

OFF TO THE MONASTERY

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Since I will be on the road well before dawn, this will be my last post for almost two weeks. Since most of you won't be at the monastery with me, perhaps you would like to know a little about what happens there. Things start early at Karma Triyana Dharmachakra Monastery with Green Tara (a healing practice) at 5 AM. This means getting up around 4:30 AM. If you aren't up by then you soon will be because the drum, chanting, and the haunting oboe-like Ja-Lings announce the coming of dawn. I am usually up and around before that.

At 7:30 AM there is breakfast. Often Rinpoche joins us and it is nice to be there with him. After breakfast there is personal practice and karma yoga, which is whatever job you have been assigned. Everyone pitches in. Margaret and I run the video cameras that record the teaching. I might try and take some early-morning photographs and I have some other duties as well this year.

The formal teaching is from 10:30 AM until Noon, or thereabouts, at which time this is lunch. After lunch there is time for a walk, some karma yoga, or just a nap. Teachings resume at 3:30 PM and go until 5 PM. At 5 PM there is Mahakala practice, the dharma protectors, until 6 PM, at which time dinner. Lunch is the big meal; dinner a smaller one.

At 7:00 to 8:00 PM there is Chenresik (Avalokiteshvara) and Amitabha Buddha practice. After 8 PM, there often is time to meet and chat in the dining halls, but most of us hit the sack soon after. 4:30 AM rolls around pretty early.

I will post as I can.