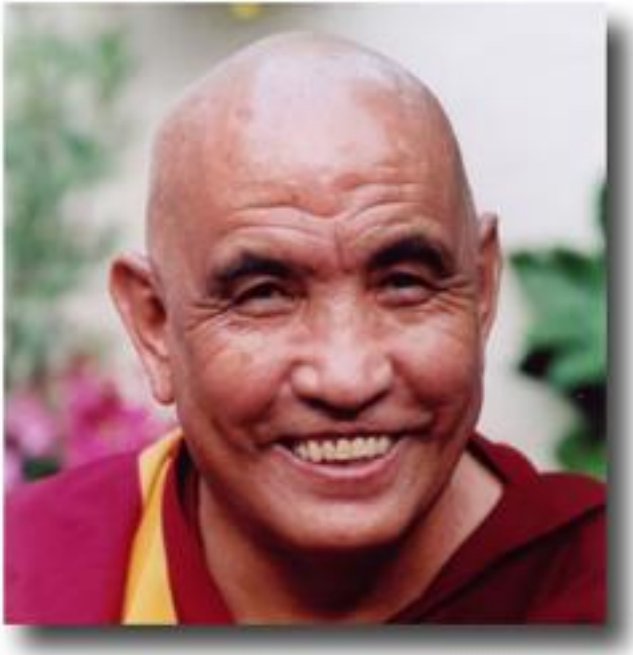


## **"The Essence of Buddhism" to be taught by Khensur Rinpoche at Choe Khor Sum Ling on the auspicious day of Saka Dawa**

Date: 06-04-2009 01:31 PM CET

Category: [Associations & Organizations](#)

Press release from: [Choe Khor Sum Ling - Tibetan Buddhist Meditation & Study Center, Bangalore](#)



According to the Tibetan lunar calendar Saka Dawa, the "month of merit", falls on May 25 - June 22 this year.

Special celebrations to commemorate the Buddha's birth, Enlightenment and Parinirvana take place on the full moon day of this month.

On this auspicious occasion Choe Khor Sum Ling has invited Khensur Lobsang Tenzin Rinpoche to give a teaching on the Essence of Buddhism: "The Four Noble Truths" and "The Foundations of the Path to Enlightenment".

The Four Noble Truths are the basis of the first discourse the Buddha gave seven weeks after attaining Enlightenment. Rinpoche will look in depth into what the truths of suffering, the cause of suffering, the cessation of suffering and the path to the cessation of suffering are and how they are related to our daily life.

Rinpoche will also teach on the Three Principal Aspects of the Path to Enlightenment:

1. The determination to be free from cyclic existence and attain liberation;
2. The loving compassion, aspiration to become a Buddha in order to benefit all sentient beings most effectively;
3. The wisdom that understands the actual way ourselves and all phenomena exist.

These three realizations are outlined in the root text written by Lama Tsongkapa, a great scholar and the founder of Geluk school of Tibetan Buddhism.

Khensur Lobsang Tenzin Rinpoche is one of the most respected teachers in this tradition, who served as an abbot of Gyume monastery in Hunsur district, Karnataka. Rinpoche, renowned as a great Buddhist scholar, is called upon to teach in many places in North America, Europe and Asia. Aware of Khensur Rinpoche's profound qualities, His Holiness the XIV Dalai Lama has requested that Khensur Rinpoche maintain his permanent residence at Sera Jey Monastery, Karnataka, to serve as one of the principal teachers to help bring forth the new generation of scholar-practitioners.

Schedule:

Sunday, June 7, 2008

10:00 AM – 12:30 PM: "The Essence of Buddhism" teaching

12:30 PM – 01:30 PM: Lunch provided by Choe Khor Sum Ling

01:30 PM - 03:00 PM: Meditation, Q & A session

The teaching is free and open to everyone, please register in advance.

Venue: Choe Khor Sum Ling Center, Ashwini, No. 24, First Floor, 3rd Main Street, Domlur Layout, Bangalore - 71 | Tel: 080 414 864 97, mob. +91 99869 44153.

Choe Khor Sum Ling (CKSL) is a center for studying and practicing Mahayana Buddhism. The center whose name means "The Sanctuary of the Three Turnings of the Wheel of Dharma" was founded in 2003 by Lama Zopa Rinpoche under the guidance of HH the XIV Dalai Lama. CKSL offers courses on Buddhist meditation techniques and teachings on the aspects of the Graduated Path to Enlightenment. Teachings are free to the public and are conducted in English or in Tibetan (with translation in English).

Please visit the Choe Khor Sum Ling website – [www.cksl.in](http://www.cksl.in) for more information on the Center's activities.

Ashwini, No. 24, 1st floor, 3rd Main St., Domlur Layout, Bangalore 560071, tel. 080 41486497

[You can find this press release here](#)