

PADMASAMBHAVA BUDDHIST CENTER PRESENTS



Our beloved teachers, the Venerables  
Khenchen Palden Sherab Rinpoche  
& Khenpo Tsewang Dongyal Rinpoche,  
fondly known as "the Khenpos."

We are fortunate to have as our teachers two brother Lamas who are of the last generation of Tibetan Buddhist masters that were born and raised in Tibet before the Chinese invasion. Renowned as Dzogchen masters in the Nyingma lineage of Tibetan Buddhism, they are the founders and spiritual directors of Padmasambhava Buddhist Center, with groups in the U.S., Puerto Rico, Russia and India, and a beautiful monastery in upstate New York. They established the Tennessee sangha in 1987 and visit each year to give teachings at our retreat center, Padma Gochen Ling. To learn more about the Khenpos, visit their website, [www.padmasambhava.org](http://www.padmasambhava.org).



Padma Gochen Ling, PBC-TN retreat center



# 2005 fall retreat with the Khenpos



## Teaching on Bodhichitta with Refuge and Bodhisattva Vows

October 22-23, 2005

HELD AT OUR RETREAT CENTER,  
PADMA GOCHEN LING • MONTEREY, TN

PLUS

## Nashville Buddhist Festival October 22, 2005

Venerable Khenpo Rinpoches will give teachings on the Vajrayana during the Annual Nashville Buddhist Festival, which takes place in a large tent behind First Church Unity, located at 5125 Franklin Road in Nashville, TN.

FREE EVENT, ALL ARE WELCOME

For more information visit, [www.nashvillebuddhistfestival.com](http://www.nashvillebuddhistfestival.com).



# Padmasambhava Buddhist Center

CELEBRATING 16 YEARS IN TENNESSEE

[www.nashvilletibetbuddhism.com](http://www.nashvilletibetbuddhism.com) • 615-512-9071

# Taking the Bodhisattva Vow

## THE IMPORTANCE OF BODHICHITTA

“The best way to actualize enlightenment is to develop bodhichitta. Bodhichitta is a Sanskrit word; bodhi means “enlightenment” and chitta means “mind” or “thought.” When you develop the thought of enlightenment, you are training your mind so you will be able to truly benefit other beings.

“The root of bodhichitta is compassion.

Compassion is feeling, deep in your heart, the suffering of others and wishing for them to be free from all pain. The root of compassion is loving kindness, which is the feeling of wanting to replace suffering with happiness and peace. Having true love and compassion for everyone is the most precious practice of the dharma.” — *Door to Inconceivable Wisdom and Compassion*, Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche

## WHAT IS THE BODHISATTVA VOW?

The Bodhisattva Vow is the commitment: “To lead others to happiness and to free them from suffering, I will attain Awakening. Such is the promise I make today.” Making this promise, we follow the same path followed by the previous Buddhas. This is why we take the vow in reference to them, thinking:

‘Just as the Buddhas of the past, when they were still ordinary beings, first have taken the commitment to attain Buddhahood for benefitting all beings; just as they have continued on the path of the Bodhisattva, practicing the six paramitas [perfections] up to the perfection; and just as they have attained Buddhahood; in the same way, following their example, I also will realize Buddhahood for the benefit of all beings.’

## BODHISATTVA VOW

**“TO LEAD OTHERS TO HAPPINESS AND TO FREE THEM FROM SUFFERING, I WILL ATTAIN AWAKENING. SUCH IS THE PROMISE I MAKE TODAY.”**

## BEING READY TO TAKE THE VOW

“Some people hesitate to take the Bodhisattva vow, thinking that it demands qualities they lack. Their feelings of love and compassion are neither strong nor great. The wish to harm and harboring negative thoughts toward others have not left their minds. How can we know if we are ready to take the Bodhisattva vow?

“If we greatly value love and compassion, if we see their benefits — made apparent to us by listening

to teachings — if we consider that ill will, anger, and hatred are defects, we are ready. We must take the vow. The vow helps us improve. We take the vow precisely because we recognize the presence of ill will and conflicting emotions that we want to eliminate within ourselves. The more anger and aversion we see within ourselves, the more we must be determined to take the Bodhisattva vow. Upon taking the vow, our mind is strongly imprinted with the magnitude and importance of the commitment. Even if some ill will persists in our mind, we will be more inclined to reject it because we will remember our promise.” — *Taking the Bodhisattva Vow*, by Bokar Rinpoche

## TAKING THE BODHISATTVA VOW

If you would like to take the Bodhisattva Vow, please contact us at least two weeks in advance if possible, so the Ven. Khenpos may have everything prepared. (Information on opposite page.) Traditionally, students requesting the vow make abundant offerings, according to their capability. This may be such things as food, music, lamps (candles), flowers and monetary offerings. A feast will seal our vows at the conclusion, and students are invited to offer food for our community celebration. Food should be offered after morning practice so it may be set up for the feast.

## retreat schedule

(May be adjusted slightly during retreat.)

### SATURDAY

Arrive any time; check in at registration.

4:00-5:00 p.m. — Guided meditation

7:00 p.m. — Gather in shrineroom

7:30 p.m. — Introductory teaching

### SUNDAY

7:00-8:00 a.m. — Morning practice

(Buddha Sadhana)

8:00 a.m. — Breakfast (provided)

9:00 a.m. — Teachings on Bodhichitta

Refuge Ceremony

Bodhisattva vows

Noon — lunch (provided)

## recommended reading

*Taking the Bodhisattva Vow*, by Bokar Rinpoche

*Uniting Wisdom and Compassion: Illuminating the 37 Practices of a Bodhisattva*, by Chokyi Dragpa

*Keys to Great Enlightenment: Commentaries on Kadam Geshe Langri Tangpa's Eight Verses of Thought Training and Bodhisattva Togmey Zangpo's 37 Bodhisattva Practices*, by Geshe T. Gyeltsen

## workday oct. 8 10:30 a.m.-4:30 p.m.

We will have a workday the Saturday before the retreat, October 8, from 10:30 a.m. to 4:30 p.m., to prepare the center. We've had construction going on, so all volunteers are needed. Your help makes the retreat possible; please join us for this special blessing if you can.

Note: During retreat, the regular Thursday and Sunday meetings in Nashville will be suspended.

## work scholarships

Work scholarships are available.

Please contact Debbie Thomas at [dltariki@comcast.net](mailto:dltariki@comcast.net) or 615-883-8151.

## SUGGESTED DONATION

Non-members .....\$35 for Saturday; \$50 for Sunday

Members\* .....\$30 for Saturday; \$45 for Sunday

College students and

children under 18.....\$20 each day

There is a slight increase this year; tuition includes breakfast and lunch on Sunday. You may pay with check or cash at the retreat or in advance. You may also pay in advance at our website via Paypal (credit card or bank draft). Upon arrival, please check in first at the registration table at the Sangha House and register before teachings begin.

**\*MEMBER DISCOUNT** Please note that the member discount at all PBC retreats worldwide applies to those who have committed to monthly or yearly membership at any of the PBC centers. Suggested membership is a minimum of \$25 per month for an individual or \$40 per month for a family. Membership enrollment is now available at our website, [www.nashvilletibetbuddhism.com](http://www.nashvilletibetbuddhism.com).

**WORK SCHOLARSHIP** A limited number of work scholarships are available with advance arrangement. This is an opportunity to be part of uplifting the teachers' mandala and providing the precious dharma teachings to others through your own joyful effort. Work scholarship students are requested to come to the workdays and stay after retreat until clean-up is complete. You will also have a job assignment during retreat. If you would like to request a work scholarship, contact Debbie Thomas at (615) 883-8151 or [dltariki@comcast.net](mailto:dltariki@comcast.net). Please check in with Debbie upon arrival or the work scholarship is forfeited.

**COMMUNITY WORK** At our teachers' retreat center, Padma Samye Ling, all attendees participate daily in community work, whether in the kitchen, temple, grounds or dormitory. This helps the center run smoothly without too much work on any one person, and it builds merit so as to better realize the teachings. We would like to begin this — not only to better accomplish the retreat, but also to demonstrate that our community can support longer and more frequent retreats in the future. A sign-up list will be posted in the dining room; we appreciate your participation and joyful effort.

**FACILITY** Padma Gochen Ling is consecrated land, crowned with a temple. Our new Sangha House contains a dharma bookstore, kitchen and dining hall. Rustic camping conditions: private outdoor shower with running water and outhouses. Sorry, no hook-ups are available. No tobacco, pets or intoxicants of any kind on the grounds.

**WHAT YOU SHOULD BRING** We ask that each person please bring cushion and a blanket or mat for sitting on a hardwood floor (limited chairs available), bottled water (also available for purchase), food for the Saturday evening meal, snacks, a cooler with ice, flashlight and insect repellent. In addition, flower offerings for the shrine are welcome.

**CLOTHING** This is a rural retreat, so casual, comfortable clothes are recommended. October nights may be cold and days cool, so please bring appropriate clothing. Please help us maintain a meditative atmosphere by wearing modest clothing. If wearing shorts, please bring a cloth to cover legs while sitting in the shrineroom. For the comfort of others, please refrain from strong fragrances.

**LODGING** You are welcome to camp or bring a sleeping bag and sleep on the floor of the shrineroom. The closest lodging is in Monterey off Exit 300, a bed and breakfast: The Garden Inn at Bee Rock, (931) 839-1400. More economical accommodations are available in Cookeville, 20-30 minutes away:

Exit 290, Cookeville:

Alpine Lodge & Suites, (931) 526-3333

Exit 287, Cookeville:

Hampton Inn, (931) 520-1117

Days Inn, (931) 528-1511

Econo Lodge, (931) 528-1040

Comfort Inn Suites, (931) 372-1881

Ramada Limited Suites, (931) 372-0086

**NOTE** Shrineroom protocol information is available on the website.

Those wishing to take bodhisattva vows are advised to contact: Cathy Crooks [ccrooks@mtsu.edu](mailto:ccrooks@mtsu.edu) 615-895-3350 or Dolly Carlisle [dollycarlisle@comcast.net](mailto:dollycarlisle@comcast.net) 615-385-4438 at LEAST two weeks prior to retreat if possible.

**REFUGE CEREMONY** will be offered on Sunday immediately after the teaching. Refuge is the point of officially setting foot on the path. During refuge, one receives the oral transmission of refuge vows and lineage blessings which stretch back over 2500 years directly to Buddha. One also receives a dharma name and may request a beginning practice in Ngondro, which is the foundational practice in our lineage. Refuge is open to all.

## JOIN OUR ANNOUNCEMENT LIST

For all the latest announcements year-round, plus downloadable teachings and more, join our announcement e-group: <http://groups.yahoo.com/group/pbc-tn>.

**FOR RETREAT INFORMATION:** David Hinton, (615) 512-9071, [davidbhinton@comcast.net](mailto:davidbhinton@comcast.net)

**COORDINATOR:** Dolly Carlisle, (615) 385-4438, [dollycarlisle@comcast.net](mailto:dollycarlisle@comcast.net)

**CO-COORDINATOR:** Cathy Crooks, (615) 895-3350, [ccrooks@mtsu.edu](mailto:ccrooks@mtsu.edu)

**PBC-TN WEBSITE:** [www.nashvilletibetbuddhism.com](http://www.nashvilletibetbuddhism.com)

**PBC INTERNATIONAL:** See our teachers' website, [www.padmasambhava.org](http://www.padmasambhava.org) for their full schedule of teachings at Padma Samye Ling, our monastery and retreat center in upstate New York, including summer Dzogchen retreats in July.



**PADMASAMBHAVA BUDDHIST  
CENTER OF TENNESSEE**

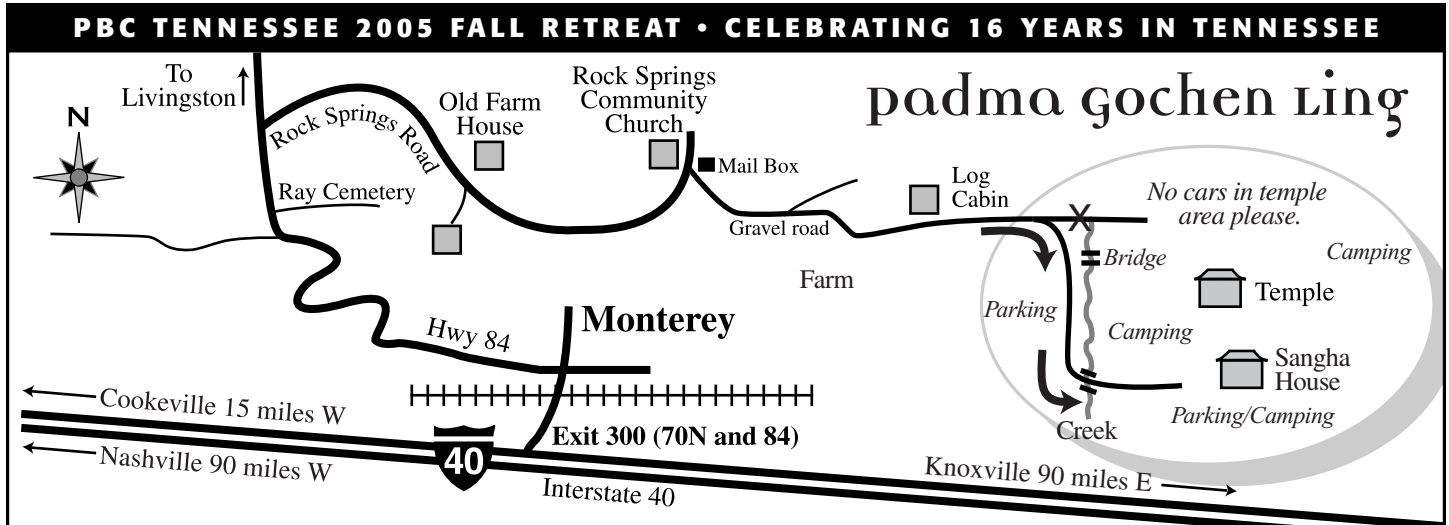
P.O. Box 120633  
Nashville, TN 37212

2005 Fall Retreat

# Teaching on Bodhichitta

October 22-23

Padma Gochen Ling • Monterey, TN



**DIRECTIONS TO RETREAT** (Note: new road and parking area at Padma Gochen Ling)

1. Take I-40 to Monterey, Exit 300. Turn north and proceed to Monterey. Go through the town and over the railroad tracks. Just past them will be your turn.
2. Take a left at the light, on to Hwy 84, and proceed on the rural road for several minutes. Pass Ray Cemetery Road.
3. Make a right on to Rock Springs Road.
4. Make a sharp right on to the gravel road opposite Rock Springs Community Church. (Watch for the sign.) The road is a tiny country lane. Follow the road past a farm on your right and a log cabin on your left.
5. Follow the signs to the new gravel road on the right, which runs alongside the creek. If you're not camping, please park alongside this road if possible and walk over on the foot-bridge. For overflow parking and camping, proceed to the new Sangha House. No cars in the temple area, please. Tents may be set up in the Sangha House meadow and the edges of the temple grounds. Keep the area immediately surrounding and in front of the temple clear.

Note: Please proceed carefully on the rural roads as there are often critters sunning themselves or making their way across. And please maintain a slow speed; rock roads create dust.

## REGISTRATION • OCTOBER 22-23, 2005 RETREAT

**REGISTRATION** is required for all events at Padma Gochen Ling. You may fill out this form and turn it in at the Registration Table at the retreat or pick up a form upon arrival. If you'd like to pre-register, send it by mail by June 1 or turn it in at the Nashville center. Pre-registration is not required, but will help us plan for meals.

### SUGGESTED DONATION

\_\_\_\_\_ Non-members \$35 for Saturday; \$50 for Sunday

\_\_\_\_\_ Members\* \$30 for Saturday; \$45 for Sunday

\_\_\_\_\_ College students & children under 18: \$20 each day

Please make checks payable to PBC. Donation is tax deductible minus \$5 per meal.

Name(s) \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Those wishing to take bodhisattva vows are advised to contact:  
Cathy Crooks  
ccrooks@mtsu.edu  
615-895-3350 or  
Dolly Carlisle  
dollycarlisle@comcast.net  
615-385-4438  
at LEAST two weeks prior to retreat if possible.

**HOLD HARMLESS AGREEMENT** Participation in any PBC activities and/or use of any PBC facilities, including but not limited to Padma Gochen Ling, involves a risk of accidental injury despite all safety precautions. I/We, assume all risks and release from responsibility and agree to indemnify and hold harmless the Padmasambhava Buddhist Center, Padma Gochen Ling, their officers, directors, volunteers and members, for any illness or injury to the individual(s) listed above, occurring during use of any facilities or participation in any activities conducted by the Padmasambhava Buddhist Center of Tennessee.

\_\_\_\_\_  
Signature(s)

\_\_\_\_\_  
Date:

I am a supporting PBC member according to the national policy. (See below.)

**\*PBC SUPPORTING MEMBERSHIP** Please note that the 10% member discount applies to those who have committed to monthly or yearly membership at any of the Padmasambhava Buddhist centers. Membership is an essential component to the functioning of the centers. Suggested membership is a minimum of \$25 per month or \$300 per year for an individual; \$40 per month or \$480 per year for a family, over and above retreat fees. This enables us to operate locally, as well as support PBC International. We encourage all to join as members to support the growth of the Buddha Dharma and our Ven. Rinpoche's work.

Padmasambhava Buddhist Center  
P.O. Box 120633  
Nashville, TN 37212  
ATTN: Retreat

*Your support and donations are greatly appreciated.*