

# Khyungdzong Wodsel Ling Newsletter

## Newsletter from Menri Lupon

September 2009



*My dear friends,*

*I hope that you are all very well and in good health. For a long time I have been unable to send you a message. This is because I have been quite busy. From September 19th through September 25th we, at Menri Monastery, have been fasting during the celebration*

*According to the body, one has to limit one's eating and drinking. In particular, one has to avoid all wrong activities, such as killing, sexual behaviors, etc. According to speech, one has to avoid rude words, meaningless speech, etc. And according to mind, one should give up both harmful and poisonous thoughts. Every monk will follow all of these disciplines more seriously during dKa' thub. This practice is held every year in the 8th month of the Tibetan Lunar Calendar.*

*The following dates provided are the auspicious days of the coming months:*

Western Calendar	Day	Tibetan Calendar	Day
September	19	8 <sup>th</sup> month	1
September	23	8 <sup>th</sup> month	8
October	2	8 <sup>th</sup> month	13
October	3	8 <sup>th</sup> month	14
October	4	8 <sup>th</sup> month	15
October	5	8 <sup>th</sup> month	16
October	10	8 <sup>th</sup> month	22
October	17	8 <sup>th</sup> month	29
October	18	8 <sup>th</sup> month	30 <sup>th</sup> / new moon

Western Calendar	Day	Tibetan Calendar	Day
October	19	9 <sup>th</sup> month	1
October	26	9 <sup>th</sup> month	8
October	31	9 <sup>th</sup> month	13
November	1	9 <sup>th</sup> month	14
November	2	9 <sup>th</sup> month	15
November	3	9 <sup>th</sup> month	16
November	9	9 <sup>th</sup> month	22
November	15	9 <sup>th</sup> month	29
November	16	9 <sup>th</sup> month	30/ new moon

*During these days, if you practice meditation, provide offerings, or engage in kind actions, the merit of these actions will be increased by one-hundred times. Furthermore, during these days, if you choose to consume no alcohol or meat and release animals or fish into the wilderness as a dedication to all sentient beings, the merit of these actions will also be multiplied by one-hundred times.*

*November 2nd is Mucho dhem drug. Mucho dhem drug descended from the Demi-god Realm to Olmo Lungring. On this day at Menri Monastery we celebrate a very great Puja. From September 28th through October 5th we are doing a One-hundred-thousand Offerings Cake, or Bhum tsok. This is dedicated to all sentient beings in the hope that they may find peace. During this time you may pray, in particular, to Sidpa Gyalmo and Yeshe Walmo. Also, from October 19th through November 16th we will have special dialectical debates and examinations in the field of Logic.*

*In the United States we have received governmental permission to begin a non-profit organization focusing on Bon spiritual welfare. The center's name is Khung dzong wo-sel-ling. I will provide the website below so that, in the future, you all may check my personal schedule. The website is currently under construction:*

[www.khyungdzo.ngwl.org](http://www.khyungdzo.ngwl.org)

*In conclusion, at the end of October I will be giving teachings in Europe. I hope to see some of you there.*

*Many, many bTa-shi-rde-legs to you all. I hope to see you very soon.*

*Menri Lopon Trinley Nyima Rinpoche*

## A note from the KWL Board:

*Dear students and friends of Menri Lupon,*

*We are happy to announce that Dzogchen Wodsel Ling is now KHYUNGZONG WODSEL LING and we have 501(c)3 non-profit status in the United States. All U.S. donations are tax deductible.*

*Our new website at [KhyungdzongWL.org](http://KhyungdzongWL.org) is up and running. From there you can donate to the monks at Menri, and to the Tsaga Medical Clinic via PayPal or check. Follow the link to the shop and support Lupon and the monks by buying t-shirts, mugs and other items we have for sale via Café Press. Items are still being added, so check back often. Follow another link to CD Baby and buy or download, Lupon's 2005 CD Melody of Blue Cuckoo.*

*Construction of the Dolpo Tsaga Medical Clinic is under way. Photos are posted on our Facebook group page (Khyungdzong Wodsel Ling). New photos showing the progress of the building are expected soon. Our Facebook group was recently updated to reflect our new name and website. Join us!*

*If you are in the U.S. and have donated money to either DWL or KWL since May '09, you will receive a receipt for tax purposes at the end of the year. Thank you for your continued support.*

*2010 Tour: We are also happy to announce that Menri Lupon will return to the U.S. and Canada next year. Topics have not yet been decided, but contact information for each city is posted to the website.*

*4/6-4/12 - Cleveland (tentative)  
4/13-4/19 - Pittsburgh  
4/20-4/26 - Houston  
4/27-5/3 - Los Angeles  
5/4-5/11 - Berkeley & San Francisco  
5/25-5/31 - Vancouver BC, Canada  
6/1-6/7 - Charlottesville*

*Thank you,*

*The KWL Board*

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