

# **Pema in Colorado Event Guide**

**July 11, 2017 at Phüntsook Chöling**

Phüntsook Chöling  
45640 Highway 72  
Ward, Colorado

Questions can be directed to:  
[msbsecretary@mangalashribhuti.org](mailto:msbsecretary@mangalashribhuti.org)

Phüntsook Chöling is located north-east of Boulder, Colorado, along the scenic Peak to Peak Highway near the continental divide in the stunning Rocky Mountains. It is about a 45-minute drive from either Boulder or Longmont and roughly two hours from Denver. There is no cell phone service within a 10-mile radius of the center.

## **FAQ**

### **HOW DO I GET TO THE EVENT SITE?**

There is no public transportation to the event site, Phüntsook Chöling. Detailed driving directions to the event are available at this page:

[http://www.pemaincolorado.com/uploads/1/0/1/8/101815070/pc\\_directions-jk.pdf](http://www.pemaincolorado.com/uploads/1/0/1/8/101815070/pc_directions-jk.pdf)

### **WHERE WILL I PARK?**

The parking area is a few hundred feet from the main shrine hall. There will be parking attendants on site to help direct you to the parking area.

The terrain is rocky and the elevation is over 9000 feet. There are steep stairs and gravel pathways. Sturdy walking shoes are essential in the summer.

### **WHAT IF I HAVE SPEEDS NEEDS SUCH AS LIMITED MOBILITY OR HEARING IMPAIRMENT?**

Phüntsook Chöling is accessible to individuals with mobility impairments or other disabilities. Please contact us if you have any special needs, regarding any questions or concerns you might have.

## **CAN I STAY FOR THE AFTERNOON TALK WITH DZIGAR KONGTRUL?**

We warmly invite you to stay for the afternoon talk. Please visit the NSS event page for more information about purchasing a ticket for the afternoon event:

[http://www.msbstore.org/index.php?route=product/product&path=64\\_106&product\\_id=51](http://www.msbstore.org/index.php?route=product/product&path=64_106&product_id=51)

## **WHAT ABOUT ACCOMMODATIONS?**

Phüntsook Chöling has no accommodations, but there are various places to stay in the area. A number of towns, from 15 to 45 minutes away, offer accommodations. Nederland is the closest and both Boulder and Longmont offer a variety of hotel and motel options.

Visit our NSS accommodations page here for more details: <http://www.mangalashribhuti.org/nss-accommodations-list>

The Boulder International Hostel is an affordable lodging option. It is located near the University of Colorado in Boulder at 1107 12th Street. Further information can be found at [www.boulderinternationalhostel.com](http://www.boulderinternationalhostel.com) or by calling 303-442-0522.

Nederland is a small community about 20 minutes from Phüntsook Chöling. Lodging information can be found at [www.nederlandchamber.org](http://www.nederlandchamber.org).

If you need more support sorting out accommodations, please contact our Hospitality Coordinator, Wassilissa Agasto. [hospitality\\_pc@mangalashribhuti.org](mailto:hospitality_pc@mangalashribhuti.org)

## **ARE THERE CAMPING OPTIONS?**

Due to the delicate nature of the environment, camping is not permitted at Phüntsook Chöling. This includes campers, RVs and car camping. However, we are located near the Roosevelt National Forest which offers campgrounds. Campsites may be reserved from Memorial Day to Labor Day. Reservations can be made at [www.recreation.gov](http://www.recreation.gov). Some campsites are available on a first-come, first served basis. Information on the following campgrounds as well as National Forest rules and regulations and fire restrictions can be found at [www.fs.fed.us/arnf](http://www.fs.fed.us/arnf).

- Peaceful Valley Campground (off Colorado Highway 72 at mile-marker 50, approximately 19 miles north of Nederland); <http://www.fs.fed.us/r2/arnf/recreation/camping-picnicking/developed/brd/peacefulvalley.shtml>
- Pawnee Campground (off of Colorado Highway 72 at Brainard Lake Road (aka Country Road 102, Forest Service Road 112), just north of Ward; <http://www.fs.fed.us/r2/arnf/recreation/camping-picnicking/developed/brd/pawnee.shtml>
- Kelly Dahl Campground (Colorado Highway 119 at mile-marker 22, about 4 miles south of Nederland and 2 miles north of Rollinsville)
- Camp Dick Campground (one mile west of Colorado Highway 72, at mile-marker 50, approximately 19 miles north of Nederland and 20 miles south of Estes Park); <http://www.fs.fed.us/r2/arnf/recreation/camping-picnicking/developed/brd/campdick.shtml>

## **IS THERE CHILDCARE AVAILABLE?**

Limited childcare is available for the programs at Phüntsook Chöling. Please contact the Childcare Coordinator, Kristin Lhatso at [kristintintin108@gmail.com](mailto:kristintintin108@gmail.com) in advance of the program for further information. It is preferable to make childcare requests at least one month in advance.

## **WILL THERE BE FOOD AVAILABLE?**

Participants may bring prepared lunches in an insulated lunch sack or may purchase lunch in advance: \$14/lunch. Full details here: [http://www.msbstore.org/index.php?route=product/product&product\\_id=257](http://www.msbstore.org/index.php?route=product/product&product_id=257).

A coffee and tea station is provided for participants. There are also snacks available for purchase at our on-store.

## **WHAT IS THE WEATHER LIKE IN JULY?**

The fair weather in the Boulder area is one of its attractions—often mild, sunny and dry throughout the year. Though we're only forty-five minutes from Boulder, the mountain weather at PhüntsoK Chöling is much less predictable, because of the dramatic elevation change. This is likely to produce a much greater variability in temperature (especially at night), and in precipitation. Although the last few years have been technically a drought period, rain or an afternoon thunderstorm are frequent possibilities during the summer, and snow is likely anywhere from September through April. Nights and early mornings can be chilly at any time of year at PhüntsoK Chöling, so it's always useful to have something warm for layering. The sun can be intense at all times of the year, and, at higher elevations, because the atmosphere is thinned, sunscreen protection is especially important.

The altitude at PhüntsoK Chöling is roughly 9,000 feet. For comparison, Boulder is 5,430 feet and Denver is 5,280 feet. If you live at a location near sea level (e.g. Los Angeles, New York, Atlanta, St. Louis), you are likely to experience some noticeable physical effects from the higher elevation. Please expect these, so you won't be overly concerned. Most people will have some shortness of breath, especially with any exertion (climbing stairs; carrying luggage); and some people report feeling headaches or upset stomach for the first day or two after arriving. Sleeping may also be fitful or interrupted. The acclimation period varies from one person to the next, but for most people, their discomfort is limited to the first 36 hours, though you still may get winded easily for much longer. Some travelers may prefer to spend an extra day or two in Denver or Boulder in order to make the transition more smoothly. Many of the effects of altitude change are due to relative dehydration because of the drier climate and the body's adjustment mechanisms. Please keep in mind that much of the acclimation process can be accelerated by drinking plenty of water—more than you may be accustomed to drinking. In fact, some travelers avert much of the initial discomfort by drinking plenty of water prior to and during the day of travel, and arrive very well-hydrated.

## **WHAT SHOULD I BRING ?**

- Notebook, pens
- Personal water bottle
- Food for lunch, snacks
- Sunglasses, sunhat, sunscreen, insect repellent
- Clothing that you can layer (average summer temperatures are between 43-86° F, average winter temperatures 11-37° F)
- Shawl/blanket (cool in mornings/evenings)
- Rain poncho/small folding umbrella
- Katag (prayer scarf) and envelope for final day's teacher offering
- Walking shoes or sandals that can easily be taken on and off (shoes are not permitted in the shrine room)
- Chairs are provided at this event.

## **WHAT SHOULD I KEEP AT HOME?**

- Pets
- Firearms or other weapons
- Illegal drugs/alcohol

## SHRINE ROOM ETTIQUETTE

In the summer, teachings are held outdoors in our large shrine tent. During other programs, teaching and practice are held indoors in the center's shrine room. A shrine room is a sacred space in which we connect with the Three Jewels (the Buddha, the Dharma and the Sangha), hear the teachings and ultimately connect with our own enlightened nature. The following are guidelines that help us remain mindful and respectful of the precious opportunity we have to hear the teachings and study and practice the Dharma.

- Please remove your shoes before entering the shrine room and place them on the designated shoe racks. Personal belongings (lunches, backpacks, coats, etc.) also should be left in the designated area.
- When entering and leaving the shrine room it is customary to offer a gesture of respect. This can be done by placing your palms together at your heart and bowing slightly.
- Conversation should be kept to a minimum in and around the shrine room. During breaks and lunch, people often practice or study in the shrine room.
- Turn off all cell phones and watch alarms.
- Dress appropriately. Revealing clothing such as halter tops and shorts are not appropriate attire. Hats should be removed before entering the shrine room.
- Chant books, texts, liturgies, sacred images should be treated with respect. Do not place them directly on the floor or step over them.
- It is considered disrespectful to point one's feet at the shrine, a sacred image, or towards the teacher. Likewise, one never lies down in the shrine

room. During long teachings, one can become uncomfortable. It is okay to adjust your posture, but not go into a complete slouch, recline or point your legs at the shrine or the Dharma teacher.

- When the Dharma teacher enters or leaves the shrine room, one should stand with one's palms together at one's heart and with head bent respectively.
- After the Dharma teacher is seated, it is customary to offer three prostrations to show respect. The teacher embodies the essence of all Buddhas throughout the three times. He is the union of the Three Jewels: his body is the Sangha, his speech the Dharma, his mind the Buddha—from Patrul Rinpoche's Words of My Perfect Teacher.
- Please remain in the shrine room during meditation/practice sessions and talks. Please do not enter the shrine room once meditation has begun. You may sit quietly in the post-meditation area until the session has ended. Should you need to leave during a session, please do so quietly so as not to disturb others.
- Please hold questions until the teaching is completed. The Dharma teacher usually allows ample time for questions and answers and will invite questions.
- When the teaching/practice session is over, please let the Dharma teacher leave the shrine room first. After the Dharma teacher leaves, please wait until the person making announcements finishes before leaving.

## **FURTHER QUESTIONS**

If you have specific needs or questions that have not been answered in these information pages, please contact the Event Coordinator, Moni Banerjee-Lauritzen ([mbsbsecretary@mangalashribhuti.org](mailto:mbsbsecretary@mangalashribhuti.org)).

# General Safety Messages

## Emergency contact information

In case of emergency, please write the name and phone number of your emergency contact on the back of your nametag.

## Weather event protocols

Afternoon thunderstorms are common in July in the mountains of Colorado. There may be occasions in which we need to postpone or cancel a talk due to weather. A plan is in place to monitor the weather and if it becomes necessary to postpone or cancel a talk, an announcement will be made prior to the talk. If an unexpected storm or change of weather occurs that requires evacuation from the tent during a talk, an announcement will be made and staff will assist in the evacuation to the main shrine building.

*Scenario if weather is predicted to move in prior to start of talk:*

- 1) If the decision is made to postpone a talk, attendees should find shelter in one of the locations below (capacity):
  - Main shrine room (75)
  - PMH (75). - Rest in cabin
- 2) Parents with children in child care should meet their children in the cabin.
- 3) Support personnel will help guide you to the area that is not full.

*Scenario if weather moves in that is not predicted:*

- 1) Please remain calm and await instructions.
- 2) We will either try to move all attendees to a shelter (please leave your possessions/cushions, etc) or we will just wait for the storm to pass with all of the electrical equipment turned off.
- 3) Chairs, cushions and attendees should move away from any tent pole.

## Water and hand washing stations

Drinking water is available in the tent, Lotus yurt and dining area. Please bring a reusable water bottle and stay hydrated. Hand washing stations are provided outside the outhouse.

## First aid station locations

Basic first aid supplies are available in the event of a minor injury. Please see the hospitality team if you need help.

## Fire safety

July is generally warm and dry and marks the start of the fire season in Colorado. Any match, lighter or open flame can spark a fire. Please be aware of this potential and let a staff person know if you see smoke or flames on or near the property.