



Karma Thegsum Choling Minneapolis
www.ktcmminneapolis.org

How KTC Minneapolis Benefits the Larger Community

Karma Thegsum ChÖling Minneapolis is a teaching institution, a learning institution. We preserve and pass along teachings, rituals, and sequences of spiritual practices developed over hundreds of years in Tibet. These practices are a complex process that facilitates complete maturation of consciousness, a path that is extremely endangered in its native land. It is the only complete, indigenous system of this kind still in existence. The Kagyu lineage that KTC Minneapolis is part of is renowned for the steady stream, generation after generation, of mystics and yogis resulting from its teachers, monasteries, centers and practices.

The bones of what KTC's Sangha members do are: daily meditation in their homes, and group meditation followed by study at KTC every Tuesday evening; sadhana practice early in the morning most Thursdays; one full retreat Saturday a month; pujas each month dedicated to a sadhana that intentionally prevents untimely death, and a sadhana that facilitates optimal end of life transition for any person regardless of spiritual orientation and/or level of proficiency in practice. The sangha also does special practices on holidays such as the First Light lamp offering for peace and sustainability of Earth on our Western New Year's Day, and the celebration of Losar, the Tibetan Lunar New Year.

In the West we now have a lot of robust scientific information on the benefits to the surrounding larger community from a group doing regular meditation within it. All consciousness is connected. As our Sangha practices, and the depth and maturity of their meditations steadily increases, the community around us benefits from this healing, nourishing, protecting activity, which is always dedicated to the relief of suffering for all sentient beings. Financial support for our practitioners and meditation practices adds directly to the dimensions and complexity of what we are able to do for the greater community around us.

Each year students from high school and college classes around the Twin Cities doing projects on Buddhism contact KTC for various kinds of assistance. KTC has senior students who respond to these requests. We also assist teachers preparing materials to present to their classes, provide speakers to schools, churches and other groups who contact us, and provide for people who contact us for assistance with a wide variety of life issues. In addition, we are in partnership with several of the Greater Twin Cities area Community Education programs and with Learning Annex Open U, Inc providing classes in Mind, Thought & Consciousness; and beginning meditation classes in Shamata Meditation.

The main shrine at KTC has lamps offerings with accompanying prayers on it every day, many of them sponsored by non-Buddhists. Prayer lamps have also unequivocally been scientifically proven effective. Cardiologist, Dr Larry Dossey is an excellent source of information on this topic, having written several books on it. We are very happy to do these prayers. Through these lamps and the practices of the KTC Sangha we bring about the manifestation of the most beneficial outcomes by way of our collective consciousness.

KTC Minneapolis is truly nonviolent - no killing, right speech, no sexual misconduct – and is a drug free environment, a sort of an oasis. One thing we see is a steady stream of people in transition. They often are looking for a career path, frequently are in school and are renting the place where they're living. The KTC Sangha is the best possible association in these circumstances, and we need staff. What would be optimal is for some of them to be able to find room and board in our monastery, doing work in exchange for a stipend while they proceed with their path. For this to happen we need a different building.

In 2005 we began a new initiative called *The Way of Death & Rebirth*. We are developing access to complete support for preparation for an excellent death, including the days immediately following it, for Westerners, regardless of religion or belief system of origin. Tibetan Buddhism is the most knowledgeable and complete vehicle currently in existence about what happens with one's consciousness as one dies, and in the transition in the days following death. This is something of extraordinary value that we can offer the larger community around us.

What is mentioned on this page is how having the KTC Sangha in its midst benefits the larger community around us.