



Rime Buddhist Center

And Tibetan Institute of Studies

Summer 2010 Class Schedule

Come Reawaken Your Buddha Nature with Rime Programs & Services

Sunday Service with Meditation: 10:30 a.m.

Tuesday, Wednesday and Thursday
Meditation: 7 p.m. — Classes: 7:45 p.m.

www.rimecenter.org

The Rime Buddhist Center and Tibetan Institute of Studies is a non-profit 501(c)(3) religious and educational organization located at 700 W. Pennway in Kansas City, Missouri. The Rime Center provides weekly classes and Dharma teachings are offered on Tuesday, Wednesday and Thursday evenings along with a regular Sunday service. The Center also sponsors weekend meditation retreats and hosts special programs related to the practice of Buddhism in everyday life.

Vision Statement

The Rime Buddhist Center is a non-sectarian center dedicated to the cultivation of wisdom and compassion. The Center is a refuge for the nurturing of inner peace, kindness, community understanding and world peace.

The Center's primary objective is to provide a qualified program of Buddhist studies and Tibetan culture taught by monks, lamas and other Tibetan teachers, and to promote a harmonious relationship of understanding between both Tibetans and Westerners.

Mission Statement

- Provide a center for the study and practice of Tibetan Buddhism.
- Help preserve the endangered Tibetan culture by offering classes in Tibetan language, arts and religion for Western students and scholars, and to have these resources available to the Midwest.

Historical Background

Originally founded as the Mindfulness Meditation Foundation by Lama Chuck and Mary Stanford in 1993, the Rime Buddhist Center and Monastery and Tibetan Institute of Studies has evolved to reach an ever-increasing number of people interested in the study and practice of Buddhism in the Kansas City area. Lama Chuck and Mary continue to serve on the board of directors. Lama Chuck also serves as the center's executive director and spiritual leader.

On June 14, 1999 the name of the Mindfulness Meditation Foundation was changed to the current name. Application was made to the IRS for a 501(c)(3) designation as a tax-exempt church. The application was granted in October 2000.

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Map



Rime Center Instructors

Matt Barr is affectionately known as "Mr. Matt." He is the Director of the Lavonna Peterson Montessori School located in Westport and has published a book titled *How to Teach Meditation to Children*.

Dr. Teri Brody has been teaching classes at the Rime Center for many years. Her first teacher was the well-known Lama Yeshe. She has received teachings from Khamtrul Rinpoche, Orgyen Kusum Lingpa, Wangdor Rinpoche and Lodu Rinpoche, as well as others.

Matt Rice has received teachings and empowerments from Khamtrul Rinpoche, Wangdor Rinpoche, and Lama Lobsang Palden Rinpoche. Matt is also a Rime-certified meditation instructor.

Lama Chuck Stanford along with his wife, Mary, founded the Rime Center in 1993. He was ordained in 1998 as Lama Changchup Kunchok Dorje. He writes a monthly column on Buddhism for the faith section of the *Kansas City Star* and is a member of the Kansas City Interfaith Council. He is a volunteer chaplain at Leavenworth prison and regularly visits inmate groups at five other area prisons.

Alan Jon Snyder has received teachings and empowerments from Khamtrul Rinpoche, Wangdor Rinpoche, Lodu Rinpoche and Khachab Rinpoche, as well as others. Alan Jon has taken Bodhisattva vows and is also a Rime-certified meditation instructor.

Rime Buddhist Center Summer 2010 Classes

About Our Classes

Classes at the Rime Center are classified by degree of difficulty. Level 100 classes are for beginners – those who are new to Buddhism or who want to learn about Buddhism. Level 200 classes are for intermediate students who have completed some of the basic courses and Level 300 classes are for students who have completed the basic courses and some intermediate courses. Several of the 300 level courses require special empowerments or teachings.

All classes meet on Tuesday, Wednesday or Thursday evenings from 7:45–9 p.m., with an optional meditation session from 7–7:30 p.m.

Class fees are \$15 per class. Some classes are free and are noted in the schedule. Text fees are listed with each class.

Use the form in this schedule to register for classes. If you have questions about a specific class, call Lama Chuck Stanford at 816-471-7073 or contact him by e-mail at lama108@aol.com.

Special Note: The Rime Center will be open Sunday, July 4.

Classes

SU10-101

Meditation Workshop

Meditation has been proven to lower blood pressure, relieve stress and help cope with anxiety. It has also been shown to be very effective with chronic pain, insomnia and panic disorders. The wonderful thing about meditation is that it can be used anywhere, even on the way to work, and has no dangerous side effects. In this class you will learn this simple technique that can change your life. This class is based on the work of Jon Kabat-Zinn of the Stress Reduction Clinic at the University of Massachusetts Medical Center.

Instructor: Lama Chuck Stanford

Date & Time: One session on Wednesday, June 9, 7:45–9 p.m.

Fees: Free; but donations to the center are always appreciated, no text

SU10-102

Basics of Buddhism

Interested in learning more about Buddhism? Buddhism is a 2,500-year-old tradition that teaches us how to end pain and suffering in others and ourselves. This course includes meditation instruction, life of the Buddha, basic Buddhist teachings, the three schools of Buddhism and much more.

Instructor: Lama Chuck Stanford

Dates & Time: Twelve sessions, on Wednesdays, beginning June 9, 7:45–9:00 p.m. (begins with Meditation Workshop week 1.)

Fees: \$15 class fee (for the entire twelve-week course), \$20 text fee

SU10-201

Progressive Stages of Meditation on Emptiness

In this teaching, Khenpo Tsultrim Gyamtso Rinpoche presents the main schools of Buddhist philosophy with their progressively more subtle and refined views of reality. However, it is not just a teaching on the view, but a presentation providing the student the means to realize it through meditation practice. The idea of a series of meditation practices on a particular aspect of the Buddha's teachings is that beginning with one's first rather course commonsense understanding, one progresses through increasingly subtle and more refined stages until one arrives at complete and perfect understanding. Each stage in the process prepares the mind for the next in so far as each step is fully integrated into one's understanding through the meditation practice.

Instructor: Matt Rice

Dates & Time: Eight sessions, on Tuesdays, beginning June 15, 7:45–9:00 p.m.

Fees: \$15 class fee; \$18.95 text fee

Prerequisite: Basics of Buddhism class

SU10-103

Application of the Four Noble Truths to Daily Life

The Four Noble Truths form the foundation of the Buddhist path. Deceptively simple, by examining these truths in depth, we will see just how much they can help us interrupt suffering before it arises in our daily lives. Those familiar with Trungpa Rinpoche know that his teachings are direct, practical, and able to address the beginner and the more advanced practitioner at the same time. This will be an enjoyable way to address suffering and discontentment in the heat of the Rime summer.

Instructor: Dr. Teri Brody

Dates & Time: Five sessions, on Wednesdays, beginning June 16, 7:45–9:00 p.m.

Fees: \$15 class fee; \$21.95 text fee

SU10-202

A Beginner's Guide to Tibetan Buddhism

This class is designed as the follow-up to our "Basics of Buddhism" class and will examine and study the specifics of Tibetan Buddhism. Topics include finding a teacher, empowerments, Ngondro, rituals and the path of liberation. We will also cover topics such as why we do prostrations and how (and when) to make them; mudras (hand gestures) and how to perform the mudras; as well as topics of interest that students bring up.

Instructor: Alan Jon Snyder

Dates & Time: Five sessions, on Thursdays, beginning June 17, 7:45–9:00 p.m.

Fees: \$15 class fee; \$15.95 text fee

Prerequisite: Basics of Buddhism class

SU10-104

No Self, No Problem

A happy, satisfying life requires only that we free ourselves from our concepts that distort our view of the way things are. Actually, life is inherently perfect and what we truly seek is here in front of us. We just are blinded by the concepts that structure our lives (ego). It is said that the reason we don't realize this truth is because it is too simple and too close to us. We will explore the idea that our true nature is enlightened and what it really takes to truly realize this.

Instructor: Dr. Teri Brody

Dates & Time: Five sessions, on Wednesdays, beginning July 28, 7:45–9:00 p.m.

Fees: \$15 class fee; \$14.95 text fee

Rime Buddhist Center Summer 2010 Classes

SU10-203

Finding a Teacher: Student/Teacher Relationship in Tibetan Buddhism

Devoting oneself to a spiritual teacher is a practice much misunderstood in the West, yet fundamental to the tantric Buddhism of Tibet. This class will explore the relationship between the student and teacher. It will also discuss characteristics one should look for in a teacher.

Instructor: *Matt Rice*

Dates & Time: *Five sessions, on Thursdays, beginning July 29, 7:45–9:00 p.m.*

Fees: *\$15 Class fee. Text is found online; handouts will be given at class.*

Prerequisite: *Basics of Buddhism class*

SU10-105

Teaching Meditation to Children

Learn several different techniques to introduce the child in your life to the path of mindfulness, kindness, relaxation, realizing interconnection, and many other important Buddhist ideals. Children learn best by being active, which makes it hard for adults to get them involved in meditation. Mr. Matt's methods allow the children to be active and meditate at the same time. Come try these methods yourself so you will know exactly how to assist your young precious gems along their journey. This is an ADULTS ONLY class.

Instructor: *Matt Barr (Mr. Matt)*

Date & Time: *One session on Thursday, Aug. 12, 7:45–9 p.m.*

Fees: *\$15 class fee, \$20 text only available at class*

Vows, Certifications, Ordinations

SU10-106

Rime Membership Class

When you become a member of the Rime Center you not only become part of the Sangha, but you demonstrate your support of the center. In addition, members receive benefits, such as discounts and invitations to "members only" events.

The four half-hour sessions cover the following topics: the Three Jewels, meditation, the Three Yanas, the organizational structure of the Rime Center, an explanation of our Sunday service, retreats and empowerments, programs and events, and service opportunities. Upon completion of the classes, students are introduced to the sangha and given a mala blessed by H.H. Dalai Lama.

Instructor: *Lama Chuck Stanford*

Dates & Times:

Four Sunday sessions, beginning June 6, 10–10:30 a.m.

Four Wednesday sessions, beginning July 7, 6–6:30 p.m.

Fees: *None, no text; no prerequisite*

SU10-301

Meditation Instructors Training and Certification

The Rime Center offers formal training in meditation instruction. Upon completion of our classes and practicum, you will become a certified meditation instructor. You will learn about different types of meditation and can assist the Rime Center by giving meditation instruction.

Instructor: *Lama Chuck Stanford*

Dates & Time: *Three sessions, on Wednesdays, beginning Aug. 11, 6–6:30 p.m.*

Fees: *Free, no text*

Prerequisite: *Completion of Membership class*

SU10-204

Refuge Vow Instruction and Ceremony

Taking refuge in the Three Jewels is a strict prerequisite for any kind of relationship with Buddhist teachings. The objects of refuge are the Buddha, Dharma and Sangha (also known as the precious triple gem), which grant protection to the spiritual seeker. The act of taking refuge is a declaration of one's intention to follow the Buddhist path and is the ceremony that makes one "officially" Buddhist. This one-session class will consist of two teaching sessions each preceded by 20-minute meditation sessions and ending with the refuge ceremony. As part of the refuge ceremony one is also given a new refuge name.

Instructor: *Lama Chuck Stanford*

Date and Time: *One session Sunday, Aug. 29, 12:30–2:30 p.m. (Potluck, please bring dish to share)*

Fees: *Free, but dana (donation) to the teacher suggested*

Prerequisite: *None*

Retreats

SU10-107

Flight of the Garuda Dzogchen Retreat with Lama Lena

Dzogchen translates to the "great perfection" in Tibetan and is considered the pinnacle of Tibetan Buddhist theory and meditative practice. It is considered to be the "teaching of our time" because it is direct, immediate and profound and especially appropriate for our modern era. Lama Lena (Yeshe Kaytup) will return to the Rime Center May 21–23, 2010 with a Dzogchen retreat.

Lama Lena will teach from the text of the *Flight of the Garuda*. The teachings include showing the View of the Nature of Mind by direct transmission and instruction on this specific meditation and post-meditation experience.

Instructor: *Lama Lena Feral*

Dates & Times:

Session 1: Friday, May 21, 7:30–9:30 p.m.

Session 2: Saturday, May 22, 10 a.m.–noon

Session 3: Saturday, May 22, 2–4 p.m.

Fees: *\$120 in advance or \$140 at the door*

SU10-108

Developing Bodhicitta Half-Day Retreats

These Saturday morning meditation retreats will be led by Lama Chuck and Mary Stanford. Designed to be accessible for all levels of learning, each half-day retreat will focus on Developing Bodhicitta. The retreats will focus on releasing ego clinging and training the mind in compassion through, mindfulness and tonglen meditation. We will also focus on guidelines for using everyday experiences as opportunities to deepen bodhicitta.

Beginners are encouraged to attend. We will be observing noble silence throughout the retreat. Tea and bottled water will be provided.

Instructors: *Lama Chuck and Chaplain Mary Stanford*

Dates & Time: *Saturdays: June 12, July 10, Aug. 14, 9 a.m.–noon*

Please specify date on registration form, attend any amount 1–3.

Fees: *\$15 suggested donation (each session)*

