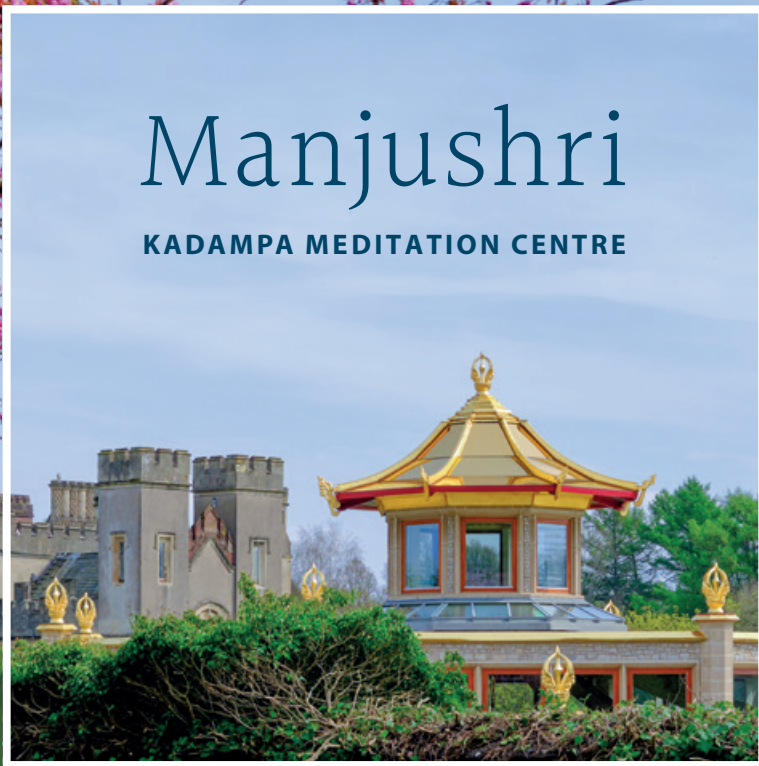


# Manjushri

KADAMPA MEDITATION CENTRE



International Centre for Modern Buddhism and Temple for World Peace

August 2022 – August 2023 Everybody welcome

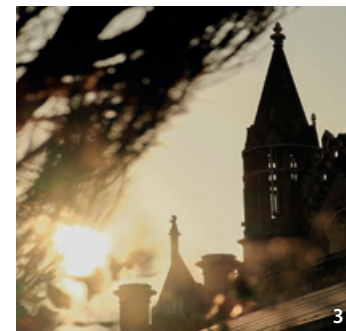
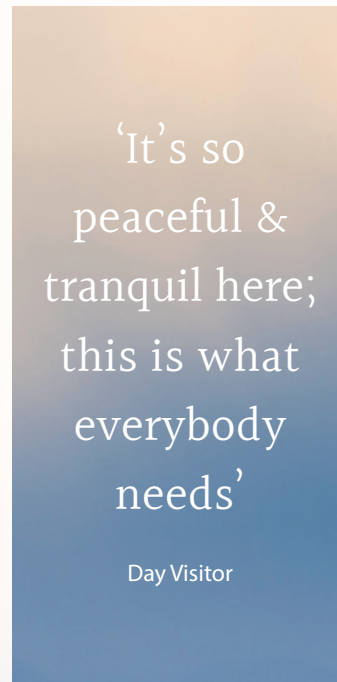
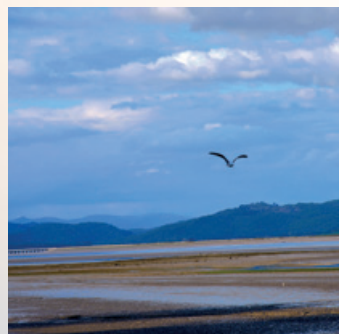
Manjushri KMC is a special place founded by Venerable Geshe Kelsang Gyatso Rinpoche where everyone can find peace. The centre was made all the more special when Venerable Geshe-la returned to live here at the end of 2021. For 46 years, the centre has offered meditation courses to people of all ages and all walks of life, and welcomed many thousands more to enjoy the peace and tranquillity of the Temple and grounds.

The spiritual tradition at the centre is modern Kadampa Buddhism, which presents the original teachings and meditations of Buddha in a contemporary form that is easy for modern people to understand and practise.

Many people find that integrating the practices of Kadam Dharma with their everyday life helps them to solve their daily problems and experience lasting peace and happiness. Finding peace and happiness for oneself so we can share it with others is the very essence of the Kadampa Buddhist way of life.

## EVERYONE IS WELCOME

As a Kadampa Buddhist centre, Manjushri KMC is open to everyone. You can take part in evening classes, day courses, weekend meditation retreats, in-depth study programmes, international meditation festivals and much more. Or you can come simply for a break for a day or more and enjoy the Temple and seventy acres of wooded grounds leading to the shores of Morecambe Bay, relax in the World Peace Café and explore the gift shop. For those who are interested there are also opportunities to stay as a volunteer or become a resident.







‘Without inner peace,  
outer peace is impossible’

Venerable Geshe Kelsang Gyatso Rinpoche

## FOUNDER & SPIRITUAL GUIDE

### Venerable Geshe Kelsang Gyatso Rinpoche



The Founder and Spiritual Guide of Manjushri KMC is Venerable Geshe Kelsang Gyatso Rinpoche, affectionately known as ‘Venerable Geshe-la’. We are delighted that Venerable Geshe-la has recently returned to live at Manjushri KMC and engage in retreat. He is a contemporary Buddhist Master who is the driving force behind some of the most significant developments in worldwide Buddhism. Out of his great wisdom and compassion he has introduced into the modern world the pure teachings and practices of Kadampa Buddhism, presented in a way that modern people can easily understand and practise. The hallmark of modern Kadampa Buddhism is that it is easily integrated into our busy lives, providing practical solutions to our daily problems and a pure spiritual path that leads to the experience of liberation and enlightenment.

Out of his extraordinary vision Venerable Geshe-la has created a global infrastructure of Temples, centres, books, teaching and meditation programmes, and Teacher Training programmes for this and future generations. He has created a truly international Buddhist tradition that benefits all living beings equally and without discrimination. Venerable Geshe-la is the Spiritual Guide of thousands of people around the world whose hearts have been touched by his extraordinary teachings and pure, compassionate example. Everything you see in this brochure – the study and meditation programmes, the World Peace Temple, the international publishing company, the Kadampa Art Studio, and the community of sincere lay and ordained Buddhist practitioners – is a manifestation of the compassionate heart of this remarkable holy being.

## GEN-LA KELSANG DEKYONG

General Spiritual Director  
and Resident Teacher

The Resident Teacher at Manjushri KMC is Gen-la Kelsang Dekyong, a Kadampa Buddhist nun from the UK.

Gen-la is the General Spiritual Director of the New Kadampa Tradition, a global Kadampa Buddhist charity with hundreds of member centres in over 40 countries, of which Manjushri KMC is the mother centre.



She has been a disciple of her Spiritual Guide Venerable Geshe Kelsang Gyatso Rinpoche for over 35 years and carries the essential lineage of his Sutra and Tantra teachings in her heart.

Besides teaching at Manjushri KMC, Gen-la grants empowerments and teachings extensively at national and international events. She is deeply admired for her sincerity, wisdom and compassion, and for the immensely practical and inspiring teachings she gives. In every respect, Gen-la is a fully qualified modern Kadampa Buddhist Teacher.



## STUDY AND MEDITATION PROGRAMMES AT THE CENTRE



At the heart of modern Kadampa Buddhism are three special study and meditation programmes designed by Venerable Geshe Kelsang Gyatso Rinpoche:

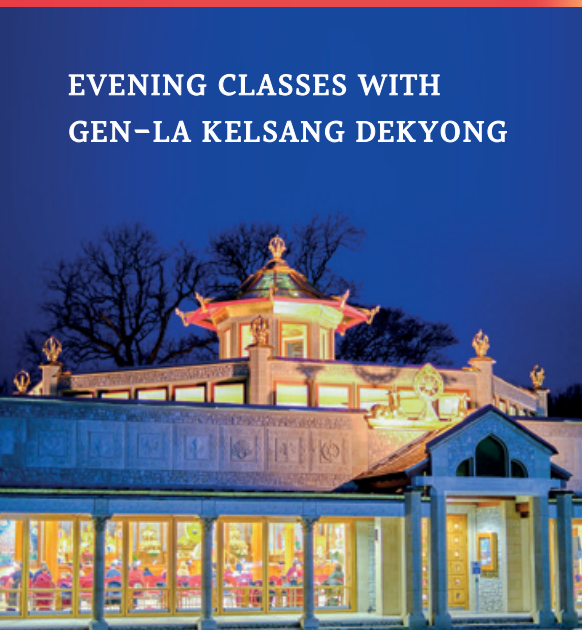
General Programme  
Foundation Programme  
Teacher Training Programme



These programmes help us to develop our wisdom, cultivate a good heart and maintain a peaceful state of mind. As you will see in the following pages, the General Programme at Manjushri KMC offers a wide range of events suitable for everyone, from regular evening classes and entry level courses, to Tantric empowerments and long retreats. To find out more about these programmes at Manjushri KMC, visit our website at: [manjushri.org/study](http://manjushri.org/study)



## EVENING CLASSES WITH GEN-LA KELSANG DEKYONG



### TUESDAYS 7.30 - 9 PM

#### MEDITATION FOR EVERYONE

These drop-in evening classes teach how to solve our daily problems and find a happier way of life by learning to change three things – our perspective, our goals and our actions – through meditation. Essential practical advice for everyone.

Perfect for beginners. Please see website for course topic and class dates.

### WEDNESDAYS 7.30 - 9 PM

#### MAKING PROGRESS ~ RELYING ON SUTRA AND TANTRA

These classes are aimed at students who have some familiarity with Kadam Dharma and who wish to develop and deepen their inner protection of spiritual experience.

Everyone is welcome. Please see website for course topic and class dates.



## Unshakeable Faith ~ A Wishfulfilling Jewel with Gen-la Kelsang Dekyong



Dorje Shugden empowerment and teachings on how to draw close to him using the special sadhana *Wishfulfilling Jewel*

December 2 - 4 2022



Kadampa practitioners who have a sincere trust in Dorje Shugden will have no difficulty in generating unshakeable faith in Je Tsongkhapa.

This is because of their special connection.

This faith will lead us swiftly to experience all the realizations of Sutra and Tantra and the supreme happiness of enlightenment. Following on from the instructions given at International Spring Festival 2022 in Málaga, Gen-la Dekyong will teach how to care for and deepen our Kadampa faith and make a strong connection with Dorje Shugden, and give a commentary to the uncommon sadhana *Wishfulfilling Jewel*. She will also give instructions on how to engage in a close retreat of Dorje Shugden.



**December 4 - 6** Retreat with Gen-la Kelsang Kunsang, Retired Deputy Spiritual Director of NKT-IKBU & Resident Teacher of Madhyamaka KMC, York.

## Realizing Emptiness ~ Advice from our Guru's Heart with Gen-la Kelsang Dekyong



Realizing emptiness is the very essence of Buddhadharma March 3 - 5 2023



On this special weekend course, Gen-la Dekyong will share instructions she has been given personally in discussions

with Venerable Geshe Kelsang Gyatso Rinpoche. These special insights will help guide us to the correct view of emptiness and freedom from suffering forever.

Lama Marpa said:

*In east India near the river Ganges  
I met Venerable Maitripa,  
and through his great kindness  
I realized that the things I normally see  
do not exist  
Thus, all my experiences of problems  
and suffering have ceased.*



**March 5 - 7** Retreat with Kadam Bridget Heyes, UK & Ireland National Spiritual Director & Resident Teacher of Nagarjuna KMC, Thornby.





## Public Talks with Gen-la Dekyong

### Understanding your Anxiety

Learn how to stop worrying &  
start living through meditation

Sunday 11 September 2022, 11.30 am - 12.30 pm

- Practical advice for busy life
- Experience guided meditation and greater peace of mind
- Enjoy the beautiful grounds, stay for lunch or relax in the World Peace Café

Both these public talks will be followed by a short series of teachings and meditations on the same topic in the Tuesday night classes.

### Save the Date!

Sunday 29 January 2023, 11.30 am - 12.30 pm

Topic to be announced in the New Year



## CLASSES AT MANJUSHRI KMC

### Prayers for World Peace

Sundays 10.30 - 11.45 am

Including a short teaching, guided meditations and inspiring prayers, this class is a way to make a positive contribution to the world. **FREE**

### Kids' Club

Sundays 10.30 - 11.45 am

Family fun with meditations, games, stories and activities.

### Morning Meditation Class

Wednesdays 10 - 10.45 am

Take some time to cultivate inner peace and happiness at the start of the day.

## LOCAL CLASSES

### Weekly classes in your area:

Barrow-in-Furness,  
Grange-over-Sands,  
Kendal and Windermere.

Visit [manjushri.org](http://manjushri.org)



## 15 Minute Meditations

Every day 12.30 pm and 2 pm

A short, guided meditation in  
the Temple for World Peace. **FREE**



## The Bliss of Concentration

**October 8** with Thomas Tozer, a teacher at KMC London



By training in concentration we will develop a profound bliss that naturally causes our negative minds, such as attachment and anger to subside, and which takes us swiftly to the supreme happiness of enlightenment.

## Energize Your Life

**February 11** with Gen Kelsang Wangmo  
Resident Teacher of KMC Edinburgh



Take time out and discover a new approach to life. Learn to flow with the ever-changing nature of things and free up your mental and physical energy for what really matters.

## Seeing Beyond Criticism and Blame

**May 13** with Gen Kelsang Lhachog  
Resident Teacher of KMC Manchester



In our world criticizing and blaming our self and others is very common and very painful. With wisdom we can begin to see beyond these painful states, which are like clouds, and connect with the limitless sky-like potential we all possess for peace and harmony.

## Out of the Ordinary Introduction to Tantra

**April 22** with Gen Losang Kelsang, Resident Teacher of Tara IKRC, Derby



In Buddha's Tantric teachings he shows how the ordinary appearances our mind experiences prevent us from reaching our full spiritual potential. This course will prepare us for Tantric empowerments that

function to free our mind from the internal obstacles that are denying us the experience of pure happiness.

*'In his Sutra teachings Buddha gives us great encouragement to accomplish the ultimate goal of human life. This goal will be accomplished quickly through the practice of Tantra.'*

Venerable Geshe Kelsang  
Gyatso Rinpoche

## Staying Strong when Things go Wrong

**November 19** with Gen Kelsang Dema  
Resident Teacher of Uma KMC, Carlisle



In this day course we will learn to develop real patience that will give us the power to stay strong when things go wrong in our daily lives. By

first gaining a clear understanding of real patience we can then begin to meditate on our understanding. Our experience in meditation will gradually help us to improve the way in which we respond to daily difficulties. Suitable for everyone.

## Keep Karma and Carry On

**June 10** with Kadam Chris Heyes  
Resident Teacher of Nagarjuna KMC, Leicester

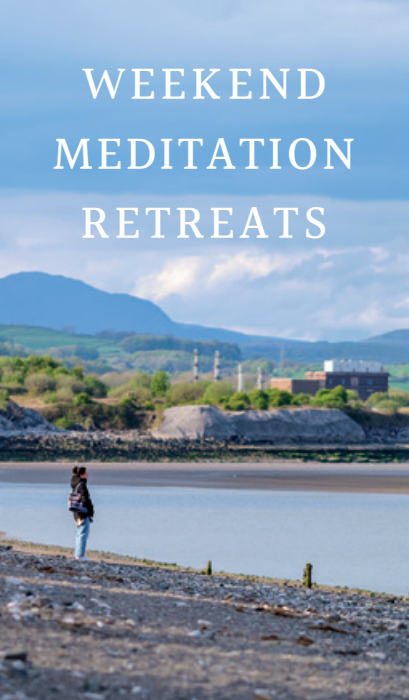


We often wonder 'why me!' when things go wrong. Understanding the law of karma helps us to understand correctly why we experience endless miseries and shows us how to create

the causes of real happiness and good fortune. Meditating on the law of karma is like looking in a mirror that shows us what to abandon and what to practise. By developing conviction in the law of karma we can protect ourselves from future suffering and build the foundation for future happiness. Essential advice for everyone.



# WEEKEND MEDITATION RETREATS



## Learn from Life

**September 16 - 18** with Gen Kelsang Drolkyi  
Resident Teacher of KMC Glasgow



We love the idea of meditation but sometimes we don't have much time for formal meditation. However this doesn't need to be a problem. One of the special characteristics of modern Kadampa Buddhism is that it explains how to transform daily appearances into the spiritual path. This means that we can take a lesson from every situation and life itself can be our teacher. This course will look at how to use daily experiences to make progress in developing pure, peaceful and happy minds everyday.

## Letting Go of the Past

**November 11 - 13** with Kadam Adam Starr  
Resident Teacher of Tara KMC, Dublin



Learn how to let go of the past and experience our innate freedom to change that comes from living fully in the present. In reality, we are not fixed, or defined by our past experiences or present limiting beliefs, and we all have an extraordinary potential for positive change and good qualities. Through cultivating this potential we can redirect our lives: free of the past and focused on creating the truly happy and meaningful life we want, moment to moment.

## The Magic of Meditation

**March 17 - 19**

with Gen Kelsang Devi, Resident Teacher of KMC Switzerland and Kailash IRC



*Taking & Giving: transform who you are, become who you want to be.*

Imagine becoming the kind of person who can solve all their own problems of anger, jealousy, attachment and other delusions, someone who has a special method for dealing with their own sickness.

Imagine being a person who everyone could say they were better off for having met you, someone who has stable happiness and whose good heart is a source of inspiration and benefit to others.

With taking and giving we can become that person. We can transform who we are.

On this course Gen Devi will share this powerful way to bring love, compassion and wisdom quickly and directly into our lives, and reveal that what begins as correct imagination in meditation will produce very real and practical effects in our daily lives.

## Gratitude Retreat

**June 16 - 18** with Gen Kelsang Rabten  
Resident Teacher of KMC Leeds



*'We are all interconnected in a web of kindness from which it is impossible to separate ourself. Everything we have and everything we enjoy, including our very life, is due to the kindness of others. In*

*fact, every happiness there is in the world arises as a result of others' kindness.'* **Venerable Geshe Kelsang Gyatso Rinpoche, *How to Transform Your Life***

Remembering the myriad ways in which others benefit us will awaken a deep sense of closeness and appreciation that transforms our relationships with others. Over this weekend retreat we will learn clear and practical meditations that unlock our precious mind of gratitude and thereby allow us to journey deep into this profoundly positive state of being.



## TREAT YOURSELF TO A REFRESH & REVIVE OVERNIGHTER

These popular breaks are a refreshing change of pace that breathe new life into a busy week. Start on the Friday evening with a relaxing meditation followed by a tasty vegetarian meal. Then in the morning refresh your mind with the morning meditations and revive your energy with woodland walks to the shores of Morecambe Bay. Or make it a weekend break by extending your stay for another night. Get the week off to a good start with a fresh and inspired approach!

September 30 - October 1    March 24 - 25    June 23 - 24

## FAMILY WEEKEND April 28 - May 1

A chance for families to meet, have fun and enjoy a fun weekend with a difference! Using periods of silence and quiet contemplation, all the family can learn to overcome anxiety and other negative minds, and experience the joy of a life without worry.



### Food for Thought

A special night out with a relaxing guided meditation followed by a delicious, home-cooked, vegetarian meal, with recipes from all around the world.

September 30    March 24  
May 12    June 23

## SUMMER RETREATS

*Everybody is welcome to attend these longer retreats, regardless of previous experience.*



### Dealing with the Inevitable, Accepting the Unavoidable

August 26 - 29, 2022 with Gen Kelsang Sherab  
Resident Teacher of Compassion KBC, Newcastle

Learn new ways of responding to frustrating situations. Take a break from our worries and busyness, replacing them with deep mental peace. This course will explore ideas such as the causes of frustrations, the pain of anger and the strength of our mind.

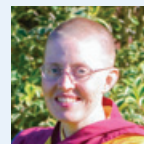


### How to Take an Inner Vacation

June 30 - July 5, 2023

with Gen Kelsang Lekma and Kadam Tim Larcombe  
Resident Teachers of KMC Southampton and KMC Copenhagen

On this five-day meditation retreat you will first be guided in methods to go inwards to find the peace and space of your own mind. As the retreat progresses you will learn practical methods to keep your mind peaceful and positive when life becomes chaotic. Learn how to take the inner holiday you need every day.



### Healing from the Heart

August 25 - 28, 2023 with Gen Kelsang Tubchen  
Resident Teacher of KMC Aberdeen

Explore the healing power of meditation. When we meditate from our heart we can experience deep inner peace, learn to accept difficult situations and deepen our love and compassion. In this way we can become light and free within ourselves, find greater meaning and joy in our life, and improve our relationships with others.





## MKMC Christmas Course with Gen-la Thubten



### AS SMOOTH AS LAPIS LAZULI ~ The secret of a calm and controlled mind

**December 24 - 28** Sometimes our mind can be crowded by negative thoughts, moods and feelings and we don't understand where they come from or how to control them. These negative states affect the way we act and relate to others, and can have a destructive effect on our life. On this teaching and meditation course Gen-la Thubten will introduce a special sequence of meditations that help us to see where our negative thoughts and feelings come from and how to prevent them from arising in daily life. We will learn how to manage our moods and feelings in any situation and gradually get to the point where our mind remains smooth and controlled all the time. Open to everyone.



### New Year's Celebration with Gen-la Dekyong

**Discover the Secret Power Within our  
Minds – the Key to a Happy 2023!**

**December 31** Begin 2023 with a fresh start and positive approach, through learning to understand our minds. Learn how to be inspired, confident and joyful in the New Year ahead.  
Everyone is welcome to this special New Year's Eve talk and meditation in the Kadampa Temple for World Peace.

### Special 24-hour Tara Retreat

**December 31 - January 1** A unique and wonderful way to begin the New Year ~ with praises and requests to Buddha Tara in 6 sessions over 24 hours. Tara has the power to free us from sorrow and fulfil our wishes for a happy meaningful life.  
Everyone is welcome to this truly life-changing retreat



# The January Retreats



Every year in January, Manjushri KMC goes into retreat mode and offers a precious opportunity to enjoy in-depth retreat in the Temple for World Peace blessed by Venerable Geshe Kelsang Gyatso Rinpoche, who taught, prayed and granted empowerments there for many years. It is difficult to find a more blessed place to engage in retreat, especially now that Venerable Geshe-la has returned to live at Manjushri KMC and engage in personal retreat.

## Closer and Closer to Guru Sumati Buddha Heruka



**4 - 25 January 2023** Special Close Retreat ~

Collecting 100,000 *Guru Sumati Buddha Heruka* mantras!  
**with Gen-la Kelsang Dekyong** in the Kadampa Temple  
at the Mother Centre of the NKT, Manjushri KMC

Gen-la Dekyong will guide this special close retreat following the oral instructions transmitted directly to her from Venerable Geshe Kelsang Gyatso Rinpoche and shared at the International NKT Spring Festival 2022 in Málaga.

Together in the Kadampa Temple, we will draw closer and closer to our root Guru, and create very powerful actions that will cause Kadam Dharma to flourish in our hearts and throughout the world. There is no better offering to repay our Guru's kindness.

**Please note:** Although 3 weeks have been set aside to engage in this retreat it is possible to complete the retreat in a much shorter time, depending on individual wishes and capacity.

## Heruka and Vajrayogini Close Retreats

**Vajrayogini Retreat** January 5 - February 2 **Heruka Retreat** January 3 - February 14

An opportunity to engage in qualified close retreat with guidance and support in a blessed and peaceful environment. Please contact [education@manjushri.org](mailto:education@manjushri.org)





# Easter Weekend Course with Gen-la Thubten

CLOSE PLACEMENT OF MINDFULNESS

~ Meditations that change our life



**April 7 - 10** Buddha taught four powerful meditations called the 'four close placements of mindfulness' that help us gain deep insight into our body, our feelings, our mind and other phenomena. Through these meditations we can begin to bring about deep changes in our mind and radically improve the quality of our life. We will enjoy deeper and deeper experiences of inner peace and happiness. On this course Gen-la Thubten will teach practical ways to integrate these meditations into our life and experience their benefits on a daily basis. Suitable for all levels.



# THARPA

'Dharma books are the eyes through which sentient beings can see the spiritual paths to liberation and enlightenment, the light by which they can dispel the darkness of ignorance, and the Spiritual Guide from whom they can receive reliable advice.'

Venerable Geshe Kelsang Gyatso Rinpoche

Manjushri KMC is also the home of Tharpa Publications, established by Venerable Geshe-la to publish and distribute Dharma books throughout the world. Venerable Geshe-la has dedicated many years to writing qualified Dharma books on all aspects of Buddha's teachings, from the essentials of Buddhism such as karma and rebirth, to the most profound teachings of Highest Yoga Tantra.

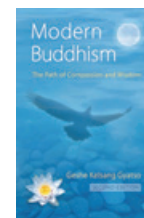
Please visit [tharpa.com](http://tharpa.com) to see the full range of books, sadhanas and art.



## Free ebooks!

At the request of the author the eBook editions of *How to Transform Your Life* and *Modern Buddhism* are available free of charge.

Simply visit [tharpa.com/uk/free-ebooks](http://tharpa.com/uk/free-ebooks) and download either the Kindle or the ePub version completely free.



## FOUNDATION PROGRAMME

### GOING DEEPER ~

#### Taking Kadampa Buddhism to Heart with Gen-la Kelsang Dekyong



The Foundation Programme (FP) provides an opportunity to engage in systematic study and meditation on the essential subjects of Kadampa Buddhism based on six books by Venerable

Rinpoche. Participants enrol for one book at a time. The emphasis in the classes, which consist of teachings, meditation and discussion, is on gaining practical experience of Buddha's teachings that you can apply to your daily life.

**Classes - Mondays 7 - 9.30pm**

**Beginning September 2022**

Part Three of *Joyful Path of Good Fortune*

For more info please visit [manjushri.org/study](http://manjushri.org/study)

## SPECIAL TEACHER TRAINING PROGRAMME

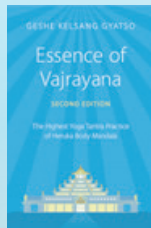
### NEW BOOK - *Essence of Vajrayana* starting in September with Gen-la Kelsang Dekyong



The purpose of the *Teacher Training Programme* is to provide a more extensive presentation of particular subjects of Mahayana Buddhism, to

enable practitioners to deepen their knowledge and experience of Buddhism and to train as qualified New Kadampa Tradition Teachers.

In the *Special Teacher Training Programme* at Manjushri KMC, even those who do not wish



to train to become Teachers can simply join the classes openly like GP. Therefore this STTP is more open. From September 2022 the programme will be studying the book *Essence of Vajrayana*.

For more information and to apply please visit [manjushri.org/study](http://manjushri.org/study)

### Intensive Teacher Training Programme

with Gen-la Kelsang Khyenrab, February - August 2023

This special course at Manjushri KMC was designed by Venerable Geshe Kelsang Gyatso Rinpoche and provides six months' intensive training for those wishing to become qualified Resident Teachers at Kadampa Buddhist Centres around the world.

The course will comprise of special study and training sessions based on *Joyful Path of Good Fortune*. During the study weeks there will be teaching classes, group discussions and teaching skills classes along with daily group pujas. For more information about the programme and the online application form, please visit [manjushri.org](http://manjushri.org) or email the STTP Co-ordinator at [specialttp@kadampa.org](mailto:specialttp@kadampa.org)

### The Teacher, Gen-la Kelsang Khyenrab



Gen-la Kelsang Khyenrab is a retired General Spiritual Director of NKT-IKBU and National Spiritual Director of Canada. Gen-la Khyenrab is the Resident Teacher at KMC Canada and has been a disciple of Venerable

Geshe Kelsang Gyatso Rinpoche for over thirty-five years. Gen-la is well-known for his deep understanding of Buddha's teachings and his ability to convey their profound meaning in a very clear and accessible way.

### Kadam Lamrim Retreat

**September 2 - 9, 2022**

with Gen Kelsang Lhamo



Learn how to put the advice from Je Tsongkhapa's heart, *The Three Principal Aspects of the Path* to

*Enlightenment* into practice using the inspiring heartfelt advice from *The Mirror of Dharma with Additions* on how to engage successfully in daily meditation.

### Other Retreats

#### Amitayus Retreat

**February 3 - 5, 2023** Amitayus is the Buddha of long life, merit and wisdom - the main qualities we need for the happiness of enlightenment.

#### Nyungnay Purifying Ritual Practice

**April 13 - 15, 2023** Spend two days with Thousand-armed Buddha Avalokiteshvara - the nature of compassion, on this fasting and purification retreat.





## INTERNATIONAL FESTIVALS A GLIMPSE OF WORLD PEACE

*'This Festival is our spiritual holiday, our meaningful holiday.  
It will bring great meaning into our life, I promise.'*

Venerable Geshe Kelsang Gyatso Rinpoche



## THE FESTIVAL TEACHERS

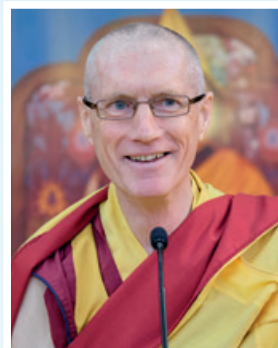
Each year the three International Festivals are taught by senior teachers of the NKT



### Gen-la Kelsang Dekyong

is the General Spiritual Director of NKT-IKBU and the Resident Teacher of Manjushri KMC.

She has been a student of Venerable Geshe Kelsang Gyatso Rinpoche for over 35 years, sincerely training under his guidance in all aspects of Kadam Dharma. She is recognized as a fully qualified Dharma teacher of both Sutra and Tantra.



### Gen-la Kelsang Khyenrab

is a Retired General Spiritual Director of NKT-IKBU, National Spiritual Director of Canada and Resident Teacher of KMC Canada.

He is deeply respected throughout the Kadampa world as a sincere practitioner and for his powerful teachings, wisdom and pure example of humility and loving-kindness.



### Gen-la Kelsang Jampa

is the Deputy Spiritual Director of NKT-IKBU and the Resident Teacher of International Kadampa Retreat Center Grand Canyon.

He is greatly admired for the warmth and sincerity of his teachings and the pure example he shows in his daily life.



NKT-IKBU INTERNATIONAL

# FALL FESTIVAL 2022

OCTOBER 14 – 20

## Wisdom & Devotion

Empowerment of Buddha Green Tara  
& Commentary to the 21 Homages  
with Gen-la Kelsang Dekyong



During the 2022 Fall Festival, Gen-la Dekyong will grant the blessing empowerment of Buddha Green Tara and give special teachings on

the sublime twenty-one homages based on a transmission she received directly from Venerable Geshe Kelsang Gyatso Rinpoche.

**Wisdom manifestation** Green Tara is a female enlightened being, the manifestation of the ultimate wisdom of all the Buddhas, who protects living beings from outer and inner obstacles and guides them to the attainment of all the stages of the path to enlightenment.

**Drawing closer** When relying on Mother Tara and requesting her help, we frequently recite twenty-one special verses of praise, or homage. These precious words are Buddha's own speech and are considered to be actual Sutra.



at KMC New York  
[kadampafestivals.org/fall](http://kadampafestivals.org/fall)



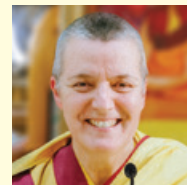
NKT-IKBU INTERNATIONAL

# SPRING FESTIVAL 2023

MAY 26 – 31

## The Source of Happiness & Goodness

Special commentary to the *Liberating Prayer* & International Refuge Vow  
Ceremony with Gen-la Kelsang Dekyong



*'The Liberating Prayer is not an ordinary prayer – it is like a text and has profound meaning. All Lamrim teachings are included in this prayer.*

*It definitely needs verbal commentary by a Teacher. It is the best method to develop faith in Buddha and his teachings.'*

**Venerable Geshe Kelsang Gyatso Rinpoche**

Gen-la Dekyong will share a special transmission of the meaning of this prayer, that she received directly from Venerable Geshe Kelsang Gyatso Rinpoche. She will also include other commentary to the prayer that Venerable Geshe-la has given over many years. There will then be an opportunity to engage in a powerful and immensely meaningful International **Refuge Vow Ceremony** with our Kadampa family.



at Manjushri KMC, UK  
[kadampafestivals.org/spring](http://kadampafestivals.org/spring)



# Kadam Lamrim – the Complete Path to Enlightenment

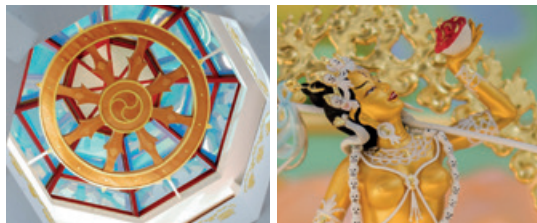
## WEEK 1

The Stages of  
Kadam Lamrim of Sutra  
with Gen-la Kelsang Jampa



## WEEK 2

The Stages of Kadam Lamrim of Tantra  
with the Highest Yoga Tantra  
Empowerments of Heruka and Vajrayogini  
with Gen-la Kelsang Dekyong



This is a rare and precious opportunity to learn from qualified contemporary Teachers how to practise Buddha's teachings of both Sutra and Tantra according to the lineage of modern Kadampa Buddhism.

In Week 1 of this special Festival, Gen-la Kelsang Jampa, Deputy Spiritual Director of NKT-IKBU, will teach the stages of Kadam Lamrim of Sutra. These practices are an essential foundation for receiving Highest Yoga Tantra teachings.

In Week 2, Gen-la Kelsang Dekyong, General Spiritual Director of NKT-IKBU, will teach the stages of Kadam Lamrim of Tantra by granting the Highest Yoga Tantra empowerments and commentaries of Heruka Body Mandala and Vajrayogini.



at Manjushri KMC, UK  
[kadampfesivals.org/summer](http://kadampfesivals.org/summer)



NKT-IKBU INTERNATIONAL

# SUMMER FESTIVAL

## 2023 JULY 28 – AUGUST 12

# Offering Our Faith



Manjushri Kadampa  
Meditation Centre,  
December 2021

Celebrating the 92nd Birthday  
of our precious Spiritual Guide,  
Venerable Geshe Kelsang  
Gyatso Rinpoche



*A special day of retreat in the  
Temple at Manjushri KMC*

On June 4, Turning the Wheel of  
Dharma Day, we celebrate the 92nd  
birthday of Venerable Geshe-la.

Every day we remember the  
extraordinary kindness of Venerable  
Geshe-la, our root Guru and Founder  
of the New Kadampa Tradition, but  
on this auspicious day, with minds  
of rejoicing and gratitude, we will  
offer him our faith through using  
the special prayer *Request to the  
Holy Spiritual Guide Venerable Geshe  
Kelsang Gyatso from his Faithful  
Disciples* and collecting our Guru's  
name mantra in a one-day retreat  
guided by Gen-la Kelsang Dekyong.  
On June 3 in the evening, there will  
be an introduction to the retreat.

*Everyone is welcome to take part.*

## International Temples Project



KMC Cuernavaca, Mexico



KMC Mexico



New Accommodation at KMC New York



KMC Durban

**The International Temples Project (ITP) is an  
international fund dedicated to public benefit.**

It was founded by Venerable Geshe Kelsang  
Gyatso Rinpoche with the aim to introduce the  
Buddhist faith and practice of the NKT publicly,  
and to exemplify Buddhist practice through  
public service – showing how individuals  
and society benefit through the practice of  
Buddhism in modern daily life.

Constantly adapting to meet the needs of  
modern society, the International Temples  
Project presently achieves its aim through  
creating traditional and non-traditional  
World Peace Temples, Kadampa Meditation  
Centres, International Retreat Centres and  
through the activities of World Peace Cafés  
and Tharpa Publications. Find out more at  
[kadampa.org/itp](http://kadampa.org/itp)





## A Truly Magical Place

Open to the public year-round, except for the Spring & Summer Buddhist Festivals, Manjushri KMC offers a unique experience to visitors coming just for the day or staying over for a relaxing break.



Soak up the peace and see the beautiful statues in the Temple for World Peace – and enjoy a free 15-minute meditation.

Enjoy the magnificent setting in 70 acres of wooded grounds on the shores of Morecambe Bay, with stunning views of the Lake District mountains from the beach.

Visit the World Peace Café, open daily for light refreshments, and the adjacent shop with its unique range of gifts, cards and Buddhist books and statues.

**Family-friendly and dog-friendly,**  
everyone is welcome at Manjushri KMC.





# The Kadampa Temple for World Peace



**Kadampa Temple  
for World Peace**

Celebrating 25 years of  
benefitting the public





Statues installed in the Sixth Traditional Temple for World Peace at KMC Spain, Málaga



## Home of the Kadampa Art Studio

Artwork for Kadampa Centres worldwide is created in the Kadampa Art Studio at Manjushri Kadampa Meditation Centre.

The work in the studio involves creating original sculptures using modelling software and 3D printing, making the moulds, casting, finishing, painting and gilding the statues.



Statues installed in KMC Leeds city Temple, UK

The studio workers are volunteers from the local area as well as people from all over the world. Many people who help in the studio do not have a background in art but develop skills through being part of this amazing and auspicious project.

To help, please contact: [studio@kadampa.org](mailto:studio@kadampa.org)



## Volunteering

In exchange for 5 days work, the centre offers 7 nights dormitory accommodation, meals and free attendance at daily meditations and weekly classes during your stay. Volunteer visits are a perfect introduction to experiencing life in a modern Buddhist community, using your time to make a real contribution to peace in the world.

Visit [manjushri.org/volunteering-visits](http://manjushri.org/volunteering-visits) to apply.



## VISITING & STAYING AT THE CENTRE

### ACCOMMODATION & MEALS

The centre offers simple accommodation and home cooked vegetarian food at reasonable rates. The staff, who are mostly volunteers, are committed to providing service to the public as an expression of their Buddhist faith. Single and twin rooms with either ensuite or shared bathroom facilities, and dormitory rooms are available. Accommodation rates include a light breakfast; lunch and dinner can also be booked. All meals are vegetarian and are served in the centre's communal dining room.

### DISABLED GUESTS

Facilities for disabled guests are available: please enquire for details. Please inform us if you have restricted mobility as many rooms are on the upper floors, including one of the main meditation rooms.

### RECEPTION

For reception office hours, please check the website. See your course booking confirmation letter for course reception times.

### BECOMING A RESIDENT

Manjushri KMC is the mother centre of NKT-IKBU and home to a residential community of around 100 people from all walks of life who help to run the centre, as well as a number of international projects supporting the development of Temples for World Peace around the world.

If you are interested in becoming a resident, please contact the Administrative Director at [director@manjushri.org](mailto:director@manjushri.org)

## BOOKING (PLEASE NOTE: contact details on back page)

All courses can be booked online at [manjushri.org](http://manjushri.org)

For guest stays (*not attending a course*), or if you require advice or assistance with making a booking, please contact reception [01229 584029](tel:01229 584029) | [info@manjushri.org](mailto:info@manjushri.org)

The courses are very popular and the centre has many visitors throughout the year, so please book as early as you can – and at least 24 hours in advance.

For accommodation, food and course prices please visit our website: [manjushri.org](http://manjushri.org)

## THE YEAR AT A GLANCE

MONTH	DATE	EVENT	PAGE
Aug	26 - 29	Summer Retreat – Dealing with the Inevitable, Accepting the Unavoidable	19
Sep	2 - 9	Kadam Lamrim Retreat	27
	11	Public Talk with Gen-la Kelsang Dekyong – Understanding your Anxiety	12
	16 - 18	Weekend Meditation Retreat – Learn from Life	16
	30	Food for Thought	18
	30 - Oct 1	Refresh and Revive Overnighter	18
Oct	8	Day Retreat – The Bliss of Concentration	14
	14 - 20	<i>International Fall Festival, New York</i>	30
Nov	5	International Temples Day	
	11 - 13	Weekend Meditation Retreat – Letting Go of the Past	16
	19	Day Course – Staying Strong when Things go Wrong	15
Dec	2 - 4	Weekend Course with Gen-la Kelsang Dekyong – Unshakeable Faith ~ A Wishfulfilling Jewel	10
	4 - 6	Post Special Weekend Guided Retreat	10
	24 - 28	Christmas Course – As Smooth as Lapis Lazuli – with Gen-la Kelsang Thubten	20
	31	New Year's Eve Celebration – Discover the Secret Power Within our Minds with Gen-la Kelsang Dekyong	21
	31 - Jan 1	Special 24 hour Tara Retreat with Gen-la Kelsang Dekyong	21
Jan	3 - Feb 14	Heruka Close Retreat	23
	4 - 25	January Retreat – Closer and Closer to Guru Sumati Buddha Heruka with Gen-la Kelsang Dekyong	23
	5 - Feb 2	Vajrayogini Close Retreat	23
	29	Public Talk with Gen-la Kelsang Dekyong	12
Feb	3 - 5	Amitayus Retreat	27
	11	Day Retreat – Energize Your Life	14

MONTH	DATE	EVENT	PAGE
Mar	3 - 5	Weekend Course with Gen-la Kelsang Dekyong – Realizing Emptiness ~ Advice from our Guru's heart	11
	5 - 7	Post Special Weekend Guided Retreat	11
	17 - 19	Weekend Meditation Retreat – The Magic of Meditation	17
	24	Food for Thought	18
	24 - 25	Refresh and Revive Overnighter	18
Apr	1	NKT Day	
	7 - 10	Easter Weekend Course with Gen-la Kelsang Thubten – Close Placement of Mindfulness	25
	13 - 15	Nyungnay Purifying Ritual Practice	27
	22	Day Course with Gen Losang Kelsang – Out of the Ordinary	15
	28 - May 1	Family Weekend	18
May	12	Food for Thought	18
	13	Day Retreat – Seeing Beyond Criticism and Blame	14
	26 - 31	<i>International Spring Festival</i>	31
Jun	3 - 4	Day Retreat - Celebration of the birthday of Venerable Geshe Kelsang Gyatso Rinpoche	34
	10	Day Course – Keep Karma and Carry On	15
	16 - 18	Weekend Meditation Retreat – Gratitude Retreat	17
	23	Food for Thought	18
	23 - 24	Refresh and Revive Overnighter	18
	30 - Jul 5	Summer Retreat – How to Take an Inner Vacation	19
Jul	28 - Aug 12	<i>International Summer Festival</i>	32
Aug	25 - 28	Summer Retreat – Healing from the Heart	19





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Open Daily 11 am - 5 pm (except at Festival times, please see website). Grounds open dawn to dusk.

Book courses online at **manjushri.org**

Manjushri KMC, Conishead Priory,  
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