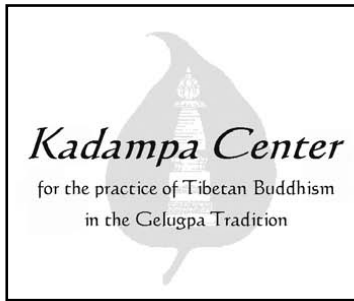


Welcome to *Buddhism in a Nutshell*

Buddhism in a Nutshell

provides a basic introduction and overview of Buddhist philosophy and principles, particularly as they are practiced in the Tibetan tradition. The topics we explore include:



- What is Buddhism? What does it mean to be a Buddhist?
- The life of Shakyamuni Buddha
- Some of the Buddha's teachings
- History of Buddhism
- Introduction to meditation

We don't assume that anyone attending this course knows anything at all about Buddhism or meditation. If you're new to Buddhism, this is a great place to start. We also do not assume that anyone in the class wants to become a Buddhist. We only assume that you are here because you would like to learn something about Buddhism. We're offering this course simply to provide information.

The class will meet once each week for five weeks. You'll gain the most from attending all five sessions, but it's okay if you don't. You can join in at any point and still gain something from being here.

About Kadampa Center



Kadampa Center is part of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a worldwide network of Buddhist centers in the lineage of

His Holiness the Dalai Lama. Founded in 1975 by Lama Thubten Yeshe and Lama Zopa Rinpoche, the FPMT is devoted to the transmission of the Mahayana Buddhist tradition and values worldwide through teaching, meditation, and community service.

Kadampa Center's resident teacher, Geshe Gelek Choda, is a Tibetan monk from the Sera Jey monastery in India. "Geshe" is an academic title granted to monks who complete an extensive course of study lasting between 12 and 40 years. After completing his studies at Sera Jey in 1997 Geshe Gelek earned the degree of Geshe Lharampa, the equivalent of a doctorate in Buddhist philosophy. We've enjoyed the privilege of having him as our resident teacher since 1999. You'll often hear us refer to him as "Geshe-la," a respectful term of affection which Tibetans commonly use.

Kadampa Center offers a variety of educational programs including *Discovering Buddhism*, *Meditation 101*, and Sunday teachings. These classes provide an opportunity for you to continue exploring the topics we introduce during *Buddhism in a Nutshell*.

We encourage you to visit our web site at www.kadampa-center.org for more information about upcoming events and classes. You can also stay connected with us through Facebook and our Meetup group. You can receive regular email updates by joining our Yahoo! group. There are links to these resources on our web page. You'll also find that Kadampa Center's members, volunteers, course instructors, and resident monks and nuns are happy to answer your questions.

Thanks for being here!