



**Kurukulla Center**  
**68 Magoun Avenue**  
**Medford MA 02155**

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# KURUKULLA CENTER for Tibetan Buddhist Studies



# Calendar

## Summer 2006

Want to receive extra news, reminders,  
 and last-minute changes? Sign up for the  
 Kurukulla Center email list at [kurukulla.org](http://kurukulla.org).

Contact Kurukulla Center:  
 68 Magoun Ave, Medford MA 02155  
 Tel: (617) 624-0177  
 Email: [program@kurukulla.org](mailto:program@kurukulla.org)  
[www.kurukulla.org](http://www.kurukulla.org)

Kurukulla Center is a 501(c)3 nonprofit organization affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT) and under the spiritual direction of Lama Thubten Zopa Rinpoche.

## July

- 2** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Path to Enlightenment  
Ven. Geshe Tsulga
- 3** 7–8:45 p.m.  
Tara Puja
- 4** Center Closed  
Happy Interdependence Day!
- 5** 7–9 p.m.  
Ornament of Clear Realizations  
Ven. Geshe Tsulga
- 6** 7–8:45 p.m.  
Guru Puja  
HHDL's Birthday
- 9** 9:00–9:45 a.m.  
35 Buddhas Practice  
10 a.m.–Noon  
Path to Enlightenment  
Ven. Geshe Tsulga  
12:30 p.m.  
Potluck
- 10** 7–8:30 p.m.  
Buddhism in a Nutshell  
Ven. Tsunma-la
- 11** 7–8:30 p.m.  
Medicine Buddha Puja
- 12** 7–8:30 p.m.  
Ornament Review  
Damchoe-la

- 16** 9:30–10 a.m.  
Open Gompa  
10–11:30 a.m.  
Special Insight Review  
Damchoe-la

- 18** 7–8:45 p.m.  
Yoga & Meditation  
Wendy Cook

- 19** 7–8:30 p.m.  
Unpacking the Two Truths  
David Kittelstrom

- 20** 7–8:45 p.m.  
Guru Puja

- 23** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Introduction to Buddhism  
Dr. Nick Ribush

- 25** 7–8:45 p.m.  
Yoga & Meditation  
Wendy Cook

- 26** 7–9 p.m.  
Unpacking the Two Truths  
David Kittelstrom

- 29** Buddhist Holiday: Chökhör Duchen  
Lobster Liberation

- 30** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Introduction to Buddhism  
Dr. Nick Ribush

## August

- 1** 7–8:45 p.m.  
Yoga & Meditation  
Wendy Cook

- 2** 7–8:45 p.m.  
Tara Puja

- 4** 7–8:45 p.m.  
Guru Puja

- 6** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Introduction to Buddhism  
Dr. Nick Ribush

- 8** 7–8:45 p.m.  
Yoga & Meditation  
Wendy Cook

- 9** 7–9:00 p.m.  
Setting Up an Altar  
& Medicine Buddha Puja

- 13** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Introduction to Buddhism  
Dr. Nick Ribush

- 15** 7–8:45 p.m.  
Yoga & Meditation  
Wendy Cook

- 16** 7–9 p.m.  
Inner Yoga for a Supple Mind  
David Kittelstrom

- 18** 7–8:45 p.m.  
Guru Puja

- 20** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Introduction to Buddhism  
Dr. Nick Ribush  
6:30–7:30 p.m.  
Music & Meditation in the Garden  
Nawang Khechog

- 21** 7–9 p.m.  
Creating a Culture of Kindness  
Nawang Kechog

- 22** 7–9 p.m.  
Creating a Culture of Kindness  
Nawang Kechog

- 23** 7–9 p.m.  
Inner Yoga for a Supple Mind  
David Kittelstrom

- 27** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Introduction to Buddhism  
Dr. Nick Ribush

- 30** 7–9 p.m.  
Inner Yoga for a Supple Mind  
David Kittelstrom

## September

- 1** 7–8:45 p.m.  
Tara Puja

- 3** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Sanghata Sutra Recitation  
6–8 p.m.  
Guru Puja

- 5** 7–8:45 p.m.  
Yoga & Meditation  
Wendy Cook

- 6** 7–9 p.m.  
T.B.A.

- 7** 7–8:30 p.m.  
Medicine Buddha Puja

- 10** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Introduction to Buddhism  
Dr. Nick Ribush

- 17** 9:30–10 a.m.  
Open Gompa  
10 a.m.–Noon  
Introduction to Buddhism  
Dr. Nick Ribush  
6–7:45 p.m.  
Guru Puja



A last-minute event with Alan Wallace brought out 45 students on a sweltering Memorial Day eve to listen to a talk on shamata meditation and science.



## Classes with Geshe Tsulga

### Path to Enlightenment: The Wisdom Teachings

Sundays 10 a.m.–12 Noon  
 July 2 & 9. Potluck July 9, 12:30 p.m.

All of the Buddha's teachings can be divided into two groups—method and wisdom. The true practitioner understands that both are vital for healthy and balanced spiritual development. In this class, Geshe Tsulga continues his skillful presentation of the wisdom section of Lama Tsongkhapa's *Middle-Length Lamrim*.

Requested donation: \$10 per class; members free.

### Ornament of Clear Realizations

Wednesdays 7–9 p.m.  
 July 5

The *Ornament of Clear Realizations* presents the spiritual journey of a bodhisattva. In careful and concise detail, it charts the spiritual realizations of each progressive level, culminating in enlightenment itself. As the Kadampa masters said, "Meditating without first listening to teachings is like trying to climb an icy mountain with no hands." The *Ornament* charts the course for us, providing the signposts along the way, and Geshe Tsulga continues his commentary on this highly beneficial text, focusing on chapter 4.

Requested donation: \$10 per class; members free.





### *Buddhism in a Nutshell*, SERIES I:

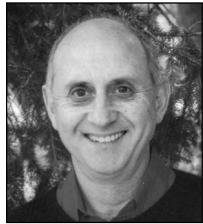
What Is Buddhism and Who Is the Buddha?

Ven. Tsunma-la

Mondays 7–8:30 p.m. • June 26 & July 10

This introductory course presents basic Buddhist concepts with an emphasis on how Buddhism is practiced at Kurukulla Center. There will also be brief guided meditations and time to ask questions. The class is presented in a relaxed and informal setting and is designed for newcomers or those with prior experience in other Buddhist traditions. This is great place to find out more about Kurukulla Center.

*Requested donation: \$10 per class; \$18 for the series; members free.*



### *Introduction to Buddhism: Teachings from Tibet*

Dr. Nick Ribush

Sundays 10 a.m.–12 Noon

July 23 & 30 • August 6, 13, 20 & 27 • September 10 & 17

The many and varied teachings of the Buddha have one purpose: to help us find perfect happiness and freedom from suffering by understanding the causes of happiness and suffering. In the Tibetan tradition, the Buddha's wide-ranging and pragmatic instructions are summarized and organized into a path-like presentation, which makes them easy to understand and practice. In these classes, Nick Ribush gives an overview of the diverse teachings of the Buddha and shows us how we can use them to bring peace and happiness into our own lives. Come to all for a cohesive series, or drop-in when you can.

*Requested donation: \$10 per class; members free.*



### *Inner Yoga for a Supple Mind: Relaxation, Mindfulness, and Attention*

David Kittelstrom

Wednesdays 7–9 p.m. • August 16, 23 & 30

Learn preliminary meditation practices designed to relax the mind and increase its alertness in this introduction to basic Buddhist meditation. These techniques make the mind serviceable and receptive to absorb and pursue higher teachings, or to simply make our day-to-day lives more effective and calm. This series is also a way for current practitioners to rediscover their beginner's mind.

*Requested donation: \$27 for the series; members free.*



### *Unpacking the Two Truths: Concepts in Context*

David Kittelstrom

Wednesdays 7–9 p.m. • July 19 & 26

The success of the Buddhist enterprise rests on a valid understanding of the way things exist, and in Tibetan Buddhism this often means a correct analysis of the two truths, conventional and ultimate. Different Buddhist schools, both in India and Tibet, have come to differing conclusions about the distinction between the two truths. In this introductory class, we will look at some of the background and specifics of these distinctions and try to understand what difference it makes to our practice.

*Requested donation: \$18 for series (or \$10 per class); members free.*

EVENINGS WITH MUSICIAN AND DHARMA FRIEND

# *Nawang Khechog*



### *Music & Meditation in the Garden*

Sunday, August 20, 6:30 to 7:30 p.m.

Join us in the Kurukulla garden for an evening of spiritual music with meditation and contemplation on kindness.

*Requested donation: \$12 nonmembers; \$6 members; Medford neighbors free.*

### *Creating a Culture of Kindness*

Monday & Tuesday August 21 & 22, 7–9 p.m.

A Dharma workshop on ancient Buddhist wisdom for the modern mind and way of life. Nawang will share his thoughts on nature of mind, universal compassion, interdependent nature of life, the four noble truths, and bodhicitta.

*Requested donation: both nights: \$20 nonmembers; \$10 members.*

**N**AWANG KHECHOG IS A GRAMMY NOMINEE AND ONE OF TIBET'S FOREMOST COMPOSERS AND MUSICIANS, AMONG THE FIRST TO BREAK INTO INTERNATIONAL WORLD MUSIC SCENE WITH HIS ORIGINAL AND AUTHENTIC COMPOSITIONS. NAWANG WAS A MONK FOR ELEVEN YEARS AND STUDIED BUDDHIST PHILOSOPHY AND MEDITATION WITH HIS HOLINESS THE DALAI LAMA AND MANY OTHER TIBETAN MASTERS. HE HAS ALSO LIVED AS A HERMIT, MEDITATING IN THE HIMALAYAN FOOTHILLS FOR SEVERAL YEARS UNDER THE GUIDANCE OF HIS HOLINESS THE DALAI LAMA. FOR MORE INFO, GO TO [NawangKhechog.com](http://NawangKhechog.com).



### *Yoga & Meditation*

Wendy Cook

Tuesdays 7–8:45 p.m.

June 27 • July 18 & 25

August 1, 8 & 15

September 5

*Requested donation: \$34 for 4 classes or \$10 per class; members free.*

### *Saving Lives: Lobster Liberation*

July 29, Saturday afternoon

Gloucester

Exact meeting time and place to be announced

The Buddhist holiday *Chökhör Duchen* commemorates the Buddha's first teaching. The act of saving a life on this auspicious day is greatly magnified in its karmic effects. Join us for this fun outing to release lobsters back into the ocean. See website and weekly emails for details.