

## **Housing, transportation and additional programs**

### **The Venerable Khenpo Tsultrim Gyamtso Rinpoche**

#### **Mahamudra: Clarifying the Natural State**

**Mahamudra Teachings:** In previous years, Rinpoche has presented progressive teachings on Mahamudra and Dzogchen in Seattle. This year he will teach fourteen restricted sessions on **Clarifying the Natural State**, a profound Mahamudra meditation manual by the 16th century Tibetan master Dakpo Tashi Namgyal. As a prerequisite for this series of teachings, participants must have thoroughly studied the Progressive Stages of Meditation on Emptiness, or have completed ngondro. It is highly advisable for those attending the mahamudra teachings to also attend the public teachings. A course of five talks on the Progressive Stages of Meditation on Emptiness will be taught by Jim Scott, one of Khenpo Rinpoche's translators and senior students, at Nalanda West Sept 11 & 12. More information on Jim Scott's program will be included in a second email message.

**Public teachings:** Rinpoche will also teach six sessions on Maitreya's **Distinguishing Phenomena and Pure Being**. In this text, Maitreya gives concise and profound descriptions of the view of the Great Middle Way Shentong school and how to cultivate that view in meditation. This is an invaluable guide for all those who want to grow in their understanding of Buddha Nature and the meditation practices of Mahamudra and Dzogchen.

**Nov. 5-Nov 14, 2004**

Cosponsored by Nalandabodhi and Kagyu Shenpen Osel Choling, with assistance provided by the Karma Kagyu Study Group of Seattle and the Seattle Shambhala Center .

**The teachings will be given at Nalanda West 3902 Woodland Park Ave. North, Seattle, WA 98103**

#### **Housing Information**

Nalanda West does not have on-site housing for participants, however we have two recommendations for low cost housing at two motels: Extended Stay America and the Marco Polo Motel. Though we are not organizing the housing placements, we have arranged a discount for Nalanda West participants, who should contact the motels directly to make their arrangements and ask for the Nalanda West discount. If you are interested in housing options, review the detailed housing information below. One of the nearby motels used last year, the Casabel, is no longer in business.

#### **Housing Recommendations**

##### **Extended Stay America**

13300 Stone Ave.  
Seattle, WA 98133  
Ph: 206-365-8100  
Fax: 206-365-8110

(one block east of Aurora Ave. N  
and 92 blocks N. of the Marco Polo Motel)

##### **Marco Polo Motel**

4114 Aurora Ave. N.  
Seattle, WA 98103  
Ph: 206-633-4090  
Fax: 206-633-2543

## Extended Stay America

Extended Stay America is a new, three-story facility (approx 1 year old) located one block east of Aurora Ave (Hwy 99) at 133rd St. This is 6 miles north of Nalanda West. This facility can easily accommodate all program participants with its 130+ rooms, in different configurations. Additionally, there is an onsite laundry with 4 washing machines and 6 dryers. Ironing boards and irons may be borrowed from the front desk. Housekeeping occurs once per week. It is quieter as it is away from the traffic.

### Room Description

Each room is set-up as a small studio apartment of approximately 300 square feet. The sleeping area has one or two beds, small desk, small dining table, two phone lines (one for a computer), & cable TV. There is one bath and a complete kitchen. The kitchen area has full-size refrigerator, stove, built-in microwave, and is fully supplied with dishes, flatware, pots & pans, and coffee maker. See <http://online.travels-web.com/hotel/10005126-112972120.html>

### Cost

Extended Stay is very affordable and compares in cost with the most inexpensive motels adjacent to Nalanda West, while being much superior in its accommodations.

Program participants will receive the weekly rate for all the days of their stay. Rates (including tax) are:

1 Queen - 1 person:	48.72/day
1 Queen - 2 persons or couple	52.12/day (for 2 persons, per person rate = 26.08/day)
2 Queens - 2 persons	57.86/day (per person = 28.93/day)
2 Queens - 3 persons	57.86/day (per person = 19.29/day)
2 Queens - 4 persons	57.86/day (per person = 14.47/day)

More than 4 person: While only 2 person per bed are allowed, if there is a group that wants to reduce costs further by having one or two persons sleep on the floor in sleeping bags, this will be allowed. They will provide extra blankets and pillows as able, but they do not have extra mattresses.

### Booking Policy

The Staff of the Extended Stay have managed the stays of many large groups at the facility. NOTE: Do not call Nalandabodhi for bookings. The Front Desk will handle all bookings directly with the program participants. Each person calls the Front Desk, gives as booking reference the group name (i.e. Nalanda West Group), requests the type of room desired, provides the names of other persons in the room, and then, using their own credit card, they reserve their room.

The rooms for Nalanda West participants will be clustered together, though they will not be all on one floor. They told us that groups in the past have set up chair and tables in the hallways, and even put on buffets for their groups. The hotel is very accommodating of groups and understands their dynamics!

### Transportation

Nalanda West will not be providing private van service to and from Extended Stay America, So the options for transportation to and from Nalanda West will be 1) by personal or rental vehicle and 2) by city bus.

### City Bus

The Metro bus stop is 0.2 mile from Extended Stay on Aurora Ave N and N. 135 St where one catches the [#358] bus to Nalanda West. The bus travels approx 4.3 miles south where one gets off at Aurora Ave N and N. 46<sup>th</sup> St. From there it is a 0.6 mile walk to Nalanda West. Return pathways are the same. The bus runs every 10 minutes, 15 minutes, or 20 minutes, from 4:35 AM to after midnight (on Sat-Sun it starts about an hour later). Fare is \$1.25 or \$1.50 (peak hours).

### The Marco Polo

The Marco Polo Motel, located just 4 blocks from Nalanda West, is another option for participants. It has the advantage of being within walking distance (0.3 miles, exactly mid-point between Nalanda West and the bus on N. 46<sup>th</sup> St.). The rooms are clean, and have small refrigerators and TV's. The rooms are typical of roadside motels. As it is located on Aurora Ave. [Highway 99], it has the disadvantage of a certain level of noise from highway traffic, even at night. They have a total of 19 nonsmoking rooms, in a combination of singles and doubles, and a similar number of smoking rooms. Rates at the Marco Polo (ask about the weekly rate for the full time of your stay):

Single	42/day
Double	59/ day

Note: At a 10 day program in June, a number of participants complained that the service is less than ideal at the Marco Polo – that the bathrooms were not cleaned very often and the washing machine was out of order. Nalanda West staff may be able to address these issues with the Marco Polo management.

### Housing Assistance

If you are interested in one of the housing options and would like help sharing a rental, provide the following information after reviewing the housing recommendations below. A Nalanda West volunteer will attempt to connect those wanting to share rentals, however our assistance for shared rentals will be limited to connecting two people who want to share a room. If you are part of a group attending the program and wish to reduce costs, you may want to contact the motels for 3+ room sharing.

#### Shared Housing Assistance information:

Your Gender\_\_\_\_\_. Preferred housing location (ESA or Marco Polo)\_\_\_\_\_. Your in-town transportation\_\_\_\_\_ (driving your car, walking, bus). Any special considerations \_\_\_\_\_ (smoker, snoring, etc). Seattle arrival date and time \_\_\_\_\_. Seattle departure date and time \_\_\_\_\_. Traveling by \_\_\_\_\_ (Air, car). Provide your email (preferred) or phone for contact\_\_\_\_\_.

## NOTE REGARDING TWO SEPT 2004 PROGRAMS AT NALANDA WEST

(See our website [www.nalandabodhi.org](http://www.nalandabodhi.org) for details and registration)

### Three "Friday Evening Talks" with The Dzogchen Ponlop Rinpoche

**Nalanda West - Sept 3, 10 & 17, 2004**

Registration at the door 6:30, Meditation 7pm, Teaching 7:30

Single Talks: Public \$15; Nalanda West/Nalandabodhi Members \$12

The Dzogchen Ponlop Rinpoche, teaching with warmth and humor, skillfully articulates the heart essence of the Buddha's teachings - the discovery of wisdom and compassion in our immediate experience of life and being in the world.

### The Progressive Stages Of Meditation On Emptiness & the Songs of Milarepa With Jim Scott

**Nalanda West Sat., Sept. 11 & 12**

**Sept 11:** Registration @ 9am. (meditation begins 30 minutes before each talk).

**Talk 1:** 10am - 12 Noon      **Talk 2** 3:00 - 5:00 pm      **Talk 3:** 7:30 - 9:30 pm

**Sept 12: Talk 4:** 10 am - 12 Noon      **Talk 5:** 3:00 - 5:00 pm

Full Program: Public \$75; Nalanda West/Nalandabodhi Members \$60

Single talks: \$15

This program provides an opportunity to thoroughly study *The Progressive Stages of Meditation on Emptiness*, by Khenpo Tsultrim Gyamtso Rinpoche, with one of Rinpoche's senior students, and will fulfill the study prerequisite for Rinpoche's restricted November program in Seattle on Mahamudra. Jim Scott, who has been a student and translator for Khenpo Rinpoche for over 25 years, is well known for both his translation work and his musical compositions of the songs of Milarepa. He lives in Denmark, where he founded a Buddhist society inspired by both the 16th Karmapa and Kalu Rinpoche, and he teaches annually at Pullahari Monastery in Nepal, and in Europe and the USA. He recently published a translation of Maitreya's Distinguishing Phenomena and Pure Being (Snow Lion, 2004), which is the basis of many of Khenpo Rinpoche's talks during his 2004 teaching tour.

### Registration and payment for The Progressive Stages Of Meditation On Emptiness

Pre-registration is encouraged. You can mail, fax, or email <[JSregistration04@nalandabodhi.org](mailto:JSregistration04@nalandabodhi.org)> your registration form (below). Registration and payment at the door will also be available.

To mail payment, print, fill-in, and return the registration form below. A hand written form may be substituted; however it needs to specify the registration and payment options. If you include an email address, your registration will be confirmed.

If you want to use a credit card, you can include your credit card information on the registration form and email it to [rfors@nalandabodhi.org](mailto:rfors@nalandabodhi.org), or fax it to 206-529-0558. Credit card payment requires name on card, type of card (Visa or Mastercard only), card number, amount charged and expiration date.

### Registration Form

Return with your check made out to Nalandabodhi in US Dollars to:

Nalandabodhi - Jim Scott 04 Program  
3902 Woodland Park Ave North  
Seattle, WA 98103  
USA

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

\_\_\_ Public Registration \$75

\_\_\_ Nalanda West/Nalandabodhi member \$60

Total sum enclosed: \$\_\_\_\_\_. Please remember to include your check and to keep a record of this payment.

Credit card information:

Name \_\_\_\_\_ Amount \_\_\_\_\_ Name on Card \_\_\_\_\_

Type of Card (Visa or Mastercard) \_\_\_\_\_ Card Number \_\_\_\_\_

Expiration date \_\_\_\_\_

**Contact Information:** To contact the registrar directly (email communication preferred):

[JSregistration04@nalandabodhi.org](mailto:JSregistration04@nalandabodhi.org). Phone messages can also be left at (206) 525-6925, however this is less reliable.