

Hello everyone --

An Invitation to Join the Foundation Program of Kosala Buddhist Center

Many of you have attended at least one of the General Program of teachings, Prayers for World Peace, Meditation 101, Introduction to Buddhism or a Saturday Workshop. If you enjoyed and had benefit from your experience, then I invite you to consider joining the new Foundation Program which begins on January 8, 2017.

A Global Program of Kindness

You would be joining a program of teaching and learning, specially designed by Venerable Geshe Kelsang to enable participants to deepen their understanding of the meaning of Buddhist teachings, and to experience the benefits of daily practice on the Path to Enlightenment. Thousands of other practitioners throughout the world are enjoying this program studying the same texts, in the more than 1200 Centers in 40 different countries throughout the World. You would become part of this global family of Kadampas.

The text to be studied from January 2017

The text we will study together is Joyful Path of Good Fortune, a commentary on Lamrim scriptures describing the complete path to enlightenment and importantly, how to practice on that path. Lamrim is a special presentation of all of Buddha Shakyamuni's teachings that are easy to understand and to practice in daily life. All of the teachings can be traced back 2500 years to Buddha, nothing is added and nothing left out. So you can be assured that you will only study and learn authentic Buddhist teachings followed by countless practitioners since that time. Gen Kelsang Tilopa will personally lead all of the classes.

An Introduction to the Foundation Program

You are invited to come to a special introductory session on Thursday December 15th at 7pm. You will hear about the benefits of being on the program; the structure of each class; what is expected from participants; you will hear from existing students about how they experience the joy that comes from studying on the Program; and you can ask questions about the program and how it works. If you cannot attend this session you can find out more about the program from our website, and you can audit a class before you commit to joining. Classes are on Sundays at 4-6pm and Mondays 6:30-8:30pm each week.

I hope you will take advantage of these precious teachings offered in Chapel Hill, and decide to join the Foundation Program.

With Love and Prayers,

Gen Kelsang Tilopa