

KURUKULLA CENTER for Tibetan Buddhist Studies

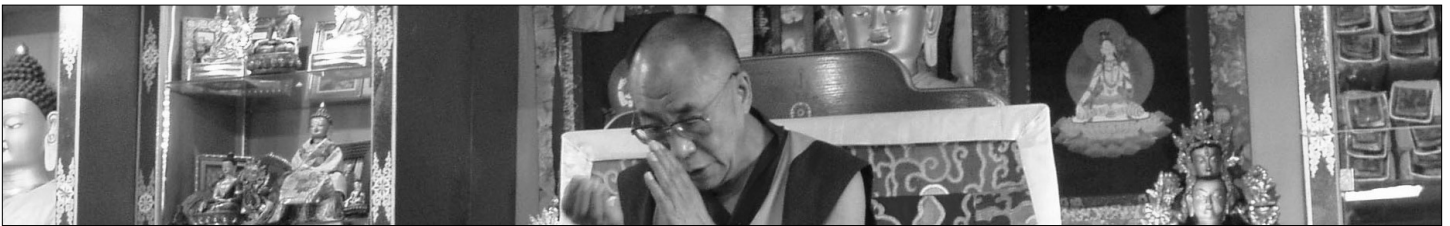
Want to receive reminders of Kurukulla Center events by email? Sign up for the Kurukulla Center email list at kurukulla.org.



Calendar

September–November 2004

Contact Kurukulla Center:
68 Magoun Ave, Medford MA 02155
Tel: (617) 624-0177
Email: program@kurukulla.org
www.kurukulla.org



Anniversary of His Holiness the Dalai Lama's Visit

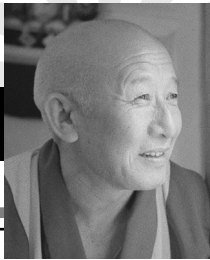
Lunch in the garden

September 12, 12:30–2:30 p.m.

Please join us as we celebrate the one-year anniversary of the unbelievable visit of His Holiness to Kurukulla Center. We would like to offer lunch to members and friends to give an opportunity to reminisce about that amazing day one year ago.

We need to know how many to cater for so please let us know if you're coming by sending an email to program@kurukulla.org by September 7. Thank you!

P.S. The DVD of His Holiness's visit is now available in the bookstore for \$10.



THE BASIC PROGRAM WITH GESHE TSULGA

Way of the Bodhisattva

Wednesdays 7–9 p.m.

September 1, 8, 15, 22 & 29

October 6, 13, 20 & 27

November 3

Sundays 10 a.m.–12 Noon

September 12 & 26

October 3, 17, 24 & 31

November 28

The Guide to the Bodhisattva's Way of Life is a training manual for spiritual aspirants. Although it covers the entire Mahayana Buddhist teachings, its advice on altruistic love is universal, transcending the boundaries of any one religion. Combining poetic beauty with keen insights and advice, this text is a favorite among contemporary prac-

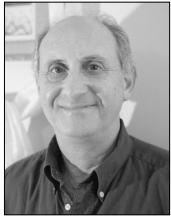
tioners. This fall Geshe Tsulga will cover chapter 8, which deals with concentration, a skill necessary to perfect in order to succeed at any endeavor, spiritual or worldly. Geshe-la will explain why concentration is so crucial, how we develop it and the obstacles that prevent us from abiding in the calm of a focused mind.

This class will meet on both Wednesday nights and Sunday mornings. The classes are not a repetition of each other but are successive. *Requested donation:* nonmembers \$10 per session; members free.

VENERABLE GESHE TSULGA was born in 1939 in Kham, Tibet, and entered the monastery at age seven. He went into exile in India in 1959 after the Chinese Communist occupation in his country and helped rebuild his monastery, Sera Je, in Bylakuppe, South India, where he received the highest degree of Geshe Lharampa. He has been teaching in Boston at Kurukulla Center since 1993.

THE BASIC PROGRAM is a study program of the great classics of Indian and Tibetan Buddhism. It includes classes with Geshe Tsulga, readings, homework, exams, and daily meditations in order to lead students to a profound understanding of Buddhism.

DISCOVERING BUDDHISM



Introduction to Tantra: The Vajrayana

Dr. Nick Ribush

Thursdays 7–9 p.m.

September 16 & 30 ° October 7, 14 & 28 ° November 4

The *Vajrayana*, or tantric path, is the crown jewel of Tibetan Buddhism, the quick path to enlightenment. Even though we tend to think, “Yes, I want the best, the fastest,” do we know what tantra is? Do we know what entering this vehicle entails? Are we ready for tantra? Since the great lama Choden Rinpoche is coming to Kurukulla Center this fall to confer the Yamantaka empowerment, a highest yoga tantra, we need to know the answers to these questions.

In this course we will look at where tantra fits into Buddha’s path to enlightenment, the four classes of tantra, the importance of the guru, the actual initiation or empowerment, tantric vows, deity yoga, sadhana practice and other essential aspects of the Vajrayana.

DR. NICK RIBUSH is the founding director of Kurukulla Center and currently directs the Lama Yeshe Wisdom Archive. He has been studying and practicing Buddhism and editing Buddhist books for more than thirty years and was a monk between 1974 and 1986. His teachings are full of clarity, insight, and humor.

Preregistration required. Email Debra: program@kurukulla.org.

Requested donation: \$50 for nonmembers; members free.

FOR BEGINNERS



Buddhism in a Nutshell

Ven. Tsunma-la

Mondays 7–8:30 p.m.

SERIES 1: SEPT 13 & 27: WHAT IS BUDDHISM AND WHO IS THE BUDDHA?

SERIES 2: OCT 18 & 25: OBSTACLES ENCOUNTERED BY NEWCOMERS TO BUDDHISM

Designed for newcomers, this introductory course covers basic concepts in Buddhism with an emphasis on the Tibetan Mahayana Buddhist tradition. This is a great place to begin one’s exploration of Buddhism in a relaxed setting. It is possible to attend one or both series as a different subject is taught in each class.

VEN. TSUNMA-LA (Sue Macy) has been attending Kurukulla Center since 1996. She was ordained in 2002.

Requested Donation: \$10 per session, members free.

SPECIAL CLASSES

Buddhism in Contemporary Life

Ven. Tsunma-la ° Sunday, October 10, 10 a.m.–Noon

Buddhism is over 2,500 years old, yet today many are turning to it as a viable source of guidance for their lives. How applicable is this ancient tradition to our contemporary situation? Can our scientific, materialistic mindset accept notions of rebirth, karma, and the mind as separate from the body? Tsunma-la addresses these questions and relates experiences from her own life.

Requested Donation: \$10; members free.



Foundation of Good Qualities

Geshe Ngawang

Sunday, September 19, 10 a.m.–Noon

Visiting teacher Geshe Ngawang will begin his explanation of this condensed lamrim text, composed by Lama Tsongkhapa, that contains the entire path to enlightenment.

GESHE NGAWANG was a student of Geshe Tsulga at Sera Je Monastery in India, and is also a holder of a Geshe degree in Buddhist philosophy. Residing in Vermont where he studies English, Geshe Ngawang is an occasional and cherished visitor to Kurukulla Center.

Requested Donation: \$10; members free.

GROUP PRACTICES

Sutra of Golden Light Recitation

Sunday, September 5, 10 a.m.–1 p.m.

Considered the king of sutras, we will recite this sutra as a group as requested by Lama Zopa Rinpoche, the spiritual director of Kurukulla Center. We will dedicate the benefits of our practice to world peace and the immediate end to all conflict and violence, particularly in Iraq. *By donation of any amount.*

Thirty-five Buddhas Practice

Sundays 9–9:45 a.m. ° Sept 26, Oct 17, & Nov 28

This is a powerful purification meditation that involves making many prostrations. Geshela often encourages us to perform prostrations daily so that we bring essential Dharma practice into each day of our lives. These sessions, led by senior students, are a great way of learning by doing.

Pujas & Precepts

See calendar for dates.



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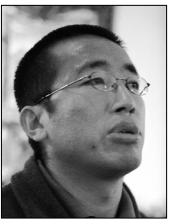
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Fall Work Days and
 Leaf Raking!
 Sundays 1–3 p.m.
 October 17 & 31, November 28

Kurukulla Center is a 501(c)3 nonprofit organization affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT) and under the spiritual direction of Lama Thubten Zopa Rinpoche.

Tibetan Language 101



Damchoe-la
Saturdays 2–4 p.m.

September 11, 18 & 25
 October 2, 16, 23 & 30
 November 6

Have you ever wished you could read Tibetan? Then here is your chance to begin to learn. Kurukulla Center translator Damchoe will instruct us in the fundamentals of the Tibetan alphabet and how to read and pronounce words. This class will lay the foundation for being able to read Tibetan texts in the future. Even a rudimentary understanding of the basics of Tibetan language can enrich our Dharma understanding. No prior experience necessary.

DAMCHOE TSERING LAMA has been Geshela's translator for more than five years and was a monk for more than twenty years. Please preregister at program@kurukulla.org. If there is interest, a follow-on course will run in the Spring. Eight-week course cost: nonmembers \$90; members \$50; due in full at the first class.

Yoga & Meditation



Wendy Cook
Tuesdays 7–8:45 p.m.

September 7, 14 & 28
 October 5, 12 & 26
 November 2, 9 & 30

Yoga postures came about so that yogis would have strong healthy bodies in order to meditate. These classes include therapeutic movements, stronger standing postures, back strengthening postures and hip openers. The last twenty-five minutes are spent in guided meditation, including stabilizing our minds on breath awareness and using visualization and analytical techniques to enhance our meditation experience.

WENDY COOK is the director of Kurukulla Center and has been practicing yoga and meditation for more than fifteen years. Questions? Email director@kurukulla.org. \$34 for 4 classes or \$10 per class.