

2009 KTC FALL RETREAT with Lama Kathy Wesley

A Practice & Study Retreat Weekend: "Compassion and the Search for the Nature of Mind"

7 PM, Fri., October 16th – Noon, Sun. October 18th

Columbus KTC presents a precious opportunity to intensively study and practice with Lama Kathy Wesley, beloved lama of the Karma Kagyu tradition.

As we learn about the teachings of the Buddha, over and over again we hear it said that "discovering the nature of mind" is part of the path that brings and end to suffering for ourselves and all sentient beings. We also hear it said that Loving-Kindness and Compassion are essential companions for this path. This weekend retreat will review basic teachings on loving-kindness, compassion, and the nature of mind, and will include guided meditations from "The Great Path of Awakening," by Jamgon Kongtrul.



Lama Kathy will offer Refuge Vows and the Bodhisattva Vow on Sunday morning and is available for personal interviews throughout the weekend.

The Bodhisattva Vow

*May I be a guard for all those who are
protector-less,
A guide for those who journey on the road,
For those who wish to go across the water,
May I be a boat, a raft, a bridge.*

*For all those ailing in the world,
Until their every sickness has been healed,
May I myself become for them
The doctor, nurse, the medicine itself.*

*~ from the Bodhisattvacharya Avatara by
Shantideva (700 CE)*

Just the facts

What: 2009 KTC Fall Retreat

When: 7 pm, Friday 10/16/09 – Noon,
Sunday 10/18/09

Where: Glen Helen Outdoor Education
Center, Yellow Springs, Ohio

Cost: \$100 for KTC members, \$120 for non-
members, \$80 for students with ID, 6 work-
study scholarships @\$50 includes meals
(Send PayPal funds or request an emailed
invoice to columbusktc@yahoo.com; or make
checks to **Columbus KTC**)

Registration is required! Space is limited.

More Info: Call Ed Powers at 614-279-6231
before 8 pm or email

edpowers43204@yahoo.com

The annual Fall Retreat, held in an extraordinarily beautiful setting at the peak of autumn foliage, has become a tradition and a highlight of the year for Columbus KTC.

The retreat schedule includes ample time for individual meditation practice and, following the daily schedule of KTD (the home monastery in Woodstock, NY), many opportunities for group sadhana practice as well. All retreatants will be expected to assist with the work of running the retreat. Lodging, meals, teachings, and the shrine will all be in the OEC's Cedar Center, the newest building. The dorms have sturdy bunk beds and full shower and seaparate bathroom facilities in its men's and women's wings.

Deep in the woods, less than an hour from Columbus is Glen Helen Outdoor Education Center, the location for our retreat. It is in the midst of the 1,000-acre Glen Helen Nature Preserve in Yellow Springs, Ohio.

Chock-full of well-marked walking trails, Glen Helen's geological features include valleys carved by glacial melt water, ledges, cascades as well as the uniquely beautiful yellow spring. The yellow spring itself, within an easy stroll of the retreat site, was held to be holy and healing by all the indigenous peoples of the area.

Name _____

Address _____

Phone: _____ e-mail _____ Interview? Y N

Enclose your check* made payable to **COLUMBUS KTC** and send it to: **2007 KTC Spring Retreat, c/o Columbus KTC, 231 S. Grubb St., Columbus, OH 43215-4422.** To reduce costs, confirmation and information will be sent by e-mail wherever possible.

* Those seeking a work-study scholarship need prior approval from Ed Powers and will be assigned duties at the retreat.