

# Come Celebrate 20 Years at Rime

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Summer 2015

**Rime Buddhist Center**  
700 West Pennway  
Kansas City, MO 64108  
[www.rimecenter.org](http://www.rimecenter.org)  
816-471-7073

## Rime Retreat

*Three-Day Mindfulness Meditation Retreat*  
**Heartland Retreat Center**  
**Parkville, Missouri**  
May 22 - 24, 2015

With the many demands on our time in today's world, it is all too easy to confine our spiritual practice to brief periods of meditation each day. Although our practice is supplemented by occasional teachings, it is difficult for such intermittent dedication to Dharma, that is interrupted by long periods of mundane activities and concerns, to bring about deep and lasting transformation in our minds and way of life.

*Continued on Page 3*



## 20th Anniversary Celebration for the Rime Center

July 25, 1915

Come early and kick off the party with live music from Cachecanto, featuring Rime member Thomas Nelson. Children of all ages will have fun creating sidewalk chalk art and making prayer flags. There will be a potluck dinner, in true Rime Center fashion! Matt Rice will lead a special ceremony honoring Lama Chuck and Mary. You won't want to miss it!

*Continued on Page 3*

*For days, times, and fees, please see the last page.*



These teachings, like all Dharma teachings, are available to everyone regardless of ability to pay. We offer partial and full scholarships to those who need them, so don't let lack of finances prevent you from attending.

Download and print out a PDF version of our scholarship form at: [www.rimecenter.org](http://www.rimecenter.org). Scholarship forms are not accepted by e-mail. Please submit them either by mail, fax to 816-471-7853, or at the Center. Scholarship forms need to be submitted well in advance of the event. We ask everyone (even on scholarship) to pay something — whatever you can afford.

...Our life is made up of nothing but moments. It is up to us how we use those moments.



Photo by Mark Berndt

## meditations

By Chuck Stanford, Lama Changchup Kunchok Dorje

The founder of the Rime Center, Lama Chuck Stanford was ordained in 1998 as Lama Changchup Kunchok Dorje. Lama Chuck writes a monthly column on Buddhism for the faith section of the Kansas City Star and is the Buddhist member of the Kansas City Interfaith Council. In addition he is a part-time chaplain at the U.S.D.B. prison at Ft. Leavenworth.

# How to Find Genuine Happiness

*Dharma Talk Given By Lama Chuck Stanford on December 28, 2014*

As you know Buddhism places great emphasis upon helping others. Being kind to others. You often hear H.H. Dalai Lama encourage practitioners to be kind and compassionate to others. And of course the great 6<sup>th</sup> century Indian saint Shantideva in his seminal text, *A Guide To A Bodhisattva Way of Life*, said, “All those who suffer in the world do so because of a desire for their own happiness. All those happy in the world are so because of their desire for the happiness of others.”

That sounds good, but how do we know that it is true? How do we know that the desire of happiness for others will actually make us feel happy? We now we have empirical proof. Numerous studies have demonstrated that helping others actually does make us feel happy. It is true!

The research suggests that once you start doing nice things for other people, you might not want to stop. Wouldn't it be great if you could walk into a store and buy lifelong happiness? The idea's not as crazy as it sounds as long as whatever you buy is meant for someone else and not yourself.

Two recent studies suggest that giving to others makes us happy, even happier than spending on ourselves. What's more, our kindness might create a virtuous cycle that promotes lasting happiness and altruism.

In one of the studies, published last year in the *Journal of Social Psychology*, researchers in Great Britain had participants take a survey measuring life satisfaction. They then assigned all 86 participants to one of three groups. One group was instructed to perform a daily act of kindness for the next 10 days. The second group was also told to do something new each day over those 10 days. A third group received no instructions.

After 10 days they found that the groups that practiced kindness and engaged in novel acts both experienced a significant boost in

happiness; however, the third group didn't get any happier. The findings suggest that good deeds do in fact make people feel good even when performed over as little as 10 days. There may be particular benefits to varying our acts of kindness, as novelty seems linked to happiness as well.

But kindness may have a longer, even more profound effect on our happiness, according to the second study, published by the *Journal of Happiness Studies* and conducted by researchers at Harvard Business School and the University of British Columbia. In this study, the researchers instructed roughly half of the 51 participants to recall the last time they spent \$20 or \$100 on themselves. The other participants had to recall the last time they spent the same amounts on someone else. All the participants also completed a scale that measured how happy they were.

Researchers then gave the participants small sums of money and two basic choices:

1) They could spend it on themselves (by covering a bill, another expense, or a gift for themselves); or 2) They could spend it on someone else (through a donation to charity or a gift). Choose whatever will make you happiest, the researchers told them, adding that their choice would remain anonymous, just in case they felt pressure to appear more altruistic.

The researchers made two big findings. First, consistent with the British study, people in general felt happier when they were asked to remember a time they bought something for someone else, even happier than when they remembered buying something for themselves. This happiness boost was the same regardless of whether the gift cost \$20 or \$100.

But the second finding is even more provocative: The happier participants felt about their past generosity, the more likely they were in the present to choose to spend

on someone else instead of themselves.

The results suggest a kind of “positive feedback loop” between kindness and happiness, according to the authors, so that one encourages the other.

“The practical implications of this positive feedback loop could be that engaging in one kind deed would make you happier, and the happier you feel, the more likely you are to do another kind act,” says Lara Aknin, a graduate student in psychology at the University of British Columbia and the study's lead author.

Here are some recent statistics on this topic:

- 68% of people who volunteer feel better physically
- 89% of those who volunteered said it improved their feeling of well-being
- 73% said it lowered their stress levels
- 75% felt better about their employer

Helping others is not only good for them and a good thing to do, it also makes us happier and healthier, too. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money; we can also give our time, ideas and energy. So if you want to feel good, do good!

Doing things for others, whether small, unplanned acts or regular volunteering, is a powerful way to boost our own happiness as well of those around us. The people we help may be strangers, family, friends, colleagues, or neighbors. They can be old or young, nearby or far away.

Giving isn't just about money, so you don't need to be rich. Giving to others can be as simple as a single kind word, smile, or a thoughtful gesture. It can include giving time, care, skills, thought, or attention. Sometimes these mean as much, if not more, than financial gifts.

As we've seen, scientific studies show that helping others boosts happiness. It increases life satisfaction, provides a sense of meaning, increases feelings of competence, improves our mood and reduced stress. It can help to take our minds off our own troubles, too.

Kindness towards others is the glue that connects individual happiness with wider community and societal wellbeing. Giving to others helps us connect with people and meets one of our basic human needs: relatedness.



### Help Update Our Mailing List

If you would like to sign up for the weekly e-mail updates, no longer wish to receive mailings from the Rime Center or you have moved, contact us at lama108@aol.com or 816-471-7073. Fax: 816-471-7853

### Join a Committee

Joining a Rime Committee is an excellent way to contribute to the sangha and to become more involved with the Rime Center. If you are interested in becoming involved and serving on a committee, please contact the following chairs about coming to a meeting:

#### Gift Shop Committee

Stephanie Shirazi Sshirazi14@gmail.com

#### Finance Committee

Vickie Cumberland vacumberland@aol.com

#### Membership Committee

Sergio Moreno secamode@gmail.com

#### Dharma School Committee

DLeslie Aguirre leslieaguirre321@gmail.com

#### Library Committee

Matt Rice palden.gocha@gmail.com

#### Prison Outreach

Lama Chuck Stanford lama108@aol.com

#### Community Outreach

Vickie Cumberland vacumberland@aol.com

#### Program Committee

Chairs: Kevin Mullin

Kevin@avalonmediaworks.com

#### Volunteer Coordinator

Lora Lee Reese shantideva@att.net

#### Newsletter Team

Michele Bartlett, Megan and Kevin Hull

#### Rime Board Members

Chuck Stanford, executive director

Gabriele Otto, board chair

Mary Stanford, vice chair

Teri Brody, secretary

Vickie Cumberland, treasure

Matt Rice

#### Grievance Committee

Gabi Otto

Sistagsunsetreggae@gmail.com

### Special Thanks

To Paul Kotz and FRD Communications for printing our newsletter.

### Permission

Articles may be reprinted or reproduced with permission. Please contact Lama Chuck Stanford.

### Financial Aid Available

Workshops and classes, as with all Dharma teachings, are available to everyone regardless of ability to pay. Discounts, a limited number of scholarships and work/study programs are available to those in need. However, scholarship forms must be submitted one week prior to the start of the teachings for review by our scholarship committee. Call the Rime Center at 816-471-7073 or email Lama Chuck at lama108@aol.com for details.

Kindness and caring also seem to be contagious. When we see someone do something kind or thoughtful, or we are on the receiving end of kindness, it inspires us to be kinder ourselves. In this way, kindness spreads from one person to the next, influencing the behavior of people who never saw the original act. Kindness really is the key to creating a happier, more trusting local community.

The truth is that we are all connected.

Doing something to help others helps ourselves. It makes us all happier.

Alan Wallace was asked how to define genuine happiness, and he said that he preferred to think it terms of what constitutes a meaningful life. He said:

“What makes for a meaningful life? I consider each day, not just the life as a whole. I look at four ingredients. First, was it a day of virtue? I’m talking about basic Buddhist ethics—avoiding harmful behavior of body, speech, and mind; devoting ourselves to wholesome behavior and to qualities like awareness and compassion. Second, I’d like to feel happy rather than miserable. The realized beings I’ve known exemplify extraordinary states of well-being, and it shows in their demeanor, their way of dealing with adversity, with life, with other people. And third, pursuit of the truth—seeking to understand the nature of life, of reality, of interpersonal relationships, or the nature of mind. But you could do all that sitting quietly in a room. None of us exists in isolation, however, so there is a fourth ingredient: a meaningful life must also answer the question, “What have I brought to the world?” If I can look at a day and see that virtue, happiness, truth, and living an altruistic life are prominent elements, I can say, “You know, I’m a happy camper.” Pursuing happiness does not depend on my checkbook, or the behavior of my spouse, or my job, or my salary. I can live a meaningful life even if I only have ten minutes left.”

One of the keys to feeling happy as the result of doing something for someone else is practicing non-attachment to the outcome. If you help someone or give them something it is essential that you are non-attached to the outcome. For example, what if the receiver reacts negatively? What if they don’t accept what you’ve given them and instead reject it? What if what you’ve given to them results in a different outcome than you expected? If you are attached to one particular outcome then it is likely you may not feel happy about whatever it is you’ve given. So, practicing equanimity,

or non-attachment is crucial to still feeling happy about your act of giving.

I challenge each of you to become a happier person. What could be better than that? And the method to become happier is so simple: Help others with non-attachment. Here at the Rime Center we have so many opportunities for you to help others. Volunteer with our Bodhi Bag project to feed the homeless. Go with us once a month to volunteer at Harvesters. Join our prison outreach program by helping Buddhist inmates. Sponsor a needy Tibetan refugee. We have so many opportunities that will help others – and the result is not only will the other person benefit, but YOU will feel happier!

### Rime Retreat, From Page 1

The Three-Day Spring Mindfulness Meditation Retreat can help you deepen your spiritual practice. This retreat will emphasize a gentle approach to meditation that supports your development of Shamatha over several days. You will be guided through several techniques to help develop mindfulness, while being given opportunities to meditate.

The retreat is designed for beginners as well as experienced meditators who would like to look more deeply into the meditative process itself and bring more ease and acceptance into their sittings. It will consist of alternate periods of sitting and walking meditation as well as instructions. This is a residential retreat, and we will observe Noble Silence throughout the weekend.

Space is limited to create a more intimate experience. Look for more information and registration forms on the literature table at the Rime Buddhist Center. Registration is limited to 24, so register early!

Fee: \$125 per person. Includes meals and accommodations for three-day retreat. Please notify us if you have any food allergies or food restrictions.

For more information about the Heartland Retreat Center, visit their website at [www.heartlandcenter.org](http://www.heartlandcenter.org).

# illuminations

## WELCOME NEW MEMBERS!

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. The Rime Center recently welcomed this group of new members to the sangha. If you are interested in becoming a member of the Rime Center, look in the class schedule for information on new members' classes.



Left to Right: Danny Farris, Cathy Watts, Tamara Copple, Christian Wade and Todd Brandl.

## PRISON LOSAR VISIT FEBRUARY 24, 2015

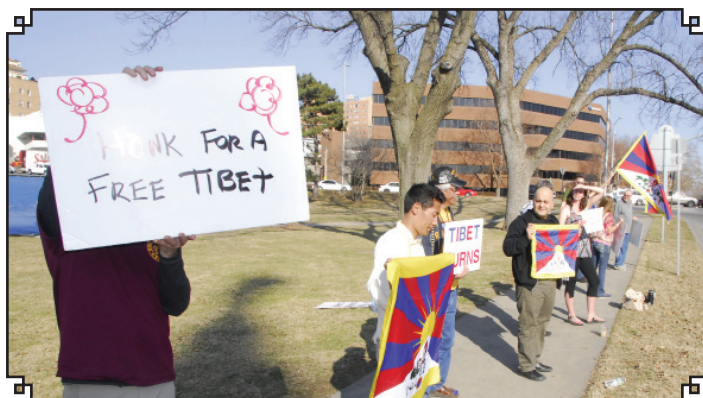
## LAY ORDINATION MARCH 29, 2015



Left to Right: Anna Sik, Leslie Goodloe, Gabi Otto, Oanh Blake, Kathy Ellis, Frank Bartlett, and Pam Gerould



## TIBETAN UPRISING MARCH 10, 2015



## BABY BLESSING FEBRUARY 22, 2015







DREPUNG GOMANG MONKS



## Venerable Phakyab

### Rinpoche

Healing Through Shamatha Meditation and Vajrapani

May 29-31, 2015

Mark your calendars for a wonderful teaching by the acclaimed Tibetan Buddhist lama and healer, Ven. Phakyab Rinpoche. Register to attend his teachings on Healing through Shamatha Meditation.

Shamatha meditation is a simple practice great for beginners and advanced practitioners alike. Shamatha means “calm abiding” in Sanskrit, and this meditation focuses on allowing the mind’s natural state to be accessed by focusing the breath on a specific object and letting all other thought slip away. As the meditation practice deepens, the space between thoughts becomes greater and more profound, making room for our true inner nature of unconditional love, peace, and healing to arise and expand.

The weekend teaching includes Vajrapani Empowerment. Vajrapani is a Buddha whose function is to destroy the delusions of living beings by bestowing special power upon their body and mind. Through his blessings and inspiration, we can gain the inner strength to face our daily problems and sufferings and to eliminate our delusions, especially our self-grasping ignorance, which is the root of our suffering. Delusions are the true enemies of living beings; they continually rob us of inner peace and destroy our happiness. Receiving this empowerment connects us directly with Buddha Vajrapani, giving us the inspiration and confidence to progress successfully on this spiritual path.

Phakyab Rinpoche is a ranking Tibetan Buddhist lama in the Gelugpa order. Born in Kham, Tibet, in 1966 and ordained at the age of thirteen, Rinpoche began his monastic training at Ashi Monastery in Eastern Tibet before transferring to Sera Mey Monastery in South India where he trained under the tutelage of Ven. Khenpo Lobsang Jamyang and Ven. Khensur Geshe Tzinle Topgye. In 1994, he was recognized as the eighth reincarnation of the Phakyab lama, a renowned Buddhist teacher from Eastern Tibet.

Rinpoche is a powerful exemplar of the potential we all have to cultivate the life of the Bodhisattva or spiritual hero. A steadfast advocate of the non-violent resolution of conflict, Rinpoche

brings humility, cheer, and boundless compassion to his teaching. His personal story of self-healing from several severe medical conditions vividly demonstrates our inherent potential to heal ourselves physically, mentally, and emotionally. His radical healing has astonished his doctors, friends, and students alike and serves as a vivid reminder that we all have the ability to transform obstacles into resources for spiritual awakening.

Rinpoche currently resides in Queens, New York, where he is learning English and establishing a Buddhist Dharma center. He aspires to teach Buddhism widely and to foster ecumenical dialogue between practitioners of Buddhism and other spiritual and healing traditions. Rinpoche welcomes questions and requests from students of all faiths and backgrounds.

#### Schedule:

Friday, May 29: 7:30 p.m.

Introduction

Saturday, May 30: 10:00 a.m.-Noon  
Healing through Shamatha Meditation  
2:00 p.m.- 4:00p.m.

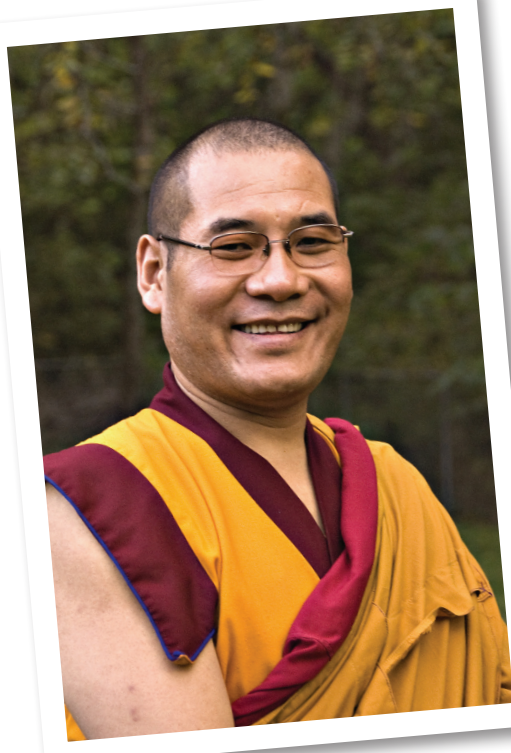
Vajrapani Empowerment

Sunday, May 31: 10:30

Dharma talk at Sunday Service

#### Fee:

\$120 in advance; \$140 at the door.



## Member Profile

### Kathy Tracy



#### Hometown:

Born and raised in Kansas City

#### Your role at the Rime Buddhist Center?

Rime 20th Anniversary Chairman.

#### Day Job:

I have been a food stylist assistant and photo stylist for over 15 years. My clients have included Wolferman's, See's Candy, Fiorella's Jack Stack, Hershey's Chocolate, and Tyson Chicken.

#### Description of your hobbies.

I recently purchased a travel trailer and am the process of “glamping” (going camping, but with glamour) it up. I love to travel and camp. Landscape photography has always been my passion. I like to wake up in the environment I photograph.

#### What led you to the Dharma?

I had been agnostic for many years. I kept meeting people who were involved in Buddhism and was told about the Four Noble Truths. The first time I went to the Rime Center was to hear Robert Thurman give a talk on his book *Infinite Life*. Soon after that, I took Lama Chuck's basics class.

#### Tell us something that most people don't know about you.

In the mid 90's, I would travel to Utah in my pick-up truck and camp out of the back of the truck for weeks at a time. I traveled with another photographer. We each had our own pickup. Many times we did not stay in formal campsites and just camped in the wilderness. At one location the terrain was so rough it took us two and a half hours to travel 30 miles. My friend and I would photograph in Little Wild Horse slot canyon. One of my favorite memories is waking up and watching the sun rise over Goblin Valley. The other thing people don't know about me is that I ballroom danced for many years. My favorite dance is the Rumba.

#### What Buddhist Book would you recommend and why?

Wow, that is a hard question.... One of my favorite books is *Mind Beyond Death* by Dzochen Ponlop. I am highly interested in the death process and the bardo. My favorite movie is *Unmistaken Child*.

## Lama Lena

*Dzogchen from a Wandering Yogini*

June 26 - 28, 2015

We are delighted to welcome back Lama Lena to the Rime Center on June 26 - 28. Lama Lena is a highly accomplished yogini in the Dzogchen tradition who will deliver very clear and accurate teachings on “Dzogchen from a Wandering Yogini.” She is accessible, easy to relate to, open to questions, and willing to deal directly with many of the questions to which we are seeking answers.

Dzogchen is a Tibetan word that means Great Perfection. On the outer level it refers to a method of meditative practice that enables us to recognize our true nature. Ultimately, great perfection is that very nature: the natural, primordially pure nature of mind.

Over her nearly 40 years of dharma study and practice in this lifetime, Lama Lena spent three years studying with Lama Thubten Yeshe at his monastery in Nepal, and seven years in retreat and practice in a small cave above Tso Pema (home of the Holy Caves of Guru Rinpoche) under the tutelage of her root teacher, Ven. Wangdor Rimpoche. For the past 25 years she has traveled extensive with Wangdor Rimpoche as his translator and assistant. In 2005, she returned to Tso Pema to assist Wangdor Rimpoche. She currently lives on the mountain above Lotus Lake with her two kandros. When she is not traveling, teaching, or translating, she works providing medical assistance to the Tibetan refugee community as well as the local Indian villagers and mountain tribespeople. At the request of H.E., Zigar Choktrul Rimpoche and Ven. Wangdor Rimpoche — as well as many Western and Tibetan dharma students — she has been traveling and teaching from the lineages she holds in an informal style that is humorous, artful, and well worth experiencing.

### Schedule:

Friday, June 26:	7:30–9:30 p.m.
	Introduction
Saturday, June 27:	10:00 a.m.–noon 2:00 – 4:00 p.m.
<b>Dzogchen from a Wandering Yogini</b>	
Sunday, June 28:	10:30 a.m.
	Sunday Service Dharma Talk

### Fees:

\$120 in advance; \$140 at the door



## Ocean of Wisdom Book Club

*First Wednesday of each month,  
7:30 p.m. - 8:30 p.m.*

This book club meets on the first Wednesday of each month and is open to anyone who would like to participate. Each month we will read and study one book written by His Holiness the Dalai Lama. A new book by His Holiness will be selected by the group each month.

Over the years, His Holiness has written and co-written a great number of books not only on teachings from the Dharma, but also on subjects such as science, interfaith dialogue, and human emotions.

Copies of the current book will be available for purchase at the Rime gift shop. If you are interested, please add your name and e-mail to the sign-up sheet on the literature table at the Rime Center.

Long before the Rime Center came to be, founders Chuck and Mary Stanford followed a yearning for a contemplative spiritual practice. This journey eventually brought them to Buddhism and in time, the Stanfords went on to form a meditation group. In 1995, on June 26th to be precise, they issued an open invitation to attend this new group. Their plan was to meet weekly at the Roeland Park Community Center and provide meditation sessions along with dharma classes. The invitation stated, “Our group is not affiliated with any single Buddhist school or lineage, but rather will invite teachers of various traditions to visit us and offer instruction.”

In the twenty years since, the Rime Buddhist Center & Institute of Tibetan Studies has grown from that tiny seed into a veritable forest of dharma. Following the original vision of a space for non-sectarian Buddhist teaching and meditation, the Rime Center has hosted a great number of teachers from a diverse array of Buddhist traditions. Over the years, spiritual seekers and practitioners have studied, meditated, volunteered, and found a most welcoming spiritual community in the Rime Center.

There is much to be grateful for at the Rime Center as this year marks two decades of Lama Chuck and Mary Stanford’s dedication to spreading the dharma and cultivating a compassionate community in Kansas City. And on Saturday, July 25th, there will be festivities and a celebration. Please mark your calendars and plan to join your Rime Sangha for this historic event (read below for details).

### ARE YOU CREATIVE?

We are taking submissions for a 20th anniversary t-shirt design. This special edition t-shirt will be unveiled at the Anniversary Celebration, and we would love to have as many Rime members and friends submit their designs. Entries are due by June 1st and should be sent via e-mail to Matt Rice: [palden.gocha@gmail.com](mailto:palden.gocha@gmail.com)

### HAVE PICTURES? LET’S SEE THEM!

There will be a slideshow and it will be a lot of fun, but we need your help. We would love you to send us any and all Rime-related pictures you have. Please send them to [palden.gocha@gmail.com](mailto:palden.gocha@gmail.com)



**Rime Buddhist Center**

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816-471-7073

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Kansas City, MO 64108

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calendar

	S	M	T	W	T	F	S
May						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
June	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
July	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

**Remember the many Rime scheduled meditations: Monthly Half-day Retreats, Noon Meditations, Sunday service, Tuesday, Wednesday & Thursday evening practices.**

**Sunday** Service with Meditation: 10:30 a.m.–12 p.m. *Childcare & Sunday School available.*  
**Tuesday** Green Tara Tantric Practice: 7-7:30 p.m. (upstairs)  
**Wednesday** Meditation Instruction: 6:00 p.m.  
**Wednesday** Meditation: 7–7:30 p.m.  
**Thursday** Meditation: 6:00-6:45 pm (upstairs)  
**Medicine Buddha Tantric Practice:** 7–7:30 p.m.  
**Noon Meditation:** Monday - Friday, 12–12:30 p.m.  
**Bodhi Bag prep:** Wednesday 6:00pm **Delivery:** Sunday after Service 12:15pm  
**Second Saturday of Each Month:** Half-Day Meditation retreat 9 a.m. - noon

**May**  
May 22 - 24  
Rime Retreat

May 29-31  
Phakyab Rinpoche

**June**  
June 26-28  
Lama Lena

**July**  
July 25  
Rime 20th Anniversary

**Wesak Celebration**

*Prison Visit*  
*USDB prison at Ft. Leavenworth*  
*Tuesday, May 19, 7:30 - 9:00 pm*

Wesak is the most important of the Buddhist festivals and is to be celebrated on the full moon in May. It celebrates the Buddha’s birthday, and, for some Buddhists, also marks his enlightenment and death.

We celebrate this important festival by visiting our Buddhist brothers at the United States Disciplinary Barracks at Ft. Leavenworth. The prison allows one-time visitors, who sign-up in advance, to visit with the Buddhist inmates. The visit includes a Thai food dinner catered by a local restaurant. It is a richly rewarding experience and means so much to them.

The deadline for sign-up is April 29, so please look for the sign-up sheet at the Rime Center and join us in the Wesak celebration.

*\*Schedule subject to change, see weekly email for important updates.*

Find us on Facebook!  
“Rime Buddhist Center Community”