

NAMGYAL MONASTERY INSTITUTE OF BUDDHIST STUDIES

412 North Aurora Street, Ithaca, NY 14850 Phone: (607) 273-0739 Fax: (607) 256-5132
Email: office@namgyal.org Web: www.namgyal.org



FALL SEMESTER CLASS SCHEDULE

September 7 – December 10, 2009

Break from Classes: October 19 – 30

Open House to introduce the Fall Class Schedule: Thurs., Sept. 3rd at 7:00 pm

Full-Time Tuition: Full-time tuition is \$1,200, which includes access to all courses offered, including Tibetan language instruction. Full-time students are also granted access to two weekend intensives throughout the Fall 2009 semester (excludes special programming). Payment schedules can be arranged with the Administrator prior to the beginning of each session.

Senior-Citizen Discount: A discount of 15% will be granted to seniors (age 65 or older), applicable to full-time tuition, and tuition for individual classes.

INTRODUCTION TO HIGHEST YOGA TANTRA

Meets: Mondays, 6:30 pm – 7:50 pm

Instructor: Venerable Thupten Woser *Translator:* Palden Oshoe

Prerequisites: None – This course is most suitable for intermediate level students but is open to everyone

Required reading: *Highest Yoga Tantra* by Daniel Cozort and the tantra chapter of *Introduction to Tibetan Buddhism* by John Powers

Tuition: \$250.00 for semester (payable in full or in two \$125.00 installments)

This course will quickly introduce students to the four main types of tantra in Tibet – Action Tantra, Performance Tantra, Yoga Tantra, and Highest Yoga Tantra – and then will focus specifically on the latter. Students will learn the distinction between sutra and tantra, the practices that are common to both, prerequisites for tantric practice, the nature of initiation, the two fundamental divisions in Highest Yoga Tantra – the generation and completion stages – and a little bit about the specific practices found within Highest Yoga Tantra, such as Guhyasamaja, Chakrasamvara, Yamantaka, and Kalachakra. These practices fall within the divisions of father tantras, mother tantras, and non-dual tantras. Because tantric practices are sometimes misunderstood, students should remain mindful of the principle aspects of the path to enlightenment (renunciation, altruistic aspiration, and the Buddhist right view). This course is appropriate for students with a good background of study and especially for those who are seriously considering taking initiation into a Highest Yoga Tantra practice or who have already taken a Highest Yoga Tantra initiation.

THE TWO TRUTHS (A Six-Week Course: September 8 – October 13)

Meets: Tuesdays, 6:30 pm – 7:50 pm

Instructor: Venerable Lobsang Tashi *Translator:* Palden Oshoe

Prerequisites: None – This course is very suitable for serious beginners, intermediate, and advanced students

Required reading: *Appearance and Reality* by Guy Newland

Tuition: \$125.00 for six-week course

When someone seeks to understand Buddhism, where should that person start? With the meaning of taking refuge in the three jewels? With the four noble truths? The Dalai Lama, when asked this question, suggested that for many in the West today, understanding the two truths, conventional truth and ultimate truth, is the best place to start. When the Buddha awoke from the dream we still dream,

he saw the ultimate reality of things just as they are. There are shifting appearances and conventions, the manners and traditions of the vast and diverse world; and then there is the mystery of the sheer reality of things. And yet we cannot find this reality anywhere else but right here. Each system of Buddhist philosophy has its own way of explaining exactly what these two truths are and how they relate to one another. In exploring these systems, we are looking over the shoulders of Buddhist thinkers as they grapple with a basic question: What is real? This is not an idle intellectual exercise, but a matter which cuts to the heart of our practice in life. This course will focus primarily on the explanation given in the Prasangika-Madhyamika school of philosophy.

MANDALA STUDIES (A Six-Week Course: November 3 – December 8)

Meets: Tuesdays, 6:30 – 7:50 pm

Instructor: Venerable Lobsang Tashi *Translator:* Palden Oshoe

Prerequisites: None – This course is very suitable for beginners, intermediate, and advanced students

Tuition: \$125.00 for six-week course

This hands-on course will cover the history of the mandala, mandala meditation, and mandala construction, with a special focus on the sand mandala. The primary mandala studied will be the Chenrezig mandala. Students will create their own mandala.

THE CHENREZIG INITIATION, TEACHINGS AND PRACTICE

Meets: Wednesdays, 6:30 – 7:50 pm

Instructors: Initiation and weekend intensive by Gyumed Khensur Rinpoche Lobsang Jampa, retired abbot of Gyumed Tantric College, with additional instruction on elements of practice taught by Venerable Tenzin Gephel. Ven. Gephel will lead weekly meditation practice sessions and work with students on their individual practice. Sidney Piburn will assist occasionally.

Prerequisites: None, however students should have a basic understanding of Buddhist thought and a sincere interest in doing this practice

Recommended reading: *Introduction to Tantra* by Lama Yeshe

Tuition for 12-Week Course: \$250.00 for semester (payable in full or in two \$125.00 installments)

Tuition for Weekend Intensive: \$140.00

This course which includes a weekend intensive (Oct. 2-4) is ideal for anyone wishing to begin a tantric practice, specifically the wonderful practice of Chenrezig (Avalokiteshvara). Chenrezig is an important Kriya Tantra practice for generating the mind of loving-kindness and compassion. The Dalai Lamas and Karmapas are said to be manifestations of Chenrezig. This course, beginning Wednesday, Sept. 9th and running through the full semester, includes the weekend intensive led by Gyumed Khensur Rinpoche, during which the actual initiation and permission to practice will be given. The four classes prior to the initiation will focus on preparations for the practice of tantra and the nature of tantra. Then during the weekend of Oct. 2-4, on Saturday, Oct. 3rd, Gyumed Khensur Rinpoche Lobsang Jampa will bestow the actual initiation of Four-Armed Chenrezig (Avalokiteshvara), the essence of the compassion of all the buddhas. Rinpoche will also provide concise core instruction on the meditation practice of Chenrezig on Sunday, Oct. 4th. After the initiation and teaching by Rinpoche, during the subsequent classes, students will be taught the ritual mudras, use of the bell and dorje, and given further instruction on the elements of the practice. Interspersed with instruction will be group practice sessions. By the end of the semester, students should feel confident in their personal tantric practice of Chenrezig.

INTRODUCTION TO TIBETAN BUDDHISM: The Path to Enlightenment Seminar

Meets: Thursdays, 6:30 – 7:50 pm

Instructor: Sidney Piburn, co-founder of Namgyal Monastery, Ithaca, and Snow Lion Publications

Prerequisites: None – This course is very suitable for beginning, intermediate, and advanced students

Required reading: *The Path to Enlightenment* by The Dalai Lama

Tuition: \$250.00 for semester (payable in full or in two \$125.00 installments)

The Path to Enlightenment Seminar will focus on a book entitled *The Path to Enlightenment* by H.H. the present Dalai Lama. This book is an extremely accessible introduction to Tibetan Buddhism presenting the current Dalai Lama's teachings on a root text by the Second Dalai Lama titled *The Essence of Refined Gold*. This course will involve a great deal of class participation and will consist primarily of discussion and moderated student presentations. Additional readings will be assigned to supplement relevant sections of the Dalai Lama's text. Effort will be made to personalize these traditional "stages of the path" teachings. Each class will start with a short meditation and sometimes a reflective meditation on the topic being discussed at the end of class.

TIBETAN LANGUAGE COURSES

BEGINNING COLLOQUIAL TIBETAN

Meets: Mondays, 8:00 – 9:15 pm

Instructor: Palden Oshoe

Prerequisites: This course is very suitable for beginning students

Study materials: *Fluent Tibetan, Vol. I*, Snow Lion Publications

Tuition: \$300.00 for semester (payable in full or in two \$150.00 installments)

This course is an introduction to the modern Tibetan language in both its spoken and written forms. Students will learn the Tibetan alphabet and basic grammar, and develop speaking and comprehension proficiency through extensive use of drill and conversational practices. *Fluent Tibetan, Vol. I* will be used as the main text for the course and will be supplemented with selected handouts from the instructor.

INTERMEDIATE COLLOQUIAL TIBETAN

Meets: Tuesdays, 8:00 – 9:15 pm

Instructor: Venerable Tenzin Thutop

Study materials: *Fluent Tibetan, Vol. I & II*, Snow Lion Publications

Tuition: \$300.00 for semester (payable in full or in two \$150.00 installments)

In this class students will continue to develop speaking and comprehension proficiency through extensive use of drill and conversational practice. *Fluent Tibetan, Vol. I & II* will be used as the main text for the course and will be supplemented with selected handouts from the instructor.

ADVANCED INTERMEDIATE CONVERSATIONAL TIBETAN

Meets: Thursdays, 8:00 – 9:15 pm

Instructor: Venerable Tenzin Thutop

Study materials: *Fluent Tibetan, Vol. III*, Snow Lion Publications, and handouts provided by the instructor

Tuition: \$300.00 for semester (payable in full or in two \$150.00 installments)

The instructor will conduct Tibetan-only conversation with those who wish to move on to more advanced colloquial Tibetan. *Fluent Tibetan, Vol. III*, supplemented by handouts from the instructor, will be the basis of the course material for study and practice.

NAMGYAL MONASTERY INSTITUTE OF BUDDHIST STUDIES

412 North Aurora Street, Ithaca, NY 14850
Phone: (607) 273-0739 Fax: (607) 256-5132
Email: office@namgyal.org Web: www.namgyal.org

FALL 2009 REGISTRATION FORM

Name _____

Street Address _____

City _____ State _____ Zip _____

Telephone # _____ email _____

COURSE TITLE	SESSION	TUITION
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

Full-time Student Registration _____

Notes _____

TOTAL AMOUNT DUE: _____

Please make checks payable to Namgyal Monastery.

If you would like to make a tax deductible contribution to Namgyal Monastery, please feel free to do so. Your gift will be acknowledged in writing for tax-exemption purposes. Thank you in advance for your support of Namgyal Monastery Institute of Buddhist Studies.