

# **Lion's Roar Dharma Center**



***Donor's  
Handbook***

**Buddhist Temple  
and  
Arts & Cultural Center**

***Please JOIN US in Helping our Community  
by Securing our Legacy  
for Generations to Come!***

# Lion's Roar Dharma Center



## Buddhist Temple and Arts & Cultural Center

*Our practice is EMBRACING real life*

*by finding PEACE and JOY*

*in EVERYDAY life,*

*ENRICHING our lives as well as our COMMUNITY.*

**Please JOIN US in Helping our Community  
and Securing our Legacy for Generations to Come!**



**Help Lion's Roar Dharma Center  
Complete the Temple and Arts & Cultural Center!**

***Help Us Support a Practical & Impassioned Way of Life  
where we are Connecting with Our Inherent JOY  
and our Desire to Help others Find THEIR Joy!***

*Lion's Roar Dharma Center is located in the beautiful and historic neighborhood of East Sacramento, the city of Sacramento being the State Capitol of California. We are a community whose center is Dharma – a path of Truth, Support and Enlightenment Activity. The Dharma Center supports a temple – Do Nga Dargey – and a sangha residence house. We support meditation groups at various locations in Sacramento and Mexico.*

*We are affiliated with the 14<sup>th</sup> Dalai Lama of Tibet, and our home monastery is Sera Jey Monastery University located in Southern India.*

*Lion's Roar Dharma Center supports both religious Dharma through traditional Buddhist yoga practices as well as humanistic, secular Dharma through mindfulness, healing and recovery programs.*

***Our overall goal whether religious or secular is to help empower and nurture loving and alive individuals to create a compassionate and alive society. ~Lama Yeshe Jinpa***

**DHARMA = A Way of Life**



## One Building, Two Purposes:

### *Buddhist Temple and Arts & Cultural Center*

We have one structure, yet we are two entities - Each that can be taken individually, or together as a whole. Whether you're Buddhist or religious minded, spiritual or just wellness driven... Lion's Roar guides those along a specific path and enriches those wanting community connection and self enhancement.

**Support local dharma! Or just a healthy, empowered way of living!**

*Please Join Us in Our VISION to HELP our COMMUNITY ease Suffering & Increase JOY!*

**"We are on a journey with others on our planet. We are not watching, but participating with the world, not shutting ourselves off from it." — Lama Yeshe Jinpa**



### **A Second Chance**

*After retirement, followed closely by my husband's death, I dearly needed to clarify my life's direction, to reassess the principles around which I guided my life. I read a basic book about Buddhism, visited a few Buddhist centers including Lion's Roar and, miraculously met my teacher, Lama Jinpa, there. The practical common sense of the Buddha's teachings, the guidance and inspiration of Lion's Roar teachers and the support and love of the Sangha (the community) has allowed me to build a life filled with service to community and close relationships with friends. The principles of compassion, loving kindness, openness and the truth of the Buddha Way have given me a meaningful, happy and content life. ~Susan*



## Who We Are

### *Heart & Mind Embodiment*

Lion's Roar Dharma Center [LRDC] is a Welcoming Dharma Center offering Buddhist Dharma in a Western Way, which means it's ok to be religious or non-religious. We are a Buddhist community in the tradition of the 14<sup>th</sup> Dalai Lama and support a temple called Do Nga Dhargey and a Sangha House within. Transmitting the compassionate and wise teachings of the Buddha for over 25 years and following the lineage of His Holiness the Dalai Lama, we offer life tools with no dogma or judgment. Ours is a humanistic tradition in that we care for the welfare and dignity of others. We empower ourselves and others by being responsible for our own thoughts, ideas, beliefs and actions. We embody not only Buddhist values, but Enlightenment-type thinking and Renaissance-style enjoyment of living.



## Lion's Roar Meaning

### *Truth Seekers*

At LRDC we envision a world which is born of making the **Lion's Roar** - a fearless proclamation of the truth - which is the joy wisdom that is eternally present. This **wisdom** is knowing what to do, the **bliss** is an energy that both helps drive it and reward it. This **blissful wisdom** world gives birth to knowing who we are and knowing who others are, thus **creating true relationships of love, knowledge, and freedom**.



### **Breaking Through the Mysteries of Life**

*I have been a member of Lions Roar Dharma Center since 2012. The community, teachings, and practices at Lions Roar Dharma Center have changed my life. The answers to truth, myself, and ways to live in this world are no longer a mystery. I have been able to apply the teachings of the Buddha, meditation, and practices to my life to help make the world a better place. ~Michelle*



## History

### *Authentic Lineage*

Lion's Roar was co-founded by Lama Yeshe Jinpa and Geshe Losang Gyatso in 1992, officially becoming a non-profit in 1998. Lama Jinpa received direct lineage transmission from Geshe Gyatso in 1995 and is one of the few Western lamas thus far recognized within the Gelugpa lineage of Tibetan Buddhism (which is connected to the Serajay Monastery in Tibet). In 2008 Geshe Damchoebaazar Gurjav, a Mongolian monk, joined as an Associate Teacher.

Vajrayana Buddhism is a “kahma”, or oral tradition. This means that every scripture and every meditation practice for training the mind is passed on verbally from teacher to student and then internalized until it becomes part of that student's personal experience. A truly qualified teacher must have actually attained realization, which means they see things as they are: interconnected **and** interdependent.



### **Some Significant Serendipity**

*When driving along a busy street located in a suburb of Sacramento I saw a Buddhist monk in maroon and golden yellow robes walking along the side of the road. A powerful feeling came over me and I inexplicably wished I could know him. Then I got busy and forgot. Time went by... Eventually I became friends with a neighbor who attended a Buddhist Temple. I asked him what colors the monks wore and he told me maroon and yellow. Suddenly I recalled my brief encounter from years earlier. My friend said his temple's name was Lion's roar and he invited to join him, but I was too shy. Years went by and I began to feel overwhelmed with all the responsibilities I had taken on. It was at this point that I started reading dharma books. One day I felt that I could not go on like this anymore; I could not hide anymore. It was too painful. Books were not enough and I decided I needed to talk to someone to help me out of this panic and depression. I searched online until I found a Buddhist therapist and made a call. When I approached the office I saw a rainbow above the building. I felt like I was in a dream. When the therapist came out to greet me, I recognized him. He was the monk I had seen years earlier but he had on regular clothes. I felt a deep connection in my heart and felt I was home. It has been an incredible and humbling journey. “We can have a joy filled life with unresolved problems,” Lama Jinpa always says. And this is why, ten years later, I am still here. ~Patty*



## Extraordinary Teachers

The teacher/student relationship is considered essential and precious in Tibetan Buddhism. At Lion's Roar we have two qualified, devoted and authentic lineage-holding teachers, Lama Yeshe Jinpa and Geshe Damchoe Gurjav, who transmit the Buddha's teachings. We do not have to travel to India, Nepal, Bhutan or Tibet because *traditional, authentic lineage dharma is right here in Sacramento... at Lion's Roar Dharma Center!*

We are also honored to have our Heart Lineage Teacher Jhado Rinpoche, currently one of the senior teachers in Vajrayana Buddhism and the former Abbot of two significant monasteries. He is administrator, scholar and yogi, combining all the aspects of a Bodhisattva to create an enlightened society, making him a Kalachakra master. As a charismatic, dynamic teacher with great leadership skills balanced by a humanistic side, Jhado Rinpoche draws people in, naturally inspiring them to come hear what he has to say.



Our teachers embody **Bodhisattva nature**. A Bodhisattva is a being who wants to be free and happy, yet who also has a desire to help others be free and happy. It is the human expression of a just, kind, compassionate, creative society. We don't have to lead a perfect life, but *we can all become free and happy when we simply aspire to it.*

**KALACHAKRA** = Wheel of time or "time-cycles"

**BODHISATTVA** = An enlightened being who, out of compassion, forgoes nirvana in order to save others



## Unique and Dynamic Teachings

### *Empowering Others*

Lion's Roar is true to the founding principles of Buddhism, which makes our teachings genuine and helps others find their own authenticity. In addition, our teachers are truly rare and one-of-a-kind. Lama Yeshe Jinpa, also an American therapist, offers Western thought added to traditional Tibetan Buddhist philosophy.

Geshe Damchoe has the traditional Tibetan education which he translates for an open-minded, forward-thinking California community. This combination is unique to the West and exists right here in Sacramento!

A significant side of Vajrayana is that the **vitality** of it can help relieve things like depression and anxiety. It's not that we won't ever suffer, but that these normal human experiences are then *balanced out* by recognizing and immersing in the passions of life.

## Finding a Healthy, Happy Balance

*Lama Yeshe Jinpa has a traumatic family story, which he believes catapulted him into a life of openness – openness to religions and spirituality, cultures and people. A father and therapist, he also became a lama and monk. Yet while being a monk he found that family responsibilities, financial and health issues were preventing him from serving dharma to the best of his ability, so he eventually married again and founded Lion's Roar Dharma Center. Lama Jinpa also knows that part of his "story" includes the stories others have about him; a concept he calls Inter-Interdependence. While each of us is separate in some ways, we are also all connected. We can't control every part of our story, nor can we fix other people. Staying authentic and connected is key, and this is where the fun is as well. Enjoyments of life such as art, theater, music, poetry and food are important, he believes, being a significant part of dharma and a rich life. ~Lama Jinpa*

**VAJRAYANA** = The path of Indestructible Goodness



## POSITIVE IMPACT on our COMMUNITY and SOCIETY



While the Vajrayana Teacher embodies the helpful/do-no-harm ideology, they also express the exuberance of an artist, dancer or opera singer, which offers a ***sense of freedom***. The teacher sets the tone and model principles, yet it is much more than just “doing the right thing”. It is about having restraint when indulging. It’s about developing compassion to help others. It’s about experiencing shared joy and understanding the *Sacredness in Enjoying Life*.

Our teachers are ***charismatic enlightened beings*** who we are very fortunate to have in Sacramento! Sanghas and temples are usually defined by the energy of the teachers, so working from the inspiration and energy of them is a huge part of the practice. Members do the practice and help support the community by being inspired to embody the spiritual values of the teachers.

**SANGHA** = Membership or Community

Not only a spiritual center, Lion’s Roar is an actual physical part of the community, creating something for current community members, as well as for future generations. Lion’s Roar provides welcoming sacred space for solace, inspiration, gathering and guidance. We help people meet the challenges of these times with enrichment programs, classes, resources and special events.





## SAFE SPACE with RESOURCES

LRDC facilitates and creates a refuge from the challenges of a fast-paced and often times out-of-control society. We share education through dharma talks and various practice sessions and outreach, providing safe space for connection to self and the greater good, a higher power and each other.



## Empowering Acceptance

*Growing up, I was a big joiner. I felt it my right to be involved in whatever I found interesting. Thus, I was totally immersed, engaged and experimenting. As a young adult, however, I switched gears, feeling the need to pull back, observe from more of a distance, and introspect deeply. Now a writer and somewhat 'older' adult, I practice the dance of living between and within the two. Being involved with LRDC not only allows me to do this, but encourages it. To be accepted for who I am and where I am in the moment is both a powerful feeling of present comfort AND a gentle nudge when needing to grow a little . ~Melanie*

## PROGRAMS & ACTIVITIES

**Body** - Tai Chi, Yoga, Meditative Movement

**Mind** – A variety of Meditation classes, Dharma Talks, Practice sessions & Ceremonies

**Contemplative Program** - Buddhist practice & philosophy, Tonglen, Dharma talks

**Kids & Youth** – Little Buddha, Free Childcare

**Lifestyle** – Mindful Recovery, Men's Group

**Wellness & Healing** – Medicine Buddha

**Music & Art** – Sacred Art, Singing Buddha, Kirtan

**Community Support** – Chaplaincy Services

**Community Connection**- Gatherings, Meet-&-Greets after Sunday service, Movies/Food/Fun!

*We are also staffed many hours per day  
within which anyone may drop in and rest,  
enjoy conversation and a cup of tea,  
immerse in the healing and restful energy.*



### Something for Everyone

LRDC is not a “one size fits all” center. There is something for everyone depending on “where you are”. There are no expectations and no judgments. We are here to help lessen suffering and facilitate healing, and we provide many opportunities in which to do so. Our primary goal is to create an enlightened society based on kindness, equanimity and spiritual growth – Starting with our own backyard!

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## Chaplaincy Program

We have many graduates of HIGHER LEARNING PROGRAMS such as the **Foundations of Buddhist Thought Program** and **Chaplaincy Ordination Program**, where we train professional helpers and healers who take their compassionate support out into the community.



## Access to Mental Health & Wellness Services

As a bonus, affiliated organizations of Lion's Roar include Middle Way Health, Middleway Health Foundation and Middle Way Gallery, which provide a wide array of **creative and encompassing wellness and support services**, some of which are free!





## A Zest for Life

### *Surviving to Thrive*

Having a zest for life entails understanding why we suffer, learning how to lessen that suffering, and knowing how to embrace the joys of life. But we all need guidance, community and connection to help us along the way. We need help learning how to balance the extremes in life. It's a re-learned harmony that feeds from the wisdom and support of others. This is the heart of Lion's Roar Dharma Center:

***Teachers helping students, students helping others.***

## What Motivates YOU?

**Compassion & Nurturing? Excitement & Enjoyment? Safety & Support?**  
**Or just wanting to feel awake & free to be happy?**

What we know is that **TOGETHERNESS & SUPPORT**  
***Activate our natural-born Vitality of Being Alive!!***

### **Family Applications**

*LRDC is really an essential part of our family and our strength. Before we attended LRDC, we were pretty much on our own. We did not have a place where we could attend a service as a family. Because of the free childcare service that LRDC so generously offers, we are able to attend Dharma talks while our children bond with other children and teachers. Before LRDC, we did not have this opportunity and would have to "take turns" on who could attend various classes and teachings whenever they would fit into our schedule, which was not very often. The children love LRDC and look forward to attending. They also really like being included in special ceremonies and really feel like they are part of a spiritual family. The takeaways that we get from the Sunday services as well as the programs are directly applicable to our daily lives together. We are able to take what we are learning and apply it immediately. Before LRDC, we would study and read independently but we lacked the guidance of a teacher, our Lama. Having our Lama and the Sangha and a place to go has given us the support that we need to feel like we are going to make it through the challenges and ups and downs of everyday life. Our lives are better because of LRDC. ~ Elizabeth*



### **Imagine a Place Where You...**

*Feel welcomed and safe, and can return to as often as you like...*

*Make friends and feel part of a healing and celebratory community...*

*Learn to meditate to clear and calm your mind...*

*Take Tai Chi or yoga classes to loosen and strengthen the body...*

*Have access to mentoring and counseling...*

*Lessen and manage stress and anxiety...*

*Have a space to gather, reflect and replenish...*

*Help others lessen their own suffering.*

### **THE DREAM:**

**Helping people Find Peace and Joy in Everyday Life**

***This is our dream, and it is already developing into a reality!***



## JOIN US! You Can Help Us Create a Better World!

### Lion's Roar needs your help to Secure Our Temple

Help Secure our Shared Sacred Space where you can *meet the challenges of these times and find solace, inspiration, guidance and support*. Secure our Shared Sacred Space so that *together we may continue to help a growing number of people learn to Embrace Real Life now and into the future for generations to come!*

### What Your Gift Will Do!

Your gift/donation/financial contribution will **help save the Temple**, help us pay off our loan and **secure our building**, thus allowing Lion's Roar to continue serving its constituents and community at large with **more programming & support**, and **ensuring a place for connection and healing**.

**It will enable FUTURE PLANS, GROWTH & ENRICHMENT PROGRAMS**, such as:

- Further building and growing our **Spiritual & Educational space**
- Creating a **Healing Tea Garden & Sacred Outdoor Gathering Space**
  - **Purchasing Land for a Stupa** (place for meditation)
    - Creating A **Peace Monument**
    - **Increased Outreach**
  - An **Online Membership** with Resources
  - **Expanded Programming and Training**
    - **Retreats & Workshops**
    - **Scholarships**

Please Consider Helping Us Today!



**DONATE**   
**Support Dharma!**

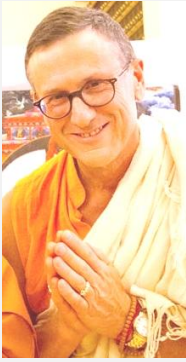


***Would You Like to Help Us Do This?***

**The Financial Reality of Dharma**

Is that we depend on generous donors  
who give once a month,  
as well as those who give at service or for programs.  
Any and all donations help keep our doors open!





## **Message from the Director:** *Growing Pains and Possibilities*

The administration of Lion's Roar Dharma Center seeks to be transparent and open about our financial stability and challenges. It is our desire to keep those of you who are connected to or interested in Lion's Roar informed regularly, and this is our attempt to do that.

We would like you to understand how your contributions are used and how they continue to make a meaningful difference to our temple. We strive to practice right livelihood through the way we utilize the funds that you so generously contribute to Lion's Roar.

### **Here's a bare-bones financial statement for 2017:**

<b><u>Average Monthly Costs for Teachers</u></b>	<b>\$1,927</b>
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(includes health insurance for both teachers, stipend and income taxes for Geshe Damchoe, & dana for visiting teachers)

<b><u>Average Monthly Costs for Building Upkeep</u></b>	<b>\$1,588</b>
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(includes utilities, repairs, insurance, maintenance)

<b><u>Average Administration Costs</u></b>	<b>\$2,574</b>
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(includes clerical, internet/web/phone, printing & supplies)

<b><u>Monthly Mortgage Payment</u></b>	<b>\$3,224</b>
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<b>Average Monthly expenses</b>	<b>\$9,313</b>
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<b>Average Monthly Income</b>	<b>\$8,445</b>
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*As you can see, we currently have a need for about \$900 more per month to cover our regular operating costs. We would also like to be able to put \$300-\$500 per month in savings to cover emergency costs that show up unexpectedly, such as when our heater had problems this winter. The good news is if all members gave an extra \$10-\$40/month this amount would be easily covered.*

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There are many of you who give very generously now. We acknowledge you and celebrate your generosity, and we're deeply grateful for your commitment to spreading dharma.

***We depend upon monthly pledges to cover our monthly expenses.***

**If you are a member and not making a MONTHLY DONATION, please start now** by writing a check monthly, or better yet set up a monthly auto pay through our website, for \$25, \$50, \$100 – whatever you can afford.

**If you already pledge monthly, please consider an INCREASE to your monthly donation.** The quality of our community's health depends so much on you and other generous donors.

Or if you would like to **donate a LUMP SUM....**

**You can follow this link to easily do either:**

**<http://lionsroardharmacenter.org/donate/>**

**Thank you for joining me in creating stability for our temple!**

*All of us are enriched and inspired by our beautiful temple and grounds; And all the improvements to Do Nga Dargey– the vibrant Tara garden, the color and art in the entire building, new lighting – all have been sponsored by individual donors - none of this has come out of general funds.*

**I want to emphasize that this financial need is a good thing – it's due to growing pains!**

We've doubled our membership since we moved into the temple three years ago and the number of people hearing the Dharma and learning to meditate has grown even more. The richness and variety of our programs and warm friendship that we extend to each visitor and toward each other clearly demonstrate our dedication to Dharma practice and Sangha relationships.

Again, I encourage you to join me by beginning or increasing your financial contribution to Lion's Roar today so we will quickly become financially independent and secure.

If you have any questions, please contact Susan Farrar directly at [farsusan@gmail.com](mailto:farsusan@gmail.com).

***Thank You!***

**Lama Jinpa, Spiritual Director, Lion's Roar Dharma Center**

**Susan Farrar, Director, Lion's Roar Dharma Center**

To set up AUTOMATIC MONTHLY DONATIONS  
please go to <http://lionsroardharmacenter.org/donate/>

Scroll down to "Become a Member Today".

[This link will walk you through a few easy steps to get this started right away!!]

**...Wellness Oriented / Inclusive / Uplifting...**



*I felt I didn't belong anywhere before I found Lion's Roar.*

*Now I can't imagine my life without it....*

*Because it is my community, my friends and my family now.*

~Teruko





LION'S ROAR  
DHARMA CENTER



*With Gratitude...*

