

NAMGYAL MONASTERY INSTITUTE OF BUDDHIST STUDIES

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SPRING SEMESTER CLASS SCHEDULE

January 25 – May 6, 2010

Losar Break Feb 8 – 12, 2010

Spring Break from Class: March 29 – April 9, 2010

Open House to introduce the Spring Class Schedule: Thurs: January 21st at 6:00pm

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 Spring 2010 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.

THE EIGHT VERSES FOR TRAINING THE MIND (MON 6:30-7:50PM)

Meets: Mondays, 6:30 pm - 7:50 pm

Instructor: Ven. Lobsang Tashi Translator: Palden Oshoe

Prerequisites: None - This course is suitable for both beginning & intermediate level students

Suggested reading: *The Eight Verses for Training the Mind* by Geshe Sonam Rinchen

Tuition: \$250 for the semester, payable in full or in two \$125 installments

How do we free ourselves from the demon of self-concern? These instructions are found in *Eight Verses for Training the Mind*, one of the most important texts from a genre of Tibetan spiritual writings known as *lojong* (literally "mind training"). The root text was written by the eleventh-century meditator Langritangpa. His Holiness the Dalai Lama refers to this work as one of the main sources of his own inspiration and includes it in his daily meditations. Ven. Lobsang will also teach the practice of Tong-len (giving and taking), a practice to transform our self-cherishing attitude into compassion and love for others.

The instructor, Ven. Lobsang Tashi, is a senior monk of Namgyal Monastery.

OPENING THE EYE OF NEW AWARENESS (TUE 6:30-7:50PM)

Meets: Tuesdays, 6:30 pm - 7:50 pm

Instructor: Geshe Tenzin Sherap, Translator: Palden Oshoe

Prerequisites: Prior knowledge of the subject is helpful but not required

Suggested reading: *Opening the Eye of New Awareness* by H.H. the Dalai Lama, Wisdom Publications

Tuition: \$250 for the semester, payable in full or in two \$125 installments

Written in 1963—just four years after his escape from Tibet and four years after completing his education – *Opening the Eye of New Awareness* is the Dalai Lama's first religious work. Originally intended for Tibetan lay people, Westerners, and "those who do not have the leisure to study the great texts," this is the Dalai Lama's own summation of Buddhist doctrines and practices as they have been practiced in Tibet for a thousand years. It is a work of consummate scholarship by a twenty-seven-year-old monk, wise beyond his years. This short text is difficult and is intended for serious students of Tibetan Buddhism.

The instructor, Geshe Tenzin Sherap, is a lharampa geshe from Ganden Jangtse Monastic University with additional Tantric studies at Gyumey Tantric Monastery. He taught at Namgyal Monastery in Dharamsala, India after completing his training.

WORKING WITH ANGER – FROM SHANTIDEVA’S A GUIDE TO THE BODHISATTVA’S WAY OF LIFE (WED 6:30-7:50PM)

Meets: Wednesdays, 6:30 pm - 7:50 pm Instructor: Ven. Tenzin Gephel

Prerequisites: None - This course is suitable for both beginning & intermediate level students

Suggested reading: *Healing Anger: The Power of Patience from a Buddhist Perspective* by H.H. the Dalai Lama

Tuition: \$250 for the semester, payable in full or in two \$125 installments

Buddhist traditions unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. The techniques and methods found in Shantideva’s sixth chapter of *A Guide to the Bodhisattva’s Way of Life* and in His Holiness the Dalai Lama’s commentary on it titled *Healing Anger*, are relevant and effective—and show the power that patience and tolerance have to heal anger and to generate peace in the world.

The instructor, Ven. Tenzin Gephel, is a senior monk of Namgyal Monastery and Institute

BUDDHIST TENETS: THE SAUTRANTIKA SYSTEM (THURS 6:30-7:50PM)

Meets: Thursdays, 6:30 pm - 7:45 pm Instructor: Geshe Tenzin Sherap

Prerequisites: None - This course is suitable for both beginning & intermediate level students of Buddhist philosophy

Suggested reading: *Cutting Through Appearances* by Geshe Sopa and Jeffrey Hopkins, *Mind in Tibetan Buddhism* by Lati Rinpoche, and *Knowledge and Liberation* by Anne C. Klein

Tuition: \$250 for the semester, payable in full or in two \$125 installments

This course is a presentation of the Sautrantika tenet system (The Sutra School), based upon a root text titled *The Precious Garland of Tenets* by Gon-chok-jik-may-wang-bo. Geshe Sherap will also draw upon material from *The Presentation of Tenets* by Jang-gya-rol-bay-dor-jay (translated in Anne C. Klein’s *Knowing, Naming, and Negation*). The Sautrantika system is the basis for the Tibetan system of logical reasoning and provides the basic presentation of awareness and knowledge, and also gets into the topic of direct perception and conceptual thought. It is an important preparation for understanding the higher systems of the Mind-Only and Middle Way Schools.

The fundamental issue in the Sautrantika system is the confluence of conceptual thought and direct perception in human experience. For over six hundred years, study of these issues in Tibet has focused on elaborations of a philosophical perspective known as Sautrantika. Several years in the Tibetan monastic curriculum are devoted to study of the Sautrantika tenet system, for it is here that the basis for Madhyamika epistemology is found. Thought, direct perception, and their respective objects, are all involved in the complex perceptual process of learning to name the world we experience. Conceptual and verbal references to the known are here described as operating by way of exclusion, that is, through a negative route which mentally separates the intended object from all else.

The instructor, Geshe Tenzin Sherap, is a lharampa geshe from Ganden Jangtse Monastic University with additional Tantric studies at Gyumey Tantric Monastery. He taught at Namgyal Monastery in Dharamsala, India after completing his training.

TIBETAN LANGUAGE COURSES

BEGINNING COLLOQUIAL TIBETAN

Meets: Mondays, 8:00 pm - 9:15 pm

Instructor: Palden Oshoe

Prerequisites: None - This course is very suitable for beginning students

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

Tuition: \$150.00 for each 5-week session, or \$300.00 for entire semester

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, 8:00pm-9:15pm Instructor: Ven. Thupten Woser

Study materials: Fluent Tibetan, Volume I & II, Snow Lion Publications

Tuition: \$150.00 for each 5-week session, or \$300.00 for entire semester

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 pm - 9:15 pm Instructor: Ven. Tenzin Thutop

Study materials: Handouts will be provided by the instructor

Tuition: \$150.00 for each 5-week session, or \$300.00 for entire semester

The instructor will conduct Tibetan-only conversation with those who wish to move on to more advanced colloquial Tibetan. Handouts from the instructor will be used as the basis of the course material for study and practice.