



L'hundrup Chöling

SUGGESTED DONATIONS --MEMBERSHIP AND ACTIVITIES

MEMBERSHIP

L'hundrup Choling relies on members to cover ongoing expenses - including rent for the center. Monthly donations make it possible to keep the center open and active. Even the highest level of support (Garuda) is no more than the price of a few lattes. Friends of all members are welcome for the first time to any class, tsok, or retreat session free..

Tiger- \$30/month (\$1/Day)

Unlimited online audio classes + 5% discount on retreats

Snow Lion- \$50/month (Less than \$2/day)

4 classes a month + unlimited online audio classes + 5% discount on retreats

A good way to try out L'hundrup Choling and see what works for you.

You can mix and match any four each month.

Dragon- \$100/month (A little more than \$3/day)

Unlimited classes + unlimited online audio classes + 10% discount on retreats

There's something happening at L'hundrup Choling practically every day of the week. If you are attending one or two ongoing classes, you might consider this category.

Garuda- \$300/month (\$10/day - or more is you are so moved)

Unlimited classes + unlimited online audio classes + unlimited tsoks

+ 20% discount on retreats

Can you be a jindak? Historically the dharma has always relied on a few key individuals who can support the work of the lama at a high level. If you are one of the rare people who have the ability, please consider giving in this way. All offerings are tax deductible, so one-time annual donations are also a great way to show your support.

It's never easy to ask for support, but since this is how the Dharma has flourished since the time of the Buddha it is important to bring this up. Every offering given freely with the aspiration to benefit beings has enormous impact on both their lives and your own.



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ACTIVITIES

Classes- \$20 per class

Classes are 2 hours long and include prayer books, translated from the Tibetan by Khenpo Sonam, and handouts to augment the practices. In the past these have included mandalas and charts on deities, mantras and mudras, created by Khenpo to specifically illustrate and clarify class instruction. This tuition makes available some of the highest and rarest of tantric teachings to Westerners for the first time.

Tsok - \$10 per session

Tsok or Ganachakra is a sacred feast offering that is done twice a month, on Guru Rinpoche Day (10th day of the Lunar month) and Dakini Day (25th day). An intrinsic part of the Nyingma practice, it is the swiftest way to purify samaya and gain merit

Sunday meditation - Free

An ongoing practice including breathing and deity yoga instruction. After meditation, please stay for tea with Khenpo Sonam and the sangha. All are welcome.

PATRONAGE

SPONSOR PRACTICE

Tsok \$250

Fire Puja \$500

Retreat- variable depending on the duration and complexity of the topic

SPONSOR PUBLICATIONS

Translation \$10-\$15 per page depending on length

Printing \$5 per page

SPONSOR SUPPLIES

Candles

Paper towels/napkins for Tsoks

Printing paper

Cartridge toner

WORK-IN-KIND

No one is turned away for lack of funds. Many of us face financial difficulties, especially in challenging times such as these. If this is the case for you, please consider volunteering your time and talents in lieu of making monetary or material donations.

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