

2018 Summer Tibetan Study Program in Ithaca

July 29 – August 11, 2018

A Partnership Program of The Tibet Fund & Namgyal Monastery Institute of Buddhist Studies in Ithaca



The Tibet Fund in partnership with Namgyal Monastery Institute of Buddhist Studies in Ithaca, NY presents the 2018 Summer Tibetan Study Program in Ithaca for young Tibetan students living in North America. This two week program will offer an in-depth understanding of Tibetan history, culture, language and Tibetan Buddhist philosophy and practice.

Eligibility Requirements: Any Tibetan student above 16 years of age is qualified to apply for this course. The course instruction will be bilingual; English and Tibetan. This program is not suitable for a student below 16 years of age, parents are strongly recommended not to send their children if they are below 16 years of age.

Duration: Sunday July 29 to Saturday August 11, 2018: The participants must report to Namgyal Monastery, 201 Tibet Drive, Ithaca, New York on July 29, 2018 (Sunday) before 4pm and plan to leave on August 11, 2018 (Saturday) before 3pm. Ithaca's local bus station to Namgyal Monastery is a 12 minute drive.

Registration Deadline: The deadline for registration has been set for June 30, 2018. Please scroll down for the registration form.

Program Fee Refund Policy: Once the application is submitted, the Tibet Fund will adhere to the following refund policy:

- Application withdrawn before deadline of June 30, 2018, we will give you full refund.
- Application withdrawn after the deadline to July 9, 2018, only 50% will be refunded.
- Application withdrawn after July 9, 2018, ***there will be no refund at all.***

Cost of the Program: Each student is required to pay a program fee of US \$400 for the two week program, which includes accommodation, food and tuition fees. All other costs such as domestic airfares and bus fares has to be borne by the applicant. Please note the payment should be made in favor of "The Tibet Fund."

- **Double room:** Two to Four students share a room furnished with A.C. & Common bathroom.
- **Food:** In the common kitchen:

- **Field trips:** A trip to Cornell University, Ithaca College and Tourist sites.

Program Courses

1. Meditation Course:

The primary focus of this course will be how one can achieve a deeper level of mental peace, tranquility and stability through the implementation of tools and methods which are found in Tibetan Buddhism. The class will also discuss traditional methods on how one can enhance loving kindness, compassion and warm heartedness, which are the basic source of joy for oneself and for others at large. In addition to discussion sessions and lectures by faculty, there will be short guided meditation.

Reference Material: Gen Lamrinpa, Calming the Mind: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence, Snow Lion Publications (recommended buying)

2. Tibetan Language for Beginners or Intermediate:

This course is intended as an introduction/intermediate level on spoken and written Tibetan. The course will meet 2 hours daily and will include Tibetan grammar, reading, writing, speaking and oral comprehension. Students intending to join intermediate program will have to sit for a placement test.

Reference Material: Snow Lion Publication – for beginners and intermediate Tibetan Language Book.

3. Tibetan History and Politics:

- **Basic Introduction to Tibetan History:** Participants will be introduced to important phases of Tibetan history, including the reigns of Tibetan religious kings, era of fragmentation after the collapse of the Tibetan Empire and reign of His Holiness the Dalai Lamas. To make this session interactive, the lecture will be limited to 15-20 minutes and a group of three students will be asked to make presentations on what phases of Tibetan history that they consider outstanding and why.
- **Tibet, China and International Community:** Where does Tibet stand in terms of global recognition and support on the Tibet issue? Will the hardline policies of the Chinese government on Tibet ever change and what are the obstacles in finding an amicable solution? Students will understand the fundamentals of China's position and policies on Tibet and the reasons why Tibet issue remains unresolved. They will also be introduced to the prevalent international support for the Tibetan cause.
- **Role of Democracy in Tibetan Society:** Democracy is considered a cure for many ailments in a society. For Tibetans, democracy plays an even greater role in ensuring the continuity of our freedom struggle and sustainability of a robust Tibetan community. Participants will not only be introduced to the democratic institutions in exile but also the significant contributions these institutions have made in gaining credibility to our just cause. They will be given exercise on what form of democracy suits best for the Tibetan people and what challenges do we face with the current democratic system.
- **Tibetan Culture and Civilization:** This course comprises a study of the history, politics, religious traditions, artistic practices, and social institutions of contemporary Tibetans. However, in order to contextualize this material, historical background, cultural practices, and institutions of Tibet (both before and after the Chinese government established the Tibetan Autonomous Region) will be studied as well.

- **Central Tibetan Administration:** When the Communist China invaded Tibet in 1959, His Holiness the Fourteenth Dalai Lama sought asylum in India. Few senior officials of the Tibetan Government accompanied and followed him into exile, along with over 80 thousand Tibetans. On 25 April 1959, His Holiness the Dalai Lama called an emergency meeting of the few senior Tibetan officials to discuss about the reconstruction of Tibetans in exile. Soon after the meeting, Central Tibetan Administration was established in reorganized form of the old centralized Tibetan Government, to meet both immediate and long-term needs of the Tibetan people. His Holiness remained as the Head of the State and executive powers were vested upon Kashag, consisting of three lay and two monk officials. Kalons were all appointed by His Holiness the Dalai Lama.

4. Tibetan Buddhist Philosophy and Practice:

The Buddhist tradition involves the profound understanding of the inner world of mind and ways to transform it, while science has developed the sophisticated understanding of the material world. Both science and Buddhism share the fundamental aim of contributing to humanity's well-being.

Reference book will be 'The Universe in a Single Atom' by His Holiness the Dalai Lama.

5. His Holiness the Dalai Lama's Three Commitments:

- The Promotion of Human Values:** As a human being, His Holiness is concerned with encouraging people to be happy—helping them understand that if their minds are upset mere physical comfort will not bring them peace, but if their minds are at peace even physical pain will not disturb their calm. He advocates the cultivation of warm-heartedness and human values such as compassion, forgiveness, tolerance, contentment and self-discipline. He says that as human beings we are all the same
 - Compassion
 - Self-discipline
 - Forgiveness
 - Contentment
 - Tolerance
- The Promotion of Religious Harmony:** As a Buddhist monk, His Holiness is committed to encouraging harmony among the world's religious traditions. Despite philosophical differences between them, all major world religions have the same potential to create good human beings. It is therefore important for all religious traditions to respect one another and recognize the value of their respective traditions. The idea that there is one truth and one religion is relevant to the individual practitioner.
- Preservation of Buddhist Culture:** His Holiness is a Tibetan and as the 'Dalai Lama' is the focus of the Tibetan people's hope and trust. Therefore, he is committed to preserving Tibetan language and culture, the heritage Tibetans received from the masters of India's Nalanda University, while also speaking up for the protection of Tibet's natural environment.

6. Buddhism as a Science of Mind & Neurobiology of Meditation:

Buddhism is a journey into the depths of one's heart and mind, the inner reality of one's essence, an exploration of who we are and what we are. This spiritual journey is nothing more and nothing less than discovering this inner reality. Buddhist spiritual teachings present a genuine science of mind that allows one to uncover this inner reality, the nature of the mind and the phenomena that our mind experience.

Fundamentally it is the science of working with the very basic nature of our mind. "Nangpa" – Insider. The Tibetan term for Buddhism illustrates the nature of this inner science. What we call Buddhism in Tibetan is nang pa, which means insiders. Therefore we can see what Buddhism is fundamentally, from this term, insider: it is a science, working with our mind, a philosophy of humanity, a human science

During the past three decades there has been considerable research on the health and mental health benefits of meditation practices. We will review the basic of neurobiology such as neuron function and coding, communication between neurons and the processes that underlie changes in neural connections. We will also then examine the brain structures and circuits related to various types of experience including attention, emotions, memory and social relationship plus relate these to different types of meditation.

7. Mandala and Arts:

There are various forms of mandalas with distinct concepts and different purposes. The individual representations range from the so-called Cosmic Mandalas, which transmit the ancient knowledge of the development of the universe and the world-systems which represents a high point among Mandalas dedicated to meditation. Mandala Arts are dedicated to the creation and distribution of positive, uplifting artwork with spiritual and ecological themes and messages of peace.

Resource Persons:

1. **Geshe Lobsang Jhagmey** - Teacher in Buddha Dharma at Namgyal Monastery, Ithaca.
2. **Venerable Tenzin Choesang** - Director, Namgyal Monastery, Ithaca.
3. **Venerable Lobsang Choegyal** - Teacher in Namgyal Monastery, Ithaca.
4. **Venerable Tenzin Gyechey** - Teacher in Namgyal Monastery, Ithaca.
5. **Venerable Lobsang Choephel** - Teacher in Namgyal Monastery, Ithaca.
6. **Palden Oshoe** - Translator, Namgyal Monastery, Ithaca.
7. **Deana Bodnar** is teacher in Namgyal Monastery, Ithaca and a former researcher in neuroscience with a PhD in Neurobiology from UC Berkeley. During her career in neuroscience her research focused the neural encoding of animal communication signals. In her second career as a social worker, Deana routinely reads research literature on neuroscience and meditation as well as clinical interventions and the neural basis of behaviors related to health, mental health and substance abuse.
8. **Clint Sidle** is teacher in Namgyal Monastery, Ithaca and professional work is based on his thirty plus years as a practicing Buddhist. Over the last ten years spent at least one month a year in meditation retreat. Clint is the former and founding director of the prestigious Roy H. Park Leadership Fellows Program in the Johnson Graduate School of Management at Cornell University and widely sought consultant in leadership development.
9. **Sidney Piburn** is teacher in Namgyal Monastery, Ithaca and a founder of Snow Lion Publications and Namgyal Monastery Institute of Buddhist Studies, as well as being a founding member of The Dalai Lama Foundation. A long-time student and practitioner, he has studied with many teachers in Asia and the United States, and has completed numerous retreats. He has taught at a number of Buddhist Centers and lectured at universities, museums, and galleries in North America.
10. **Geshe Lobsang Dhargyal** - Director, DNKL
11. **Lobsang Nyandak** - President, The Tibet Fund
12. **Bhuchung Tsering** - Vice President, International Campaign for Tibet (Tentative)

For more information please visit www.tibetfund.org

Email at rigiphilip@tibetfund.org

Call at 212-213-5011

Registration Form: 2018 Summer Tibetan Study Program in Ithaca
The Tibet Fund & Namgyal Monastery in Ithaca

Last Name: _____

First Name: _____

Date of Birth: ___/___/____ Gender Male Female
(MM/DD/YYYY)

**Your PP
Photo**

Father's Name: _____

Mother's Name: _____

Tel #: _____ E-mail address: _____

Mailing Address: _____

Dietary Restrictions: _____

Allergies, if any: _____

Anything, you wish to make us aware about you:

Declaration: I understand that The Tibet Fund and Namgyal Monastery Institute of Buddhist Studies will make my stay at Ithaca, NY the utmost educational and useful program. However, should any unforeseen tragedy strike, I will take full responsibility. I authorize the Namgyal Monastery Institute of Buddhist Studies in Ithaca to give me medical treatment, if required.

Signature of the participant

Signature of the parent / Legal guardian

___/___/_____
Dated: (MM/DD/YYYY)

Please mail your application along with the check of \$400 to:

The Tibet Fund
(Summer Tibetan Study Program in Ithaca)
Attn: Rigi Philip, Program Associate
241 E. 32nd Street; New York, NY 10016
☎ 212.213.5011 x 11
rigiphilip@tibetfund.org