

## Tibetan Meditation Center

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*TMC Presents:*

# Beginning Meditation

on the **Buddhist Path** at . . .



FREDERICK

**MEDITATION**  
CENTER

**Frederick Meditation Center**

1. West Church St., Top Floor, Frederick, MD 21701

*featuring:* **Khenpo Tsultrim Tenzin**

Meditation is a key part of Buddhist practice. Here to make Buddhist meditations available to meditators Buddhist and non-Buddhist alike, Khenpo Tsultrim Tenzin, Spiritual Director of the Tibetan Meditation Center, will teach:

- April 29: The Four Noble Truths
- May 6: The Four Thoughts that Turn the Mind to Dharma
- May 13: Lovingkindness and Compassion
- May 20: Mindfulness
- May 27: Distinguishing Buddhism from Non-Buddhism

**Friday Evenings from 7PM to 9PM.**



Suggested Donations:  
\$15.00 / night, \$60.00 / entire program  
Donation includes cost of materials.  
*No one turned away for lack of funds.*

Pre-register at [register@drikungtmc.com](mailto:register@drikungtmc.com)

For volunteer and work study opportunities, contact  
[info@drikungtmc.com](mailto:info@drikungtmc.com)

**Khenpo Tsultrim Tenzin** has been the spiritual director and principle teacher of the Tibetan Meditation Center since 2002. He is widely known as a skillful teacher and scholar of profound depth and on many subjects. He is also known for his friendly nature and lack of pretension, as well as his ability to make his teaching easily understood by Westerners. Khenpo Tsultrim has recently published *Profound Protection*, and has completed and continues to work on many other books, religious texts, translations, and commentaries.

Khenpo Tsultrim was ordained as a Buddhist monk when he was 13 years old and studied under the guidance of his uncle, Yogi Chime Gyatso. He later studied at Samye Monastery, and then at the Drikung Kagyu Institute in Dehra Dun, India, where he continued to study diligently, ultimately earning the advanced degree of Khenpo. In 2001, at the invitation of Tibetan Meditation Center founding teaching Khenchen Konchog Gyaltsen Rinpoche, Khenpo came to the United States. Here, he has continued teaching with the immediate goals of serving the Dharma and fostering a TMC sustainable for future generations. In the long term, Khenpo aspires to liberate all sentient beings. With this clear motivation, he enjoys meeting, learning and exchanging with others. He is as well known for his friendly nature and interest in people as for his deep and vast scholarship.

**The Four Noble Truths**, which Buddha taught at the Deer Park in Sarnath, cover the fundamental philosophies upon which all Buddhism is built. In the first session, Khenpo Tsultrim will elaborate on these noble truths—the basis of all Buddhist thought—and then instruct those in attendance in simple meditation on these truths to bring about a more profound understanding of Buddhist philosophy and worldview.

Building upon the Four Noble Truths, the **Four Thoughts that Turn the Mind to the Dharma**, also called the Four Turnings of the Mind, are the first part of the preliminary practices of Tibetan Buddhism. These four simple reflections create the impetus for Dharma practice and encourage Buddhists to remain vigilant in guarding their minds and actions. Khenpo Tsultrim will instruct and lead a meditation on each of the Four Thoughts, cultivating peace and reflection on Buddha's teachings.

**Lovingkindness and Compassion** are the principles underlying the Mahayana Path of Buddhism. The aspiration to attain liberation not only for oneself, but for all other sentient beings. We, all of us, live in this same Samsara, inadequate as it is. Through lovingkindness and compassion we cultivate the aspiration to not only escape Samsara for ourselves, but to bring all other beings with us. This is the aspiration that makes a Bodhisattva. Khenpo Tsultrim will teach on loving kindness and compassion, and the four immeasurable aspirations, and lead a meditation on these ideas.

When meditating, generally we become very distracted by numerous thoughts. With our undisciplined and unfocused minds, we cannot contemplate much with any depth. **Mindfulness**, a gentle awareness, comes in four forms. Khenpo Tsultrim will discuss the four mindfulnesses and provide instructions that can help one's meditation become more fruitful and focused.

In the final session, Khenpo Tsultrim will focus on **Distinguishing Buddhism from Non-Buddhism**, identifying what makes practice Buddhist practice and what is the fundamental difference between Buddhist and non-Buddhist meditation. In addition to this, Khenpo will provide the opportunity for those who are interested to take **Refuge**, the formal ceremony by which one commits to the Buddhist path and becomes a Buddhist. Whether or not one intends to take Refuge, all are still welcome and encouraged to attend this last session.