

Lion's Roar Dharma Center Do Nga Dargey News

Spring 2019



Do Nga Dargey Temple

3240 B Street
Sacramento, CA 95816
(Between 32nd and 33rd Street)

Our Purpose

Lion's Roar Dharma Center and Do Nga Dargey Temple follow the Buddha Dharma – a new humanism that embraces both the secular and sacred paths of transformation. We recognize and affirm the inherent and indestructible goodness of all beings.

We are in the tradition of the His Holiness the 14th Dalai Lama of Tibet. Our Temple was founded by Geshe Losang Gyatso and is directed by Lama Yeshe Jinpa and Geshe Damchoe Gurjav. Our Heart Lineage Teacher is Kyabje Jhado Tulku Rinpoche.

Board of Directors

Lama Yeshe Jinpa
Geshe Damchoebaazar Gurjav
Baasan Lam Altangerel
Ellen Wolfe
Deb Dietz
Greg Vigil
Patty Marcotte
Susan Farrar
Elizabeth Wadsworth

Advisory Board

Robert Nakashima
Michael Halfhill

info@lionsroardharmacenter.org

About Us

Lion's Roar was co-founded by Lama Yeshe Jinpa and Geshe Losang Gyatso. Lama Jinpa received direct lineage transmission from Geshe Gyatso. He is one of the few Western lamas thus far recognized within the Gelugpa lineage of Tibetan Buddhism.

Vajrayana Buddhism is an oral and written tradition. 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.



LION'S ROAR DHARMA CENTER



Our Programs

We offer a wide variety of classes, teachings, and workshops throughout each month.

Lion's Roar also hosts teachings and empowerments with high Lamas and teachers from around the world. We are blessed to have had visits with monks from **Sera Jey** monastery in 2016 and from **Ngari Institute** in Leh Ladakh India in 2018, who created sacred Medicine Buddha sand mandalas in the temple. We also gratefully host regular visits from our Heart Lineage Teacher, **Kyabje Jhado Rinpoche**, who consecrated Do Nga Dargey Temple in 2015.

Other Lion's Roar programs include our **Sacred Arts** program to beautify and energize our temple and practice, our **Little Buddhas** program to provide compassionate childcare on Sundays so parents may attend services, and our **Mother's Group** on the 2nd Saturday of each month.

In 2018, we introduced our **Chaplaincy** program, which supports people through difficult life transitions; chaplains also perform healing rituals, blessing and celebration ceremonies, and give meditation instruction. For questions about any of our programs, send us a message at: info@lionsroardharmacenter.org

Your Support

In order to support our constantly expanding programs as well as our temple and facility, we need your help! It is only through the support of the community that we are able to continue to grow and offer more events, as well as maintain the temple and grounds. We are a **501(c)3** non-profit. Your continuing generosity allows us to fulfill our mission of creating an **enlightened society** for all sentient beings. Donations can be made in the temple, at the administrative office, or online at: lionsroardharmacenter.org.

Events & Programs Quick Reference

Please verify event information by visiting our online calendar at lionsroardharmacenter.org. All events take place at:

Do Nga Dargey Temple
3240 B Street, Sacramento, CA

Sunday

Open Meditation Drop-in Group 7:30 AM – 8:30 AM
Informal meditation group (Shrine Room)

Mindful Recovery and Healing

9:00 AM. Traditional 12-step recovery format incorporating the healing aspect of Medicine Buddha practice. (Community Room)

Sitting & Walking Meditation

9:15 AM – 10:15 AM Calm the mind and body; walk in the temple or neighborhood as weather permits. (Shrine Room)

Sunday Services

11 AM – 12:30 PM, Lama Jinpa 1st and 3rd Sundays. Program includes a Dharma talk, discussion, and short meditation, followed by a community gathering afterwards. Supervised play area for kids available. (Shrine Room)

LRDC Book Club

1st Sunday at 1 PM after the service. A fun, non-dharma book club for everybody. (admin office)

Monday

"Many Paths, One Result"

Teachings on the Lotus Sutra with Lama Yeshe Jinpa.

2nd & 4th Mondays at 7 PM.

Program includes a Dharma talk, discussion and short meditation. (Shrine Room)

Open Meditation Drop-in

Group 8:00AM–9AM Informal meditation group. (Shrine Room)

Just Plain Sitting

1st & 3rd Mondays at 7 PM

Come and leave anytime during the session. (Shrine Room)

Tuesday

Open Meditation Drop-in

Group 8:00 AM – 9 AM Informal meditation group. (Shrine Room)

Mindful Yoga with Sandi

9:30 AM Strengthen and stretch the body, relieve stress and calm the mind with Ananda Yoga. (Community Room)

Introduction to Tai Chi with

Robert 12:00 PM The basics of the Tai Chi practice with Robert Nakashima. \$10 suggested donation. (Community Room)

Mindfulness Meditation

Support Group 6:30 PM A confidential and safe space to learn and practice meditation. (Community Room)

Wednesday

Open Meditation Drop-in

Group 8:00 AM – 9 AM Informal meditation group. (Shrine Room)

Beginning Meditation 6 PM.

A supportive practice session which provides instruction for posture and developing awareness. (Community Room)

Thursday

Open Meditation Drop-in

Group 8:00 AM – 9 AM Informal meditation group. (Shrine Room)

Mindful Yoga with Sandi

9:30 AM Strengthen and stretch the body, relieve stress and calm the mind with Ananda Yoga. (Community Room)

Thursday Evening Beginning Shamatha Meditation

6:30 PM Informal, open to anyone. (Shrine Room)

Friday

Open Meditation Drop-in

Group 8:00AM – 9AM Informal meditation group. (Shrine Room)

Tong len for World Peace

Every 3rd Friday, 6 PM – 7:15 PM Sending/Receiving Meditation for world and personal peace and transformation. (Shrine Room)

Medicine Buddha Practice

2nd & 4th Fridays, 7 PM – 8:30 PM. The Medicine Buddha healing practice and meditation. (Shrine Room)

Saturday

Open Meditation Drop-in

Group Weekends 7:30 AM – 8:30 AM Informal meditation group. (Shrine Room)

Mindfulness Meditation for

Everybody 9 AM – 9:45 AM. A practice session for all meditators. (Community Room)

Steps on the Buddhist Path

with Susan Farrar, **every 1st and 3rd Saturday 10:00 AM – 11:30 AM.** Basic Lam Rim class based on Ven. Thubten Chödrön's *Guided Meditations on the Stages of the Path*. (Shrine Room)

Mother's Group 1st & 3rd

Saturdays, 2 PM – 4 PM. A support and discussion group from a Buddhist perspective. (Shrine Room)

Stages of the Path to

Enlightenment

with Geshe Damchoe Gurjav **2nd & 4th Saturdays, 10 AM – 12:00 PM.** Teachings on the Lam Rim, the Graded Stages of the Path. (Shrine Room)

Kirtan, 3rd Saturday, 7 PM.

Kirtan is a Sanskrit word for devotional singing or chanting. Songs, hymns, chants and mantras are put to music known in India as Bhajans. They come in a variety of forms and languages including Hindi, Bengali, Sanskrit, Pali and English. Many are ancient chants and mantras given to us by saints, sages, yogis and great masters from long ago and hard to date. Journey To Awaken Kirtan honors the light of spiritual wisdom, rays from the One Light, expressed in its infinite forms, according to the needs of particular times and places and covers various forms of chanting in Buddhist, Hindu, and Christian traditions. (Shrine room)

About Lama Yeshe Jinpa

Lama Yeshe Jinpa teaches within the Gelug lineage, with a Rimé or unbiased view, in the tradition of His Holiness the 14th Dalai Lama.

He graduated from Middlebury College in Vermont where he studied Buddhism with Steven Rockefeller. His senior project was on Nagarjuna's Middle Way Philosophy. He took refuge with Chogyam Trungpa Rinpoche in 1976. From 1977 to 1980 he attended the Buddhist Studies Program at Naropa University in Boulder and studied with Judith Simmer-Brown and Reginald Ray. He also studied Zen Buddhism with Kyozan Joshu Sasaki Roshi. He has had empowerments and teachings from most of the main teachers of all the Tibetan lineages, particularly the Gelug, and the Nyingma through Dudjom Rinpoche.

In 1983, he met Lharam Geshe Losang Gyatso, of Sey Jey and Gyuto monasteries, in Nevada City. Geshe-la became his heart, or main, teacher and Lama Jinpa received Dharma Transmission in 1995.

At Geshe Gyatso's urging, Lama Jinpa became a licensed psychotherapist in 2000 and founded Middle Way Health in Sacramento, specializing in Buddhist Psychotherapy.

In 2005 Lama Jinpa went to India and took monastic vows at Sera Jey Monastery where he received the name Yeshe Jinpa.

In 2008, Lama Jinpa returned to householder life. He balances work, home, and temple life and teaches Dharma from the perspective of the Middle Way.

Becoming Buddha

Meditation Workshop

with Lama Jinpa & senior students, **4th Saturday 1 PM – 5 PM.** Includes Dharma talks, discussion, meditation, instruction, and walking meditation/mindful movement. (Shrine Room)

Date Varies

Vajrayana Practice on the Phases of the Moon

Each lunar quarter, 7:30 PM

Please go to dateandtime.com or lionsroardharmacenter.org for the dates. All are welcome: the practice is based on Vajrasattva and sitting meditation. (Shrine Room)

Movie Night A fun and informal evening with both Dharma and non-Dharma movies; date varies. See our calendar at lionsroardharmacenter.org for details. (Community Room)

COME AS YOU ARE

At Lion's Roar, we have no expectations that beginners will know how to do everything right. That is why we encourage everyone to "come as you are."

There are only two rules you really need to know:

1. Come as you are.
2. Come with a sense of humor.

We want everyone to feel welcomed at Lion's Roar.

Arriving

Try to arrive early if you can. But if you can't, it's ok. You might need time to take off your shoes, take a prayer book, choose a seat or cushion, mute your cell phone, and get comfortable. Some people really enjoy just sitting in the peace to take it all in before the program starts.

The Start

A gong will sound announcing the arrival of the teacher, at which point it is nice to stand to show respect for the teacher. You will see many students performing prostrations where they will place both hands together at their chest and bow. Just know that you are not required to do anything you



New members of Lion's Roar pose with Lama Yeshe Jinpa (in robes, left) and Geshe Damchoebaazar Gurjav (in robes, right)

feel uncomfortable doing. No pressure what-so-ever. After the teacher has taken his or her seat, we all take our seats.

Opening prayers

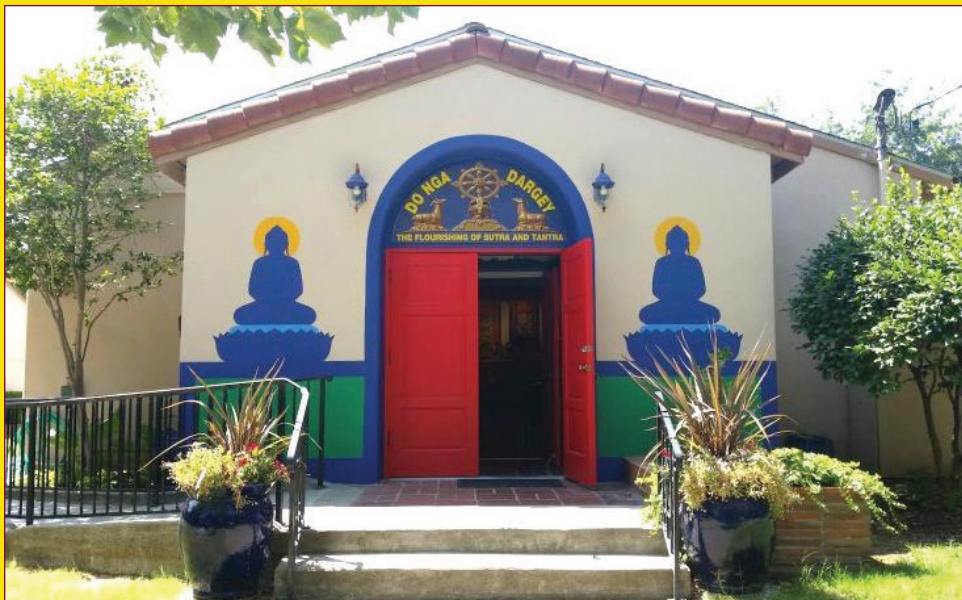
It is traditional to start a practice session with prayers. They are led by the Umse (prayer master) and he or she will announce the page numbers. Please follow along as best you can and join in as you feel comfortable.

Meditation and Dharma Talk

Each session can be different. Some start with meditation, other sessions begin with a Dharma talk followed by meditation, others are a Dharma talk only.

Closing Prayers

At the end of the program, the Umse will lead us through closing prayers and dedication. When the teacher gets up to leave, all rise in respect as he leaves the room.



**Do Nga Dargey Temple
of Lion's Roar Dharma Center**
In the Lineage of the 14th Dalai Lama



Kyabje Jhado Rinpoche
Heart Lineage Teacher

Lama Yeshe Jinpa
Spiritual Director

Geshe Damchoebaazar Gurjav
Resident Teacher