



NAMGYAL MONASTERY

INSTITUTE OF BUDDHIST STUDIES

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The Law of Karma

Date	May 29-31, 2009
Time	9:00 AM - 6:30 PM
Location	Namgyal Monastery, Ithaca, NY
Instructors	Geshe Pema Dorjee
Cost	\$140, see details below
Registration	Pre-registration required, see details below

In Tibetan Buddhist thought it is believed that all of our suffering and happiness is linked to karma in either an indirect or direct manner. For Buddhist practitioners, a clear understanding of the workings of karma is of foundational importance. In this weekend intensive retreat Geshe Pema Dorjee will outline how non-virtuous actions naturally lead to suffering, whereas virtuous actions naturally lead to happiness. The instruction will present a detailed description of the law of causality, describe how delusional states of mind perpetuate cyclic existence, and further explain how one can stop accumulating negative karma resulting from these delusional states. Included in this profound subject will be such questions as the accumulation of different karmas, how bad karma is purified, and how to motivate oneself to accumulate good karma while reducing bad karma. This is a practice-oriented intensive where students will learn, as a preliminary approach to analytical meditation, strategies for engaging the analysis of the dynamics of karma in one's personal meditation practice.



Geshe Pema Dorjee attended the Institute of Buddhist Dialectics in Dharamsala, India where he earned degrees in both Prajnaparamitra and Madhyamika. He became a teacher, then Principal, and finally Director of the Tibetan Children's Village School in Dharamsala. In 1995 he was awarded the Geshe degree from the Drepung Loseling monastery in South India and became the first Principal of the College for Higher Tibetan Studies. In 2001, His Holiness the Dalai Lama asked Geshe la to revive and promote the Bodong tradition, and with aid from His Holiness, became the founder and Director of the Bodong Research and Publication Center. The Tibetan government in exile appointed him to the Higher

Level Textbook Review Committee as well as spiritual counselor to former political prisoners who had been tortured. In addition to his numerous charitable projects, Geshe Pema Dorjee has taught and lectured about Tibetan Buddhism around the world and is now making his first visit to the United States.

Location

Aurora Street House, Namgyal Monastery, Ithaca, NY ([address and directions](#)).

Cost

The cost for the weekend intensive is \$140, and includes a simple breakfast on Saturday and Sunday, and a catered vegetarian dinner on Saturday.

Senior Discount

15 percent

Registration

To register, please [contact Namgyal](#) with your full name, address, telephone number, and email (optional).

Payment

Please make your personal check, money order, or bank cashier's check payable to "Namgyal Monastery" and send to our [mailing address](#).

For payment by credit card, please register first and then process your payment through the "Donate to Namgyal Ithaca" link on our [Supporting Namgyal](#) page. In the Comments field of the Payment Form, enter the name of the event for which you are paying.

Schedule of Activities

Friday 5/29

7:00 - 8:30 PM: Introductory talk

(Free and open to the public - Donations are welcomed)

Saturday 5/30

8:30 - 9:00 AM: Simple breakfast

9:00 - 10:15 AM: Session one

10:15 - 10:30 AM: Tea break

10:30 AM - Noon: Session two

Noon - 2:00 PM: Lunch break

2:00 - 3:15 PM: Session three

3:15 - 3:30 PM: Tea break

3:30 - 5:00 PM: Session four

5:15 - 6:30 PM: Catered vegetarian dinner

Sunday 5/31

8:30 - 9:00 AM: Simple breakfast

9:00 - 10:15 AM: Session one

10:15 - 10:30 AM: Tea break

10:30 AM - Noon: Session two

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