

## Greetings!

We are happy to inform you that the plans for **Khenpo Tsültrim Gyamtso Rinpoche's** December 2-10 program at Nalanda West are finalized. Since Khenpo Rinpoche is in retreat this year, Ari Goldfield will be teaching this year's program.

The Dzogchen Ponlop Rinpoche said that Ari has the blessings of both Khenpo Rinpoche and Ponlop Rinpoche to present these teachings at Nalanda West, and that the students who have been attending Khenpo Rinpoche's annual Seattle teachings are strongly encouraged to attend this year as well. New students are also welcome, and are encouraged to attend as well.

As in the past, the weekend of December 2-3 will be a public course, this year on the new book *The Moon of Wisdom*, followed by a **Mahamudra** series December 4-10, which will be on two sets of teachings:

1. Picking up at the point where Khenpo Rinpoche left off with his Mahamudra teachings in 2005, the morning topic will be the **Four Yogas of Mahamudra** from the renowned Drukpa Kagyü scholar-siddha Pema Karpo's text entitled *Pointing Out Genuine Reality*, and will be supplemented by teachings on the vajra songs of realization on the four yogas sung by the Lord of Yogis Milarepa and Jamgon Kongtrül the Great, along with Dzogchen Paltrül Rinpoche's verses describing the four yogas in connection with the deity practice of Chenrezik.
2. The afternoon teachings December 4-10 will be on Milarepa's **Vajra Songs of Realization** that Khenpo Rinpoche taught to His Holiness the Seventeenth Gyalwang Karmapa in 2001. This course is open to everyone. However, students who have not attended Khenpo Rinpoche's Seattle teachings in 2004 and 2005 should have read the *Progressive Stages of Meditation on Emptiness*, *The Sun of Wisdom*, and should have listened to at least the recordings (MP3's) of the 2005 Mahamudra teachings before the course.

We are fortunate that Khenpo Rinpoche has a very strong connection with Nalanda West. He has been teaching annually in Seattle for nine years, and since 2001 he has been offering in Seattle the most profound teachings on Mahamudra and Dzogchen to many of his students from all over the world. Since Khenpo Rinpoche is on retreat for the year, he has directed his senior students to lead the courses that he had planned to give. These courses have begun, and students who have attended them are responding very positively. They say that the profundity of Rinpoche's teachings and the joy with which he teaches are fully present, much to their delight. Many have said that they feel as

though Rinpoche were there himself, which is wonderful. Continuing in this tradition, Nalanda West will host Ari for this year's program.

### **Illusory Body Yoga Song and Dance**

During the Mahamudra teachings Dec 4-10, Ari will teach a third daily session on "Illusory Body Yoga Song and Dance" 5:00-6:30pm. Song and dance are a special and ever-present part of Khenpo Rinpoche's instructions on how to connect with the true nature of reality with both our bodies and minds, and so many people—men and women, old and young alike—have enjoyed and benefited from learning Rinpoche's dance tradition in the past.

During this session, we will train in the methods that Khenpo Rinpoche has taught for how to use song and dance to both practice and enhance mahamudra meditation. There will also be explanations of and practice with some of Khenpo Rinpoche's compositions that until now have not been widely distributed, and during certain sessions, Khenpo Rinpoche's Sadhana of Mahamudra.

The teachings will be given at Nalanda West 3902 Woodland Park Ave. North, Seattle, WA 98103. Visit [www.Nalandawest.org](http://www.Nalandawest.org) for details and to register. To contact the registrar, email [KTGRregistration06@nalandabodhi.org](mailto:KTGRregistration06@nalandabodhi.org)

### **Schedule and Costs:**

Dec 2 & 3: Public teachings 10:30-12:30 & 2:30-4:30 on the new book *The Moon of Wisdom* \$100 General / \$85 Nalandabodhi Members

Dec 4-10: Morning and afternoon Mahamudra teaching, topics as noted above. 10:30-12:30 on the Four Yogas of Mahamudra from *Pointing Out Genuine Reality*, with vajra songs. 2:30-4:00 on the **Vajra Songs of Realization** by Milarepa. 5:00-6:30pm **Illusory Body Yoga Song and Dance**. \$300 General / \$255 Nalandabodhi Members

Full program: \$400 General / \$340 Nalandabodhi Members.

Discount for full program registration before Nov 1: \$350 General / \$300 Nalandabodhi Members.

Mahamudra participants are encouraged to register early and to enroll in the full program Dec 2-10.

### **Program Notes**

To acquire recommended recorded media from 2004 and 2005, print and return the page on Recommended Recordings at the end of this document.

Full program registration requires a minimum deposit of \$100, with the balance due by Nov. 20. After Nov 21, the deposit is non-refundable. Late registrants (after Nov 20) are encouraged to contact the registrar directly at [KTGRregistration06@nalandabodhi.org](mailto:KTGRregistration06@nalandabodhi.org). If you want to inquire about work study, contact the work study coordinator at [KTGR06workstudy@nalandabodhi.org](mailto:KTGR06workstudy@nalandabodhi.org).

If you want to use a credit card but are not registering at our website, you can fax your credit card information to 206-529-0558 (secure) with your registration form. Credit card payment requires amount to charge, name on card, type of card, card number and expiration date

### **Housing**

Nalanda West does not have on-site housing for participants, however we have recommendations for low cost housing at local motels and have made arrangements for discounts. If you are interested in housing options, detailed housing information will be sent to you in an email if you contact the registrar [KTGRregistration06@nalandabodhi.org](mailto:KTGRregistration06@nalandabodhi.org). Airport and local transportation information is also be provided.

### **Meals**

Lunch will be served daily in the Nalanda West dining room Saturday Dec 2 to Sunday Dec 10 after the morning talk for participants who enroll in the meal plan. The meal plan is reserved for full program participants for a \$90 payment with pre-registration for nine lunches Dec 2-10, or a \$70 payment with pre-registration for seven lunches Dec 4-10 for "Mahamudra only" participants. Both vegetarian and meat options will be available. Single lunch purchases will probably not be available.

### **Registration**

If you want to use a credit card but are not registering at our secure website, you can fax it to 206-529-0558 (secure) with your registration form (below). Credit card payment requires amount to charge, name on card, type of card, card number and expiration date.

## Registration Form

To mail in the registration form, print, fill-in, and return the registration form with a check made out to Nalandabodhi in US Dollars to:

Nalandabodhi - KTGR 06 Program  
3902 Woodland Park Ave North  
Seattle, WA 98103

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Registration commitment (mark only one choice):

Public Program weekend Dec 2-3 only on *The Moon of Wisdom*. 4 talks

General \$100

Nalandabodhi Members \$85

Mahamudra Program only Dec 4-10: 14 talks

General \$300

Nalandabodhi Members \$255

Full Program Dec 2-10 (Public weekend and Mahamudra): 18 talks

General \$350 before Nov 1 (early bird discount). After Nov 1 \$400

Nalandabodhi Members before Nov 1 (early bird discount) \$300. After Nov 1 \$340

---

Payment with this registration (mark only one choice):

Payment for Public weekend: 4 talks @ \$100 (General).

Payment for Public weekend: 4 talks @ \$85 (Nalandabodhi Members).

\_\_ Payment for Mahamudra only Dec 4-10: 14 talks@ \$300 (General)

\_\_ Payment for Mahamudra only Dec 4-10: 14 talks@ \$255 (Nalandabodhi Members).

\_\_ Payment for Full Program (Mahamudra & Public weekend): 18 talks General \$400 after Nov 1.

\_\_ Payment for Full Program (early bird discount) General \$350 before Nov 1.

\_\_ Payment for Full Program (early bird discount) Nalandabodhi Members \$300 before Nov 1.

\_\_ Additional Payment seven lunch meals Dec. 4 to Dec 10 at Nalanda West (\$70).

\_\_ Additional Payment nine lunch meals Dec 2 to Dec 10 at Nalanda West (\$90).

Contact Information: To contact the registrar directly (email communication preferred): [KTGRregistration06@nalandabodhi.org](mailto:KTGRregistration06@nalandabodhi.org). Phone messages can also be left at (206) 525-6925, however this is less reliable.

Total sum enclosed: \$\_\_\_\_\_. Please remember to include your check and to keep a record of this payment.

Credit card information:

Name\_\_\_\_\_ Amount \_\_\_\_\_

Name on Card\_\_\_\_\_

Type of Card \_\_\_\_\_ Card Number \_\_\_\_\_

Expiration date\_\_\_\_\_

## Recommended recordings for Ari's Dec 2006 program

It is recommended that new students read the Progressive Stages of Meditation on Emptiness, The Sun of Wisdom, and should listen to at least the recordings (MP3's) of the 2005 Mahamudra teachings before the Mahamudra course. The recordings are available as below.

### KTGR Seattle 2004 & 2005 Mahamudra MP3 options.

Robert Fors for Nalandabodhi

---

2004 MP3's of 5 talks by Jim Scott on the Progressive Stages of Meditation on Emptiness. 1 CD for \$25

KTGR 2004: MP3's of the 14 Mahamudra talks and 7 discussion groups with Ari on 1 DVD Disc \$60 (audio MP3's only)

KTGR 2005: MP3's of the public program (4 talks by KTGR and 1 discussion group with Ari) on one CD for \$25

KTGR 2005: MP3's of the full program (5 public talks plus 14 Mahamudra talks by KTGR, 7 discussion groups led by Ari and/or Karl Brunnhoelzl, several new songs related to the teachings, and pdf's of the liturgies used) on one DVD disc (audio only - not video) \$75

Add shipping as noted below.

### TO ORDER (in USD):

#### 2004 MP3's

I want to order one set of **Jim Scott's 5 talks on the Progressive Stages of Meditation on Emptiness**. MP3's on one CD for \$25. Plus shipping domestic \_\_\_\_\_ \$3 shipping international \_\_\_\_\_ \$5

---

I want to order one set of **KTGR 2004 Mahamudra** MP3's (Audio MP3's on 1 DVD disk) \_\_\_\_\_ \$60 Plus shipping domestic \_\_\_\_\_ \$3 shipping international \_\_\_\_\_ \$5

**2005 MP3's**

I want to order one set of **2005 public program** MP3's (5 talks on one CD)  
\_\_\_\_\_ \$25 Plus shipping domestic \_\_\_\_\_ \$3 shipping international \_\_\_\_\_ \$5

I want to order one Full set of **2005 - all Public and Mahamudra MP3's**  
(27 talks + liturgies on one DVD disk - MP3 audio only) \_\_\_\_\_ \$75  
Plus shipping domestic \_\_\_\_\_ \$3 shipping international \_\_\_\_\_ \$5

For combined orders, include shipping for only one disk.

**ORDER FORM**

Credit card payment can be made via email to robertfors@aol.com, faxed to 206-529-0558, or mailed as below. Credit card payment requires amount to charge, card number and expiration date (Visa and Mastercard only). Checks (made out to Nalandabodhi) or credit card information can be mailed to

Attn: Robert  
Nalandabodhi - KTGR 06  
3902 Woodland Park Ave North  
Seattle, WA 98103

Credit card information:

Name \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Shipping Address \_\_\_\_\_

Amount \_\_\_\_\_ Card Number \_\_\_\_\_

Exp Date \_\_\_\_\_