



Introduction to Buddhism Series

Ten talks designed for beginners

Sundays, September 24 – Dec. 3, 2017

2:00 – 3:00 p.m.

Deer Park Buddhist Center, Oregon, WI

www.deerparkcenter.org

September 24 and October 1

Introduction to Buddhism:

With guided meditations

Geshe Tenzin Dorjee, Abbot and resident teacher
at Deer Park Buddhist Center

October 8 and October 15

Introduction to the Six Perfections:

Generosity, morality, patience, joyous effort,
concentration and wisdom

Geshe Tenzin Sherab, Deer Park Resident teacher

October 22

Why Buddhism?

Maintaining a positive mind in today's world;

Buddhist views on the nature of mind

Lhundub Drolma, Deer Park nun. Began studying
Tibetan Buddhism with Geshe Sopa Rinpoche 25
years ago; ordained Buddhist nun for 15 years.

October 29

A Buddhist Response to Current Events:

A practical Buddhist toolkit for navigating all the
hate, heartbreak, avarice and other problems
pervading our culture, the media, and our lives.

Lhundub Daychen, a Western Buddhist nun
ordained in 1998, has engaged in Buddhist
studies and practice for more than 30 years.

November 5

First Noble Truth of Suffering

Lhundup Chöwng, Deer Park resident monk,
ordained by Geshe Sopa Rinpoche in 2004.

November 12

2nd Noble Truth of Cause of Suffering:

How to recognize and reduce the destructive
emotions which lead to unskillful actions and
future suffering.

Ann Chávez, senior student whose studies
began with Geshe Sopa Rinpoche 40 years ago
and continue today at Deer Park.

November 19

Third Noble Truth of Cessation and Fourth Noble Truth of the Path

Rodney Stevenson, senior student, was professor
at UW-Madison, close student of Geshe Sopa
since 1982, and student of Lobsang Tenzin, head
of Gelug Tibetan Buddhist Order.

December 3

Overview of the Graduated Steps of the Path to Enlightenment:

Review of materials presented earlier in this series
based on the *Foundation of Good Qualities* prayer
recited before Sunday teachings at Deer Park.

Frank Barone, senior student still considering
himself a beginner, has studied with Geshe Sopa
Rinpoche for more than 40 years.