

## ADVICE from LOPPON JAMYANG

Please consider this important advice from Loppon Jamyang Tsultrim, who is the founding teacher of The Nalanda Institute, Center for Buddhist Study and Meditation. In 1988, His Holiness Dagchen Rinpoche officially appointed Loppon Jamyang as the resident Dharma teacher in Olympia and he has served our Dharma community ever since. Sonam Dorje (Nalanda's "hidden yogi" – another highly trained Tibetan Buddhist scholar) inspired the idea of Nalanda offering of these Chakrasamvara and the Guru Yoga empowerments. Our resident monk, Lama Lungrik Gyatso, is also offering support for the empowerments and the entire visit of His Holiness.

Empowerment (essentially the same term as "initiation") ripens the individual. On one level, it transforms our perceptions: ordinary body, speech, and mind become enlightened body, speech and mind. On another level, it authorizes us to study and practice in a significantly expanded new way, and to actualize a liberating experience from daily secular life. It opens the door to a deeper realization and enduring transformation.

Loppon Jamyang considers this visit and empowerment by HH the 42<sup>nd</sup> Sakya Trizin to be the ripening of thirty years of effort to bring about the causes and conditions for a sustained local Dharma community. His Holiness the Sakya Trizin is not only a highly qualified teacher, but represents a family lineage of teachers that goes back a thousand years. These empowerments are perhaps the greatest event in our local Dharma history, and a rare chance of us to receive Highest Yoga Tantra teaching and empowerment in Olympia. It is a great honor to Nalanda that His Holiness the Sakya Trizin is taking time to visit Olympia on the eve of the Third Annual North American Sakya Monlam for World Peace being held in the Seattle area.

**Loppon Jamyang encourages all Nalanda practitioners to take both these empowerments. He has prepared us for this step.** Anyone who feels benefit from participating in any of our regular programs, led by Loppon Jamyang, Lama Lungrik, or Sonam Dorje will benefit from the empowerments. **"If you feel like this preparation makes sense, then all of you are ready to receive Chakrasamvara."**

**The Preliminary Chakrasamvara Empowerment** includes purification, removal of obstacles, and other ceremonial preparatory conditions. **The Main Chakrasamvara Empowerment** is the opportunity to complete one's transformation, and to maintain it in daily life.

**Guru Yoga of Sapan-Manjushri** empowerment is presented simply and directly to the point of empowerments. It encompasses the essential practices of highest yoga tantra, including all the major preliminaries, actual visualization of the image, chakra points, recitation of homage prayers and mantra, receiving four major empowerments and concludes with the oneness or inseparability of enlightenment wisdom, even during post-meditative daily life events.

**Loppon Jamyang plans for the Guru Yoga of Sapan-Manjushri to become Nalanda's official Highest Yoga Tantra practice program for those who receive the initiation.** He carefully notes that "The above information is presented based on my understanding, however, the definitive instruction on this guru yoga practice solely depends on the recommendation and guidance of the individual root lama."

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