

Kadampa Meditation Center Texas

Spiritual Program January - June 2011



Kadampa Meditation Center Texas

KMC Texas is located in Arlington and is the main Center for Kadampa Buddhism in Texas. It is an oasis of peace in the heart of the Metroplex where everyone is welcome to find refuge from the challenges of busy modern life. The Center offers clear, practical advice from Buddha's teachings and the opportunity to gain inspiration from spiritual friends, including Buddhist monks and nuns.

KMC Texas offers a full program of Buddhist meditation classes, in-depth study programs and retreats to help increase our love, compassion and wisdom. The teachings and practices are suitable for every level of interest. They enable us to develop peace of mind and find the happiness and meaning that we long for in our lives.



Modern Kadampa Buddhism

The New Kadampa Tradition - International Kadampa Buddhist Union (NKT-IKBU) is a Mahayana Buddhist tradition founded by Venerable Geshe Kelsang Gyatso, following the lineage held by renowned Buddhist meditators and scholars Atisha (AD 982-1054) and Je Tsongkhapa (AD 1357-1419). In the word Kadampa, "Ka" refers to Buddha's teachings, "dam" to Atisha's special meditation instructions called Lamrim (the stages of the path to enlightenment) and "pa" to person.

Kadampa Buddhists are encouraged to take all Buddha's teachings as personal advice and put these teachings into practice in their daily lives through their practice of Lamrim. In this way they can transform all of their daily activities into the path to enlightenment.

With more than 1,100 centers and groups in 40 different countries around the world, thousands of people are now practicing Kadampa Buddhism under the guidance of Geshe Kelsang Gyatso. The worldwide Kadampa community is like a global spiritual family, offering support and encouragement to those wishing to engage in spiritual practice.



Our Founder

Venerable Geshe Kelsang Gyatso, Founder of the NKT-IKBU, is a fully accomplished meditation master and internationally renowned teacher of Buddhism. He was ordained at the age of eight and spent almost 40 years in concentrated study and meditation. He has dedicated his entire life to teaching Buddhism and to providing conditions for students around the world to find happy and meaningful lives.

Venerable Geshe-la has published a series of 21 remarkable books on Buddhist thought and meditation that clearly and practically reveal how to solve our human problems by following the path to enlightenment. Through his compassionate activities, we now have three levels of Kadampa Study Programs and many fully qualified Buddhist teachers caring for, helping and guiding students at over 1,100 locations around the world.



General Spiritual Director



Gen-la Kelsang Dekyong is the elected General Spiritual Director of the NKT-IKBU and the Resident Teacher of Manjushri KMC. She has studied and practiced Kadampa Buddhism for many years. Gen-la Dekyong's teachings, humor and kindness exemplify the essence of the Buddhist way of life.

Her responsibilities include giving Highest Yoga Tantra empowerments, granting precepts, and instructing Kadampa Teachers from around the world on the International Teacher Training Program. Gen-la is also the Resident Teacher at Manjushri

Kadampa Meditation Centre, the Mother Center of Kadampa Buddhism, and regularly teaches at Festivals and Dharma Celebrations throughout the world.

Deputy Spiritual Director

Gen-la Kelsang Kunsang is the elected Deputy Spiritual Director of the NKT-IKBU, the NKT-IKBU National Spiritual Director for Mexico and the Resident Teacher of KMC Mexico.

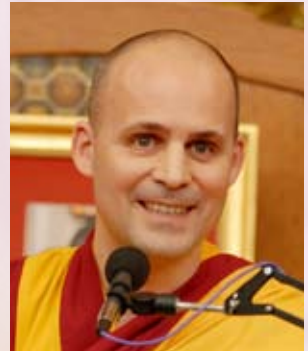
She has been practicing Buddhism and studying closely with her Spiritual Guide, Geshe Kelsang Gyatso for many years. Gen-la Kunsang provides an extraordinary example of a modern-day Kadampa practitioner for us to follow.



Resident Teacher

Gen Kelsang Jampa, an American Buddhist Monk, is the the NKT-IKBU National Spiritual Director for the US and the Resident Teacher of KMC Texas. He has been a disciple of Venerable Geshe Kelsang Gyatso for many years and has received the lineage blessings and oral transmissions directly from him.

Gen Jampa's warmth, kindness and deep understanding of Buddhist teachings provide an inspiring example of Buddhism in practice.



NKT International Spring Festival, UK



The Empowerment of Buddha Manjushri

and commentary to the practice with
Gen-la Kelsang Kunsang May 27th - 30th
at Manjushri KMC



kadampafestivals.org



NKT International Summer Festival, UK



July 22nd - August 6th

Week 1 - Lamrim Commentary
and Meditation Retreat with Gen-la Kelsang Kunsang

Week 2 - Heruka & Vajrayogini
Empowerments
and Commentary to the Practice of Highest Yoga
Tantra with Gen-la Kelsang Dekyong



kadampafestivals.org

Registration opens March 2011.



US Festival



The Empowerment of Medicine Buddha

and teachings from *Modern Buddhism*

with Gen-la Kelsang Kunsang

April 22nd - 27th at KMC New York



kadampafestivalus.org

Southwest Dharma Celebration



The Empowerment of Amitayus

and commentary to the practice

with Gen Kelsang Jampa

February 11th - 13th at KMC Texas



swdharmacelebration.org



Away Retreat in Mineral Wells

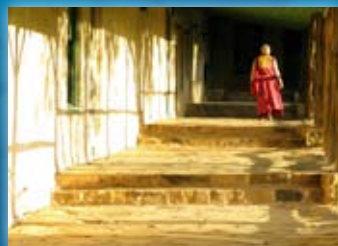
Modern Buddhism

The Path of Wisdom & Compassion

May 12th - 15th

KMC Texas away retreats offer an opportunity to escape from the busyness of our lives and gain mental and physical distance from our distractions. This away retreat will be held at the Double J Hacienda in Mineral Wells (1.5 hour drive from Dallas). Accommodations and vegetarian meals will be provided.

In this retreat, Gen Jampa will guide meditations from *Modern Buddhism*, the new book by Geshe Kelsang Gyatso.





Beginner Classes in Your Area

What is a typical class like?

A typical class consists of a gentle relaxation meditation, short prayer, teaching, discussion and final meditation. The meditations are guided and are suitable for beginners as well as experienced meditators. Each class is self-contained, so feel free to join at any time!

Why meditate?

The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful we shall be free from worries and mental discomfort, and so we shall experience true happiness; but if our mind is not peaceful we shall find it very difficult to be happy, even if we are living in the very best conditions. If we train in meditation our mind will gradually become more and more peaceful, and we shall experience a purer and purer form of happiness. Eventually we shall be able to stay happy all the time, even in the most difficult circumstances.

Branch Locations

Arlington, Dallas,
Ft. Worth, Grapevine, Irving, Plano,
Lubbock, McAllen, Monroe,
& Ruston

Cost: \$10 per class, \$5 for seniors and students

Visit meditationintexas.org or call (817) 303-2700 for more information.



Classes at the Temple

Sunday Morning Meditation Classes with Prayers for World Peace, 10am - 11:30am

Without first developing inner peace, world peace will remain impossible to achieve. We all have within us the potential for peace and happiness. Cultivating this potential creates the harmony we seek. Classes are suitable for all levels and include practical teachings, meditations and prayers in the inspiring Kadampa Temple. Dharma for Kids is held simultaneously. See *Youth Classes* for more information.

No fee for the class, but donations are welcomed

Wednesday Evening Meditation Classes with Gen Jampa, 7pm - 8:30pm

This class provides a basic introduction to Buddhist view, meditation and practice that is suitable for beginners. Receive practical advice for solving daily problems and for finding a happy and meaningful life. Join us afterwards for refreshments and discussion.

Cost: \$10 per class, \$5 for seniors and students

Lunchtime Meditation Mondays, 12pm - 12:30pm

These guided relaxation meditations reduce stress and help us to develop a peaceful mind that is content with whatever the day may bring. After the meditation, you are welcome to join us for a healthy and delicious vegetarian lunch.

Cost: \$5 for meditation, \$5 for lunch

Tuesday Morning Heart Jewel Classes with Gen Jampa, 7:30am - 9am

The two essential practices of the New Kadampa Tradition are a special Guru Yoga of Je Tsongkhapa and reliance upon our Dharma Protector, Dorje Shugden. Through following the commentary given in the book *Heart Jewel* and putting these instructions into practice, we will make our precious human life extremely meaningful, and we will definitely reap a harvest of pure Dharma realizations.

Cost: \$10 per class, \$5 for seniors and students

Everyone is welcome to attend any of these classes.

Day Courses

Still Your Mind

with Gen Kelsang Jampa
March 26th, 10am - 4pm

Meditating on the pure, clear nature of our own mind is a very powerful method to overcome our distractions and mental turbulence. Eventually, we will be able to settle our mind like a still ocean - blissful and at peace.

In this course, Gen Jampa will share with us Buddha's essential instructions on Sutra Mahamudra. This course is suitable for both beginners and experienced meditators.
Cost: \$35



Dealing with Anger

May 28th, 9am - 1pm

Anger is our most painful and destructive emotion. By learning to be mindful of the internal causes of anger we can gradually reduce the angry thoughts that harm ourselves and others, and thus keep a peaceful, constructive attitude towards the difficult situations in our life. Finally, we can develop a wisdom that helps us to destroy even our deepest resentments and angry tendencies. Cost: \$20



Atisha's Advice

with Gen Kelsang Jampa
June 25th, 10am - 4pm

This course will be based on the profound and practical text, *Advice from Atisha's Heart*. Atisha gave this advice over a thousand years ago, but his timeless instructions on how to skillfully follow the spiritual path are just as relevant today. By applying Atisha's advice, we can develop and maintain a happy mind even in the midst of our busy, modern lives. Through continual and sincere practice, we will gradually progress towards the ultimate peace of enlightenment. Cost: \$35





Retreats

From time to time it is very beneficial to slow down and engage in formal retreat to mix our mind with Buddha's teachings. At KMC Texas, with the support and encouragement of spiritual friends, we are able to engage in physical, verbal and mental retreat and to draw closer to the Three Jewels. This is a special opportunity to gain deep experience of the practices that are the very essence of Kadampa Buddhism.

24-Hour Tara Chanting
December 31st - January 1st

Amitayus Retreat
February 4th - 5th

Lamrim Meditation Retreat
Guided Sessions January 2nd - 8th
Self-Guided Sessions January 9th - 15th

**Guru Yoga Mandala
Offering Retreat**
February 21st - 26th

Yoga of Buddha Heruka Retreat
Guided Sessions January 16th - 22nd
Self-Guided Sessions January 23rd - 29th

**Nyungne Purifying Ritual
Practice**
April 15th - 16th

Mahayana Refuge Retreat
June 6th - 11th



Meditations for Relaxation Retreat
April 23rd, 10am - 5pm

Learn three forms of breathing meditation that help to calm the mind, reduce stress and give rise to an experience of inner peace and wellbeing.

Cost: \$35

Chanted Prayers



Regular Practices

Wishfulfilling Jewel

Weekday mornings, 7:30am - 8:45am

This is the heart practice of Kadampa Buddhists and includes meditation on Lamrim, the stages of the path to enlightenment.

Prostrations

Weekday mornings, 8:45am - 9am

This is a powerful practice for accumulating merit, or good fortune, and purifying negative karma in conjunction with the 35 Confession Buddhas.

Medicine Buddha Prayer

Fridays, 5:30pm - 6:15pm

This is a method for benefiting others through the healing power and blessings of Medicine Buddha. In particular, we make special dedications for those suffering from sickness.

Powa Ceremony

The 1st Friday of each month, 5:30pm - 6:15pm

The purpose of this practice is to lead countless deceased beings to the Pure Land of a Buddha. In particular, we make special dedications for those recently deceased.

Tara Prayers

The 8th of each month

This is a special practice of relying upon our Holy Mother, Arya Tara by requesting her swift protection from fears, obstacles and danger.

Tsog Pujas

Tsog pujas are when we gather together to pray and to make special offerings to the Three Jewels. Please feel free to bring an offering of vegetarian food or flowers.

Offering to the Spiritual Guide

The 10th & 25th of each month (2 hrs)

Wishfulfilling Jewel

Thursdays at 5:30pm (1 hr)

Melodious Drum

The 29th of each month (4 hrs)



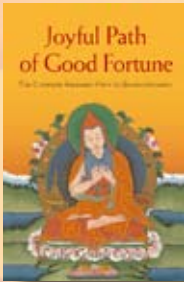
Kadampa Study Programs

Venerable Geshe Kelsang Gyatso has designed three special spiritual programs for the systematic study and practice of Kadampa Buddhism that are especially suited for the modern world.



General Program

General Program (GP) classes are held at the Temple and at our many branch locations throughout the week. These classes provide a basic introduction to Buddhist view, meditation and practice that is suitable for beginners and also includes advanced teachings and practices from both Sutra and Tantra. See *Beginner Classes in Your Area* and *Classes at the Temple*.



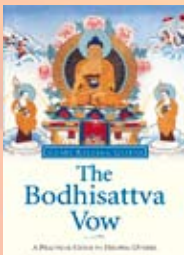
Foundation Program

Joyful Path of Good Fortune

Sundays, 3:30pm - 5:30pm & 6:30pm - 8:30pm

The Foundation Program (FP) provides an opportunity to deepen our understanding and experience of Buddhism through a systematic study of six texts written by Geshe Kelsang Gyatso: *Joyful Path of Good Fortune*, *Universal Compassion*, *Eight Steps to Happiness*, *Heart of Wisdom*, *Meaningful to Behold* and *Understanding the Mind*. Please contact the Center if you would like to learn more about this study program.

“ *How does the Foundation Program fulfill our own wishes? By increasing our wisdom and our experience of Dharma. With wisdom and Dharma experience we can solve all the problems we encounter in daily life, and we can protect ourselves from danger in the future.* ” - Geshe Kelsang Gyatso



Teacher Training Program

The Bodhisattva Vow

Mondays & Thursdays, 7 - 9pm

The Teacher Training Program (TTP) is intended for those who wish to train as authentic Buddhist teachers. All Resident Teachers of Kadampa Buddhist Centers follow this program. TTP includes the in-depth study of 14 of Geshe Kelsang Gyatso's books, covering Sutra and Tantra teachings. An interview is required to join TTP.

Youth Classes

Teen Night

Every other Tuesday, 7 - 8pm

This is an opportunity for teens to learn how to develop self-confidence, deal with stress, improve relationships and develop concentration and inner peace.

Teen Night consists of a guided meditation, short prayer, teaching, questions and answers and time for socializing afterward. Suggested for ages 13 - 19.

No cost, but suggested donation of \$5



Dharma for Kids

Sundays, 10 - 11:30am

These classes offer a simple introduction to Buddha's teachings, emphasizing kindness, respect for others and keeping a happy heart. Sunday Morning Meditation Classes are held simultaneously. Suggested for ages 4 - 11. *Cost: \$1 per child*



Visiting & Volunteering



Everyone is welcome at KMC Texas. Our Temple and bookstore are open weekdays from 9am to 5pm for visitors and tours. There are also many ways to become involved at KMC Texas, including volunteering your time and skills. You are welcome to help out at any time, either during your spare time or on a regular basis.

Center Cherishing Days occur several times a year. They include group activities, such as beautifying the Temple grounds and distributing publicity.

Please contact our Admin Director at admin@meditationintexas.org to find out more or to volunteer.

International Temples Project

Building for World Peace



Manjushri KMC



KMC New York



KMC France



KMC Canada

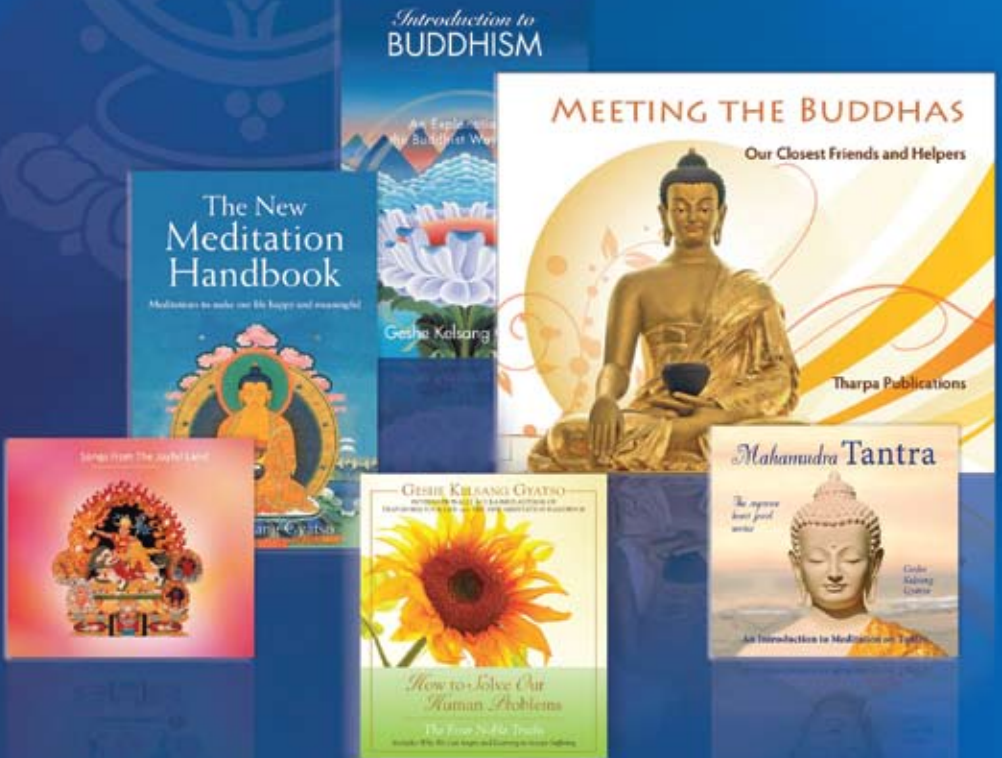
The International Temples Project (ITP) was established by Venerable Geshe Kelsang Gyatso with a vision to build a Kadampa Buddhist Temple dedicated to inner and outer peace in every major city in the world. These Temples are taking many forms. Some are arising based on traditional Buddhist architecture, such as the Kadampa World Peace Temples at KMC New York and our Mother Center in England, Manjushri KMC. Others are adapted from commercial properties or incorporated within Kadampa Hotels. Whatever form they take, Kadampa Temples reveal the path to peace and bring great benefit to everyone who visits them. Visit kadampatemples.org for more information.

KMC Texas is part of the ITP. All donations to the Center, as well as proceeds from courses and special events, help to create Kadampa Temples around the world.

Bookstore

Our shop is fully stocked with Buddha statues, offering bowls, prayer beads and other items for meditation. Our bookstore also carries a complete selection of Kadampa Buddhist books and audio recordings by Venerable Geshe Kelsang Gyatso, CDs of chanted prayers, DVDs, art prints and cards.

The shop is open 9am - 5pm weekdays and during courses and special events on the weekends. All profits help to build Kadampa Temples dedicated to world peace.



Tharpa Publications

Tharpa Publications is the international publishing company of the NKT-IKBU and the exclusive publisher of 21 acclaimed Buddhist books by Venerable Geshe Kelsang Gyatso. Tharpa also produces a wide range of Buddhist art, which are available online at tharpa.com/us/ and at NKT-IKBU Centers around the world. All the profits from the sale of Tharpa books and products are donated to the International Temples Project and used to build Kadampa Temples around the world.



Events at a Glance

<i>Dec 31st - Jan 1st</i>	24-Hour Tara Chanting
<i>Jan 2nd - Jan 8th</i>	Lamrim Guided Retreat
<i>Jan 9th - Jan 15th</i>	Lamrim Self-Guided Retreat
<i>Jan 16th - 22nd</i>	Yoga of Buddha Heruka Guided Retreat
<i>Jan 23rd - 29th</i>	Yoga of Buddha Heruka Self-Guided Retreat
<i>Feb 4th - 5th</i>	Amitayus Retreat
<i>Feb 11th - 13th</i>	Southwest Dharma Celebration
<i>Feb 21st - 26th</i>	Guru Yoga Mandala Offering Retreat
<i>Mar 19th</i>	Open House
<i>Mar 26th</i>	Still Your Mind - Day Course
<i>April 15th - 16th</i>	Nyungne Purifying Ritual Practice
<i>April 22nd - 27th</i>	US Festival, New York
<i>April 23rd</i>	Meditations for Relaxation - Peace of Mind Retreat
<i>May 12th - 15th</i>	Modern Buddhism - Away Retreat
<i>May 27th - 30th</i>	NKT International Spring Festival, UK
<i>May 28th</i>	Dealing with Anger - Day Course
<i>June 6th - 11th</i>	Mahayana Refuge Retreat
<i>June 25th</i>	Atisha's Advice - Day Course



Open House March 19th, 10am - 2pm

This will be a fun day for friends and family to visit KMC Texas to see the meditation room, ask questions and meet the community. Everyone is welcome.



NKT – IKBU



Kadampa Meditation Center Texas

609 Truman St. Arlington, TX 76011
(817) 303-2700 | info@meditationintexas.org
www.meditationintexas.org



Directions to the Temple

Take I-30 towards Arlington. Exit Collins (Hwy 157) going south. Turn right on Sanford St. Turn right on Truman St. The Temple will be on your right.