



Introduction to Buddhism Series

Eleven talks designed for beginners

Sundays, September 23 – Dec. 9, 2018

1:30 – 2:30 p.m.

Deer Park Buddhist Center, Oregon, WI

www.deerparkcenter.org

September 23 and September 30

Introduction to Buddhism:

With guided meditations

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

October 7 and October 14

12 Links of Dependent Origination:

Buddhist Perspectives on Cause and Effect

Geshe Tenzin Sherab, Deer Park Resident teacher

October 21

Why Buddhism?

Choosing a spiritual path. Who was the Buddha? Buddhist view 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 28

The Power of the Present Moment:

How do our minds work? Learn the skill of mindful awareness, how to apply it, and why it is integral to all aspects of Buddhist study and practice—and also essential for daily life.

Lhundub Daychen, American nun ordained 1998.

November 4

First Noble Truth of Suffering

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

November 11

2nd Noble Truth of Cause of Suffering:

John Newman, retired professor of Asian religions, began studying with Geshe Sopa in 1974.

November 18

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 2

The Wheel of Life:

Introduction to the Wheel of Life painting in the temple vestibule. Exploration of the symbolic meaning and application to practice.

Ann Chávez, senior student who continues to study with Deer Park teachers.

December 9

Overview of the Path:

Review of the *Foundation of Good Qualities* prayer recited before Sunday teachings. Applying the Dharma to daily life and practice.

Frank Barone, old, but still a beginner, has studied with Geshe Sopa Rinpoche and other teachers for more than 40 years.