



SUMMER | 2022

# THE RIME JEWEL

THE OFFICIAL NEWSLETTER OF THE RIME BUDDHIST CENTER



## KHENTRUL LODRÖ T'HAYÉ RETURNS TO THE RIME CENTER TO TEACH ON THE POWER OF MIND

AUGUST 12-14, 2022

We've all heard platitudes about cultivating love and compassion, but how can we actually develop these qualities in ourselves and—crucially—share them in our world? The Power of Mind provides the proven path of lojong, or mind training, for changing our experience from the inside out.

Regardless of what's happening in our lives, Khenrül Rinpoche teaches that our route to freedom lies in our minds. A thousand years ago, the Indian saint Atisha risked his life to seek out lojong teachings in Indonesia, and then brought them to Tibet, where they flourished and spread to the rest of the world. These teachings have been passed down from teacher to student for centuries. Khenrül Rinpoche was inspired by his own teachers, who like alchemists, were able to follow these techniques during the Cultural Revolution and transform their immense suffering into something positive. This wisdom is accessible to everyone—whether Buddhist or not. As Khenrül Rinpoche states, "Peace and happiness can be attained, but not by searching for something in the outside world. They start within us then extend out to the entire globe."

Khenrül Lodrö T'hayé Rinpoche's teachings will be in-person at St. Marks Hope and Peace Lutheran Church. This event is open to everyone, but please consider being a sponsor for this retreat. Your sponsorship will ensure everyone can attend these wonderful teachings.

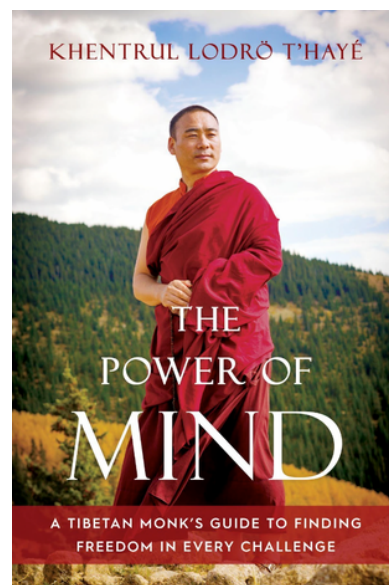
IN THIS MONTH'S ISSUE:

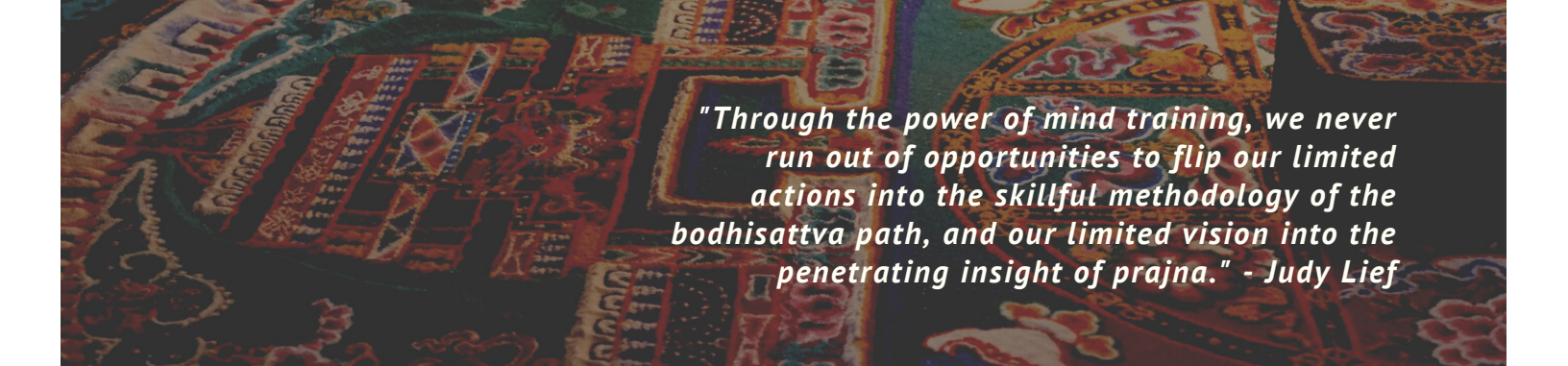
ABOUT KHENTRUL LODRÖ  
T'HAYÉ RINPOCHE - 2

HOLIDAYS AT RIME - 3

ILLUMINATIONS - 4

UPCOMING EVENTS AND  
CLASSES - 6





*"Through the power of mind training, we never run out of opportunities to flip our limited actions into the skillful methodology of the bodhisattva path, and our limited vision into the penetrating insight of prajna." - Judy Lief*

## ABOUT KHENTRUL LODRÖ T'HAYÉ RINPOCHE

Khentrul Lodrö T'hayé Rinpoche is a Tibetan monk and the director of the United States-based nonprofit, Katog Choling, A Tibetan Cultural Center. Khentrul Rinpoche oversees more than twenty meditation groups across North America and in China, Australia, and South Africa, as well as a large retreat center in the mountains of northwest Arkansas. He is also the abbot of a monastery in Tibet, where he established a Buddhist university, a three-year retreat center, a primary school, and other community outreach programs.

Khentrul Rinpoche was born in Tibet in 1965, toward the end of the great famine, in the middle of the cultural revolution. At that time, the practice of Buddhism was not allowed, so practitioners in the generation directly preceding his were denied a traditional Buddhist education. Even so, when Khentrul Rinpoche was a toddler, he was recognized as a reincarnate master, or tulku. Due to the religious restrictions, this recognition was kept secret. When he was seven, he privately took the traditional vows of ordination. Slowly, policies relaxed, and by the time Rinpoche was a teenager, dharma teachings had recommenced. He was allowed to wear robes and took the opportunity to study with the last generation of great masters, those who received training prior to the cultural revolution. These masters, his teachers, have shown through their examples how to tame the mind and transform adversity in the face of enormous hardship. Khentrul Rinpoche's beloved principal root guru is His Holiness Jigmé Phuntsok Rinpoche. Other primary teachers who have cared for him with great kindness include His Holiness Katog Moksa Tulku and His Holiness Drubwang Padma Norbu Rinpoche.

Khentrul Rinpoche is one of the only khenpos in the world to hold three khenpo degrees, the equivalent of three PhDs in Buddhist philosophy. Two of his degrees were awarded by the "Ivy League" of Nyingma Buddhist universities Larung Gar in Tibet and Namdrol Ling in India. His third khenpo degree came from Katog Monastery, the mother monastery of the Katog lineage. During the course of Khentrul Rinpoche's extensive Buddhist education, he took full ordination as a monk, spent several years in solitary retreat, and became one of the principle abbots of his family monastery.



In 2002, Khentrul Rinpoche was invited to the United States to start a shedra, a course for studying the traditional texts on Buddhist philosophy. This has continued every year since, and has become his annual fall teaching. Although Rinpoche's extensive knowledge enables him to teach on any philosophical treatise—up to the most advanced subject matter—he chooses to focus largely on mind training, finding these techniques most relevant and effective today. This has earned him the nickname "The Mind Training Khenpo." And these are the practices Khentrul Rinpoche passes on to us like a lifeline in turbulent and disturbing times.



# Holidays at the Rime Center



## SAGA DAWA DÜCHEN

June 14, 2022 starting at 5:30am

Saga Dawa Duchen is one of the most important sacred Buddhist days. The Rime Center will be open during the day for you to come in and meditate at your own pace and time limit.

[Read more about the days events.](#)

## FOUNDERS DAY

June 18, 2022 starting at 10am

Founders Day is a way for us to honor the legacy of our founders, Lama Chuck and Mary Stanford. As a celebration of homecoming we use this time to welcome back former sangha members and celebrate the organization's existence with activities throughout the day.

[Read more about the days events.](#)





# Illuminations

A look back at the happenings at the Rime Center in Pictures



*Several people took their Refuge vows with Lama Matt this Spring. From left to right: Tulley Hicks, Lauren Higgins, John Eskew, Nicole Miller, Jason Greer, and Jeff Smith.*

## Refuge Vows

## Spring in Bloom

*Spring has sprung at the Rime Center. The tree in front of the house has bloomed, making for a pretty entrance. We are looking forward to our other flowers to bloom on the property.*



## Sangha Hike

*It turned out to be a great day for our first Rime Sangha hike for the season. Sangha members to a moment for a quick photo at the overlook at Weston Bend State Park.*





## Returned to In-person

*The Rime Center has resumed our in person gatherings for our Sunday Service and evening programs. Thanks to the generosity of St Mark Hope and Peace Lutheran Church, they have offered to host the Rime Center for our Sunday Services until we can get our meditation hall built. We will also begin offering in-person Kum Nye yoga at 9 am at St Mark's. The Rime Center will continue hosting our Sunday Service and classes online using Zoom.*

*Several people took their Bodhisattva vows with Lama Matt this Spring. From left to right: Jason Greer, Andrew Hergert, Lauren Higgins, Daniel Scharpenburg, Julie Farr, and Fanny Mandelberger.*



## Bodhisattva Vows



## SevenDays

*Lama Matt and other members of the Rime Sangha showed up for this year's SevenDays Kindness Walk. SevenDays overcomes hate by promoting kindness and understanding through education and dialogue.*

# Upcoming Events and Classes

The Rime Center's classes and events are available to EVERYONE. The classes have "Suggested Fees," however pay whatever you can afford for the class. Everyone is welcome! It is our hope that some will pay more to cover those who can't afford the usual fee. We simply want everyone to have access to these wonderful classes and events. All classes except the Meditation Workshop will be held online using Zoom.



## RIME SANGHA HIKE WALLACE STATE PARK MAY 21, 2022 @ 10AM

Join the Rime Sangha as we meet up for a socially distant hike through the Wallace State Park Campground Trail. It is a 2.10 mile, loop trail near Cameron, Missouri. [Read more...](#)



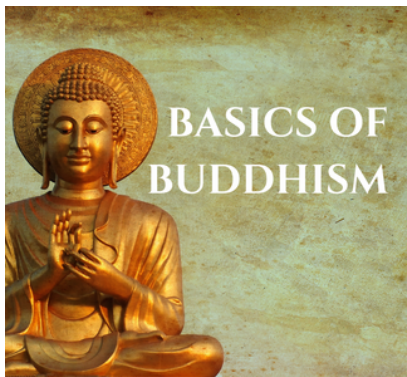
## FREE MEDITATION WORKSHOP MAY 25, 2022 @ 7PM

In this in-person workshop on meditation, learn the simple steps to maximize meditation as a tool for inner peace and freedom from stress and anxiety. [Read more...](#)



## BOUNDLESS HEART MAY 29, 2022 @ 7PM

Karuṇā, maitrī, upekṣā, and muditā are not only the fruits of the awakened life but also the path to it—attitudes of mind that can be cultivated through intention and dedication. [Read more...](#)



## BASICS OF BUDDHISM JUNE 1, 2022 @ 7:30PM

Have you always wanted to understand Buddhism? Join us for this 8 week course that will cover the life of the Buddha, basic Buddhist teachings, as well as practical application of these principles in daily life. [Read more...](#)



## ONLINE HALF-DAY MEDITATION RETREAT JUNE 4, 2022 @ 9AM

Designed to be accessible for all levels of learning, this retreat will focus on developing calm abiding. The retreat will also focus on releasing our ego clinging and training the mind in compassion through mindfulness meditation. [Read more...](#)



## RIME CENTER BOOTH AT KC PRIDE 2022 JUNE 10-12, 2022

The Rime Center will have a booth at this years Kansas City Pride 2022. Stop by the booth and say hi! We will have stickers to hand out as well as information about Buddhism and the Rime Center. [Read more...](#)



# Upcoming Events and Classes

The Rime Center's classes and events are available to EVERYONE. The classes have "Suggested Fees," however pay whatever you can afford for the class. Everyone is welcome! It is our hope that some will pay more to cover those who can't afford the usual fee. We simply want everyone to have access to these wonderful classes and events. All classes except the Meditation Workshop will be held online using Zoom.



## SAGA DAWA DÜCHEN JUNE 14, 2022 @ 10AM

Saga Dawa Duchen is one of the most important sacred Buddhist days. The Rime Center will be open during the day for you to come in and meditate at your own pace and time limit.

[Read more...](#)



## FOUNDERS DAY - RIME OPEN HOUSE AND GIFT SHOP SALE JUNE 18, 2022 @ 10AM

As a celebration of homecoming we use this time to welcome back former sangha members and celebrate the organization's existence an open House and Gift Shop Sale – 10am – 3pm.

[Read more...](#)



## FOUNDERS DAY RIME SANGHA HIKE – LAWRENCE NATURE PARK JUNE 18, 2022 @ 10AM

Join the Rime Sangha as we meet up for a socially distant hike at the Lawrence Nature Park. It is a 1.90 mile, loop trail near Lawrence, Kansas.

[Read more....](#)



## FOUNDERS DAY – WHITE TARA LONG LIFE PRAYER FOR MARY – ONLINE JUNE 18, 2022 @ 6:30PM

Founders Day has been established as a way to honor the legacy of our founders, Lama Chuck and Mary Stanford. Join us for a White Tara Long Life Prayer for Mary – 6:30pm – 7:30pm.

[Read more...](#)



## ONLINE HALF-DAY MEDITATION RETREAT JULY 2, 2022 @ 9AM

Designed to be accessible for all levels of learning, this retreat will focus on developing calm abiding. The retreat will also focus on releasing our ego clinging and training the mind in compassion through mindfulness meditation.

[Read more...](#)



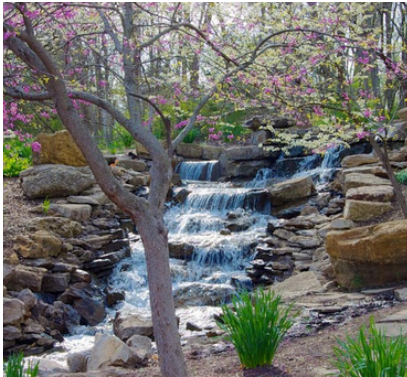
## MALA WORKSHOP POP UP CLASS JULY 8, 2022 @ 6PM

Join us for this one evening pop-up workshop where we will be designing and making your own mala. By setting your intention and putting your own energy into the making of it, this mala will be one-of-a-kind!

[Read more...](#)

# Upcoming Events and Classes

The Rime Center's classes and events are available to EVERYONE. The classes have "Suggested Fees," however pay whatever you can afford for the class. Everyone is welcome! It is our hope that some will pay more to cover those who can't afford the usual fee. We simply want everyone to have access to these wonderful classes and events. All classes except the Meditation Workshop will be held online using Zoom.



## RIME SANGHA HIKE – OVERLAND PARK ARBORETUM JULY 16, 2022 @ 10AM

Join the Rime Sangha as we meet up for a socially distant hike at the Overland Park Arboretum. It is a 3.20 mile, loop trail near Stilwell, Kansas.  
[Read more...](#)



## PREPARING FOR THE REFUGE VOWS JULY 27, 2022 @ 7:30PM

This class is for anyone who is contemplating on taking the refuge vows. The aim of this class is to provide the student with the understanding the what, why and how before taking the refuge vows. [Read more...](#)



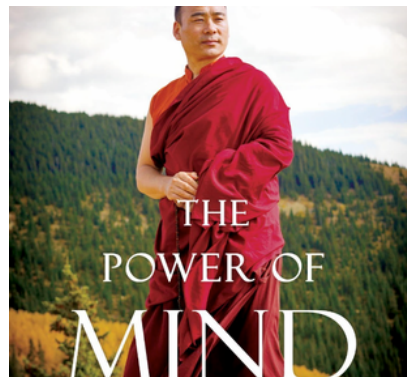
## HALF DAY ZEN MEDITATION RETREAT AUGUST 6, 2022 @ 9AM

Join us for our Zen style retreat. The practice will consist of Zazen, seated meditation, and walking meditation. This event will be in-person and online.  
[Read more...](#)



## STEPS TO THE GREAT PERFECTION AUGUST 10, 2022 @ 7:30PM

Join Lama Matt as we discuss the book Steps to the Great Perfection; a compilation of teachings of mind-training that has been preserved as part of a rare set of instructions on the Great Perfection. [Read more...](#)



## THE POWER OF MIND WITH KHENTRUL LODRÖ T'HAYÉ RINPOCHE AUGUST 12-14, 2022

Rinpoche's teachings will be in-person at St. Marks Hope and Peace Lutheran Church. This event is open to everyone, but please consider being a sponsor for this retreat. Your sponsorship will ensure everyone can attend these wonderful teachings. [Read more...](#)



## RIME SANGHA HIKE – CLINTON STATE PARK AUGUST 20, 2022 @ 10AM

Join the Rime Sangha as we meet up for a socially distant hike at the Clinton State Park. We will be hiking the Clinton Lake North Shore Loop. It is a 2.80 mile, loop trail near Lawrence, Kansas.  
[Read more...](#)