

TDL to Sponsor Visit by His Holiness the Dalai Lama in 2006

message from Geshe Gyeltsen

"I am extremely happy to make the following announcement. As many of you know, when TDL sponsored His Holiness' teachings at the Los Angeles Sports Arena in 2000, myself along with a number of students who had helped to coordinate the event, made a formal request for His Holiness to return in 2005. His Holiness very kindly accepted our invitation. We later learned through His Holiness' private office that many important organizations had also invited His Holiness to give teachings and public talks in 2005, and that His Holiness' schedule was fully booked for that year.

However, we recently heard through His Holiness' private office that His Holiness will be able to fulfill our request in the fall of 2006. He will give teachings for three days: September 12th, 13th, and 14th. All students should try to attend these teachings, which are exceptionally rare and precious."

Ven. Tenzin Kacho and Doren Harper have graciously offered to act as coordinators for His Holiness' visit. You can contact them at hhdl2006@gmail.com. Updates will be posted at www.tdling.com. In the mean time, please save the above dates in your calendar.

GESHE GYELTSEN'S TEACHINGS LIVE ON THE INTERNET

Students from around the globe can receive Geshe-la's Sunday teachings on the Internet at 10:30 a.m. Pacific Standard Time by logging onto www.tdling.com and clicking on 'teachings'. The teachings, available in both English and Vietnamese, are also archived on the website for those who cannot access them live or who wish to review them. Geshe-la encourages students who are accessing his teachings on the Internet to view and/or listen to the teachings in groups whenever possible.

Cary Gordon has kindly offered to assist anyone who is having trouble accessing Geshe-la's Internet teachings. He can be reached at cgordon@chillco.com

If you would like to make a donation for the continuation of these Internet teachings, please specify in the memo section of your check.

Geshe Gyeltsen's Message to His Students

"Every day, try to learn as much as you can, to meditate as much as you can, and to perform as many positive actions as possible. Remember to cultivate good concentration and positive motivation at the beginning of the action, during the action, and at the end of the action through dedication. Dedication means offering the merit of one's positive actions for the flourishing of the Buddhadharma, for the long life of His Holiness the Dalai Lama and other spiritual masters, for the success of sangha communities, and for all sentient beings to be free from negativities and to become a Buddha.

"Do not simply put on the appearance of being a practitioner like a reflection in the mirror. Your reflection may look like you, but it isn't real."

All of us, including myself, need to try to respect others and think about their happiness. We should try to stop harming others through negative thoughts, negative speech, and negative deeds. When we observe others, we should try to see their positive side and to focus on their good qualities rather than on the negative. We should always be asking ourselves; "What am I doing, what am I saying, what am I thinking?" If we are doing, saying, or thinking something negative, we should correct it. If we are doing, saying, or thinking something positive, we should rejoice.

Do not simply put on the appearance of being a practitioner like a reflection in the mirror. Your reflection may look like you, but it isn't real. Someone might look like the perfect practitioner from the outside, but true spiritual development comes from within."

Report on Geshe Gyeltsen's Visit to Thubten Damcho

Ling

Thubten Damcho Ling, Geshe-la's center in Northern California, is located in the rolling Sierra foothills in the twin cities of Grass Valley and Nevada City. It was wonderful to see so many beaming faces when Geshe-la entered our little gumpa that first night in late April. Many people at the center had not seen Geshe-la since last year, except on DVD.

Geshe-la taught for three days on the Three Principles of the Path; renunciation, bodhicitta, and wisdom. Woven into each teaching session were the reasoning and importance of maintaining a daily practice. Geshe-la

described keeping such a practice as our “true friend.” We were taught the importance of refuge and its meaning, and that Guru, Buddha, Dharma and Sangha were always there for us. We could also always write to Annie if we had questions.

In Long Beach, we are all used to Geshe-la asking us, “What do you think?” Here, that question opened up an electrifying daily dialogue. These dialogues covered topics from stopping anger, to not putting one’s sick pets to “sleep”, but treating them for pain instead.

While he was here, Geshe-la gave refuge to two new students. He also gave a public talk on Buddhism in Daily Life at St. Joseph’s Cultural Center. Geshe-la’s visit made us feel more loved and knowledgeable, but as he told us, even if we see him only once a year, it is our daily practice that is of most importance.

Geshe Gyeltsen in Colorado

In January of this year, Geshe-la traveled to Colorado at the invitation of his students from Thubten Shedrup Ling in Colorado Springs. After giving a public talk, he traveled into the mountains to a retreat center. For three days, about forty students, old and new, lived together and received intensive instruction on *The Foundation of All Good Qualities*. This is a very condensed lam-rim text consisting of fourteen verses by Lama Tsongkhapa.

*Seeing that the kind holy
guru
is the foundation of all good
qualities,
And that proper reliance on
him is the root of the path,
I ask for blessings to rely on
him with great respect born
of constant effort.*

**FIRST VERSE FROM
'FOUNDATION OF ALL
GOOD QUALITIES'**

Under the guidance of their resident teacher, Ven. Tenzin Kacho, the students of Thubten Shedrup Ling did a wonderful job to ensure that all went smoothly.

Lotsawa Lobsang Gyeltsen traveled from San Francisco to act as translator for the retreat.

Everyone was very engaged and attentive while Geshe-la offered a thorough and many-layered explanation of the text, which although brief, contains the entire stages of the path to enlightenment from the significance of guru devotion to the importance of entering the tantric path. A number of Geshe-la’s long-time students had traveled over the Rockies from Western Colorado, while for others it was their first Buddhist retreat.

The students found this teaching very profound. On the last evening, Geshe-la gave refuge vows to about two-dozen people at Shove Chapel, an old Christian chapel in Colorado Springs.

Seven Point Mind Training

Excerpted from Geshe Gyeltsen's Lojong Teachings—March 6th, 2005

At the very basic level, all of us have the same wishes; we all want to look beautiful or handsome, we want to be rich and maybe famous, we all want the best of everything. But if we take a moment to look at our own lives and those of others in human society, we find that some people have these things whereas others do not.

When we speak about happiness in a very conventional and worldly sense, we may find some people who seem to be leading a very enjoyable life. They are comfortable and seemingly problem-free. Then we see others whose lives are nothing but misery, filled with pain and tragedy. But which kind do we find more? Obviously, we find more people with problems and misery than people whose lives are smooth sailing.

Why do you think such different life situations have come about? Even within a single family, we can see that when the children grow up, their life situations can turn out quite differently from one another. Some succeed and prosper while others are poor and miserable. Assuming that each child is treated equally by the parents, how can you explain the differences in their lives?

When we investigate this we can see that there isn't a "creator" who has brought all these things about. If this were the case, then this creator would have created everyone as being equal. Neither can all these variations be the result of a single karma, good or bad. The fact of all these varying situations tells us that there must be a variety of karmas that we have created and accumulated. These differences we find among ourselves—our lifestyles, and so on—are the results of our personal, individual karmic actions that we have created and accumulated.

“Whatever difficulties we encounter while creating positive karmas, we should be able to bear them through developing patience and tolerance.”

Once we establish the certainty that all the experiences we go through are mostly nothing but the results of our individual karmas, the next thing we need to consider is the *kinds* of experiences we go through. Broadly speaking, we have good and bad experiences, which means that in general there are two types of karma: positive karma and negative karma. Good and bad karmas create positive and negative results respectively.

If we understand this in theory, the next question might be, "How is it relevant to me?" As I said before, all of us want the best of everything: peace, happiness, prosperity, comforts, etc. So, where do all these good things come from? They come from good actions or positive karma. If these are the results we want, then we need to create the karmic causes to enjoy them. Of course, it's not easy to create good karmas; we go through lots of challenges and difficult times. But whatever difficulties we encounter while creating positive karmas, we should be able to bear them through developing patience and tolerance. This is how theory and practice go together.

Where do all our troubles and headaches come from? They come from negative karmic actions. In terms of practice, this means that we need to purify ourselves of the negative karmas we've already created. Negative karmas are not transfixed or permanent, they can be eliminated. Then we need to ensure that we do not create any more negative karmas, or at least, if we find ourselves creating some negative karma, we should be able to interrupt it, and to discontinue that negative action.

Each of us has body, speech, and mind, and it's through these three things that we produce karmic actions. If we do anything that is harmful; physically, verbally, or mentally, these actions are negative karma or negative actions. So, if we're doing, saying, or thinking something that's hurtful or harmful to others, that should be recognized as a negativity. By the same token, whatever physical, verbal or mental actions we undertake that are beneficial or helpful to others, are generally considered positive karma or positive actions.

These things may seem very basic and fundamental but they are key points in our spiritual development and practice. Once we understand these teachings we should apply them to everyday situations as they arise. We should not procrastinate our practice for another time.

Calendar of Events 2005

JULY

Wednesday	6	His Holiness the Dalai Lama's 70 th Birthday
Sunday	10	Anniversary of Buddha's first Teaching (at Sarnath)
Saturday	16	Tsog offering*
Saturday	30	Tsog offering

AUGUST

Monday	15	Tsog offering (no <i>Chenrezig Meditation</i>)
Monday	29	Tsog offering (no <i>Chenrezig Meditation</i>)

SEPTEMBER

Tuesday	13	Tsog offering
Tuesday	27	Tsog offering

OCTOBER

Wednesday	12	Tsog offering (no <i>lam-rim study group</i>)
Thursday	27	Tsog offering

NOVEMBER

Friday	11	Tsog offering
Wednesday	23	Buddha's Descent from Heaven
Saturday	26	Tsog offering

DECEMBER

Saturday	10	Anniversary of His Holiness' Nobel Peace Prize Tsog offering
Monday	26	Lama Tsongkhapa Day (see overleaf) Tsog offering (no <i>Chenrezig Meditation</i>)

**Geshe-la has asked that only students who have received an empowerment of Highest Yoga Tantra participate in the Tsog offering*

REGULAR SCHEDULE

Sundays 10:30am - 12:00pm

In June 2005, Geshe Gyeltsen completed his commentary on Geshe Chekawa's *Seven Point Mind Training* and began a commentary on *Advice of the Kadampa Masters*. This text is a collection of questions by Atisha's disciples with replies from Atisha and other masters. A translation of this text can be found in Geshe Wangyal's book, *Door of Liberation*. Geshe-la chose to teach this text because "The questions and answers within can be beneficial to our study and practice of lam-rim, which is the essence of both aspiring and engaging bodhicitta."

CHENREZIG MEDITATION

Mondays 7:30pm - 9:00pm

[check website for changes]

Thubten Dhargye Ling continues to offer a guided, analytical meditation on the practice of Avalokiteshvara (Tib: Chenrezig), the Buddha of Compassion. A text is provided from which students read each verse aloud followed by a period of contemplation.

LAM-RIM STUDY GROUP

Wednesdays 7:30pm - 9:00pm

[check website for changes]

Geshe-la has made a request for Venerable Lati Rinpoche to return to teach at TDL.

Geshe-la's students in Europe have requested Geshe-la to come to teach, but due to his demanding schedule, he regrets that he is unable to do so this. However, Geshe-la does plan to visit Europe some time in 2006.

LAMA TSONGKHAPA DAY—DECEMBER 26

On this date, we celebrate the anniversary of Lama Tsongkhapa's enlightenment. Lama Tsongkhapa (1357-1419 C.E.) was the founder of the Gelug tradition of Tibetan Buddhism and is believed to be an emanation of Manjushri, the Buddha of Wisdom. He closely followed the teachings of the Kadam tradition found by the great Indian master, Atisha. Lama Tsongkhapa was born in the Amdo district of North Eastern Tibet. While his mother was carrying him in her womb, she had a dream of three deities; Avalokiteshvara (the Buddha of Compassion), Manjushri (the Buddha of Wisdom) and Vajrapani (the Buddha of Enlightened Power). She took this as a sign that her child would be a great spiritual master. Lord Buddha himself had prophesied the birth of Lama Tsongkhapa 2,000 years earlier, and had also foreseen the founding of his monastery of Gaden. In the Tibetan calendar, Lama Tsongkhapa Day falls on the twenty-fifth day of the tenth lunar month. TDL will celebrate this auspicious occasion with a special tsog offering.

PANCHEN LAMA'S BIRTHDAY—APRIL 25TH

"The whole world is now aware of the plight of the Eleventh Panchen Lama. My students and myself are very much concerned about the well being of this boy, Tibet's second highest spiritual figure. He was kidnapped 10 years ago by Chinese authorities when he was only six years old, along with his family members and the Rinpoche who headed the search for his reincarnation. It is clear that the Chinese government cares nothing for basic human freedom and dignity, since they refuse to respond to inquiries about the Panchen Lama's whereabouts or safety. What the Chinese government fails to understand is that respecting human rights is ultimately in their own best interest."

Geshe Gyeltsen

Geshe Gyeltsen's Personal Projects

During Geshe-la's last visit to South India in August 2004, he visited the projects he has been sponsoring including the **INDIAN SCHOOL FOR THE BLIND**, which is now thriving in its new premises. Gaden Shartse's abbot and former abbots, together with Geshe-la, officially opened the **MONASTIC ELDER'S HOME** in the grounds of Gaden Shartse monastery. Geshe-la was presented with katas by a number of the elderly monks who have now taken up residence in the home. A beautiful two-story building constructed in typical Tibetan style, the home includes twenty-eight bedrooms, each fitted with a Western-style bathroom. The home also includes a medical clinic, kitchen, and prayer hall.

The CHANGE JARS have so far raised \$1,100 for the Monastic Elders Home. Geshe-la will be using this money to fund screen doors for the home's numerous doors and windows. Thank you to everyone who contributed—a little change goes a long way! All change jar funds will now be directed towards GESHE-LA'S INDIA PROJECTS for him to disperse as the need arises.

Geshe-la's major sponsorships are for the TIBETAN ELDERS HOME in the Doeguling Tibetan Settlement and the MONASTIC ELDERS HOME. Geshe-la also personally sponsors the following: DEPT. OF EDUCATION (10 children) DEPT. OF RELIGION (35 monks/nuns) HUNSUR ELEMENTARY SCHOOL (daily lunch for 400 children) TEACHER TRAINING PROGRAM (tuition, lodging, food, transportation, speakers, etc.)

Archive Project Update

THE THUBTEN DHARGYE LING ARCHIVE PROJECT— PRESERVING AND DISSEMINATING THE TEACHINGS OF HIS HOLINESS THE DALAI LAMA AND VENERABLE GESHE TSULTIM GYELTSSEN.

Geshe Gyeltsen's first book, *Compassion: The Key to Great Awakening* (Wisdom Publications) is coming off the market and will be offered as a free publication by TDL under its original title *Keys to Great Enlightenment*. Geshe-la is adding a new chapter to this book, taken from his commentary on Lama Tsongkhapa's *Foundation of All Good Qualities* that he gave in Colorado in January 2005.

We are currently in the process of printing 10,000 more copies *Illuminating the Path* by His Holiness the Dalai Lama, and will also be printing more copies of *Mirror of Wisdom* by Geshe Gyeltsen. Although TDL is distributing these dharma books for free in the spirit of making the dharma available to everyone, we have to finance the cost of publishing and shipping which runs about \$5 per book.

If you are interested in assisting with the production of these new books, or supporting the Archive Project's other activities, please send your contribution to TDL Archive, P.O. Box 90665, Long Beach, CA 90809 or contact us at office@tdling.com. Any donation large or small to the Archive Project is most appreciated. (Please specify in the memo part of your check). Please let us know if you already have books or if you need them sent to you, and include all necessary contact information.

LAM-RIM STUDY GROUP'S FIRST YEAR

"If you go slowly, then you will really learn." GESHE GYELTSEN

TDL's lam-rim study group has been meeting weekly for almost one year now to study Pabongka Rinpoche's *Liberation in the Palm of Your Hand*. Each chapter of the text is based on one day of Pabongka Rinpoche's teaching. As per Geshe-la's instructions, the group has been progressing very slowly and carefully. As of June 2005, we are on "Day Four" of the text, which consists of detailed explanation of the preparatory practices.

The group continues to meet at TDL on Wednesday evenings from 7:30–9:00 p.m. If there are serious students who are willing to commit to the study of this precious text and who would like to join, they can email Ani Thartso at forga@earthlink.net. Geshe-la advises that it is best if new students have already received his lam-rim commentary.

Geshe Gyeltsen's Other Centers

Thubten Rinchen Ling

Resident teacher: Venerable Geshe Yeshe Phelgye
10726 Carvel Lane, Houston, Texas 77072-2720
Tel: 281-495-6556 or 281-564-3620
www.thubtenrinchenling.org
Email: trldharma@yahoo.com

Thubten Shedrup Ling

Resident teacher: Venerable Bhikshuni Tenzin Kacho
P.O. Box 10566, Colorado Springs, Colorado 80932-1566
Tel: 719-447-9880
www.tsling.com
Email: tslcolorado@juno.com

Shen Phen Ling

Resident teacher: Venerable Geshe Konchok Sonam
c/o Alejandra Hernandez
Camino a Santa Teresa 13, EDIF 6-701
Col. Pedregal del Lago, DF 14110 MEXICO
Tel: (52) 55-56-52-1931
Email: hernandezalejandra@hotmail.com

Thubten Damcho Ling

c/o David & Susan Schwartz

11773 Polaris Dr., Grass Valley, California 95949
Tel: 530-272-6568

Maha Bodhi Center
c/o Karen Bennike
Sundsgardsvej 12, 5750 Ringe DENMARK

News From the 2004-2005 Gaden Shartse Tour

The Sacred Earth & Healing Arts tour from Gaden Shartse Monastery has been traveling the United States for the past ten months. This June, they are moving on to Colorado, and will return to California around late September or early October 2005. They will be in Southern California for two months from November to January, when they will leave to honor requests to return to places already visited. This has been a particularly busy tour for the monks who are skilled in a number of Tibetan Buddhist rituals and practices, at times doing 8 one-hour astrological readings and 20 purification rituals in a single day. They also offer lectures, monastic and cultural music and dance, house and business blessings, and sand mandalas. The monks constructed six sand mandalas in Miami alone and blessed the land for a 40-story skyscraper. All the funds raised on this and other tours goes to support the monastic community in Gaden Shartse Monastery in South India.

In preparation for the next tour, the organizers are seeking a full-time driver/tour coordinator. This is a wonderful opportunity to live and travel with the monks, participate in all the programs, and learn about many aspects of dharma. This position comes with expenses plus possibility of small monthly stipend. The tour is also seeking people in Southern California who are interested in helping to organize events for the monks in the months of November/December 2005. **For all who are interested, please call Ven. Lobsang Wangchuk at 562-413-5924.** To find out more about the Gaden Shartse Tour visit gadenshartsetour.org

Requests & Guidelines

With the wish to afford every opportunity for Geshe Gyeltsen's long and healthy life, we have offered some general guidelines for students and friends.

VISITS & CALLS

Geshe-la has six to seven hours of practice a day. For Geshe-la's and your own convenience, any requests for appointments with him either in person or over the phone should be made in advance by contacting office@tdling.com or by calling 562.621.9865 ext.10. PLEASE RESPECT THAT GESHE-LA WILL NOT BE AVAILABLE FOR VISITS OR TELEPHONE CALLS ON FRIDAYS.

QUESTIONS & REQUESTS

Please try to submit questions to Geshe-la in written form (if they are not too personal) so that he can answer them at his convenience. Questions and requests made to one's spiritual teacher should generally be for spiritual guidance. Issues concerning our worldly affairs are often inappropriate subject matter. In the event that someone is ill or dying, Geshe-la has asked that you bring their name to him and explain their illness and he will do special prayers for them. Distance makes no difference.

OFFERINGS

Geshe-la says, "The best offering you could give me is to study and learn the dharma well, and through meditation to put whatever you learn into practice as much as you can."

REQUESTS FOR OUR PRAYERS

Geshe-la has encouraged us to do the Long Life Prayer for His Holiness XIV Dalai Lama as much as we can.

"Every time you do practice, you should dedicate the merit for the continuity of the Buddhadharma, for the long life of His Holiness the Dalai Lama and other spiritual masters, and for the success of the Sangha in holding the dharma."

GESHE GYELTSEN

Please Support Thubten Dhargye Ling

Geshe Gyeltsen offers his teachings free of charge based on the belief that everyone should have the opportunity to meet the dharma. Operating in this way, we do not have a steady form of income and rely solely on donations made by students and friends to care for the center.

Bearing in mind Geshe-la's advice about taking care of yourself and your family first, if you do decide to make a donation to TDL, please mail to: TDL P.O. Box 90665, Long Beach, CA 90809.

Thubten Dhargye Ling (TDL) is a registered non-profit organization 501(c)3.
All donations designated to Thubten Dhargye Ling are tax-deductible.

Thank you for your kindness!