



**LOSAR:
TIBETAN NEW YEAR
FEBRUARY 28th**

**INVITATIONS
(See Below)**

**THUBTEN
DHARGYE LING**

NEWSLETTER

Winter 2006

Update on His Holiness the Dalai Lama's Visit

His Holiness the Dalai Lama's teachings will be held on September 12, 13, and 14, 2006, at the Pasadena Civic Auditorium in Pasadena, California. While they will be open to everyone, these teachings will be aimed towards practicing students of Buddhism. There will be two days of teaching and one day of initiation. On the first two days, His Holiness will teach from Arya Nagarjuna's *Commentary on Bodhicitta*. The following day, His Holiness will confer an initiation called "The Sixteen Drops of the Kadampas".

The Kadampas were exceptional teachers who created a profound legacy of teachings that influenced all Tibetan Buddhist lineages. This initiation and meditation practice is being offered by His Holiness for the first time in the West. The Sixteen Drops Initiation can awaken the most profound feelings of love and compassion that reside within us. The teachings will be translated into English, Chinese, and Vietnamese.

Please call (562) 987 2927 or email us at hhdl20006@gmail.com or all information regarding His Holiness' visit. As of today, we have not yet set a price or date for ticket sales. The most current information will always be posted on our website at www.tdling.com. We recommend that you check it often. To help prepare for these teachings, a suggested reading list will be posted soon. You will then be able to purchase these books from us online or at Thubten Dhargye Ling's bookstore.

A Message From Venerable Geshe Tsultim Gyeltsen

Happy New Year and Tashi Delek to all my students and friends. All of us should take this opportunity to make good and meaningful New Year's resolutions. Throughout this year, and all the time, our principle practice should be renunciation, bodhicitta, and the realization of wisdom according to the system of Nagarjuna. Then we must try to do our best not to harm others and to wish

"We need to make our actions of body, speech, and mind accord with the dharma if we wish to create the causes for great enlightenment."

for their success, happiness, joy, and for everything in their lives to turn out in a positive and excellent way. We should practice the pure dharma as much and as accurately as we can. We should endeavor to stop engaging in any negative actions and to always move towards the dharma. We need to make our actions of body, speech, and mind accord with the dharma if we wish to create the causes for great enlightenment.

We need to make efforts to remove our self-cherishing mind and to learn to cherish others more and more. We must respect other sentient beings without discrimination and without excluding anyone, and attempt to make peace within ourselves and in the world.

I hope for us all to have success in our practice and to be free of obstacles throughout this year and in all the years of our lives.

May the sun of peace shine upon the entire world.

Geshe Tsultim Gyeltsen

FEBRUARY 2006

Tuesday	7	Tsog offering*
Thursday	23	Tsog offering
Tuesday	28	Losar (Tibetan New Year) Prayers 7:00 am <i>See below for details</i>

MARCH

Sunday	5	Losar Annual Potluck 12-5 pm <i>(no teachings)</i> <i>See below for details</i>
Thursday	9	Tsog offering
Friday	10	Tibetan Uprising Day
Friday	24	Tsog offering (no dharma discussion group)

APRIL

Saturday	8	Tsog offering
Sunday	23	Tsog offering

MAY

Sunday	7	Tsog offering
Monday	22	Tsog offering (no Chenrezig meditation)

JUNE

Tuesday	6	Tsog offering
Sunday	11	Anniversary of Buddha's Birth (Sagadawa)
Tuesday	20	Tsog offering

REGULAR SCHEDULE

Sundays 10:30am - 12:00pm

Venerable Geshe Gyeltsen is presently giving weekly 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 Gyeltsen 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 TEACHINGS FROM VEN. GESHE GYELTSEN

Wednesdays 7:30pm - 9:00pm

[check website for changes]

This study group is using Pabongka Rinpoche's *Liberation in the Palm of Your Hand* as the root text. This oral commentary on Lama Tsongkhapa's lam-rim teachings was given in 1926 over a 24-day period to a large group of Tibetan monastics and laypeople, including His Holiness the Dalai Lama's junior tutor, Kyabje Trijang Rinpoche. *Liberation* is

JULY

Thursday	6	His Holiness the Dalai Lama's 71 st Birthday Special Tsog Offering 7:30 pm <i>Everyone is welcome!</i>
Saturday	8	His Holiness the Dalai Lama's Birthday Potluck 1-5 pm <i>Location TBA</i>
Thursday	20	Tsog offering
Saturday	29	Anniversary of Buddha's First Teaching (at Sarnath)

** Unless otherwise noted, Geshe-la has asked that only students who have received an empowerment of Highest Yoga Tantra attend the Tsog offering.*

based on Trijang Rinpoche's notes on this momentous teaching.

DHARMA DISCUSSION GROUP

Fridays 7:30pm

This informal group meets each Friday evening to discuss topics related to the teachings and to the dharma in general. This group grew out of the request of several students and is open to everyone. However, please note that Ven. Geshe Gyeltsen does not attend.

Please refer to the calendar section of this website for up-to-date information.

Supporting Thubten Dhargye Ling AN APPEAL FOR HELP

We are all extremely blessed here at Thubten Dhargye Ling that Venerable Geshe Gyeltsen offers his teachings free of charge based on the belief that everyone should have the opportunity to meet the dharma. As a result of this generosity on behalf of our teacher, Thubten Dhargye Ling does not have a steady form of income and relies solely on donations made by students and friends.

In this past year, the donations we've received designated to Thubten Dhargye Ling have only covered a percentage of our basic expenses. The remainder has been met by emergency appeals to special friends; a situation that cannot continue any longer. It is, of course, in the interest of us all as practitioners of the dharma, that TDL is able to function in a stable and sustainable way.

Although we work hard to keep our overhead to a minimum, our basic operation expenses are now averaging \$7,238 per month. This sum includes Geshe Gyeltsen's expenses and a small stipend. It also includes general operating expenses for the temple and residence such as utilities, insurance, phone, groceries, Internet broadcast, and building maintenance (we will need a new roof soon).

We are asking everyone to please consider supporting the Center on a regular basis and noting on your donation that it is for TDL's use. **No donation is too small.** If you are unable to offer financial support but are able to make in-kind donations such as food and/or supplies, please ask for a list of items by emailing the office at office@tdling.com or by calling (562) 621 9865 x 10. Please mail all donations to: TDL P.O. Box 90665, Long Beach, CA 90809.

Thank you for your kindness and generosity!

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

LOSAR

Tibetan New Year 2133 (Year of the Fire Dog)

**LOSAR at
THUBTEN DHARGYE LING**
Tuesday, February 28, 2006,
7:00am

Thubten Dhargye Ling invites students and friends to join in the celebration of LOSAR, the Tibetan New Year, which this year falls on Tuesday, February 28th.

Beginning at 7:00 am on this day, we will make traditional prayers and offer Tibetan tea and sweet rice at Thubten Dhargye Ling. A light breakfast will be served in the residence following the ceremony.

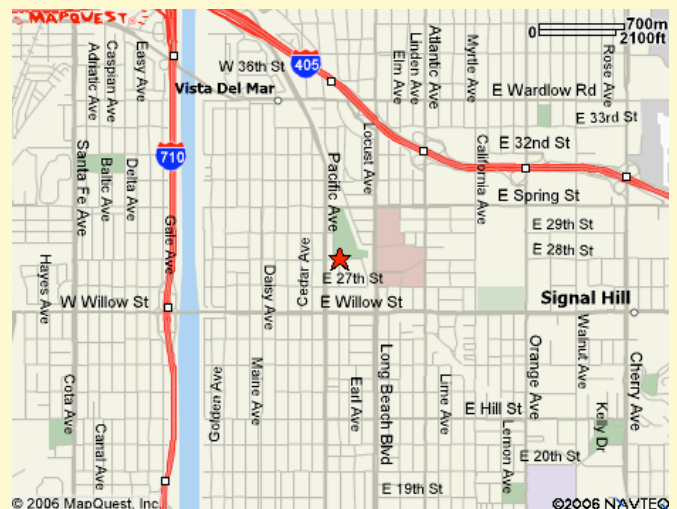
3500 E. 4th Street
Long Beach, CA 90814
For more information:
562-621-9865 x 10
email: office@tdling.com

Everyone is welcome! Please join us!

LOSAR ANNUAL POTLUCK
Sunday, March 5, 2006,
12:00–5:00pm

Bring your favorite dish or beverage and enjoy a wide variety of cultural food. There will be traditional singing and dancing and the floor will be open to anyone wishing to share their talent.

Veteran's Park Social Hall
Veteran's Park
(corner of Pacific & Spring)
101 E. 28th Street
Long Beach, CA 90806



Everyone is welcome! Please join us!