



Rime Buddhist Center
www.rimecenter.org
816-471-7073

700 West Pennway
Kansas City, MO 64108

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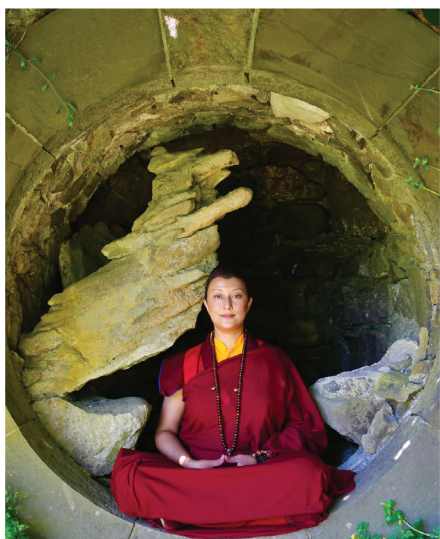
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Increase your
knowledge, check
out the class
schedule!

The Rime Center Welcomes Autumn Colors



Purifying the Body, Speech and Mind with Youngge Khachab Rinpoche

September 21-22, 2019

Join us as we welcome Youngge Khachab Rinpoche back to Kansas City. Rinpoche will be teaching the basis for understanding the Vajrayana path and be giving an introduction into the practice of Tsa Lung, or the yogic practice of working with the channels and winds. Rinpoche will introduce the three continuums, upon which we can understand the practice of tantra, and teach various methods for purifying our own body, speech, and mind to actualize our innate

Youngge Khachab continued on Page 6

Guided Mindfulness Meditation with Lama Aria Drolma

October 25-27, 2019

Lama Aria Drolma will introduce “Calm- Abiding” meditation (called “Shamatha” in Sanskrit and “Shinay” in Tibetan) with techniques to help you directly experience deep peace, harmony and a genuine sense of wellbeing. She will present detailed instructions guiding you through various stages of practice that are suitable to both new and experienced meditators. Calm-abiding mediation is essentially the foundation for

Lama Aria Drolma continued on Page 3

Lha Bab Düchen, the ‘Festival of the Descent from Heaven’

November 19, 2019

Lha Bab Düchen occurs on the 22nd day of the ninth Tibetan month. Buddha’s mother Mayadevi was reborn in Indra’s heaven. To repay her kindness and to liberate her, and also to benefit the gods, Buddha spent three months of teachings in the realm of the gods. When he was about to return to this world, Indra and Brahma manifested three stairs of 80,000 yojanas each reaching this world in Sankisa. As the Buddha walked down the

Lha Bab Düchen continued on Page 2

These teachings are available to everyone regardless of ability to pay. We offer partial and full scholarships to those in need, so don't let lack of finances prevent you from attending. Download and print out our scholarship form at: 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 in advance of the event. We have “suggested” fees however, pay what you can afford. Everyone is welcome! It is our hope that some will pay more to cover the those who cannot afford the fee. We simply want everyone to come enjoy these wonderful teachings.



November October September

S	M	T	W	T	F	S
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	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	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
31	1	2	3	4		

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

Find us on Facebook!
“Rime Buddhist Center Community”

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

Sunday Service with Meditation: 10:30 a.m.–12 p.m. Childcare & Sunday School available.

Monday Zen Meditation: 7-8 p.m.

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

Spetember

Purifying the Body, Speech and Mind with
Youngge Khachab Rinpoche
September 21-22, 2019

October

Guided Mindfulness Meditation with Lama Aria
Drolma
October 25-27, 2019

November

Full Day Meditation Retreat -Four
Immeasurables

November 16, 2019

Lha Bab Düchen, the ‘Festival of the Descent
from Heaven’

November 19, 2019

www.rimecenter.org

Dharma talk podcasts: <http://lama108.libsyn.com/>



meditations

by

Lama Matthew Rice (Lobpon Palden Gocha)

Lama Matthew Rice (Lobpon Palden Gocha) serves as the spiritual director of the Rime Buddhist Center that he administers on a day-to-day basis. In addition he teaches classes on meditation and Buddhism. He also serves as the Buddhist Director for the Greater Kansas City Interfaith Council. Lama Matt is very involved in homeless outreach. He works closely with other Rime members to ensure that the Homeless Outreach program runs smoothly and that it receives the needed supplies for those in need living on the streets.

Oh The Stories We Tell Ourselves

I recently read an op-ed by Todd May in the New York Times, published January 16, 2017, entitled the Stories We Tell Ourselves. He starts off with a story, I was driving home from work and a car cut me off. The guy was driving really slowly, and I wound up following him for half a mile. As it stands, it's not a very interesting story. But suppose we add another line:

So I laid on my horn the whole time.

Or perhaps a different line:

That's why I'm late.

Each of those two lines add a dimension to the story that wasn't there before. Now, instead of just a story about me, we have a story about how I like to see myself, or perhaps how I like myself to be seen. Either way, I am expressing what might loosely be called a "value." This value is not necessarily a moral value, but a way of being that I want to see myself as living, a way of being that I consider valuable for myself and seek to associate myself with. In the first case, I express something like, "I am not a person to be messed with." In the second it is something like, "I am not a tardy person."

Many of our stories about ourselves do this. We tell stories that make us seem adventurous, or funny, or strong. We tell stories

that make our lives seem interesting. And we tell these stories not only to others, but also to ourselves.

This article brought to mind the Buddha's teaching on discursive thought. In the Dvedhavitakka Sutra the Buddha spoke about two types of thought patterns that we must work with as practitioners of the Dharma.

The Blessed One said, "Monks, before my self-awakening, when I was still just an unawakened Bodhisatta, the thought occurred to me: 'Why don't I keep dividing my thinking into two sorts?' So I made thinking imbued with sensuality, thinking imbued with ill will, and thinking imbued with harmfulness one sort, and thinking imbued with renunciation, thinking imbued with non-ill will, and thinking imbued with harmlessness another sort.

And as I remained thus heedful, ardent, and resolute, thinking imbued with sensuality arose in me. I discerned that 'Thinking imbued with sensuality has arisen in me; and that leads to my own affliction or to the affliction of others or to the affliction of both. It obstructs discernment, promotes vexation, and does not lead to Unbinding.' This is what Mr. May was referring to in his story. Robert Thurman expands on these ideas in his notes on the Teachings of

Mediations continued on page 4

34th Annual
WORLD PEACE MEDITATION

"An Interfaith Gathering"



Save the Date

**Meditation for
World Peace
Dec 31st, 2019
6:00 am**

Lha Bab Düchen, From Page 1

central one, they accompanied him to his left and right carrying umbrellas to honor him. He descended to earth in Sankisa, which is located in modern Uttar Pradesh, and which is counted among the eight holy places.

The Rime Center will be hosting a special puja to commemorate the Festival of the Descent from Heaven and will be open during the day for you to come in and meditate at your own pace and time limit. The Special Puja will begin at 7:00 pm and will be led by Ven. Geshe Tsewang Thinley.



Full Day Meditation Retreat Four Immeasurables

November 16, 2019

The Four Immeasurables are the sublime expressions of love, compassion, equanimity, and joy. The Buddha said that it is wholesome to channel your awareness in one of these four ways. No matter what your mind state, you can always turn to one of these four.

During this retreat, Lama Matthew Palden Gocha will give teachings on the Four Immeasurables along with guided meditations, and time for discussion. The retreat is suitable for beginners as well as more experienced practitioners wanting to deepen their experience of the Four Immeasurables.

This retreat is open to all. However, there is a \$30 suggested donation.

Schedule

6 am – Kum Nye Yoga

7 am – Teaching and Meditation

8 am – Morning Break

9 am – Teaching and Meditation

12 pm – Lunch

2 pm – Teaching and Meditation

5 pm – Tea Break

5:30 pm – Teaching and Meditation

7:30 pm – Chenrezig Puja and Dedication

Redesigned Basics of Buddhism Class

The Rime Center is pleased to announce that with the help and input of the Dharma facilitators Sergio Moreno and Andrea Duloc, Lama Matthew has redesigned the Basics of Buddhism class. The class has been shortened to 8 weeks instead of the original 12 weeks. With the new format, the class will begin at 7 pm and use the Wednesday group meditation as part of the class. This will provide an opportunity for the facilitators and participants to cover the discussion topics. The other change to the class is to have more in-class group activities rather than just discussion. The final change is that the class will be using Jetsunma Tenzin Palmo's book, *Into the Heart of Life*. Topics covered in the class will be the meditation workshop, Life of the Buddha and spread of Buddhism, Impermanence, Karma, Suffering and Refuge, the Eight Worldly Concerns, Renunciation, and Bodhichitta. As this is the first time having the class in the new format the Rime Center would like to invite those who have attended before to join the class again after



Rainbow Body LGBTQIA+ Meditation Group

Beginning last August the Rime Center will be hosting a monthly meditation group and LGBTQIA+ safe space. The meditation group meets the first Tuesday of the each month from 7:30 – 9:00 pm in our main shrine room. Join us for meditation practice followed by mindful dialogue.

This group is an open community of meditation practitioners led by and for LGBTQIA+ people and their friends. Intended to create a space where members of these communities can feel safe, being less likely to face dynamics of oppression that are part of their daily lives, in our culture where progress is still needed to move towards a society free of racism, sexism, homophobia, etc.



Lay Pratimoksha Vows & Sangha Potluck

Lama Matthew will be giving Lay Pratimoksha vows Sunday, September 15th during the Sunday Service. The pratimoksha vows or vows of 'individual liberation' mainly emphasize disciplining one's physical behavior and not harming others. Pratimoksha discipline is called the foundation of Buddhism because for ordinary people physical discipline is the beginning of spiritual training and the basis of spiritual progress.

The lay vows consist of taking the five lay vows which are: 1) not to kill, 2) not to steal, 3) not to lie, 4) not to commit sexual misconduct, and 5) not to take any intoxicants. Lama Matthew will give a short teaching about the vows followed by the pratimoksha ceremony. After the service we will have a potluck, so please bring a dish to share. Lama Matthew asks that those who plan to take the vows have previously taken their Refuge Vows. There is no fee to take the vows but dana to the preceptor is suggested. If you plan to take the vows to sign up on the Rime Center's website.

Younge Khachab From Page 1

buddha nature in this very lifetime.

This event is open to everyone, but please consider being a sponsor for this retreat for as little at \$150. Your sponsorship will ensure everyone can attend these wonderful teachings. Rinpoche will be presenting these teachings from the point of view of one's practice based on his own extensive contemplation and experience. This is a rare opportunity to receive teachings and instruction from a true Dzogchen master.

Schedule

NO TEACHINGS ON FRIDAY

Saturday, September 21

8:00 am - 9:00 am - Open

Meditation Session

9:00 am - 10:00 am Morning

Break

Younge Khachab cont.

10:00 am – 12:00 pm

Teachings Session 1

12:00 pm - 2:00 pm - Lunch
Break

2:00 – 4:00 pm Teachings
Session 2

Sunday, September 22

9:00 am - 10:00 am - Open
Meditation Session

10:00 am - 10:30 am Morning
Break

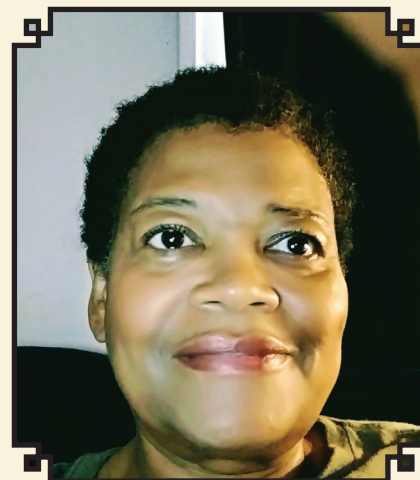
10:30 am - 12:00 pm Sunday
Service Dharma Talk

12:00 pm - 1:00 pm - Lunch
Break

1:00 – 3:00 pm Teachings
Session 3

Member Profile

Jean Davis



Hometown: Chicago, Illinois

Your role at the Rime Buddhist

Center?: Member, Volunteer,

Day Job:

Retired and loving it

Description of your hobbies:

Reading, cooking, making limoncello

What led you to the Dharma?

Initially, curiosity mostly, then interest, a connection and eventually a way of life.

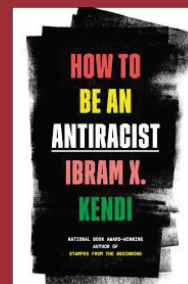
Tell us something that most people don't know about you.

I have a keen interest and knowledge of the Chinese Horoscope and Palmistry...use to do readings.

What Buddhist Book would you recommend and why?

"Dalai Lama, My Son: A Mother's Autobiography". Great read to see what life was like in Tibet before and after the birth of the Dalai Lama from the perspective of his mother.

Rime Social Justice Committee BOOK DISCUSSION



October 15-7:45

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: info@rimecenter.org or 816-471-7073.

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

Gabriele Otto
gabi.otto@rimecenter.org

Finance Committee

Vickie Cumberland vickie.cumberland@rimecenter.org

Membership Committee

Sergio Moreno membership@rimecenter.org

Dharma School Committee

Vickie Cumberland vickie.cumberland@rimecenter.org

Library Committee

William Hunter williamhunterkc@icloud.com

Prison Outreach

Andrea VanBecelaere prison.outreach@rimecenter.org

Community Outreach

Vickie Cumberland vickie.cumberland@rimecenter.org

Program Committee

Chairs: Matt Rice spiritualdirector@rimecenter.org

Volunteer Coordinator

Lora Lee Reese volunteers@rimecenter.org

Newsletter Team

Nicole Esquibel, Matt Rice

Rime Board Members

Gabriele Otto, executive director and board chair

Teri Brody, secretary

Vickie Cumberland, treasure

Matt Rice, spiritual director

Beniah Leuschke

Andrea VanBecelaere

Grievance Committee

Gabriele 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 Matt Rice.

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 Matt at spiritualdirector@rimecenter.org for details.

Lama Aria Drolma From Page 1

all other meditation practices. The methods are simple but the benefits are extremely profound. This event is open to everyone, but please consider being a sponsor for this retreat for as little at \$150. Your sponsorship will ensure everyone can attend these wonderful teachings.

We live in a fast-paced and complex world and our state of mind is often too busy and a sense of calm evades us. By integrating calm-abiding meditation into your daily life and engaging in a consistent practice you will begin to experience a deep sense of peace and relaxation, leading one to progressively experience the unlimited potential of your mind and a lasting sense of happiness and contentment.

Meditation has also proven to have medical health benefits which can maintain our well-being. Lama Aria Drolma teaches meditation worldwide and offers corporate meditation programs to companies and is also invited as a keynote speaker at universities and corporations to speak on topics related to Mental Health issues and the benefits of Mindfulness Meditation. Lama Aria Drolma is a graduate of the traditional Tibetan Buddhist three year retreat program at Kagyu Thubten Choling monastery and trained in the practices of the Karma Kagyu and Nyingma traditions under the guidance of the late Venerable Lama Norlha Rinpoche who was an accomplished meditation and retreat master and was the Founder of Kagyu Thubten Choling Monastery in

Lama Aria Drolma cont.

upstate New York. Lama Norlha Rinpoche's teachers were one of the most accomplished realized masters in Tibetan Buddhist tradition H.H. the 16th Karmapa and Kyabje Kalu Rinpoche. Lama Aria Drolma has a B.A. degree in Sociology from Mumbai University and is trained in computer programming from NIIT, India. Prior to her ordination as a Buddhist Nun, she had a successful professional career in Advertising, Marketing and Public relations in NYC. Her career has spanned three continents working in Asia, America, Europe, and has lived in Australia and the Middle East. Lama Aria Drolma also actively volunteers as a fundraiser and supports several nonprofit organizations.

Schedule

Friday, October 25

7:30 – 9:30 pm Introduction to
Calm-Abiding

Saturday, October 26

10:00 a.m. – 12:00 pm

2:00 – 4:00 pm

Sunday, October 27

10:30 am Sunday Service

Baby Blessing

On Sunday, October 6th during the Sunday Service, the Rime Center will hold a baby and child blessing ceremony officiated by Lama Matthew. Part of the ceremony includes the parents, the sangha and the children all reading parts of a text.

Mediations continued from page 2

Vimalakirti saying, Vikalpa, parikalpa, samāropa, adhyāropa, kalpanā, samjñā, and prapāñca. All of these refer to mental functions that tend to superimpose upon reality, either relative or ultimate, a conceptualized reality fabricated by the subjective mind. Some translators have tended to lump these together under the rubric “discursive thought,” which leads to the misleading notion that all thought is bad, something to be eliminated, and that sheer “thoughtlessness” is “enlightenment,” or whatever higher state is desired. According to Buddhist scholars, thought in itself is simply a function, and only thought that is attached to its own content over and above the relative object, i.e., “egoistic” thought, is bad and to be eliminated. Therefore we have chosen a set of words for the seven Sanskrit terms: respectively, “conceptualization,” “imagination,” “presumption,” “exaggeration,” “construction,” “conception” or “notion,” and “fabrication”. I think the last term, prapāñca or fabrication, is the trap which we find ourselves in time and time again. We tend to apply stories to the events in our daily lives until we have fabricated it into our own reality. By not recognizing these fabrications as the display of our own minds, we end up creating categories of self and other. Todd May later points to the fact that, due to social and mainstream media, we create “echo chambers” that reinforce our discursive thinking. This causes us to believe that our values are the “right” values, and that our opinions are justified and superior. We then see those who live outside of our “echo chamber” as

Mediations cont.

having expressed values that are mistaken and abhorrent. It’s easy to see examples of this type of thinking, which then has spiraled into harmful speech and negative physical behaviors. It is important that we don’t just look outside of ourselves for examples, and instead use mindful introspection to see our own negative thought patterns.

The Buddha also taught how to work with these two types of thought through the applying antidotes in the Vitakkasanthana Sutra,

When evil unskillful thoughts connected with desire, hate, and delusion arise in a bhikkhu through reflection on an adventitious object, he should, (in order to get rid of that), reflect on a different object which is connected with skill. Then the evil unskillful thoughts are eliminated; they disappear. By their elimination, the mind stands firm, settles down, becomes unified and concentrated, just within (his subject of meditation).

Todd May’s article ends with, In this age of polarization, where it is easy to dismiss others with a righteous wave of our hand, we could perhaps do worse than to reflect on the complications that each of us lives, complications that are often on display in the stories we tell about ourselves. Next time you find yourself caught up in negative thinking take a moment to reflect on the story that you are telling yourself. Are you caught in the trap of fabrication, embellishing a situation or making it more complicated than it is? If you are, take the advice of the Buddha and reflect on compassion, patience, or another virtuous object.

illuminations



Lama Lena Teachings on the 21 Taras Retreat



Tulku Yeshe Rinpoche Retreat



Dalai Lama Birthday Celebration



Christy Markham leading the Mala Workshop

