vajrayana seminar by the Vajra Regent and the Dorje Loppön. The project is a collaboration with Vajradhatu Publications, who will be producing the book, together with accompanying MP3 discs.

In addition to these publication projects, we will be working on the following:

- ◆ Organization and archiving of the collected poems of the Vajra Regent, to be published in segments.
- ◆ The second in a series of annual reproductions of a calligraphy by the Vajra Regent, to be issued on the occasion of the celebration of his parinirvana.
- ◆ Transcribing: ongoing work transcribing talks by the Vajra Regent and Patrick Sweeney.
- ◆ The Vajra Regent's Calligraphy Collection: cataloguing, photo documentation, and narrative description.
- ◆ Oral history project: collecting personal recollections of the Vajra Regent, and culminating in the publication of his biography.

### Our goal is to raise \$30,000 for 2003

By sharing your wealth and making a contribution to the Library and Archives, you are opening the door for others to the treasure house of our lineage. Please take a moment to fill out the response envelope included with this newsletter, or call Jackie Saunders at 805-646-1369.



# Calendar - OVDC PULLAHARI Spring 2003

## Public Programs

### Public Classes

**Five Thursdays, beginning March 6.**

**Five Thursdays, beginning May 1.**

Public classes are scheduled at regular intervals, and focus on an introduction to meditation and Buddhist teachings. Cost \$10/class (\$7 members). For further information, call Jackie Saunders at 805-646-1369.

### Yoga and Meditation

**May 16 - 18.**

**Taught by Patrick Sweeney**

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: \$110 in advance, \$130 at the door. For details, call Tony Winecoff at 805-640-8811.

## Continuing Education

### Direct Path to Enlightenment

**Continuing Education for Hinayana and Mahayana Students. Part II begins April 5.**

**Taught by Patrick Sweeney**

The course began in February and continues with **Part II on April 5 & 6**. Weeknight classes reinforce the weekend program, which culminates with **Part III at Pullahari Retreat Center on April 18-20**. The course is followed by a summer intensive at Pullahari, dates to be announced.

The syllabus is designed to introduce intermediate 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 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 during the weekend of April 5 and 6. 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 Gyamtso; *Indestructible Truth*, Reginald Ray. Cost Part II: \$100 (\$80 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.

### Shambhala Education Program New Cycle Begins with Level I, Ordinary Magic, May 2-4

The Shambhala program was founded by Chögyam Trungpa Rinpoche and by the Vajra Regent Ösel Tendzin. It is a secular course of teachings exploring the wisdom of warriorship as a model for gentleness and fearlessness. Level I is scheduled for May 2-4, and Level II will be held June 6-8. Programs begin on Friday evenings at 7:30 p.m. and end Sunday afternoons at 5:30 p.m. Cost: \$120 per level. For information, call Robert Krupnick at 805-646-1369.

## Meditation Instructor and Teacher Training for Tantrikas

April 25-27, at Pullahari Retreat Center, under the direction of Patrick Sweeney

For authorized students only. For information, contact Robert Krupnick at 805-646-1369. To reserve your place at Pullahari, please call Danny Mann as soon as possible at 805-995-3525. Begins Friday evening at 6:00 p.m. and ends Sunday after lunch. Cost: \$135. Tantrikas please note: The summer Vajrayana Intensive at Pullahari is a required program, dates to be announced.

## Three Yana Summer Programs at Pullahari Retreat Center

Taught by Patrick Sweeney, dates TBA

Summer programs at Pullahari will allow practitioners to intensify their practice and study. Although exact dates are not firm, the end of July and beginning of August will be designated for Hinayana, Mahayana and Vajrayana seminars. Teachings will focus on the conclusion of the *Direct Path to Enlightenment* course, as well as a specific program for Vajrayana students. Dates will be announced shortly.

## Upcoming Events

### Milarepa Day

March 16, at OVDC

Milarepa Day celebrates the enlightenment and life example of Milarepa. The celebration is an all day guru yoga practice, which includes chanting the Milarepa sadhana and reading the Vajra songs of the Kagyü Gurus in *The Rain of Wisdom*.

These songs are the direct personal voices of the lineage holders, sharing their experiences of the path, practice, and realization. In chanting them, we attune our minds to theirs, invoking the inspiration of their sanity and devotion. From 9:00 to 9:00 at OVDC.

### Parinirvana Celebration, Chögyam Trungpa Rinpoche

April 4, at OVDC

A day of meditation, readings and feast celebrates the life and teachings of the great yogin Chögyam Trungpa Rinpoche. As one of our principal lineage forefathers, he continues to be a source of inspiration and wisdom. Preceding April 4th, "Thus I Have Heard," a video series about his life and work, will be screened on selected evenings at OVDC. Schedule to be announced.

## Yoga of the Shadow School

Programs with Shandor Remete: March 21 - 27

Emma Balnaves: March 28 - April 3

The Ojai Valley Dharma Center will host Shandor Remete, who will teach a weeklong course in the yoga of the Shadow School. The course begins with a weekend program Friday, March 21 through Sunday March 23 (Demo and Discussion Friday 7:00 p.m., two 2-hour classes Saturday, one 2-hour class Sunday morning), and continues with evening classes Monday, March 24 through Thursday, March 27. The weekend program can be taken alone, but due to the progressive nature of this course, the weekend program is a prerequisite for the weekday classes. Shandor will teach the *Moving the Shadow* sequence, with intermediate asanas. Emma Balnaves will conduct a weekend program for women only on March 28-30 (Demo and Discussion Friday 7:00 p.m., one 3-hour class Saturday

morning, one 3-hour class Sunday morning), as well as evening classes for men and women Monday through Thursday, March 31 through April 3. During the week, Emma will teach the *Opening the Shadow* sequence. The location is the Offices At The Pew (Nordhoff Hall) at Montgomery and Aliso in Ojai.

Costs: Shandor weekend, \$200; Shandor weekend and weekdays, \$350; Emma weekend (women only), \$150; Emma weekdays, \$125; Emma weekend and weekdays, \$250. Both Shandor's and Emma's Friday night demos are free. For further information or to register, please contact Elizabeth Heffelfinger at 805-798-0250. To learn more about Yoga of the Shadow School, visit [www.shadowyoga.com](http://www.shadowyoga.com).

## Announcements

Pullahari Retreat Center seeks a macrobiotic cook for three weeks in the summer. The position pays a flat rate per day for three meals, plus room and board. Menu planning and shopping is supervised by the Director of Pullahari, Danny Mann. Please call him for details about the position, at 805-338-3781.

## SATDHARMA

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RETURN SERVICE REQUESTED

### News from Ojai Schedule of Programs

SPRING 2003



*Pullahari*

## Sign up for Email

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

To add yourself to the subscriber list (or to remove yourself from our database), email your contact information to [jackiesaunders@sbcglobal.net](mailto:jackiesaunders@sbcglobal.net)

Coming Soon

[WWW.SATDHARMA.ORG](http://WWW.SATDHARMA.ORG)

SPRING 2003

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