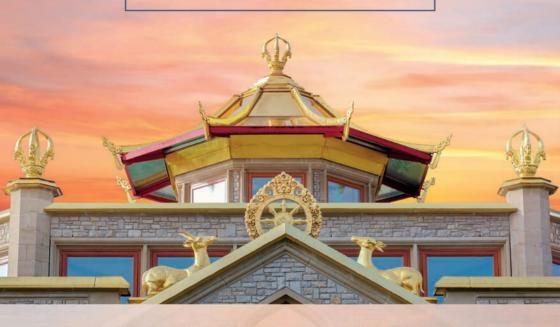
# Manjushri

KADAMPA MEDITATION CENTRE



International Centre for Modern Buddhism and Temple for World Peace
August 2021 - August 2022 Everybody welcome

a place where everyone can find peace There is nowhere quite like Manjushri KMC. It is a special place founded by Venerable Geshe Kelsang Gyatso Rinpoche where everyone can find peace.

For 45 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 regardless of culture, gender, age, or race. 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 full-time resident.





### FOUNDER AND 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'. 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.

Inner peace, or mental peace, is the source of all our happiness

Venerable Geshe Kelsang Gyatso Rinpoche
How to Transform Your Life



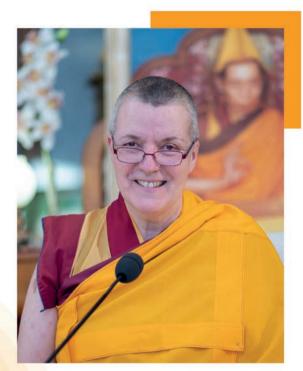
The Resident Teacher at Manjushri KMC is Gen-la Kelsang Dekyong, a Kadampa Buddhist nun from the UK.

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.



General Spiritual Director and Resident Teacher



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 & 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

'The purpose of meditation is to make our mind calm and peaceful. Venerable Geshe Kelsang Gyatso Rinpoche, How to Transform Your Life





### TUESDAYS 7.30-9 pm

#### SEEKING HAPPINESS IN A DIFFERENT WAY

These drop-in evening classes teach how to solve our daily problems and find real happiness by learning to change three things - our intention, our view and our actions - through meditation.

Essential practical advice for everyone – those wishing to learn about Buddhist thought and meditation, and those with more experience. Through the year the classes will cover a variety of topics - please check website for current topic.

### WEDNESDAYS 7.30-9 pm

### MAKING PROGRESS ~ Developing the inner protection of spiritual experience

Although everyone is welcome, these classes are for students with some familiarity with Kadampa view, meditation and action, who wish to deepen their practical experience of the teachings in both formal meditation and in daily life. The classes will cover both Sutra and Tantra - please check website for current series.



# ITH

# **Imagination in Practice**

Learning to Identify **Ourself Correctly** 

NEW YEAR COURSE



**Blessing Empowerment of Great Mother** Prainaparamita & Commentary to the **Self-Generation Practice** 

January 1 - 3 with Gen-la Kelsang Dekyong



Through improving our understanding and experience of wisdom and the perfection of wisdom, and through the blessings of the

empowerment, we will have confidence to engage in the practice of imagination, and train in the yoga of non-duality of clarity and profundity. This powerful Tantric meditation is the quick path which leads to the attainment of the Union of the Great Mother Prajnaparamita, and becoming a source of happiness for all living beings.



The meditations will be guided by Gen Kelsang Rabten, Resident Teacher of KMC Leeds.

The New Year course will follow on from a special New Year's Eve

Celebration with Gen-la Dekyong.

This empowerment and commentary will also act as a special blessing for the two week retreat on the Heart Sutra with Gen-la Thubten on January 5 - 19.

# Discovering the Power of our Bodhisattva Promise

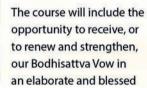
How to Transform the Mundane into the Spiritual



### March 4 - 6 with Gen-la Kelsang Dekyong

In our busy lives, we often wish we had more time for spiritual practice, but any daily activity can become the path to enlightenment simply through staying mindful of our Bodhisattva promise. Learn skilful practices from oral instructions Venerable Geshe Kelsang Gyatso Rinpoche has given on how to unify busy daily life with a condensed practice of the six perfections. Thus, our whole life

> becomes the quick path to enlightenment.



Bodhisattva Vow ceremony, and also the transmission and lineage blessing of the Kadampa text The Bodhisattva Vow.



Bodhisattva

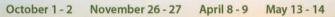
The teachings will be followed by a short retreat with Kadam Bridget Heyes, Resident Teacher of Nagarjuna KMC, Thornby.

March 6-8

GENERAL PROGRAMME

### 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!







# 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, Kirkby Stephen and Windermere.

Visit manjushri.org



# 15 Minute Meditations

Every day 12.30 pm and 2 pm

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



# WEEKEND **MEDITATION** RETREATS



### Peaceful Mind in a Stressful World

September 17 - 19 with Gen Kelsang Dao Resident Teacher of Chenrezig KBC, Lancaster



In our modern world it seems that. whatever our lifestyle, we inevitably experience much stress and anxiety. So much of the stress and tension we experience comes from our mind. On this weekend we will explore how

meditation, combined with a change in our perspective on life, can enable us to control our mind and thereby reduce and finally eliminate this stress.

# Taming our Mind

November 19 - 21 with Gen Kelsang Drolkyi Resident Teacher of KMC Glasgow



The great Indian Buddhist master Shantideva said that if we let a wild elephant loose in a populated area it will cause massive destruction. but the uncontrolled wild mind can cause much more harm than

such a crazed beast. We are all familiar with our busy distracted mind and how difficult it is to tame!

During this course we will receive advice about controlling our mind based on Chapter 5 of Guide to the Bodhisattva's Way of Life by Shantideva.

# Restore your Well-being, **Balance and Mental Clarity**

March 18 - 20 with Gen-la Kelsang Kunsang Resident Teacher of KMC Edinburgh



Drawing upon Buddha's remarkable wisdom teachings, Gen-la Kunsang will show us how to eliminate confusion and uncertainty from our mind. We will discover some

essential and reliable truths for leading a happier, more confident life. In this way we become our own guide and finally a guide for others.

# **Creating a Positive Perspective**

May 20 - 22 with Gen Kelsang Lekma Resident Teacher of KMC Southampton



In this weekend retreat. enjoy a powerful sequence of meditations to see the world from a whole new perspective, heal difficult relationships and live peacefully and wisely.

Discover how our mind creates everything and how everything can change when we change our perspective. Become confident to live life differently and deal with others better.



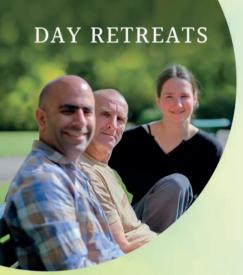
## No One's to Blame

June 24 - 26 with Gen Kelsang Sangden Resident Teacher of KMC Mexico



When things go wrong in our life, we tend to blame others and develop resentment, or blame ourself and feel guilty - but this just locks us

into cycles of destructive thoughts and behaviours. Buddha gave many powerful explanations of karma to help us let go of mistakes, hurt and resentment and stop grasping at the past. We will learn how to rely upon positive states of mind instead of external objects for happiness.



## Calm and Clear

### September 11

with Gen Kelsang Dema Resident Teacher of Uma KMC, Carlisle

Discover the pure and peaceful nature of our mind through clear explanations and guided meditations. By learning methods to free our mind of distracting thoughts, we will return home with practical techniques to reduce stress and feel more at peace with ourself.

# **Developing our Potential**

November 13 with Gen Kelsang Lekchog Resident Teacher of KMC Sheffield

We experience isolation, fear and unhappiness only because we hold a limited view of ourself.

This retreat can change this view to one that recognizes our interdependency and equality with all living beings, and our potential to become a person with limitless love and compassion.

# **Loving Kindness**

February 5 with Gen Kelsang Gakyi Resident Teacher of KMC Nottingham

'Love is the real inner protection against suffering.'
Venerable Geshe Kelsang Gyatso Rinpoche

Discover the power of loving kindness. In this course we will cultivate, grow and strengthen this beautiful mind and discover for ourself that there is no more powerful method for solving our problems and finding happiness.

# Finding Beauty in Ourself & Others

May 7 with Gen Kelsang Cho

It is very easy to focus on faults in ourself and others and feel inadequate or overly critical. This retreat teaches practical meditations to celebrate our own qualities and good actions, and inspire others to realize their potential.

# DAY COURSES

# **Beginners Meditation Course**

October 9 with Kelsang Jangchub Resident Teacher of Kalpa Bhadra KBC, Llandudno

A beginner-friendly introduction to getting started with daily meditation that explains: what meditation is, what the benefits of meditation are, and how to overcome the most common stumbling blocks to daily meditation practice.

# Patience and Acceptance

December 4 with Gen Kelsang Paljin Resident Teacher of Buddha Land KMC, Keighley and Burnley

Patient acceptance is an inner strength that enables us to accept and grow from whatever life throws at us. Without this acceptance we remain vulnerable to anxiety and frustration, and it is difficult for us to maintain peaceful relationships with others. Understanding what true patience is, we will be confident to practise it in daily life.

# Gaining Freedom from Insecurity and Anxiety

March 26 with Gen Kelsang Chitta Resident Teacher of KMC Belfast

Feelings of worry and anxiety often plague our lives, and these feelings of insecurity and lacking confidence hold us back from fulfilling our potential. Consequently we never really feel at ease with ourself or fully present in our interactions with others. This course will offer tools to transform our life from the inside out.

# **Developing Mental Freedom**

May 28 with Gen Kelsang Leksang Resident Teacher of KMC Birmingham

We often find it difficult to control our mind.
We can feel like a balloon in the wind – blown here and there by external circumstances.
If things go well, we're elated, but if they go badly we're despondent. On this course we will develop the freedom to choose happiness. We will learn how to rely upon positive states of mind instead of external objects for happiness.



# Christmas Course with Gen-la Thubten

Meditations On The Holy Secret



December 24 - 28

This course will offer a precious opportunity to practise a profound meditation that frees us from the pains of

self-cherishing and brings us closer to and more appreciative of others. The great Indian Buddhist Yogi, Shantideva, who introduced this powerful meditation, called it 'the holy secret' because it is something we can practise in private, without needing to make any public display, but which has a huge impact on our mind and the way we relate to others. Though centuries old, it is essentially a very modern practice that offers real hope for our troubled times.



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



A Blessed Start to 2022! Welcome in the New Year with inspiration and meditation in the Temple for World Peace.

#### December 31

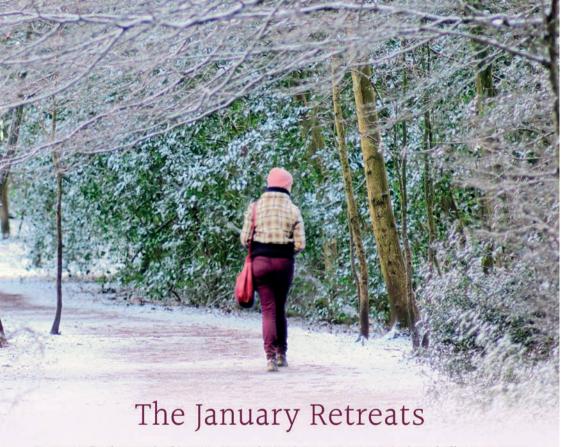
Gen-la Dekyong will guide us to develop a calm mind and a kind heart with a special breathing meditation. We will remain focused on this inner peace and joyful feeling as 2022 begins, and engage in prayers for world peace together. Everyone is welcome to join in this special event. There is no better way to begin 2022, determined to live our most meaningful and happy year yet.





Following on from this event will be the Imagination in Practice New Year course with Gen-la Dekyong on January 1 - 3. See page 10.





Every year for the month of 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.

### Meditations on the Heart Sutra

Week 1 & 2 January 5 - 19 with Gen-la Kelsang Thubten

International Kadampa Internet Director



The Heart Sutra is Buddha's words, in which he explains the way things really are and shows how we can protect ourself from sickness, fears and dangers and experience deep

inner peace through the practice of emptiness. To enjoy these benefits we need to set aside some time to contemplate and meditate deeply on the four profundities that Buddha taught What could be more meaningful than to spend two weeks mixing our mind with the precious words of Buddha, bringing the *Heart Sutra* to life in our minds so it will accompany and guide us in all our daily actions.

If you wish to begin this retreat with the blessing empowerment of Great Mother Prajnaparamita, please see p10.

### The Bliss of Buddha Heruka

Generation and Completion Stage of Heruka Body Mandala

Week 3 & 4 January 19 - February 2 with Kadam Morten Clausen



National Spiritual Director for Eastern USA and Resident Teacher of KMC New York City

Based on Venerable Geshe-la's commentaries Essence of Vajrayana, The

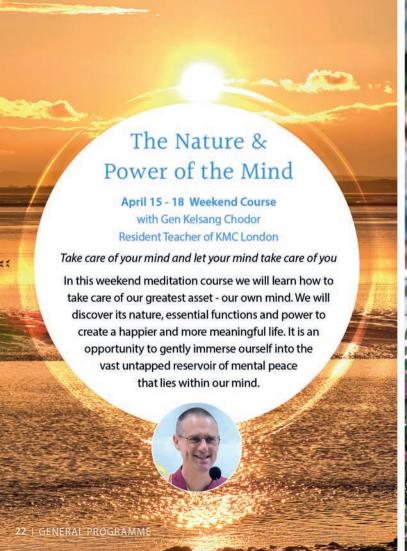
Oral Instructions of Mahamudra and Modern Buddhism, Kadam Morten will lead this retreat based on the Heruka Body Mandala practice The Yoga of Buddha Heruka. In week one, the emphasis will be on Generation Stage practice, exploring how in dependence upon correct imagination we can self-generate as Buddha Heruka and train in the meditations of clear appearance and divine pride. In week two, the emphasis will be on three meditations of Completion Stage.

# Heruka and Vajrayogini Close Retreats

Vajrayogini Retreat January 6 - February 3 Heruka Retreat January 4 - February 15

An opportunity to engage in qualified close retreat with guidance and support in a blessed and peaceful environment. Please contact <a href="mailto:education@manjushri.org">education@manjushri.org</a>

GENERAL PROGRAMME | 21





# Permission to be Peaceful Allowing Ourself to Feel Good

August 27 - 30, 2021 Summer Retreat with Gen Kelsang Sherab Resident Teacher of Compassion KBC, Newcastle

This course will explore the relationship between meditation and well-being. When we give ourself the permission to let go of our past and to be kind to ourself (and others) in the present we discover mental well-being.



# Finding Balance A Meditation Retreat on Equanimity

April 29 - May 2 Spring Retreat with Gen Kelsang Rabten, Resident Teacher of KMC Leeds

Over the Spring Bank Holiday, join us in learning and practising the meditation on equanimity. Following Venerable Geshe-la's beautiful presentation of this essential meditation we will gain a deep experience we can maintain in our daily life.

'When we gain the realization of equanimity our mind becomes peaceful and we do not feel disturbed whatever our circumstances.'

Venerable Geshe Kelsang Gyatso Rinpoche

# Foundation Programme

### Taking Kadampa Buddhism to Heart

The Foundation Programme (FP) at Manjushri KMC provides an opportunity to engage in systematic study and meditation on the essential subjects of Kadampa Buddhism based on six of Venerable Geshe Kelsang Gyatso Rinpoche's books.

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. FP is a tried and tested way to gain a deeper understanding of the meaning of Buddha's teachings, maintain a daily meditation practice that is both focused and powerful, and make genuine spiritual progress. For more information please visit manjushri.org/study



Manjushri KMC's Foundation Programme takes place on a Monday evening. The book currently being studied on this programme is Joyful Path of Good Fortune by Venerable Geshe Kelsang Gyatso Rinpoche.

### **Advanced Retreats**

The two day and week-long retreats below will be guided by various senior teachers:

Good Fortune

Kadam Lamrim Retreat Sep 3 - 10, 2021 Refuge Retreat Nov 1 - 7, 2021 Guru Yoga & Mandala Offering Retreat Dec 11 - 17, 2021 Amitayus Retreat Feb 11 - 13, 2022 Vajrasattva Retreat Feb 26 - Mar 3, 2022 Nyungnay Purifying Ritual Practice Apr 13 - 15, 2022 Guru Yoga & Mandala Offering Retreat Jul 8 - 15, 2022

# Special Teacher **Training Programme**

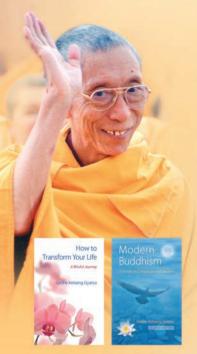
The Special Teacher Training Programme (STTP) at Manjushri KMC was designed by Venerable Geshe Kelsang Gyatso Rinpoche to train qualified teachers of modern Kadampa Buddhism. The live class is taught by Gen-la Kelsang Dekyong in the Temple and is available internationally by correspondence. The programme consists of study and meditation classes based on twelve books by Venerable Geshe Kelsang Gyatso Rinpoche. From September 2021 the book studied on the programme will be The Mirror of Dharma with Additions.

For more information please visit manjushri.org/study













'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 to see the full range of books, prayer booklets and art.

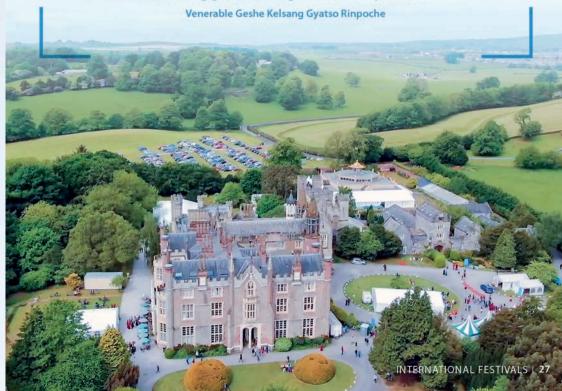
Immediately before, during and after the International Festivals (the Spring, Summer and Fall Festivals) there is also a special *Online Festival Shop* offering additional practice items such as statues, malas, offering bowls and much more! Please visit the *Online Festival Shop* at tharpa.com/uk/festival-shop



# INTERNATIONAL FESTIVALS A GLIMPSE OF WORLD PEACE

'This Festival is our spiritual holiday, our meaningful holiday.

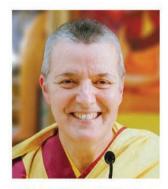
It will bring great meaning into our life, I promise.'



# THE FESTIVAL TEACHERS

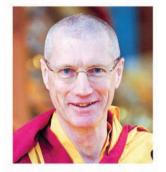


### Each year the three International Festivals are taught by senior teachers of the NKT



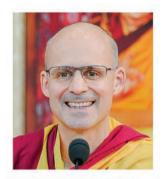
Gen-la Kelsang Dekyong is the General Spiritual Director of NKT-IKBU and the Resident Teacher of Manjushri KMC.

She has been a student of Venerable Geshe Kelsang Gyatso Rinpoche for over 35 years, sincerely training under his quidance 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 powerful teacher.



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.

# The Path to Heaven

**Buddha Green Tara Empowerment** and teachings on Powa Practice with Gen-la Kelsang Dekyong



Gen-la Kelsang Dekyong, Spiritual Director of NKT, will grant the empowerment of Buddha Green Tara and give teachings on The Path to Heaven, the transference

of consciousness (powa) practice of Arya Tara.

Special blessing Kadampa Buddhists have a special relationship with Arya Tara because she promised Atisha she would protect his followers in the future. How fortunate therefore to receive the blessings of Tara directly from the Spiritual Director of the New Kadampa Tradition.

Profound practice The practice of transference of consciousness of Arya Tara is a special practice taught by Buddha. Based on self-generation as Tara, we train in special meditations to transfer our consciousness to the heart of Guru Tara. With faith and training we can go to Tara's Pure Land at the time of death using this profound practice.



NKT-IKBU INTERNATIONAL

# FALL FESTIVAL 2021

OCTOBER 22 - 28

# TEMPLE OPENING AND NKT-IKBU INTERNATIONAL SPRING FESTIVAL 2022



Opening the Door to a Great Treasury of Blessings

The Very Essence of Guru Yoga

June 10 - 16 with Gen-la Kelsang Dekyong



Gen-la Dekyong will share special instructions from Venerable Geshe Kelsang Gyatso Rinpoche, grant

Je Tsongkhapa empowerment and give transmission, commentary and teachings on the very essence of the Guru Yoga of Guru Sumati Buddha Heruka.





Opening of the the Sixth Traditional Kadampa Temple for World Peace Málaga, Spain

For the very first time, in 2022 the Spring Festival will be held outside Manjushri KMC in Málaga, Spain. It will take place at the new Kadampa Temple for World Peace, which will be officially opened at the beginning of the Festival.

Follow the progress on the Temple at: kadampa.org/category/templewatch-malaga

at KMC Spain, Málaga kadampafestivals.org/spring



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# Clear Light of Bliss

Oral Transmission and Commentary to the Book Clear Light of Bliss by Geshe Kelsang Gyatso

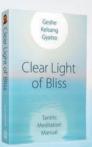
# NKT-IKBU International Summer Festival 2022





Week 1 Buddha Shakvamuni Empowerment and teachings on Clear Light of Bliss with Gen-la Kelsang Khyenrab

Week 2 Teachings on Clear Light of Bliss with Gen-la Kelsang Jampa



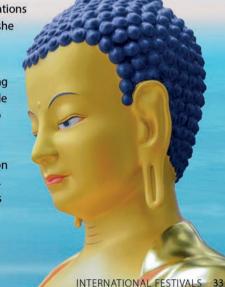
July 29 - August 13

At the Summer Festival 2022, there will be a Buddha Shakyamuni empowerment followed by two weeks of teachings and meditations on Clear Light of Bliss by Venerable Geshe Kelsang Gyatso Rinpoche.

This remarkable book explains with exceptional clarity how through training

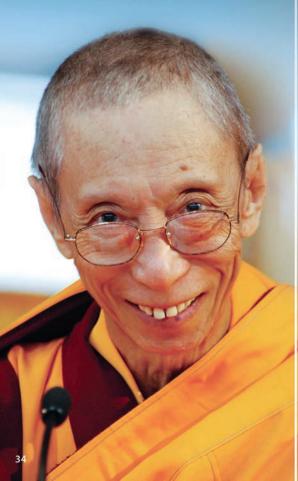
in Mahamudra practices we can transform our very subtle mind into the clear light of bliss, the actual quick path to enlightenment. Clear Light of Bliss is a unique book the likes of which cannot be found anywhere, even among traditional Buddhist scriptures. It includes the uncommon Mahamudra instructions that come from Je Tsongkhapa, with an additional explanation of other practices such as tummo meditation, which was Milarepa's main practice.

As Venerable Geshe-la himself says: 'For me this book is a Ganden Emanation Scripture.'



# Offering Our Faith





Celebrating the 91st 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 91st 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.

On June 3 in the evening, there will be an introduction to the retreat.

Everyone is welcome to take part.

# The International Temples Project







### 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

# A TRULY MAGICAL PLACE



Open to the public year-round, except for the Spring and 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

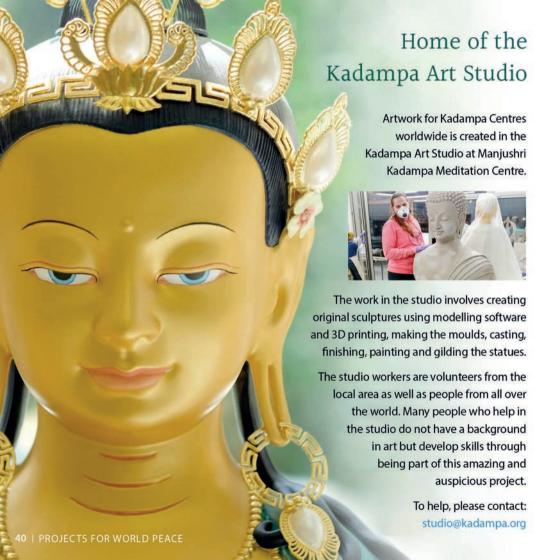
'This is a truly magical place, whatever your reason for visiting.'













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 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, as well as 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 quests 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 centre, as well as a number 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 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

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

All courses can be booked online at 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 | 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

### THE YEAR AT A GLANCE

MONTH	DATE	EVENT	AGE
Aug	27 - 30	Summer Retreat – Permission to be Peaceful	23
Sep	3 - 10	Kadam Lamrim Retreat	24
	11	Day Retreat - Calm and Clear	16
	17 - 19	Weekend Meditation Retreat – Peaceful Mind in a Stressful World	14
Oct	1	Food for Thought	12
	1-2	Refresh and Revive Overnighter	12
	9	Day Course – Beginners Meditation Course	17
	22 - 28	International Fall Festival	29
Nov	1-7	Refuge Retreat	24
	6	Temples Day Event	
	13	Day Retreat - Developing our Potential	16
	19 - 21	Weekend Meditation Retreat – Taming our Mind	14
	26	Food for Thought	12
	26 - 27	Refresh and Revive Overnighter	12
Dec	4	Day Course – Patience and Acceptance	17
	11 – 17	Guru Yoga and Mandala Offering Retreat	24
	24 – 28	Christmas Course – Meditations on the Holy Secret with Gen-la Kelsang Thubten	18
	31	New Year's Eve Celebration – A Blessed Start to 2022! with Gen-la Kelsang Dekyong	19
Jan	1-3	New Year Course – Imagination in Practice with Gen-la Kelsang Dekyong	10
	4 - Feb 15	Heruka Close Retreat	21
	5 – 19	The January Retreats – Week 1 & 2 with Gen-la Kelsang Thubten	21
	6 - Feb 3	Vajrayogini Close Retreat	21
	19 – Feb 2	The January Retreats – Week 3 & 4 with Kadam Morten Clausen	21
Feb	5	Day Retreat – Loving Kindness	16
	11 – 13	Amitayus Retreat	24
	26 - Mar 3	Vajrasattva Retreat	24

MONTH	DATE	EVENT PA	AGE
Mar	4-6	Weekend Course with Gen-la Kelsang Dekyong – Discovering the Power of our Bodhisattva Promise	11
	6-8	Post-Special Weekend Guided Retreat	11
	18 - 20	Weekend Meditation Retreat – Restore your Well-being, Balance and Mental Clarity	15
	26	Day Course – Gaining Freedom from Insecurity and Anxiety	17
Apr	2	NKT Day	
	8	Food for Thought	12
	8-9	Refresh and Revive Overnighter	12
	13 - 15	Nyungnay Purifying Ritual Practice	24
	15 - 18	Weekend Course – The Nature and Power of the Mind	22
	29 - May 2	Spring Retreat – Finding Balance	23
May	7	Day Retreat – Finding Beauty in Ourself and Others	16
	13	Food for Thought	12
	13 - 14	Refresh and Revive Overnighter	12
	20 - 22	Weekend Meditation Retreat – Creating a Positive Perspective	15
	28	Day Course – Developing Mental Freedom	17
Jun	3 - 4	Day Retreat - Celebration of the Birthday of Venerable Geshe Kelsang Gyatso Rinpoche	
	10 - 16	International Spring Festival and Temple Opening Ceremony – KMC Spain	30
	24 - 26	Weekend Meditation Retreat – No One's to Blame	15
Jul	8 - 15	Guru Yoga and Mandala Offering Retreat	24
	29 - Aug 13	International Summer Festival	33





manjushrikmc





















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, Priory Road, Ulverston, Cumbria, LA12 9QQ tel: +44 (0)1229 584029