

Can I be a part of this?

Yes you can train through the practice of meditation to become mindful of your thoughts, feelings, and actions, understand the causes of suffering and learn how to develop positive mental states.

We encourage beginners to join our basic group meditation sessions. However, to progress beyond basic meditation requires faith in the Three Jewels – Buddha, Dharma and Sangha. Usually people find this develops naturally as they experience the benefits of their meditation practice.

We also encourage individuals to study, contemplate and reflect on Buddhist teachings and engage in group discussions.

Donations

Attendance at our sessions is free of charge; however Byoma Kusuma DC depends on donations for facilities and materials. We also accept donations for the building, translations, and education initiatives of the Byoma Kusuma center in Nepal. Therefore, we appreciate any contribution that would help us take meditation and related Buddhist practices and services to other sentient beings.

More information on initiatives and how you can help can be found on our website at www.byomakusuma.org.

Glossary of terms used

Dharma: The teachings and inner practice of the Buddha.

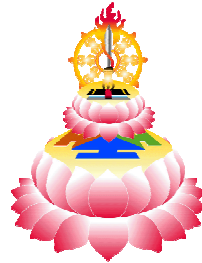
Buddha: The fully enlightened one.

Rinpoche: Tibetan word, which means “precious one” (Ratnashri in Sanskrit).

Sangha: Sanskrit word, which means ‘company’ or ‘community’ with common goal, vision or purpose.

Shamatha: Calm abiding meditation technique that culminates in an attention that can be sustained effortlessly for hours.

Vipashyana: Insight meditation technique that helps to understand the three marks of existence: impermanence, suffering and selflessness.



Byoma Kusuma Buddhadharma Sangha
12430B Liberty Bridge Rd.
Fairfax, VA 22033
E-mail: bkdc@byomakusuma.org
Website: www.byomakusuma.org
Tel: 202-378-7121

Byoma Kusuma Buddhadharma Sangha

USA - DC



www.byomakusuma.org

“The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers.”

- Thich Nhat Hanh

“Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.”

- Sylvia Boorstein

So what is Mindfulness?

Mindfulness is the practice of bringing attention to our thoughts, feelings and sensations as they arise without judging or criticizing them. The idea of mindfulness is to be aware and accept our thoughts, feelings and emotions as they are.

How can I become Mindful?

Cultivating Mindfulness is the heart of Buddhist meditation. One does this by applying meditation techniques such as calm abiding (Shamatha) meditation and insight (Vipashyana) meditation that help us develop peaceful and positive mental states.

Through meditation, we learn to observe and become aware of our thoughts and emotions that arise and pass, and understand that the nature of these thoughts and emotions are impermanent and changing every moment.

Can I apply mindfulness in daily life?

Anyone can apply mindfulness in their daily activities. This technique can be applied in every aspect of our daily lives, such as while performing household chores, working in the office, or any other activity.

For example, if one is experiencing the feeling of anger or discomfort in any situation, by being aware of the thoughts or emotions associated with this state, one is able to realize the impermanent nature of the state. And by accepting that, one can more easily let go of the unpleasant feelings and change the response driven by the habit of reaction and inattention.

Do I need to be a Buddhist to be mindful?

The Buddhadharma's wisdom is universal and aims at benefiting all sentient beings. The Buddha taught about the root causes of suffering, how to end suffering, and develop right motivation to generate positive mental states, which can be applied by all regardless of their background.

About Us

Byoma Kusuma Buddhadharma Sangha

The Byoma Kusuma Buddhadharma Sangha (BKBDS) was founded in the 1980s under the auspices of Mahayogi Acharya Shridhar Rana Rinpoche (also known as Ratnashri). The Sangha has centers in Kathmandu, Nepal with smaller Sangha branches in Mahendranagar (Nepal), UK, and the USA.

Ratnashri has been in retreat since April 1996 and currently meets with students who have progressed some degree on the practices.

Ratnashri's teachers include H.E. Chobgay Trichen Rinpoche, H.H. Sakya Trizin Rinpoche, H.E. Karma Thinley Rinpoche, Venerable Tulku Urgyen Rinpoche, and Khenzin Rinpoche.

Ratnashri has outlined graduated steps of Buddhist practice that his students follow as they progress along the path. He also advocates combining the synergy of Energy Psychology, Psychotherapy and traditional Buddhist philosophy to expedite mind transformation.

For more information, please visit our website: www.byomakusuma.org.

US – DC Sangha

The center in the DC area has been active since 1997. Regular sessions are held for Dharma practice and discourses and discussions on the various aspects of Buddhist philosophy.

The center offers the following activities that promote self-development and mind transformation:

- basic group meditation sessions
- discussions on Buddhist philosophy
- group therapeutic workshops**
- meditation practices of the graduated series**
- chanting and ritual practices **

**For those who have taken refuge in the Three Jewels – Buddha, Dharma and Sangha.

The sessions are held on a regular basis and are designed to help you understand yourself and guide you to the path of mental peace and happiness.