



LOTUS ARROW

Newsletter of the Kurukulla Center for Tibetan Buddhist Studies
Number 16, September 1999

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He's Back! Geshe Tsulga Returns from India

On August 5th we welcomed our beloved teacher, Geshe Tsulga, back to Boston after a five-month stay in India. Geshe-la completed two retreats at his monastery, Sera Je, during this time, visited several Tibetan monasteries, published his new book, and met His Holiness, the Dalai Lama.

Geshe-la's journey began on March 16th, when he left to attend the first international conference of the Gelug lineage of Tibetan Buddhism in New Delhi. From April 7-24th, Geshe-la completed a Tara retreat at Sera Je in South India, followed by a Tara fire puja on the 26th. He then traveled to Kollegal, India to



Geshe Tsulga makes offerings to the monks at Sera Je Monastery
(Photo: Sue Macy)

visit Dargye Monastery in exile and distribute copies of his book, *A Lamp Illuminating the History of Dargye Monastery*, a history of the original East Tibet monastery where he grew up, which was destroyed by the Chinese. After returning to Sera Je, Geshe-la completed a Guhyasamaja retreat. On June 29th, Geshe-la, together with six other geshes, performed a fire puja.

Geshe-la taught his students *lam rim* from July 8-18th. On the 19th, Boston student Sue Macy arrived at Sera Je. She and Geshe-la traveled to Drepung Monastery (where Geshe-la made an offering) and Ganden Monastery, and it was back to Sera on the 23rd. On the 24th, they made an offering of tea, bread, and rupees to all monks at Sera Je in the main temple (see photo).

The following day, Geshe-la made a very generous offering to Sera Je Trehor-Khangtsen. Currently, more than one third of the monks sit outside in the heat and rain, as there is not enough space in the temple. In addition to offering tea, bread, and rupees to the monks of this temple, Geshe-la and Sue made an offering toward the building of a new, larger temple. There was a Guru Puja the last day at Sera, and on the 28th, Geshe-la and Sue traveled to Dharamsala.

While in Dharamsala, they visited Norbulingka, made a guest appearance at Lotsawa Rinchen Zangpo translator school, and met His Holiness the Dalai Lama on July 30th. After eating much too much delicious Tibetan food as the guests of Geshe-la's many friends, it was back to Boston.

Geshe-la and Sue recorded nine hours of video and promise to have an edited version soon for all to watch.

Yo, Adrian!

Another Melbournian graced our center with his teachings this spring. The Venerable Thubten Gyatso, Adrian Feldmann, maintained a rigorous schedule at Kurukulla Center from late April through early June, filling Geshe-la's absence with a wonderful array of teachings. Gyatso's sonorous delivery, wry humor, and unmistakable kindness increased our absorption of his lessons.

Friday evenings Gyatso taught an introductory meditation class in which he identified the altruistic motivation as the basis for a fruitful practice, led a gentle thirty-minute meditation, and fielded students' responses and questions. The atmosphere of discussion and experience under Gyatso's guidance grew in sweetness as the weeks progressed.

Based on the twelve-phase wheel of life, Gyatso's Sunday teachings described the Buddhist understanding of reality. He explained just why we are caught in the cycle of samsara and we, with varying degrees of comprehension, hung on his words and diagrams. When he described how we can finally cut through ignorance with the wisdom that understands emptiness and break the cycle by getting free of karmic formation, we felt very excited at the prospect and more eager to practice.

On Wednesday evenings Gyatso taught an intermediary class on how to convert problems into understanding. Thursdays he presented an intensive and detailed explanation of grounds and paths, which inspired the small group who attended. And, as if that weren't enough, in mid-May he led a weekend retreat on the Wednesday theme. Attendees learned why they should take

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responsibility for their emotions and embraced the fluidity of the Buddhist conception of personality.

We said our goodbye to Adrian at the second annual animal liberation/community picnic at the Peace Pagoda in Leverett on June 6th. He led us in circumambulation, puja, and mantras for our rescued sentient beings to create the causes for a better rebirth, for our teachers to live long, and for the participants to enhance their good qualities. Enjoying the filmed-over sun, the pond with its frogs and white water-lilies, and an incredible spread of edibles, we celebrated center director Jennifer Campanelli's completion of her masters degree at Harvard and hoped for Gyatso's swift return.



A hearty band of animal liberators takes a break in the Peace Pagoda gardens. (Photo: J. Campanelli)

September-October 1999 Schedule of Events

Every Tuesday & Thursday **Mysore-Style Ashtanga Yoga**

Sharon Cardemone
Friends' Room • 7–9:30 am

September 3 **Led Ashtanga Yoga**

Sharon Cardemone
Friends' Room • 7–8:30 pm

September 8 **Developing Bodhicitta**

Ven. Geshe Tsulga
Friends' Meetinghouse • 7–9 pm

September 10 **Led Ashtanga Yoga**

Sharon Cardemone
Friends' Room • 7–8:30 pm

September 12 **Four Noble Truths**

Ven. Geshe Tsulga
Friends' Meetinghouse • 7–9 pm

September 15 **Developing Bodhicitta**

Ven. Geshe Tsulga
Friends' Meetinghouse • 7–9 pm

September 17 **Led Ashtanga Yoga**

Sharon Cardemone
Friends' Room • 7–8:30 pm

September 19 **Four Noble Truths**

Ven. Geshe Tsulga
Friends' Meetinghouse • 7–9 pm

September 22 **Developing Bodhicitta**

Ven. Geshe Tsulga
Friends' Meetinghouse • 7–9 pm

September 24 **Led Ashtanga Yoga**

Sharon Cardemone
Friends' Room • 7–8:30 pm

September 26 **Four Noble Truths**

Ven. Geshe Tsulga
Friends' Meetinghouse • 7–9 pm

September 29 **Developing Bodhicitta**

Ven. Geshe Tsulga
Friends' Meetinghouse • 7–9 pm

October 1 **Led Ashtanga Yoga**

Sharon Cardemone
Friends' Room • 7–8:30 pm

October 3 **Determination to Be Free**

Ven. Thubten Dhondrub
Friends' Meetinghouse • 7–9 pm

October 6 **Introduction to Tantra**

Ven. Thubten Dhondrub
Friends' Meetinghouse • 7–9 pm

October 7

Praises to 21 Taras

Ven. Thubten Dhondrub

Friends' Meetinghouse • 7–9 pm

October 8

Led Ashtanga Yoga

Sharon Cardemone
Friends' Room • 7–8:30 pm

October 10 **Determination to Be Free**

Ven. Thubten Dhondrub
Friends' Meetinghouse • 7–9 pm

October 13

Introduction to Tantra

Ven. Thubten Dhondrub
Friends' Meetinghouse • 7–9 pm

October 14

Praises to 21 Taras

Ven. Thubten Dhondrub
Call for Location • 7–9 pm

October 15

Led Ashtanga Yoga

Sharon Cardemone
Friends' Room • 7–8:30 pm

October 17

Determination to Be Free

Ven. Thubten Dhondrub
Friends' Meetinghouse • 7–9 pm

October 20

Introduction to Tantra

Ven. Thubten Dhondrub
Friends' Meetinghouse • 7–9 pm

October 21

Praises to 21 Taras

Ven. Thubten Dhondrub
Call for Location • 7–9 pm

October 22

Led Ashtanga Yoga

Sharon Cardemone
Friends' Room • 7–8:30 pm

October 24

Determination to Be Free

Ven. Thubten Dhondrub
Friends' Meetinghouse • 7–9 pm

October 25–31

Green Tara Retreat

led by Ven. Thubten Dhondrub

Duxbury MA

From the Director

Dear Kurukulla Center friends,

This September marks the end of my second year at Kurukulla Center. Two years ago when Lama Zopa Rinpoche asked me to be Director, I made a commitment to do so until September 1999. I am writing to let all of you know that I have decided that at the end of these two years I will be stepping away from the Director's position in order to focus my energies on new initiatives at Kurukulla Center.

I could not have known in September 1997 how special these two years would be. I feel incredibly fortunate to have been invited into the FPMT family by Lama Zopa and to have begun working to fulfill the vision of this great and wonderful teacher. Closer to home, Geshe Tsulga has been teaching me every day, in situations ranging from the mundane to the magnificent, and his kindness continues to be an inspiration. I have watched with wonder as new faces and energy have come into the Center, as old friends have sadly departed to pursue other paths, and how through these changes the Center continues to grow and thrive. With Geshe Tsulga and our resident translator, Damchoe, settled into their new apartment in East Somerville, the future looks ever brighter for the Center.

I am excited about the work I will be able to do once I have stepped away from the Director's position. About six months ago I wrote to all of you about our building project, which has continued to take shape over the summer. I look forward to the opportunities to reach out to all of you to include you in the project's planning and development, because finding a home for Kurukulla Center will necessarily involve each of you.

Lama Zopa Rinpoche has asked Center member Paula Moreau to be our new Director. Paula, who is a teacher of Nursing at Quinsigamond Community College in Worcester, brings warm energy and a kind and compassionate nature to the Director's position. During the month of August we will be working out the details of the transition, and you should be hearing from her soon.

This note is in no way a farewell—in fact, if any of you know Kurukulla Center's former Directors, you know they are all still around! I'm very much looking forward to working with all of you in new ways as together we set our sights on the future.

Warmly,
Jennifer Campanelli





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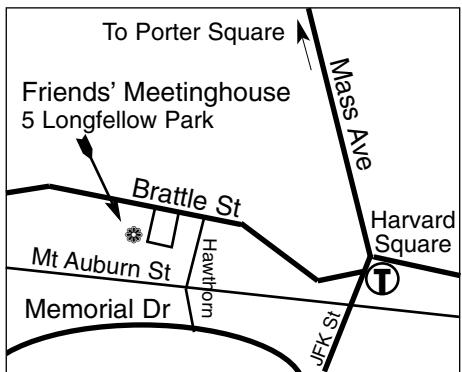
*Donation level: \$200/half-year • \$40/month
 (Student: \$125/half-year • \$25/month)*

- Receive *Mandala Magazine*
- Attend teachings by Geshe Tsulga at Kurukulla Center *free*
- Attend special events at member discount

Friend of Kurukulla Center

Donation level: \$100/year

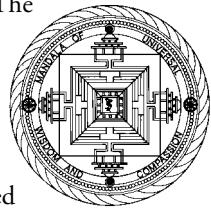
- Receive *Mandala Magazine* for one year—
Magazine of the FPMT—informative articles, Buddhist teachings, connect with centers and activities around the world.
- Attend regular teachings at 20% discount



Teaching location



KURUKULLA CENTER is a member of The Foundation for the Preservation of the Mahayana Tradition (FPMT), a worldwide community of Buddhist centers dedicated to preserving the pure teachings of the Buddha as found in Tibetan Buddhism. Founded by Lama Yeshe in 1975, and currently under the spiritual direction of his main disciple, Lama Zopa Rinpoche, the FPMT provides teachings, retreats, literature, hospice care, and social services in twenty countries. Kurukulla Center was founded by Lama Zopa in 1989 and is named for a wrathful emanation of Red Tara, who manifests the buddhas' compassionate activity in the world.



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