

MILAREPA CENTER



Wonderful News and Events from the Stunning Beauty of Northern Vermont April 2013



OPEN HOUSE AT MILAREPA CENTER

Sunday, May 5, 2:00 – 4:00pm

This is the perfect afternoon to see several of the changes made at Milarepa Center over the past year and also enjoy the lush scenery, warm hospitality, and friendly environment. Whether you are an old friend or a new neighbor, join us for tea and snacks.

DISCOVERING BUDDHISM CLASSES WITH VEN. AMY MILLER

All evening classes are 6:30 – 8:30pm

All Meditation Days are 9:00am – 4:00pm

Livestreamed at www.ustream.tv/channel/discovering-buddhism-with-ven-amy-miller

HOW TO MEDITATE

Wednesdays, April 17, 24, May 1, 15

Meditation Day with Yoga: June 8, 9:00am – 4:00pm

ESTABLISHING A DAILY PRACTICE

Tuesdays, June 11, 18, 25, July 2, 9

Meditation Day with Yoga: July 13



THE SPIRITUAL TEACHER

Tuesdays, July 23, 30, August 6, 13

Meditation Day with Yoga: August 10

DEATH AND REBIRTH

Tuesdays, September 3, 10, 17, 24

Meditation Day with Yoga: September 14

HOW TO DEVELOP BODHICITTA

Tuesdays, October 1, 8, 15, 22

Meditation Day: October 12

serious student, each module has a certain number of classes, meditations, readings, and retreats to complete if one would like to be certified to teach Discovering Buddhism in the future. For more information on the program, see: www.fpmt.org/education/programs/discovering-buddhism.html.



INNER DISARMAMENT: ACCEPTANCE, FORGIVENESS, AND AWAKENING IN CHALLENGING TIMES WITH VEN. AMY MILLER

April 16, 23, and 30, 6:00 – 8:00pm

**Hayes Room at the Kellogg-Hubbard Library
135 Main Street, Montpelier, Vermont**

This engaging series helps us reflect on our own inner challenges while offering practical antidotes of mindfulness and meditation.



ANNUAL SPRING WORK PARTY OVERNIGHT AND TARA PUJA

Saturday, May 18, 9:00am – 5:00pm, Tara Puja, 7:00pm

Sunday, May 19, 9:00am – 12noon followed by lunch

Our work party weekends are a great way to support the Center and enjoy time with Dharma friends. Families welcome. Lunch and dinner will be provided on Saturday and breakfast and lunch on Sunday. Feel free to come either day if you are unable to spend the night. Please register online.

**See our website for more detailed information
on our programs, and please register in advance
online for all overnight programs.**

www.milarepacenter.org

Greetings from the Director: Patterns of Positivity



Ven. Amy Miller

I learn so much all of the time from everyone who lives, offers service and visits Milarepa Center. My greatest lesson recently was from Nina Tomkiewicz, our beloved Kitchen Manager and Cook.

Most days when I greet Nina in the morning and ask her how she is, her response is usually, "Great!" So recently while I was leading Milarepa's first pilgrimage to India and Nepal, Nina's mother was diagnosed with a very challenging illness. After I got the news, I managed to phone Nina to see how she was doing. As usual, she responded, "Great." Although she told me all that was going on for her and the difficulty she was facing at times, she had already firmly established a positive pattern in her mind. She had cultivated this mind state over years of thinking positively and greeting life in this way. So whatever emotions were surfacing for her, her natural choice was to greet them with a positive attitude. As a result, for the most part, regardless of what challenges move in her path, Nina will be "great" and therefore, enjoy a happier experience with whatever she encounters.

This is a choice that is always available for us. I noticed it also on our recent pilgrimage. We had the good fortune to have a wonderful group of individuals on the trip. So no matter what we were encountering, whether it was long bumpy bus rides, pollution and poverty, or not getting what we wanted to eat, everyone seemed to have a commitment to show up without much complaining or negativity. The result made for a much more enjoyable journey for everyone.

I find Dharma practice so powerful in helping us cultivate these patterns of positivity. Perhaps you can join me in renewing this commitment to ourselves, our community, our planet: the less I complain, the more peaceful and positive a space opens in me. May this have a positive effect on our external reality. I hope Milarepa Center can have a chance to help you connect with patterns of positivity in yourself.

I so look forward to seeing you this year.

With huge love,

Amy Miller

SAKADAWA NYUNG NÉ RETREAT LED BY VEN. AMY MILLER

May 23, 7:00pm – May 26, 10:00am

Early registration fee (paid in full by May 9): \$125

Registration fee (paid in full after May 9): \$200

Sakadawa is the celebration of the Buddha's birth, enlightenment, and parinirvana and a great time to practice. Nyung Né is a rich purification practice involving visualization of Chenrezig, the Buddha of Compassion. Retreat sessions include prayers, visualization, reciting mantras, performing prostrations, and



Chenrezig with His Holiness the Dalai Lama

periods of fasting and strict silence to help us develop more loving kindness and compassion. One doesn't need to have had any initiation prior to this retreat, but it's best if you have taken Refuge in Buddhism. If you have never attended a Nyung Né before,



*Become a Member of
Milarepa Center*

you must attend the evening introduction on May 23. Please call us at (802) 633-4136 BEFORE registering online.



SAKADAWA CELEBRATION: ANNIVERSARY OF THE BUDDHA'S BIRTH, ENLIGHTENMENT, AND PARINIRVANA

May 25

See July 12 and November 23 below for other Major Festival Day activities.



Shakyamuni Buddha

This special holiday is a fantastic time to practice, so while Milarepa Center will be hosting a silent day of the Nyung Né, you are most welcome to come and participate in the activities listed in the schedule below or spend some time

during the day exploring your own practice.

4:00am	Eight Mahayana Precepts (special 24-hour vows)
5:00am	Tea and Altar Set-up and Offering
6:00 – 8:00am	Lama Chopu Puja
11:15am	Lunch
1:30 – 2:30pm	Sutra Reading and/or Medicine Buddha Puja
6:30 – 7:30pm	Shakyamuni Buddha Puja



MORNING MEDITATION LED BY VEN. AMY MILLER

Tuesday through Friday, 7:00 – 8:00am
Beginning June 4 through August 30

Start your day off with the right motivation and focus and lend some consistency to your practice. Instruction included. Appropriate for all levels. Drop-ins welcome. By donation.



VAJRASATTVA PURIFICATION PRACTICE WITH VEN. AMY MILLER

Thursdays starting June 6 through August 29, 7:00 – 8:00pm

Join this weekly Vajrasattva practice group and learn how to do effective purification with the 4 Opponent Powers and this most profound practice. A great way to start familiarizing yourself with visualization and mantra recitation. Appropriate for all levels. By donation.

**LIVING THE PATH:
ONE-DAY RETREATS THAT
INCORPORATE MINDFULNESS,
MEDITATION, AND YOGA
TO SUPPORT PEACEFUL
COMPASSIONATE LIVING
WITH VEN. AMY MILLER AND
ANDREA THIBAudeau**

*June 8, July 13, August 10, September 14,
and October 12; 9:00am – 4:00pm*

These are joint meditation days with the Discovering Buddhism modules; you do not need to be a participant in Discovering Buddhism to attend.



Andrea
Thibaudeau

Appropriate for all levels, these one-day retreats lend a sense of calm, flexibility, and perspective to our normally frantic lives.

Suggested donation: \$25 includes lunch and an hour and a half yoga session. Please call (802) 633-4136

to register. It is recommended to wear loose comfortable clothing and to bring a yoga mat and strap if you have one.

Andrea Thibaudeau is an Anusara Certified Yoga Instructor, as well as the Director of Heart Space Yoga Center in St. Johnsbury, Vermont.



**KOPAN VERMONT: A RETREAT
TO CLEAR THE MIND AND OPEN
THE HEART WITH VEN. AMY MILLER**

June 22 – 29

Early registration fee (paid in full before June 8): \$300

Registration fee (paid in full on or after June 8): \$400

Join this wonderful retreat modeled after Kopan Monastery's month-long November course in Nepal. If Nepal is too far and expensive for you to visit, but you would like to experience a week's retreat with study and meditation, this is a great opportunity for you. This program combines teachings and retreat instruction, guided meditations, study, discussion groups, and time for journaling and reflection. Join our "Kopan reunion" with this wonderful retreat. Open to all levels.

CHECK FOR FULL, UPDATED PROGRAM DETAILS AT

milarepacenter.org

**A CELEBRATION OF
COMPASSION: MILAREPA
FESTIVAL DAY OPEN HOUSE AND
INTERFAITH SERVICE ON HIS
HOLINESS THE DALAI LAMA'S
78TH BIRTHDAY FEATURING
WORLD CLASS TIBETAN**

MUSICIAN PENPA TSERING

July 6, 1:00 – 5:00pm

Free



Penpa Tsering

Please join our wonderful Festival Day to honor both His Holiness the Dalai Lama and the patron saint of our Center, the great 11th century meditator, Milarepa. This year's festivities will treat you to an amazing Tibetan cultural experience with musician

Penpa Tsering along with a moving Interfaith Service from spiritual centers in our area. Snacks and beverages will be served and all are welcome. Penpa Tsering is a world-class Tibetan musician whose artistry creates a totally captivating performance.



**CHOKHOR DUCHEN:
ANNIVERSARY OF BUDDHA'S
FIRST TEACHING**

July 12

6:30pm: Teaching on the Four Noble Truths by Ven. Amy Miller

7:00pm: Shakyamuni Buddha Puja
(a 45-minute reading on the inspiring past lives of the Buddha)

This holiday celebrates the first teaching the Buddha gave after attaining enlightenment. The teaching on the Four Noble Truths was delivered to a small group of disciples in Sarnath, India. Please join us for a day of practice and/or an evening talk on the Four Noble Truths. See schedule on page 2 under Sakadawa Celebration.



**FAMILY CAMP WITH
GESHE NGAWANG TENLEY**

July 18 – 21

Early registration fee (paid in full before July 4): \$150

Registration fee (paid in full on or after July 4): \$185

Fees are per person and include all snacks, meals, shared accommodation or camping, and material for art projects.



Geshe Ngawang
Tenley

Family Camp at Milarepa Center is a wonderful highlight to our seasonal program. Children aged 5 – 12 along with their parent(s) or a significant adult are welcome to attend. The program runs from

6:00pm on Thursday to 2:00pm on Sunday. We offer a delightful mix of arts and crafts, nature walks, meditation, storytelling, learning rituals, and more. Sessions for parents included as well. We are delighted that Geshe Ngawang Tenley from Kurukulla Center is joining our Family Camp again.



**THE ESSENCE OF MAHAMUDRA
AND GREEN TARA JENANG
WITH KHENSUR RINPOCHE
GESHE LOBSANG JAMPA**

August 2 – 4

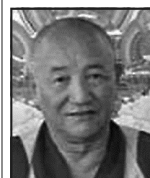
Early registration fee (paid in full before July 19): \$175

Registration fee (paid in full on or after July 19): \$225

Teaching only: \$100*

Jenang (blessing) only, August 4,
2:00 – 4:00pm: \$40*

*Does not include meals or accommodation



Khensur
Rinpoche
Geshe
Lobsang
Jampa

Mahamudra, Sanskrit for "Great Seal," refers to a sophisticated system of practice and meditation that helps reveal the significance of the relationship between mind and reality. It is through focus on the mind itself that one understands how the true nature of all

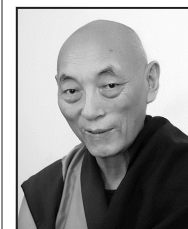
phenomena – emptiness – authenticates all existence. Khensur Rinpoche Geshe Lobsang Jampa is a past abbot of Gyumed Tantric College and one of the foremost scholars of Tibetan Buddhism today.



**INTRODUCTION TO
TANTRA AND
CHAKRASAMVARA
FIVE-DEITY
INITIATION
WITH VEN.
CHODEN
RINPOCHE**

August 16 – 18

(cont. p.4)



Ven. Choden
Rinpoche

August 16, 7:00 – 9:00pm:
Introduction to Tantra
August 17, 3:00 – 7:30pm:
Chakrasamvara Initiation
August 18, 3:00 – 7:30pm:
Chakrasamvara Initiation

Early registration fee (paid in full before August 2): \$200

Registration fee (paid in full on or after August 2): \$300

Introduction to Tantra Teaching only: \$25*

Initiation only: \$60*

**Does not include meals or accommodation*

Explore the basics of Tantra with this sublime Buddhist master. This is a great introduction for those interested in taking the Chakrasamvara Initiation or any other Tantric initiation.

The Chakrasamvara Initiation constitutes a Highest Yoga Tantra initiation. Therefore, taking the initiation involves a daily commitment to recite the Six Session Guru Yoga and to keep Refuge Precepts along with Bodhisattva and Tantric Vows. In order to attend the initiation, you must attend both Saturday and Sunday, but are not required to attend the teaching on Friday evening. **Advanced registration is required.**

Ven. Choden Rinpoche remains one of the greatest living Buddhist Masters of modern times. After nearly 20 years in a strict meditation retreat, Rinpoche escaped the Communist Chinese to live and teach in India and elsewhere around the world.



SCENIC AUTUMN HIKING WEEKEND WITH VEN. AMY MILLER AND DAWN HOLTZ

September 27-29

Early registration fee (paid in full before September 13): \$150

Registration fee (paid in full on or after September 13): \$200



Dawn Holtz

The perfect combination of guided wilderness hiking, camping, and meditation during our peak autumn season. Experience the stunning scenery of the changing leaves, visit a local alpaca farm, and enjoy a delicious Sunday brunch.



Like us on facebook
<https://www.facebook.com/MilarepaCenter>

BATTLING ADDICTION: PRACTICES AND MEDITATION FOR FACING THE PAIN WITH VEN. AMY MILLER

October 25-27

Early registration fee (paid in full before October 11): \$150

Registration fee (paid in full on or after October 11): \$200



Ven. Amy Miller

Addiction can create highly destructive living patterns that cause us to lose balance and function in life. By confronting the suffering we experience with meaningful discussion, guided meditation, and a caring and loving

environment, we can begin to look at transforming negative habitual tendencies. Appropriate for those battling addiction and those who care about them.



Special November and December Programs with Ven. Tenzin Chogyi



Ven. Tenzin Chogyi

Ven. Tenzin Chogyi has been immersed in Buddhist study and practice since the early 90's. She has served in various capacities within the FPMT and has completed several long retreats. She took ordination in 2004 with

His Holiness the Dalai Lama and since 2006 has been teaching at various FPMT centers around the world.

BREAKING THROUGH ILLUSION: KARMA, EMPTINESS, AND THE 12 LINKS OF DEPENDENT ARISING

Wednesday Evening Series

November 6, 13, 20, December 4, 11

6:30 – 8:00pm

By donation

This weekly series explores the relationship between karma and emptiness, as well as how attachment, aversion, and confusion harness us to the cycle of suffering. Ultimate liberation from this problematic cycle will also be presented, a means for one to reach a blissful, peaceful state. This class will include teachings, discussion, and guided meditation.

TRANSFORMING NEGATIVE EMOTIONS

Tuesday Evening Series

November 12 and 19

6:00 – 7:30pm

Hayes Room, Kellogg-Hubbard Library, 135 Main Street, Montpelier, Vermont Free

This class will present various techniques and practices for transforming our painful experiences of disturbing emotions (such as anger, attachment, jealousy, depression, and anxiety) into something more positive. Beginners are welcome and encouraged, as well as more advanced students wanting to learn new techniques for dealing with emotions.



Practice Days with Ven. Tenzin Chogyi

9:30am – 4:00pm

Lunch included. By donation. Open to all levels. Please call (802) 633-4136 to register in advance.

THE FOUR FOUNDATIONS OF MINDFULNESS

November 9

Through mindfulness of body, feelings, mind, and mental phenomena, we can begin to develop and maintain moment-by-moment awareness and focus. This helps us overcome negative patterns of thought and behavior which greatly lends to our cultivation of positive patterns.

CHANGING YOUR MIND: THOUGHT TRANSFORMATION AS A DAILY PRACTICE

November 23

Lojong, or “thought transformation,” involves techniques and practices that reduce our selfishness and help us cultivate the good heart. This daylong will explore the *Eight Verses of Mind Transformation* along with instruction on *tong-len* (giving and taking) meditation. These practices are ideal for those wishing to integrate spiritual practice into the hectic pace of life in the 21st century.

LHA BAB DUCHEN: ANNIVERSARY OF BUDDHA'S DESCENT FROM HEAVEN

November 23

Lha Bab Duchen, “Descent from the Celestial Realm,” is a day commemorating Shakyamuni Buddha's descent from the Celestial Realm of the Thirty-three after spending three months

there, teaching his mother the Dharma. This is the 4th major holiday of the year and a great day for practice. Please check our website to see which activities will take place around the practice day.

QUESTIONING APPEARANCES: HOW TO MEDITATE ON EMPTINESS WITH VEN. TENZIN CHOGKYI

December 6 – 8

Early registration fee (paid in full before November 22): \$125

Registration fee (paid in full on or after November 22): \$175

Teaching only: \$60 (does not include meals or accommodation)

Note: It is helpful for students to have some background in Buddhist philosophy such as Lam Rim (the Stages of the Path)

Emptiness describes the ultimate nature of all existing things. This concept, however, is easily misunderstood. Join this dynamic presentation of Buddhist philosophy and explore an explanation of emptiness as it is taught in the Middle-Way Consequence School. Meditation instruction and practice will be emphasized.



LAMA TSONG KHAPA DAY: LIGHT OFFERINGS AND LAMA CHOPA TSOG

December 27, 6:30pm



*Lama Tsong
Khapa*

Milarepa Center is pleased to celebrate the anniversary of Lama Tsong Khapa, the founder of the Gelugpa tradition of Tibetan Buddhism. It is a lovely time to make extensive light offerings, so join us to offer candles at our Center and floating lanterns in our meadow. Please bring tea lights and snacks to share.



ANNUAL NEW YEAR'S VAJRASATTVA RETREAT WITH VEN. TENZIN CHOGKYI

December 28, 2013 – January 1, 2014

Early registration fee (paid in full before December 14): \$200

Registration fee (paid in full on or after December 14): \$300

This retreat fits perfectly into this long holiday weekend so consider joining us to bring more meaning into your new year. Appropriate for all levels of practitioners,

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Practice Day Schedule

From April through December 2013

Each month there are days set aside in the Tibetan calendar which are auspicious for specific practices. Group practice leads to a greater sense of overall harmony. These practices lend benefit in clearing obstacles to different activities (Tara Puja), for healing (Medicine Buddha Puja), and for overall center health and harmony (Tsog, etc.). Please feel free to join us. No previous requirement is necessary. Please bring offerings to share such as fruit, chips, pretzels, and any other snacks you enjoy. Flowers are always welcome. Practices are generally an hour to an hour and a half. On weekends from 1:30 – 3:00pm, and on weeknights from 6:30 – 8:00pm, unless otherwise listed below.

Tara Puja—Four Mandala Offerings to Cittamani Tara

is a great way to clear out obstacles to work, relationships, and general disharmony in your life.

Thursday, April 18

Saturday, May 18, 7:00 – 8:30pm

Sunday, June 16

Tuesday, July 16

Wednesday, August 14

Friday, September 13

Saturday, October 12

Sunday, November 10

Tuesday, December 10, 1:00 – 2:30pm



Green Tara

Milarepa Tsog—A tsog is an offering ceremony that

represents assembling all of the Buddhas and Bodhisattvas

in a visualization of a sacred dance. Those practicing highest yoga tantra normally have a commitment to do this practice twice each month. Lama Zopa Rinpoche, Milarepa Center's Spiritual Director, has encouraged us to do the Milarepa Tsog—a beautiful practice. All are welcome.

Friday, April 5

Saturday, May 4

Monday, June 3

Tuesday, July 2, 1:30 – 3:00pm

Thursday, August 1

Saturday, August 31

Sunday, September 29

Tuesday, October 29

Thursday, November 28

Lama Chopa Tsog—The Lama Chopa practice is a profound practice that connects us more deeply to our teachers and the inspiration of the buddhas.

Saturday, April 20

Monday, May 20

Tuesday, June 18, 1:30 – 3:00pm

Thursday, July 18

Friday, August 16

Saturday, September 14

Monday, October 14

Tuesday, November 12, 1:30 – 3:00pm

Thursday, December 12

Friday, December 27, Lama Tsong Khapa Day

Medicine Buddha Puja—A tremendous healing practice, Medicine Buddha is seen as the King of Doctors. This practice can be enormously helpful for your own illness or perfect to participate with someone else in mind.

Thursday, April 25

Sunday, June 23

Monday, July 22

Wednesday, August 21

Thursday, September 19

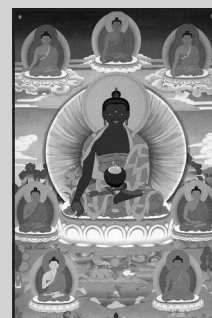
Friday, October 18

Sunday, November 17

Tuesday, December 17

Puja Fund

Also, if you would like a ritual done for a specific purpose or person, please go to our website, click the "Donate Now" button, and make an offering for "Puja Fund." Then send us an email with the name of the person or purpose and we will do a specific practice for you. The amount of the donation is entirely up to you.



Medicine Buddha

Vajrasattva meditation is a wonderful purification practice. The retreat will combine guided visualization, mantra recitation, and silent meditation along with teaching videos of Lama Yeshe. A special ritual will be held on New Year's Eve and the retreat concludes with a fire puja and New Year's brunch. Musicians, bring your instruments and join our annual party!



Impermanence at Work: Stay Up-to-Date Via Our Website and Social Media Presence

We invite a great many Lamas and teachers to Milarepa each year. However, at the time of the printing of this newsletter, several could not confirm their programs. So please sign up for our monthly e-letter or check our website for program changes, updates, and social media links. This is the quickest and most cost-effective way for us to disseminate information. If you find you are not receiving the e-letter after signing up, please check your spam filter and allow it or view the e-letter archives by clicking the News tab on our homepage.



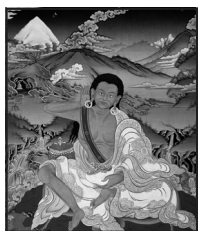
**Possible program on
Bodhisattva Vows
with
Ven. Dagri Rinpoche
in September
Stay tuned!**

How to Register for Programs

Milarepa Center now processes program registrations online via our website. You can also find general retreat information there at www.milarepacenter.org/regnretinfo.html. If online registration does not work for you, please feel free to call us at (802) 633-4136 for phone or regular mailing options.

Milarepa Delight: Please Help Us Double Our Membership and Become a "Friend of Milarepa" Today!

Milarepa Center provides a special place for your spiritual development and practice. Annual or monthly giving options generate a steady stream of support for



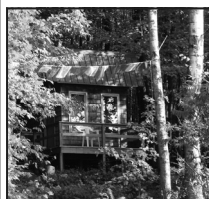
Milarepa

the Center. By becoming a "Friend of Milarepa," you can provide the consistent resources that help our Center flourish.

We currently have 40 members and are wishing to double that number by the end of this year. This lends a tremendous boost of revenue for our general operating expenses and quality programs and to further the development of Kyabje Lama Zopa Rinpoche's vision for Milarepa. **Please consider joining us now in this most worthwhile way and become a "Friend of Milarepa."**

You can sign up via our website at www.milarepacenter.org/join.html or we would be happy to put a membership card in the mail to you today. Just let us know by emailing us at milarepa@milarepacenter.org or via phone at (802) 633-4136. Thank you for your kind support.

Treat Yourself to a Stay in a Private Retreat Cabin



Retreat Cabin

Sometimes there is no better way to clear delusions from our mind and find clarity and insight than on retreat. Our 4 private retreat cabins offer a quiet, safe and supportive environment in a secluded area of the land for you to do this work. Each small cabin is equipped with a single bed, meditation cushion and small altar, and outdoor deck. We welcome retreatants from all spiritual disciplines and backgrounds. Our cabins are also ideal for writers, students, or anyone needing an intensive study environment. Feel free to bring your laptop computer.

Our Center provides healthy vegetarian meals and we are happy to assist you in other aspects of your retreat. Cabins can also be booked to afford you more private space during our programs. To book a cabin, please contact us.

Other Ways to Support Milarepa Center

• Volunteer

Are you interested in spending more time in and around the blessed environment of Milarepa Center? We have a variety of

areas in which you can help and many of the jobs can be done from your home. We welcome your involvement in the following areas: administrative and computer tasks, promotion, spiritual program coordination, newsletter production, database entry, gardening, cooking, housekeeping, maintenance, and construction, as well as many other things. If you would like to volunteer, please contact Kimber Fitzmorgan at our Center. Thank you for your generous support!

• Bring Your Group to Milarepa

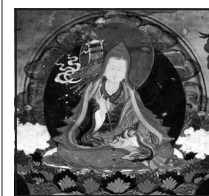
Milarepa is available for group meditation retreats, yoga workshops, staff and board retreats, health trainings, recreational activity workshops, writing conferences, support group meetings, business seminars, environmental conferences, and all types of spiritual activities. For additional information, contact us at (802) 633-4136 or milarepa@milarepacenter.org.

• Make a Donation

Generosity, or *dana* in Sanskrit, is a fundamental Buddhist practice. Buddha's teachings express that a life of generosity forms the ideal foundation for all other spiritual growth.

Here are some special projects that can use your support:

♦ Guru Rinpoche Statue



Kyabje Lama Zopa Rinpoche instructed us to have specific statues made to clear obstacles and create conditions for the Center to flourish. We

have completed a Bakula Arhat statue and a Guru Rinpoche statue to remove obstacles, and also received a gift from Rinpoche last May of a beautiful Maitreya Buddha. The final statue of this phase is a Guru Rinpoche (Padmasambhava) statue. The statue is life-sized and is being made by Lisa Heath in Massachusetts. It will be transported to Milarepa at the end of May. We are currently in the process of raising funds for the final payment to the artist, van rental and gas to transport the statue and artist, materials and labor for a custom-made transport crate, materials for consecration and filling, and painting costs. **Amount needed to complete this project: \$6,000.**

♦ Program Sponsorship

Hosting the quality programs we do at Milarepa involves numerous expenses such

as ground and air transportation for visiting teachers, attendants, and interpreters, health insurance for teachers, food, visas, general offerings, advertising, administration, and Sangha support (we offer our programs free to all monks and nuns). **Amount needed in 2013 budget: \$15,000.**

♦ John Deere Tractor



Milarepa Center is working to maintain and develop our 275-acre property in accordance with the vision of

Kyabje Lama Zopa Rinpoche. Rinpoche's vision includes building additional facilities for guests, teachers, and staff to engage in retreat. The more we maintain and prepare our land for current and future feasibility studies, road work, periodic logging, and overall beautification projects, the easier and more cost-effective the development will be. A tractor is essential at this point in our development.

In addition, we could use this tractor to better access our two back retreat cabins so we can host more retreaters. Lastly, the work we could accomplish with this machinery would save us a tremendous amount of money over time, as we have been paying local contractors to do basic excavating, landscaping, and tree clearing (for winter wood) when this work would be easily done with our own tractor.

Amount needed for tractor: \$11,000.

Please consider becoming a sponsor of these worthwhile projects or feel free to make a donation in general.

How to Make a Donation: Checks can be made payable to Milarepa Center and mailed to us at Milarepa Center, **PO Box 51, Barnet, Vermont 05821**. You can also donate with a credit card via our secure PayPal option on our website at www.milarepacenter.org. Just click on the "Donate Now" button on our home page. **All donations are tax-deductible.** We greatly appreciate your generosity.

Rejoice!

Milarepa Center is extremely grateful to the numerous friends and supporters who give of their time, funds, and energy to help the Center flourish and thrive. We rely predominantly on donations and

would like to acknowledge the following individuals for their continued support of the Center and for becoming part of our "extended family."

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Milarepa Center

In-kind donations of time and/or items:

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Any omissions or misspellings are the fault of the editor.

Wish List

This is a great way to sponsor a specific item for the Center and feel a part of our family. If there is something below you are interested in offering, please contact Kimber Fitzmorgan. You can find more details and updates on our website. Thank you so much.

- Genesis ceiling tiles (to replace those in dining room) (\$400)
- Army tents for guest accommodation (\$1200 each)
- 2 dressers in good condition
- 2-piece steel loading ramps (\$50)
- 4-foot stepladder (\$60)
- 2 chef's knives (\$80)

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Calendar of Events at-a-glance

Due to the nature of impermanence, all programs are subject to change. Please check ahead for changes in the schedule: (802) 633-4136, www.milarepacenter.org

APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
12-14 Change the Seasons Retreat 16, 23, 30 Inner Disarmament 17, 24 Discovering Buddhism (DB): How to Meditate with Ven. Amy 18 Tara Puja 25 Lama Chopa Tsog Medicine Buddha Puja; Full Moon	1, 15 DB: How to Meditate 4 Milarepa Tsog 5 Open House 18-19 Spring Work Party and Tara Puja 20 Lama Chopa Tsog 23-26 Nyung Né Retreat with Ven. Amy 25 Sakadawa Celebration; Full Moon	3 Milarepa Tsog 4 Morning Meditation begins with Ven. Amy (through August 30) 6 Vajrasattva Purification Practice begins with Ven. Amy 8 Living the Path: Meditation and Yoga with Ven. Amy and Andrea Thibaudeau 11, 18, 25 DB: Establishing a Daily Practice with Ven. Amy 16 Tara Puja 18 Lama Chopa Tsog 22-29 Kopan Vermont Retreat with Ven. Amy 23 Medicine Buddha Puja; Full Moon	2 Morning Meditation continues Tuesday through Friday; Milarepa Tsog 2, 9 DB: Establishing a Daily Practice with Ven. Amy 4 Vajrasattva Practice continues	6 A Celebration of Compassion: Milarepa Festival Day/Interfaith Service 12 Anniversary of Buddha's First Teaching (<i>Chokhor Duchen</i>) 13 Living the Path: Meditation and Yoga with Ven. Amy and Andrea Thibaudeau 16 Tara Puja 18 Lama Chopa Tsog 18-21 Milarepa Family Camp 22 Medicine Buddha Puja; Full Moon 23, 30 DB: The Spiritual Teacher	1 Vajrasattva Practice continues; Milarepa Tsog 2-4 Program with Khensur Rinpoche Geshe Lobsang Jampa 6 Morning Meditation continues Tuesday through Friday 6, 13 DB: The Spiritual Teacher 10 Living the Path: Meditation and Yoga with Ven. Amy and Andrea Thibaudeau 14 Tara Puja 16 Introduction to Tantra with Ven. Choden Rinpoche; Lama Chopa Tsog 17-18 Chakrasamvara Initiation with Ven. Choden Rinpoche 21 Medicine Buddha Puja; Full Moon 29 Vajrasattva Practice finishes 30 Morning Meditation finishes	13, 10, 17, 24 DB: Death and Rebirth 13 Tara Puja 14 Living the Path: Meditation and Yoga with Ven. Amy and Andrea Thibaudeau; Lama Chopa Tsog 19 Medicine Buddha; Full Moon	27-29 Scenic Autumn Hiking Weekend with Ven. Amy and Dawn Holtz 29 Milarepa Tsog	1, 8, 15, 22 DB: How to Develop Bodhichitta 12 Living the Path: Meditation with Ven. Amy; Tara Puja 14 Lama Chopa Tsog 18 Medicine Buddha Puja; Full Moon 29 Milarepa Tsog
						6, 13, 20 Breaking Through Illusion with Ven. Tenzin Chogkyi 12, 19 Transforming Negative Emotions with Ven. Tenzin Chogkyi 9 Practice Day: Thought Transformation with Ven. Tenzin Chogkyi 10 Tara Puja 12 Lama Chopa Tsog 17 Medicine Buddha Puja; Full Moon 23 Thought Transformation Practice Day with Ven. Tenzin Chogkyi; Anniversary of Buddha's Descent from Heaven (<i>Lha Bab Duchen</i>) 28 Milarepa Tsog	4, 11 Breaking Through Illusion with Ven. Tenzin Chogkyi 6-8 How to Meditate on Emptiness with Ven. Tenzin Chogkyi 8 Lama Tsong Khapa Day; Lama Chopa Tsog 20 Tara Puja 22 Lama Chopa Tsog 27 Medicine Buddha Puja; Full Moon 28, 2013 to Jan 1, 2014 New Year's Vajrasattva Retreat	