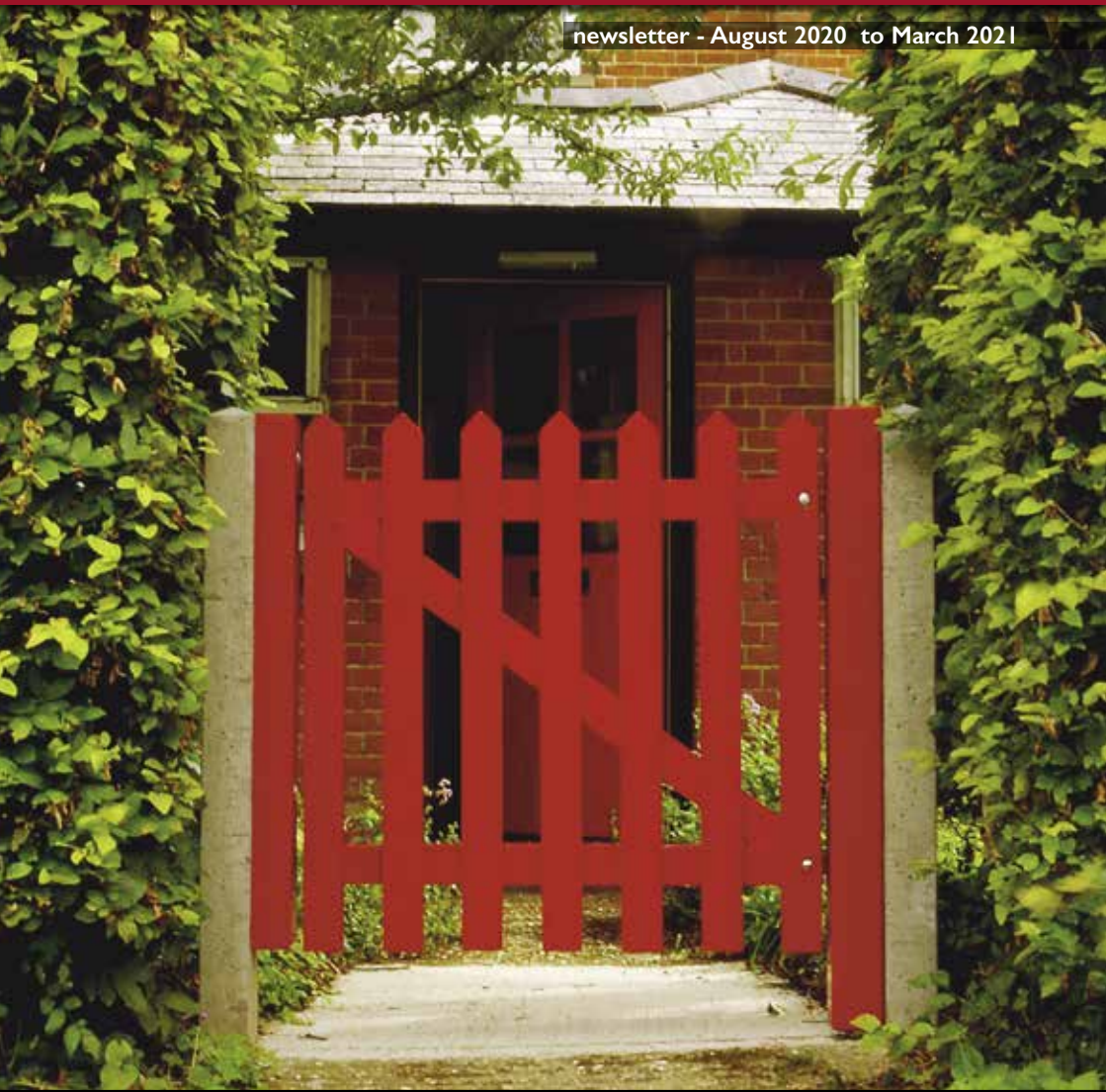


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marpa house

BUDDHIST MEDITATION AND RETREAT CENTRE

newsletter - August 2020 to March 2021



In this edition...

Pasang Rinpoche • A Poem for Rinpoche • New Year Retreat with Craig
Dropping Anchor • Four Noble Truths
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**BUDDHIST MEDITATION
AND RETREAT CENTRE**



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TRUSTEE NEWS



And there we were, thinking that 2016 was a difficult year.... This article is written on 5 August - what will the world be when you read it?

First, I beg those of you not on email, to find an email buddy who will keep you up to date with what is happening at Marpa House, via Marpa Monthly. And, no matter how warily, please dip your toe in the Zoom waters. If you don't know

how it works, ask a friend or ask the Secretary. And keep your email current.

What has happened in Rectory Lane? We had to close the House to guests and all visitors. Gradually, we have re-opened the gardens, the shrine room, and now the retreat wing. This is as safe as we and the care of staff can make it.

The Covid compliance issues involved in accommodation, or even providing food and drinks, mean that guests cannot stay in or use the House at present. But, after a month's experience of the retreat re-opened, we will find what else can be safely possible.

Our staff are remarkable. At one stage we had 7 staff (most unpaid) and no guests! Our two pandemic secretaries have navigated the crisis. First Gail battened down the hatches and now Nural is prising them open. They, and now Martin, Gabrielle and Liana have kept the House safe and secure. Thank you.

It's not hard to see that the House finances are in deficit. Already, unbidden, a number of you have gently tumbled money into the House accounts to cushion the fall. Thank you. At a time when so many are feeling insecure, we have decided it is wrong to mount a formal appeal for funds until our reserves are in actual peril. We hope that the income from the retreat, and the donations following our online courses, will slow the losses.



Do not underestimate how big a change is going on in our Sangha. Who had heard of Zoom before March? Then Karrim piloted our online pujas, and Tulku Pasang Rinpoche, keen to assist us, joined us online from Hong Kong to fill our lost May weekend. Now see the on line programme that Tansy has put together for Marpa House. See the programme that KCL (Todtmoos) have assembled to make up for their lost Summer School. Our White Sangha are blossoming, giving teachings and offering pastoral support.

With Lama Chime's teachings as the unshakeable core of Marpa House, we have to explore all directions forward. Marpa House has to be useful and relevant. It needs to find the best ways to help visitors to find peace, to come to a closer understanding of mind, to learn and practise dharma, to be with their vajra brothers and sisters.

Our biggest immediate challenge will be staffing. This is where we ask you to help. With Brexit looming, we need new and preferably young staff - those resident in the UK have no visa issues, but we are putting in place provision for our EU sangha to join us. We need staff who seek to immerse themselves in a meditative world. There is no need for prior links - half our staff had no link with Marpa House a year ago. Please turn your mind to those who might benefit, who might like to come. It is hard to think of a better time to be on staff than now.

And now, farewells. In September Nural will leave us with a void where she has exploded through our lives. Gudrun, our superdynamo of Trustees, has taken a year's sabbatical from duties. Barbara is about to step down from the Committee. To all of you, our thanks.

And now, the Welcomes. Horst of Karlsruhe is about to join us, as secretary. Elizabeth has joined as House Administrator, stepping into the

shoes of the legendary Chris. Already we feel her steadying hand. But the biggest welcome is to you, to be with us online, or sit in retreat or in the Shrine room.

Our biggest thanks are to our Lama, sitting in his snowy cave, amongst but far from, the hullabaloo. Observing. Without wishing for attainment, may we share his mind.

Roger Britton (Chair of the Trustees)

COMMITTEE NEWS



I would like to start with many thanks to all who have supported and helped sustain Marpa House during the past months since the last Newsletter. We are extremely grateful to many of

the Sangha from earlier years who came to help with the cooking and cleaning during the period prior to the Lockdown. I won't list you all here but you know who you are and we could not have survived without your help.

Martin arrived in January and took on the role of cook planning to stay for a full year. Paradoxically after many months without any long term volunteer staff apart from Nural as Secretary, mid- March, when Marpa House closed its doors due to Covid 19 it was with a full quota of staff plus Wolfgang and Henrietta who had to delay their eventual return home to Europe. During this time the Trustees took over the management of staff at this point for health and safety reasons connected with Covid 19.

After she gave the last teachings to occur in the house on 7 March, introducing the new White Sangha course, Gail came to be Secretary during what had been originally scheduled as Nural's break (until resuming the role at the



beginning of June). Gabbie took on the role of Housekeeper and Gabrielle, fresh out of her 4 months in Retreat became the cook and will continue to do so until the autumn. Martin became the gardener, soon to be accompanied by Nural who returned from Berlin to spend Lockdown at the house. Liana joined the staff as Housekeeper as Gail and Gabbie prepared to leave.

Once again, there will be volunteer staff vacancies from September. Please speak to the Secretary if you're interested or know of anyone who might be. This is a very powerful time to be on staff.

Losar was the last major event at the house that we could all attend before lockdown which was an enjoyable occasion for all. Just before Losar we had the new apple picking weekend so many thanks to Dan who did a brilliant job of pruning the apple trees and all the volunteers who worked so hard.

So, now a big Welcome to our two new Committee members: Dan Brett, who following his involvement doing the pruning, decided to become even more involved with the house and Pema Clarke who likewise, after completing the task of organising the Library, also joined us.

As ever, on-going thanks and much gratitude to the current Committee members: Emma Lawrence, Sue Sternberg and Astrid Jackson who continue to work behind the scenes to keep things going.

We have all had the opportunity during the universal events of past months to reflect on the importance of empathy in living a more meaningful life, truly empathizing with others to understand them completely, reflected in the saying: 'You can't understand one until you've walked a mile in their shoes.'

In Vs 90, Chp 8 The Way of the Bodhisattva Shantideva talks about the equality of self and

other and gives us specific practices for standing in another person's shoes.

*Strive at first to meditate
Upon the sameness of yourself and others
In joy and sorrow all are equal
Thus be guardians of all, as of yourself*

Being empathetic helps you become more compassionate and kinder to others and in a practical sense, enhances your ability to communicate with other people in every scenario. We all have the power to truly feel another person's struggles, if we only take the time and thought to do so. May we all find the courage to display our inherent empathy as we continue to support Marpa during the coming months and years.

Barbara Wolter (Chair of the Committee)

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marpa house **staff**

Staffing Opportunities at Marpa House

We need volunteers to come on staff in 2020. You can volunteer for up to one year and would receive a small honorarium to cover basic living costs. All meals and accommodation are provided free of charge.



This is a great opportunity to spend time in a beautiful Dharma centre and to practise in a lovely and peaceful environment. If you are interested in finding out more, please contact the Secretary:

t: 01799 584415

e: mail@marpahouse.org.uk

w: www.marpahouse.org.uk





KYABJE CHIME RINPOCHE
INTERNATIONAL ARCHIVE

We are very excited to introduce the Kyabje Chime Rinpoche International Archive, or KCRIA.

KCRIA is an organisation working for the preservation and promotion of the public teachings of Kyabje Chime Rinpoche for the benefit of current and future generations.

What is KCRIA?

It is a secure archival collection of public teachings given by Kyabje Chime Rinpoche since his arrival in the West in the 1960's. The archive comprises digitised audio recordings and video footage, along with relevant supporting material, such as photos and advertising used for the teachings. As materials are located and collected, the archive is updated.

What is its origin?

The notion for the project began during the Marpa House Summer Tea Party in 2017, when Chime Rinpoche publically requested David Crawford be responsible for Rinpoche's teachings. David discussed his idea for an archive with Rinpoche in early 2018, and was given permission to proceed. In September 2018, the KCRIA Board was assembled, and the inaugural Board meeting took place in December 2018. The current Board members are listed below.

How does it operate?

KCRIA is a voluntary, non-profit organisation. Apart from the Board, which directs activities, there are volunteers, who provide invaluable advice and assistance. Examples of volunteer activities are digitisation of old recordings, writing summaries of the teachings, and

organising materials by theme and content, thereby creating a searchable catalogue.

Is anything ready for the public to see or use?

The archive's work is ongoing. It takes time to locate, acquire, preserve, catalogue, and present the recordings. Just now, we are at an early stage, however, our aim for the future is to create an archive which will be publicly accessible so that people can benefit from the precious, culturally and historically rich teachings of Kyabje Chime Rinpoche.

If you have any information on public teachings given by Kyabje Chime Rinpoche anywhere in the world (particularly older teachings), which may have been recorded, please contact KCRIA108@gmail.com. If you can give us the **title or topic of the teaching, who hosted it, the date, and where it was held**, that will help us contact the relevant organisation, or individual in order to discuss a possible acquisition for the archive. Your support with this search is gratefully appreciated.

Thank you

The KCRIA Board would like to thank those people and organisations who have already shared recordings with KCRIA, or who have given their time and expertise to help us.

Who are the current Board members?

Janet Scott, David Crawford, Zara Fleming, Joyce McCleary, Gail Oliver, Robert Jaroslowski, and Irmela Stone

by Janet Scott





MARPA HOUSE IN

LOCKDOWN

Daffodil time in Ashdon. Coronavirus had reached Britain. I was at Marpa House to cover the Secretary role.

My first task was to support Trustees Roger and Keith who were conducting interviews for the House Administrator post. Saturday saw a Trustee meeting. After evening puja, Roger formally addressed staff outlining procedures to protect our community from infection: temperature checks, sanitizing deliveries, social distancing and hand washing. A coronavirus symptoms notice went up.

Monday's news was that Gudrun would come to induct the Administrator. People were panic buying there were no slots to order groceries online. The Trustees advised stocking up the larder. The back sinks became the sanitizing area. Change happened fast. Unfailingly, the practice routine helped to maintain calm and balance.

On 17th March the Trustees closed Marpa House. Instead of inducting the Administrator, Gudrun and Brian delivered food, sanitisers and facemasks to the doorstep whilst we waved through the windowpane. Hugs belonged to the past.

Dormitory Room 3 was designated as the sick room. With no WiFi signal and soundproof fire doors throughout the House, the patient was to alert staff for help by sounding the fire alarm. Against a backdrop of mounting fear, nature put on her best spring display ever.

We joined Tulku Pasang in Green Tara puja on zoom. When the wave of national collective fear felt overwhelming Kyabje Chime Rinpoche, himself in lockdown, gave the image and mantra of wrathful Guru Rinpoche to help his students and all who know him. The fear subsided. We faced the new reality. A musician student in Germany composed a melody for the mantra which staff opted to use.

Closure of Marpa House had the effect of raising the collective strength of our worldwide sangha. Trustees and White Sangha devised programmes:- online Teachings, Pujas, prayer recitations and support. As full lockdown happened, people linked in and connected.

It felt both fortunate and surreal to be locked down in Marpa House. We formed a close group of five. Emails increased – people connected up through zoom asking for sadhanas and to go onto the mailing list. Others sent names for the Tara and Chenresig lists.

Eighty practitioners attended Tulku Pasang's Teachings on Guru Yoga and Manjushri. He further inspired us by saying how difficult it is to keep a Centre going without a resident Lama, which proved we had a good Teacher.

The staff has worked hard in the garden reinstating the vegetable patch, trimming hedges and mowing. Pheasants are nesting. Deer and a hare visit. We await our sangha's return....

by Gail Oliver



Vajrakilaya

with *Karrim Rabi-laleh*

In October 1991, myself and my husband Peter attended the Vajrakilaya empowerment which was given by the then Sakya Trizin during the consecration of the new Rigpa centre in Caledonian Road, London, founded by the late Sogyal Rinpoche. H H Sakya Trizin is now known as Kyabgon Gongma Trichen Rinpoche after passing the throne of the Sakya lineage to his elder son Ratna Vajra Rinpoche who became the 42nd Sakya Trizin on 9 March 2017.

This transmission of Vajrakilaya practice is held by the descendants of the Khön family down to the present Sakya Trizin. This transmission can be traced back to Khön Nagendrarakshita, a direct disciple of Guru Rinpoche. There are many traditions of Vajrakilaya, some quite new such as the terma of the late Dudjom Rinpoche.

Vajrakilaya is a wrathful form of Vajrasattva, the enlightened activity of all the Buddhas. The symbol of his compassion is the phurba, the ritual dagger which stabs the negative and destructive forces and transmits their consciousness to the Buddha fields. You will often hear in the root Kilaya verses, "the wrathful vajra cuts through hatred. The great blue symbol blazes bright..." so this practice is powerful in overcoming all the afflictions of anger; jealousy, pride, ignorance etc. not just in oneself but in all sentient beings. I have used this practice to overcome negative situations. It has helped eradicate that negativity so it is a practice that I am very fond of.

We received the sadhana in English from Kyabgon Gongma Trichen Rinpoche. I found the English helpful in that one can quickly

understand the build-up and visualisations as you work through the sadhana. The sadhana is also available in Tibetan from various sources. When Peter and I perform this, we read it as one would read a book at a moderate tempo. I have noticed a change in recent years in both Kagyu and Nyingma traditions when chanting an English sadhana that it's done at a very fast pace with sentences flowing into the next without any natural breaks. This is how it was done at Marpa House too when we attended a Saturday Vajrakilaya Practice on 7th December 2019 led by Karrim Rabi-laleh. I prefer a slower pace, but it's important to use your Rigpa and chant in a way that's comfortable for you and gives you confidence.



Peter and Mary McCormack with the then Sakya Trizin

Karrim gave a very thorough overview of this practice which is actually quite involved. His handout notes were extremely comprehensive. There were some differences

with what we understood to be the correct visualizations such as, for example, the celestial palace. We have discussed this sadhana several times directly with Kyabgon Gongma Trichen Rinpoche and in this short version of the practice we don't think there is a need to generate the palace. The tetrahedron itself is regarded as the palace (as is the case for example in the Sakya Vajrayogini sadhanas where the interlocking triangles [the Dharmadayo] is regarded as the palace). Also we think that the deity in one's heart is the samadhisattva, the external deity is the jnanasattva and one's own visualization of oneself as the deity is the samayasattva. These teachings often differ in the fine details depending on who is giving the teachings.

Marpa House provided an in-house Italian style lunch of truly delicious pasta and homemade apple pie. Grazie Ben!

By Mary and Peter McCormack



Tulku Pasang Rinpoche's

Online Teaching on the Manjushri Puja



Click! and there I was with Pasang Rinpoche in Hong Kong and seventy other people in the UK and Germany. In our time of Lockdown, it was great to see Rinpoche and everyone else.

Rinpoche started with the Six Perfections, particularly Generosity and Wisdom. He said that when giving, our motivation is most important. If we give without attachment, and without any wish for reward or acknowledgement, then our giving is pure.

Wisdom is the most important perfection. The other five Perfections are Skilful Methods which we need to practice in order to realise Wisdom. Accumulating merit leads to the arising of Wisdom. Like birds, which have two wings, we need to have the Union of Skilful Means and Wisdom. Without Wisdom we will feel that others are the problem. But the problem is in us. We need Wisdom to remove our misunderstanding. Wisdom is already within us but we do not realise it. So, Rinpoche then taught on Karma

Chakmé's Manjushri Puja, called 'Clearing away the Darkness of Delusion'.

Rinpoche showed us pictures of the visualisations and seed syllables for this Puja. Jampa Marwé Sengé, Red Manjushri, Lion of Speech, has in his right hand a sword, which cuts ignorance. Its tip has fire representing Wisdom. In his left hand is an utpala flower with the Prajnaparamita Sutra on it. Manjushri is orange in colour. He sits on a blue lion. The blue is for the sky which represents emptiness. In front of Manjushri is the goddess Saraswati, who is blue.

Manjushri's seed syllable is DHI which is orange. This is the first Sattva, the Samadhisattva. The second is our visualisation as Manjushri. This is the Samayasattva. Finally, the Jnanasattva is our innate wisdom.



From DHI light radiates out as unsurpassed offerings to all the Buddhas and Bodhisattvas. This is gathered back into DHI and then radiates to all beings. This accomplishes the twofold benefit of ourselves and others.

The full puja is available from the Secretary at Marpa House if you would like a copy.

Thank you Rinpoche for introducing us to a deity practice which may not be familiar to all of us. I personally would be delighted to have more teachings on this practice of Manjushri.

by Brian Richardson



Tulku Pasang Rinpoche

Instructions on Manjushri Practice

I was sad at the thought of not being able to gather with the Sangha for our annual May teachings; the opportunity to study the dharma and catch up on everyone's news, but Pasang Rinpoche came to our rescue and offered us the wonderful opportunity together 'virtually'. Pasang Rinpoche began by congratulating the Marpa House organisers and Sangha. He expressed that it was difficult to cope without a 'head of the centre' and that he was pleased to see that Marpa House was running very well and that this was something that we should rejoice in. In these times Dharma centres are very important.

Pasang Rinpoche said that whatever practice we do, we should consider the Six perfections; the Great Bodhisattvas and their actions. We really need wisdom! Every day we drink good coffee to wake up, but we need to wake up from ignorance! This method is only temporary, and suffering will again return. The Master will give us great instructions and we will feel 'awake', but this wears off after a few days. We need the 'ultimate' wake up. We need wisdom, then we can wake up by ourselves.

The first five Perfections represent skilful methods, which lead us to the sixth, Wisdom. We cannot realise wisdom without practicing the other five. Even in Vajrayana Buddhism we practice the Six Perfections, they help us to accumulate merit and as a result of this, wisdom spontaneously arises.

Rinpoche described 'Ignorance' as meaning 'misunderstanding'. Being misunderstood or misunderstanding causes us problems. We need to cut the root of this misunderstanding by gaining wisdom. Ultimately wisdom is already there, but our ordinary mind obscures

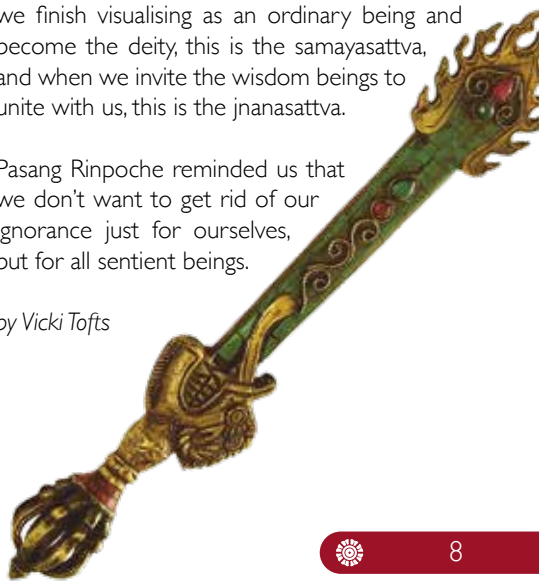
the wisdom mind. It cannot be found outside. Rinpoche then went on to give teachings about Manjushri.

There are many different forms of Manjushri. It represents the Buddhas and Bodhisattvas' wisdom. The practice from which Pasang Rinpoche taught was the 'Lions Roar Manjushri' sadhana, by Karma Chakme Rinpoche. Since we are becoming the same family, Rinpoche wanted to share some of his personal practices with us. He practices this sadhana every morning and it helps him to gain extra wisdom. It helps one to 'save' and 'restore' information so that we don't have to keep rereading or restudying. It makes your mind very sharp.

Whenever we are doing deity practice, it is important for us to spot the 'root/seed syllable' and this is different for each deity. A flower cannot become a flower without the seed. For Manjushri, the root syllable is DHIH. During the practice, when we start with the root syllable, this is known as the samadhisattva. When we finish visualising as an ordinary being and become the deity, this is the samayasattva, and when we invite the wisdom beings to unite with us, this is the jnanasattva.

Pasang Rinpoche reminded us that we don't want to get rid of our ignorance just for ourselves, but for all sentient beings.

by Vicki Tofts



TRANSFORMATION

Craig's New Year Retreat



I booked into Craig's retreat over the New Year - my favourite way to spend time at that time of year - in silent meditation with sangha at Marpa House - what could be better?

I had not seen Craig for about 25 years. Though visiting UK and Marpa regularly once or twice a year, I have lived in Canada for 22 years and Craig has been in Germany for 25 and I haven't been to summer camp for as many!

I remembered Craig as a regular young working class lad from the North. I was curious to see him again - and to see how he would 'hold' the retreat.

I did not know then what I later learnt, that Craig has been Rinpoche's cook and driver in Germany for many years and has become very close to Rinpoche in that time. It was to Craig that Rinpoche gave the first of the white robes, apparently telling him that he was "not like it", but that he IS "the heart of Khenpo Gangshar"!

And I can believe it. I was absolutely astonished

- and in awe of - the changes I saw and experienced in Craig from the young lad I knew. I asked him what had happened - and where had that 'lad' gone? He said "he is gone, gone for good" and he truly has! In its place has blossomed a true teacher - a teacher, for me, who embodies and transmits everything that Rinpoche has taught us, with compassion, spontaneity and humility.

I felt no ego from Craig as he told some of the things that Rinpoche had said to him. Instead I felt an upsurge of the love and joy that I used to feel in my early days in the Shrine Room. With that came a renewed feeling of hope for the future of Rinpoche's and Khenpo Gangshar's - teachings. I can truly say that I felt the energy/transmission of Rinpoche (and Khenpo Gangshar) through Craig and it was wonderful to be in that energy again.

The Craig I knew has transformed into an authentic teacher of the lineage. He told us that Rinpoche had told him "not to prepare anything" and that he "didn't know much about Buddhism" which I think is true of many of us earlier students of Rinpoche. We were so very fortunate back then to have Rinpoche around many weekends, giving interviews or chatting in the tearoom. We often did not receive the teachings in a 'formal' way, but were blessed instead with a direct - often very personal and powerful - transmission, sometimes difficult but ultimately transformative.

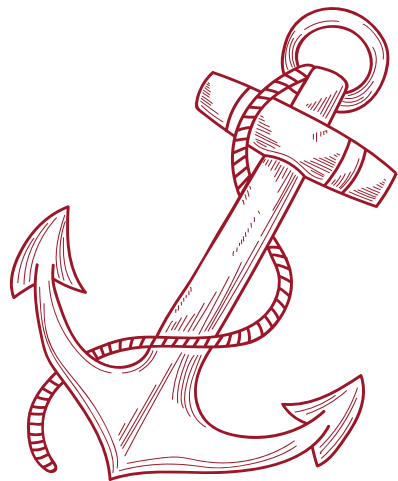
A big THANK YOU to all of you who are working hard to carry Rinpoche's teachings forward - and to Craig for embodying and transmitting them so beautifully.

By Jaki Deer



Dropping Anchor

for the New Year



I've never attended a White Sangha led course. Although I've known Craig 30 years, I've never been on one of his courses. I haven't seen my Khenpo Gangshar trained Lama Chime in ages and my home meditation practice has gradually shrivelled and frayed. So, to spend four winters days at Marpa House in Craig Bolton's Khenpo Gangshar retreat, was the solution for all this.

Spurred on by Rinpoche's command to make it up as he goes along, Craig is irreverently good fun, but he's also a real practitioner. After a brief introduction, we found that his pattern was going to be to Sit, ALL morning, ALL afternoon and late evening. To our surprise, his 30 minute segments, punctuated by 10 minute wander-arounds, did keep our knees and legs pliable. Craig remained impassive and unmoving on the chair in his corner of the Shrine room (the very same corner where, incidentally, he took refuge with Rinpoche 44 years ago, as a 14 year old).

We were about 13-20 in the Shrine room. Mounds of blankets, mats, shawls and cushions built up over the floor; almost mediaeval as the afternoon winter darkening lay across the room. A low sun cast sharp shadows across the shrine room, throwing a silhouette of Craig's face onto the Shrine.

The sitting schedule was soon cross stitched onto the eerie backdrop curtain of continuous Silence. Imposed silence is difficult for me - easy when alone in retreat, but awkward when amongst friends. But it gives the space to carry the meditation experience outside the Shrine room. We wove gentle paths around one another, as thoughts and thinking settled.

The dinner table reduced from the roar of conversation to the clink of cutlery.

Day followed day by this rhythm.

The silence was broken for a vast Tsok puja on New Years Eve. Lacking specialised guidance, we bumped along unusual tune pathways. The evening concluded with a 'PEH' competition at midnight.

I love wintertime at Marpa. It feels such a warm and sensible island refuge. Those retreat days were a wonderful shock to my addled, flabby meditation practice. It made me realise that there is still a very deep purpose for us all, for me and very accessible. All I had to do was just sit with a group of very like minded new and old friends, to carry me along.

I think Chime Rinpoche would have been pleased. In fact it was very like the meditation retreat Rinpoche led in 1990. Craig's gift is to channel the essence of Khenpo Gangshar into the future.

Thank you Craig. Thank you Nural, our performance art Secretary, for holding the House together and thank you to the special team of volunteers, Dominique the Indefatigable, Anna (from Berlin) and Liana.

by Roger Britton

The Life of The Buddha and the Four Noble Truths

The last event at Marpa House before lockdown, with Gail Oliver

The Introduction to Tibetan Buddhism course is a wonderful addition to the Marpa House calendar. At regular intervals, White Sangha members will cover the essential teachings of the Tibetan Buddhist path.

I believe it represents what Rinpoche intended when he established the White Sangha, and as Gail Oliver stated, "This 'white robe' represents that what you will hear is authentic and based on teachings as taught by Kyabje Chime Rinpoche."

Gail naturally allowed the words to flow from within her, and the precious teachings were delivered with clarity and love. It is reassuring to know that Rinpoche is keeping his teachings alive for the benefit of future generations.

The life of the Buddha was a fascinating history lesson, and Gail told it with new insight. It was a perfect foundation to help understand why the Four Nobles Truths are so fundamental and how they provide a path to put an end to our suffering.

Gail mentioned that many people are put off by Buddhism as they think it is all about pain, but as she said, this misses the point. Buddhism helps us to relieve our suffering and also the impact of our behaviour on others. As the Buddha said,

"Do we want to be like this for the rest of our lives or eliminate it?"

Gail explained how things are shifting, citing that meditation is increasingly popular; mindfulness

is now a formal part of education, yoga is an accepted activity, and many people have a Buddha in their homes, although they are not always entirely sure why other than the belief that it is a positive presence! All are indications that people are seeking an alternative way to improve their lives. This is why authentic teachings need to be shared with as many people as possible.

When you attend any course, it should be just the start, so saying "Oh, that was useful." and never thinking about it again defeats the point of attending. Life needs work.

The focus of the day was the Four Noble Truths - the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, and the truth of the path that leads to the end of suffering.

Gail made it clear that recognising the cause of suffering is vital, or it will not cease. Since the course, I have tried to be as honest with myself as possible, the good and the bad, just filing the





uncomfortable stuff in the bottom drawer is no longer an option, not a permanent one anyway.

I realise that only when every issue is understood and dealt with can I train my mind into peace. As Gail put it, "Our actions define us and our lack of taking action to address it can destroy us."

We all recognise the joyful times; they are usually natural, filled with good intentions, and felt when those around us are joyful too. Surely this is how we should always want to feel, but we can allow our minds to wander to places we don't wish to go and to be filled with poisons.

We crave things we don't have, we feel guilty after an argument or when we have acted selfishly or judged people, and we think bad things only happen to us. We want 'change', but the circumstances we are in are only truly resolved by dealing with them; otherwise, you jump into an additional problem, and the previous suffering lingers.

I have been trying not to get overwhelmed and let the small things become massive. There

are lots of little things, all of which can be dealt with, rather than one big problem, which is not possible to deal with in one go.

Gail said that we don't have to become monks or nuns but we need to work on ourselves as our minds are like a garden and when there is a drought, there is no life as there is no water; and if we have a drought in our minds it needs watering, but we must water the plants rather than the weeds.

Teachings and places like Marpa help our minds to grow and the weeds (unnecessary thoughts) to be permanently uprooted.

I now allocate time to be energised by positivity and address the negatives, and I know that suffering can be dealt with. Gail explained this simply; "If we get to know our mind we are able to control it, just like a small man can control an elephant due to familiarity."

by Chris Atkinson

To a Bright Star

*Bright star that you are -
Shine long and shine far
As you traverse
The Universe.*



*I recall your many joyful smiles
As I travel across my life's miles
May you live long and carry on with your arts
Of showing people how to know their good
hearts.*

*Your teaching the gentle waving of a
butterfly's wings
That sets off a seismic tsunami of kind and
wise kings.*

May we follow the Noble Path.

by Amy Corzine

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PROGRAMME OF EVENTS

AUGUST 2020 - MARCH 2021

Due to Coronavirus we are holding all events online via the Zoom platform.

Contact the secretary with any queries via
email: mail@marphouse.org.uk or by telephone: 01799 584415.

Thank you

AUGUST



Heart of Devotion: Khenpo Gangshar Retreat Weekend with Craig Boulton

Saturday August 29th 4.00pm to 6.00pm

Sunday August 30th 10.30am to 12.00pm and 2.00pm to 3.00pm

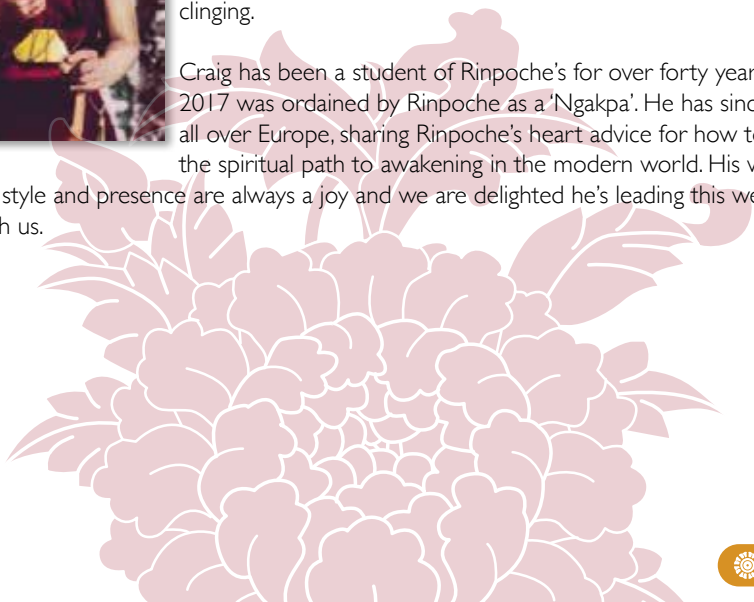
Monday August 31st 10.30am to 12.00pm

Via Zoom, by donation



Khenpo Gangshar Wangpo, the great master of Dzogchen, Mahamudra and 'Unconventional Wisdom' is Kyabje Chime Rinpoche's root guru. In this weekend of talks and meditation practice, Craig recounts both his own experience of devotion as a student of Kyabje Chime Rinpoche's, as well as sharing some of Rinpoche's recollections and experiences with Khenpo Gangshar. Deep devotion is essential on the Mahamudra and Dzogchen path, it is the key to realisation and blessing, and the best antidote to self-clinging.

Craig has been a student of Rinpoche's for over forty years and in 2017 was ordained by Rinpoche as a 'Ngakpa'. He has since taught all over Europe, sharing Rinpoche's heart advice for how to follow the spiritual path to awakening in the modern world. His warm, humorous style and presence are always a joy and we are delighted he's leading this weekend retreat with us.



Introduction to Tibetan Buddhist Teachings & Practice

We are continuing this course by Zoom. You can attend standalone topics or the whole course. By the end of the course we will cover essential teachings of the Tibetan Buddhist path as taught by Kyabje Chime Rinpoche, and have been introduced to different meditation techniques and ways of working with our mind. This course is ideal for anyone wanting to explore Buddhism further or simply practice and learn with others in a small friendly group. All of the teaching days are followed by a meditation practice day. You are welcomed and encouraged to deepen your meditation experience and allow space for reflection by joining us the next day too.

Year One

Part 2	Refuge & Bodhicitta,	Sat 5th Sep	Ross McCleary
Part 3	Deity Practice,	Sat 3rd Oct	Irmela Stone
Part 4	The Four Immeasurables,	Sat 31st Oct	Imogen Hayman
Part 5	Tonglen & Living Compassion,	Sat 5th Dec	Sophie Muir
Part 6	The Four Reminders,	Sat 2nd Jan	Mike Stone

Year Two

Part 1	The Three Yanas,	February 6th	Ben Henriques
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Full details will be emailed before each session.



Meditation Practice Sundays

**Sunday September 6th, Sunday October 4th,
Sunday November 1st, Sunday December 6th, Sunday
January 3rd, Sunday February 7th, Sunday March 7th**
Guided shamatha or calm-abiding meditation practice

Via Zoom

Sessions at 10am and 2pm

Shamatha (or ‘Shi-Neh’) is the foundation for all further meditation practice. It is designed to create the calm, stable, supple mind necessary to work with other meditation techniques as well as being a practice in its own right. These sessions are suitable for meditators of all levels, with guided meditation from experienced sangha members, and are offered free of charge. We hope you can join us.



An Introduction to Reading Classical Tibetan

led by Barbara Wolter

Via Zoom

Each session starts at 10.30am to 12:30pm

Saturday November 7th, Sunday December 13th,

Saturday January 9th, Sunday March 14th

'This course is for anyone wanting to practice reading a variety of classical texts together, with glimpses of the grammar underpinning them. We will explore together how to get to a final translation of each piece. The first piece we will share together is the Eight Verses for Training the Mind as taught by H H 17th Karmapa in London 2017. The Tibetan text and translation will be given to the participants before the start of the session.

As each participant will probably have different levels of ability, the aim is to work together to support one another wherever they are at and encourage a further deepening of each other's knowledge of classical Tibetan and hopefully have fun doing so. I consider myself too still a novice on this linguistic path!

Due to the interactive nature of these sessions the participant number will need to be limited to a maximum of 10. It would be helpful if participants have some basic skills in reading the Tibetan script, however, if there is enough interest from complete beginners, additional sessions could be arranged to learn the alphabet and syllable formation to facilitate the ability to read at a basic level. If you are interested in participating in these sessions, please register in advance, preferably by email, with the Secretary and I will then be in contact to discuss any queries.

Barbara has been a student of Kyabje Chime Rinpoche since the 70's and is a member of the White Sangha. She dabbled with Classical Tibetan in the 80's but has been doing further studies more consistently with various scholars since 2013. We are delighted she is leading this course for us.

ཀུའུ་ག་ང། ཅ་ཆ་ཇ་ཉ། ཏ་ཐ་ད་ན།
པ་ཕ་བ་མ། ཅ་ཆ་ཇ་མ། ཉ་ཐ་འ་ཡ།
ར་ལ་ཤ་ས། ཏ་ཨ། ཨི་ཨུ་ཨེ་ཨོ།

SEPTEMBER



The Art and Meaning of Tormas

led by Lama Alasdair

Saturday September 26th

Timings and full details will be emailed nearer the time.

via Zoom

Tormas are one of the richest examples of the symbolism utilised so skilfully in Vajrayana practice. They have meanings on many levels, and tormas themselves have many different appearances and designs according to purpose and practice. Essentially they represent the indivisibility of the pure nature, emptiness, of all phenomena and the wisdom nature of all beings enjoying phenomena. This is a wonderful introduction to the meaning of these extraordinary creations and the advanced philosophy behind their use.

Lama Alasdair has been a student of Rinpoche's for over forty years and has completed two three-year retreats under the guidance of Kyabje Kalu Rinpoche. He was resident Lama at KCL, Rinpoche's centre in Germany, for many years, and his deep knowledge, gentle, approachable presence and torma-making skills are a delight! We very much hope you can all join us.

OCTOBER



Kyabje Chime Rinpoche's Birthday

Saturday October 10th 2.30pm

Join us for meditation, celebrations (and cake!) together; via Zoom, in celebration of Rinpoche's birthday!





Medicine Buddha Day

led by Karrim Rabi-Laleh

**Saturday December 12th 10.00am to 4.00pm
(with a break from 12.00pm to 2.00pm)**

via Zoom

In this time of need, spending a day with Medicine Buddha in your mind will help you and all those around you, together with everyone else.

This day will be split into two sessions, morning and afternoon. There will be time to learn the puja and also do it in English and Tibetan. We will go through all the basic stages of the visualisation and learn the mantra recitation. This course is suitable for practitioners of all levels.

About Karrim: 'I have been a student of the Vajrayana path for just over 15 years, being very fortunate to have Lama Chime Rinpoche as my main guide. I take the world and all we experience in a light and open way, which I hope comes across when I am lucky enough to teach Dharma.'

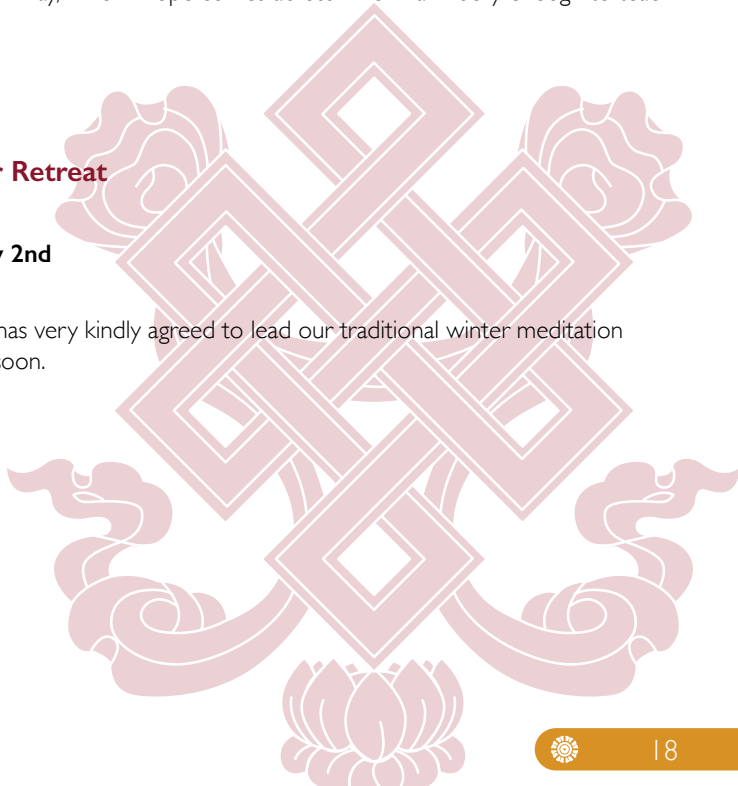
Christmas & New Year Retreat

led by Craig Boulton

December 29th to January 2nd

via Zoom

We are delighted that Craig has very kindly agreed to lead our traditional winter meditation retreat. Full details to follow soon.





Yantra Yoga: the Tibetan Yoga of movement breathing and meditation

led by John Renshaw

Saturday January 23rd and Sunday 24th – times tbc.

Suggested minimum donation: £50 for the whole weekend.

via Zoom



This weekend workshop is an introduction to the series of movements and pranayamas called 'Yantra Yoga'. This is a form of Tibetan Yoga, based on a text by Vairocana, designed to balance and co-ordinate our energy and enhance our health. Indispensable for meditation, and ultimately contemplation, health and well being.

John Renshaw received a 2nd level diploma of Yantra Yoga from his teacher Chogyal Namkhai Norbu, and has been teaching continually since 1979, with evening classes, weekends and residential courses in the UK and Europe. He trained in the different forms of Tibetan Yoga (Tsa Lung and Trulkhor) with many eminent Tibetan Lamas and Yogis, in particular Dudjom Rinpoche, Dilgo Khyentse Rinpoche, Chagdud Tulku, Lopön Tenzin Namdak, Tenzin Wangyal Rinpoche and his principle teacher Chögyal Namkhai Norbu. He is the main Yantra Yoga teacher in the UK, teaching open courses for new people and beginners, and intermediate / advanced courses.

Please note: places for this workshop are strictly limited and you will need to complete a short confidential health questionnaire with John before attending.

Please email the Secretary to reserve your place by no later than 10th January:
mail@marpahouse.org.uk

Introduction to Ngondro

led by Steffi Druege

Sunday January 31st 10.00am to 3.30pm with a break from 12.00pm to 2.00pm

via Zoom

Chime Rinpoche calls the Ngondro a safe journey. The Ngondro is a vast practice that Rinpoche has repeatedly said starts with the four thoughts. We will also look at parts of the Ngondro text in tandem with teachings from Rinpoche to shed some light on these key aspects of the Ngondro. This weekend is suitable for everyone, those in the process of completing the Ngondro or those about to start.

Steffi has been a student of Rinpoche's for twenty five years and has been given a robe by Rinpoche as permission to teach. We are delighted that she is sharing her understanding and experiences of Rinpoche's teachings with us.



FEBRUARY



Losar - Year of the Metal Ox

Friday February 12th 2.30pm - Tibetan New Year celebrations, *via Zoom*

Saturday February 13th - Losar celebrations continue with a Lhasang Bonfire at Marpa (numbers strictly limited) plus 'Calling the Lama From Afar', *via Zoom*

Save the date for our annual Losar celebrations! Full details emailed nearer the time.



Green Tara Practice

led by Steffi Druege

Sunday February 20th 10.00am to 12.00pm

via Zoom

Green Tara is a female Buddha and her practice is performed daily in Marpa House as well as in most monasteries in Tibet, and the rest of the world. Building up a relationship with Tara helps us on our outer as well as our inner journey. In this session Steffi will guide us through her experience and understanding of the short Green Tara practice with focus on the seven branch prayer, some of the visualisations and the offering mudras. Ideal for anyone wanting to learn more and join in or do this practice at home.

MARCH



The Foundations of Chod

led by Vicki Tofts

Saturday March 20th 10.00am to 4.00pm

via Zoom

This course is an introduction to the profound practice of Mahamudra Chod, and a wonderful opportunity to deepen your connection and understanding to its roots. If you are a beginner it will also enable you to participate in a regular Chod practice group led by Vicki (currently being held *via Zoom*).

Vicki has been a student of Kyabje Chime Rinpoche's for over ten years and specialises in Chod and Vajrayana Buddhism. We are delighted that she will be leading us through this important and beautiful practice.





Teachings with Traleg Khandro

March 2021, dates & timings tbc

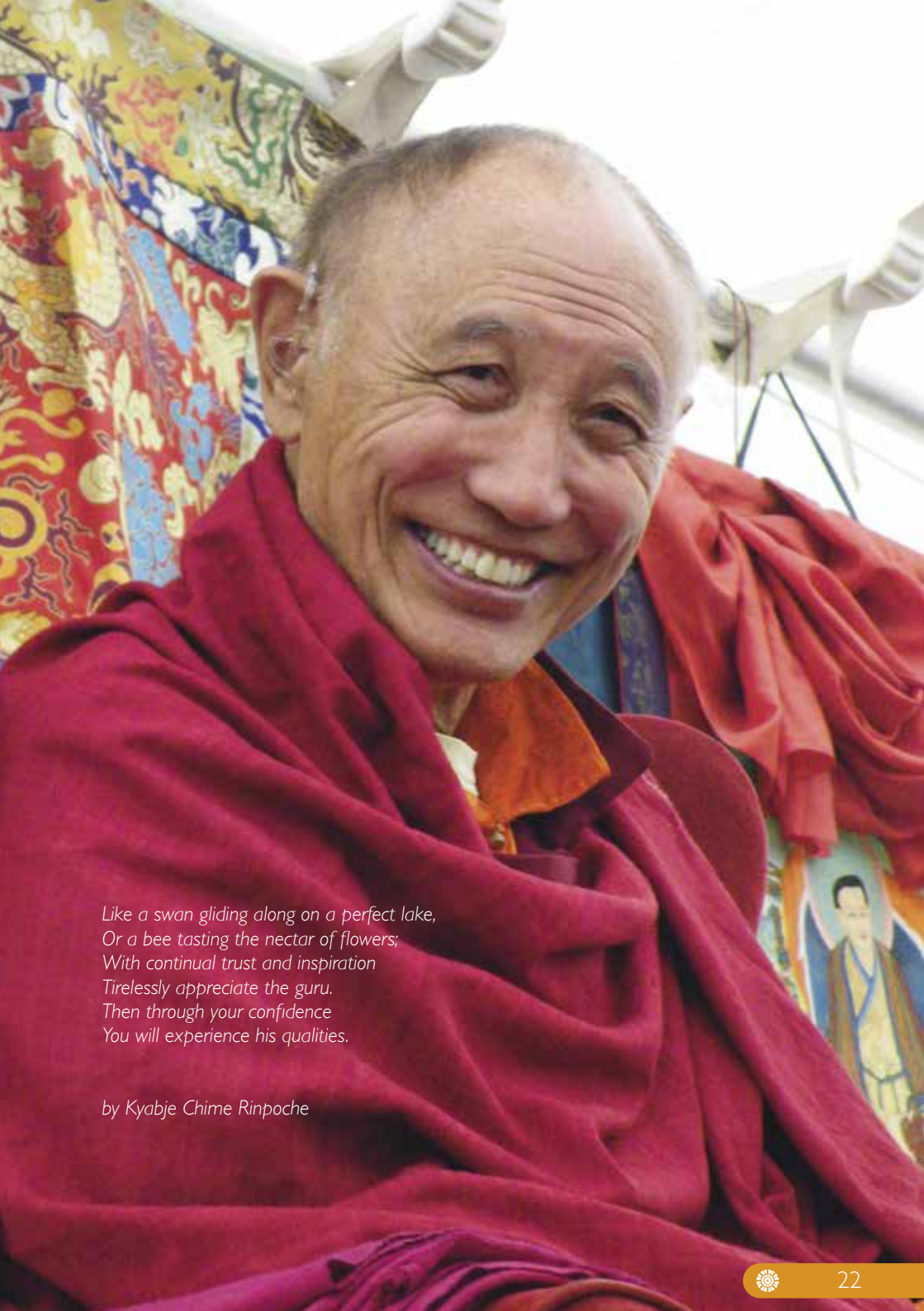
We are delighted that Khandro-la has very kindly agreed to offer some teachings for us via Zoom! Details to be confirmed and will be emailed nearer the time.

Traleg Khandro, long-time student and wife of the late Traleg Kyabgon Rinpoche IX, is the Director of E-Vam Buddhist Institute America and Nyima Centre Online Learning in Australia. Khandro studied Buddhism under Traleg Rinpoche's guidance for 30 years and has undertaken numerous long meditation retreats. Khandro gives teachings on Buddhism and Lujong in Australia, New Zealand, the United States and Europe. Khandro also has a degree in Psychology. We are overjoyed to welcome her again!

Green Tara, Chenresig, Medicine Buddha and Calling the Lama from Afar

Finally please don't forget that we are continuing our regular Green Tara, Chenresig, Medicine Buddha and Calling the Lama from Afar practices via Zoom. Thanks to our wonderful Umzes we can all join in and practice together. Links are emailed every month to everyone on our email list. We look forward to seeing you in our virtual shrine room again very soon.





*Like a swan gliding along on a perfect lake,
Or a bee tasting the nectar of flowers;
With continual trust and inspiration
Tirelessly appreciate the guru.
Then through your confidence
You will experience his qualities.*

by Kyabje Chime Rinpoche



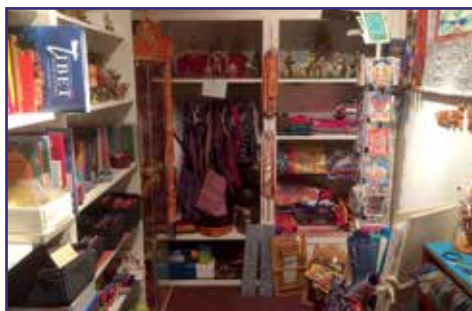
LOSAR 2020

The Losar Celebrations in February – the last time that the Sangha met physically before lockdown.

The Zambhala shop at Marpa House sells all things Tibetan and Buddhist, from Thangkas and Rupas to Books and Shawls. Just ask the secretary when visiting.

For mail order or if you have any questions please contact Joyce McCleary via email for more information:

joycemccleary@gmail.com



Marpa House Accommodation prices are:

Standard House Charge (shared accommodation and 3 vegetarian meals)
£27.50 per night £165 per week

Standard Retreat Charge (single room accommodation and 3 vegetarian meals)
£33 per night £198 per week

Further discounts are available for retreats of four weeks or more, provided they are pre-booked and pre-paid