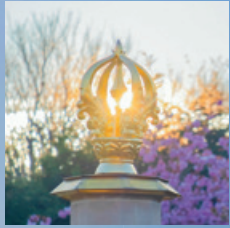


International Centre for Modern Buddhism and Temple for World Peace
September 2023 - August 2024 Everyone welcome

Manjushri

KADAMPA MEDITATION CENTRE





Manjushri KMC is the mother centre of a worldwide network of modern Kadampa Buddhist centres founded by Venerable

Geshe Kelsang Gyatso Rinpoche, who for over 40 years guided every aspect of the centre's development. It is a special place dedicated to world peace: a place where everyone can find their own inner peace, solve their problems and help others do the same, and thus help to create peace throughout the world.

Through offering courses and classes in Buddhist meditation on a local, national and international level to people of all ages and all walks of life, Manjushri KMC presents the original teachings and meditations of Buddha in a contemporary form that is easy for people to understand and practise, making them fresh and easily accessible. By integrating the practices of Kadam Dharma into our everyday life, we can solve our 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

Manjushri KMC is open to everyone. You can take part in daily meditation classes, evening classes, day courses, weekend meditation retreats, in-depth study programmes, and international meditation festivals. Or you can come simply for a break for a day or more to enjoy the peace and tranquillity of the Temple and seventy acres of wooded grounds leading to the shores of Morecambe Bay, or to simply 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.



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'. Since 1977 he was resident for over 30 years. He returned at the end of 2021, and showed the manner of passing away here in September 2022. A world-renowned meditation master and Teacher, he is a truly international Teacher who presents Buddha's teachings in ways that anyone, regardless of nationality, culture, or age, can easily understand and apply to their modern daily lives. Through helping people to integrate the pure and life-transforming teachings of Buddha into their daily experience, Venerable Geshe-la has enabled them to solve their personal problems and to discover a deep and lasting inner peace and happiness.

Inspired by his extraordinary vision, a global infrastructure of Temples, centres, books, teaching, meditation and Teacher Training programmes, for this and future generations has arisen, creating a truly international Buddhist tradition that benefits all living beings equally and without discrimination. Venerable Geshe-la is the Spiritual Guide of many thousands of people, whose hearts have been touched by his extraordinary wisdom and pure example. Everything within 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. The legacy of his life's work enriches and will continue to enrich the lives of people of all nationalities and cultures throughout the world.

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



GEN-LA
KELSANG
DEKYONG

NKT-IKBU GENERAL
SPIRITUAL DIRECTOR
&
RESIDENT
TEACHER



Gen-la Kelsang Dekyong is the General Spiritual Director of the New Kadampa Tradition. She is an ordained Buddhist nun who has been a student of Venerable Geshe Kelsang Gyatso Rinpoche for over forty 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. We are very fortunate to have her as the Resident Teacher at Manjushri KMC.

Gen-la Kelsang Dekyong carries the essential lineage of Venerable Geshe Kelsang Gyatso Rinpoche's Sutra and Tantra teachings in her heart. Deeply admired for her sincerity and faithful reliance on her Spiritual Guide, and for the clarity of her immensely practical and inspiring teachings, she is a powerful source of inspiration for those wishing to apply the principles of modern Kadampa Buddhism to their lives.



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.

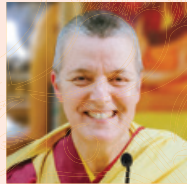


SPECIAL WEEKENDS WITH GEN-LA KELSANG DEKYONG



Supreme Ocean of
Infinite Good Fortune
with Gen-la Kelsang Dekyong

Blessing empowerment of Je Tsongkhapa and teachings on the special Kadampa prayer Request to the Holy Spiritual Guide Venerable Geshe Kelsang Gyatso Rinpoche from his Faithful Disciples, including teachings on close retreat. December 1 - 3 2023



This deeply blessed prayer is at the very heart of the spiritual practice of fortunate modern Kadampa disciples. Gen-la Dekyong will

give a brief commentary on the meaning and importance of this prayer and how to use it in daily life. She will also share instructions she personally received from Venerable Geshe-la on how to engage in the Great Preliminary Guide of Guru Yoga through close retreat collecting 100,000 of our Guru's precious name mantra.

There is a rare opportunity to engage in this close retreat with Gen-la Dekyong in the Temple at Manjushri KMC, January 2024, see page 23.

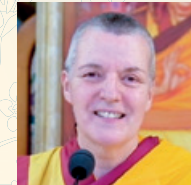


December 3 - 5 Retreat with Gen-la Kelsang Kunsang, Retired Deputy Spiritual Director of NKT-IKBU & Resident Teacher of Madhyamaka KMC, York.



The Wisdom
of Meditation
with Gen-la Kelsang Dekyong

Blessing Empowerment of Wisdom Buddha Manjushri & Revealing the Priceless Value of Venerable Geshe-la's Uncommon Explanation of How to Meditate. March 1 - 3 2024



In his recent books and teachings Venerable Geshe Kelsang Gyatso Rinpoche has given a very special superior presentation on how

to meditate correctly and continuously, so that our meditations have great results.

Based on oral instructions and transmissions she has personally received, including teachings from *The Mirror of Dharma with Additions*, Gen-la Dekyong will help us discover the wisdom that recognizes the priceless value of this special presentation. By becoming qualified Kadampa meditators, we can lead ourself and others to pure lasting happiness. How wonderful!



March 3 - 5 Retreat with Kadam Bridget Heyes, UK & Ireland National Spiritual Director & Resident Teacher of Nagarjuna KMC, Thornby.

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/
meditation-classes-in-local-towns](http://manjushri.org/meditation-classes-in-local-towns)



15 Minute Meditations

Every day 12.30 pm and 2 pm

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



FIND YOUR HAPPY LIFE ~

Searching for Happiness Where it can be Found!

Sunday 18 February 2024, 11.30 am - 12.30 pm

Everyone wishes to be happy and avoid suffering. We spend our whole life working hard to fulfil this wish, but we don't know how to.

In this talk, Gen-la Dekyong will explain the actual correct method for reducing our problems and increasing happiness that works for everyone!



Public Talk with Gen-la Dekyong

- 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

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



In the Kadampa
Temple for World Peace



Release Your Peace

October 21 with Rosy McDaniel, Resident Teacher of KMC Lancaster

Within the mind of each and every one of us is a deep source of peace and happiness. Often it is hidden or held back by our endless distractions or fears. On this course you can learn how to discover this peace within yourself.



Staying Calm When Things Go Wrong

March 23 with Gen Kelsang Leksang, Resident Teacher of KMC Birmingham

All of us have to face unwanted situations in our lives. It is very easy to react to these situations by feeling overwhelmed, stressed, upset or angry.

On this course we will explore some practical, tried and tested techniques that will enable us to learn how to respond to difficult situations with a calm and positive mind.



Letting Go of Negative Emotions

June 8 with Kadam Chris Heyes, Resident Teacher of Nagarjuna KMC, Leicester

Our negative thoughts and feelings hold us back from enjoying our life.

On this course we will explore Buddhist techniques for letting them go and improving the quality of our life.



Seizing the Moment

September 23 with Gen Kelsang Tilopa, Resident Teacher of KMC Liverpool

Attachment and clinging creates a feeling of loss when we lose control, and we waste time and energy longing for the persons, or experiences to reappear, or figuring out how to have prevented or modified the pain of loss.



The Power of Patience

November 11 with Kadam Ai Peng, Resident Teacher of Duldzin Dragpa KBC

Patience is an inner strength that enables us to accept and grow from whatever life throws at us. Without cultivating patience we remain vulnerable to anxiety and frustration, and it is difficult for us to maintain peaceful relationships with others. If, on the other hand, we understand what true patience is and how extraordinarily valuable it is, we will be motivated to practise patience in daily life.



Creating Inner Space

May 11 with Kelsang Yeshe

Learn simple, practical meditations to introduce some space into your mind and your life. These meditations will make your mind calm and peaceful so you can become free from stress, tensions and worries.





The Importance of Maintaining a Spiritual Perspective

September 15 - 17 with Gen Kelsang Rigma, Resident Teacher of Khedrubje KBC, Hull

In the rush and push of daily life it is so important to be able to stand back and see things in a balanced way. By relying on Buddha's teachings we can learn to keep our cool and navigate situations for positive outcomes for ourself and others. On this retreat we will contemplate, and develop in our heart, the basics of these teachings.



Refresh Reset Reconnect

November 17 - 19 with Gen Kelsang Chitta, Resident Teacher of KMC Northern Ireland

Experience a weekend of guided meditations that will help you to refresh and reset, to let go of old unhealthy ways of thinking, and embrace a new optimistic perspective that can help take your life in a new positive direction.

Using age-old Buddhist Meditation techniques that have the power to take you deep into your own peaceful mind and good heart, you will reconnect with your true self.

WEEKEND MEDITATION RETREATS



Healing Breath

March 15 - 17 with Gen Kelsang Jigme, Resident Teacher of Bodhisattva KMC, Brighton

The profound practice of Taking and Giving is one of the most powerful methods for transforming and overcoming our own negativity and suffering, developing very powerful compassion and love, healing sickness and purifying our body, speech and mind. On this retreat we will spend time deeply contemplating and meditating on this extraordinary practice, which has the power radically to transform our life into the path to enlightenment.



Live Laugh Love Meditations for a Happy Life

April 19 - 21 with Gen Kelsang Wangmo, Resident Teacher of KMC Edinburgh

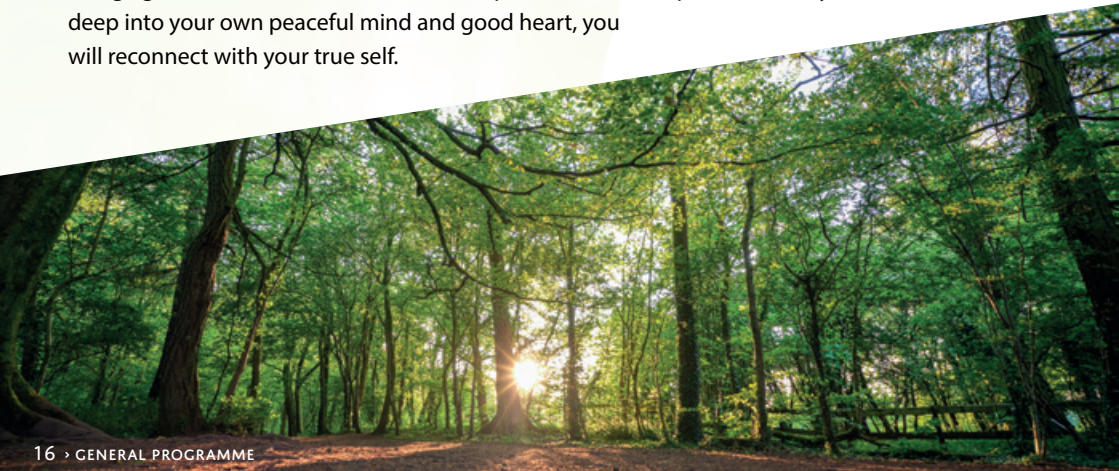
Life can get so busy that we rarely give ourselves the time to genuinely switch off and relax. The beautiful grounds and World Peace Temple at Manjushri KMC give us precisely that opportunity; to spend a weekend away in a beautiful place, to create space from our normal thoughts and concerns, and to learn to relate to ourself and others in a new, positive way. On this uplifting retreat, enjoy short teachings and guided meditations.



No Worries, De-Stress, Relaxation Retreat

June 14 - 16 with Kadam John McBretney, Resident Teacher of Heruka KMC, London

Worries, stress and feeling tense are predominant problems for people of the modern world. They make it difficult to enjoy life to the full. On this retreat you will learn not only what causes these painful states, but also how to use the timeless wisdom of Buddha to reduce and gradually eradicate them completely.



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!

October 27 - 28 April 26 - 27 June 21 - 22



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.

October 27 April 26 June 21



SUMMER RETREAT

OCEAN OF PEACE

August 23 - 26, 2024 with Gen Kelsang Tubchen
Resident Teacher of KMC Aberdeen



Join this long weekend meditation retreat to explore the themes of mental peace, concentration & tranquillity. In our busy modern world it takes a conscious decision to calm the mind, limit our distracting thoughts, and find peace.

Through being guided in deeply relaxing, spacious, and deceptively simple stages of meditation your mind will become progressively more subtle, concentrated and peaceful. In this way you can experience a profound inner serenity and tranquillity that you can carry back with you into your daily life.



FAMILY WEEKEND

HOW THE BUDDHAS HELP US

May 3 - 6

A chance for families to meet, have fun and enjoy a joyful 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.



CHRISTMAS COURSE

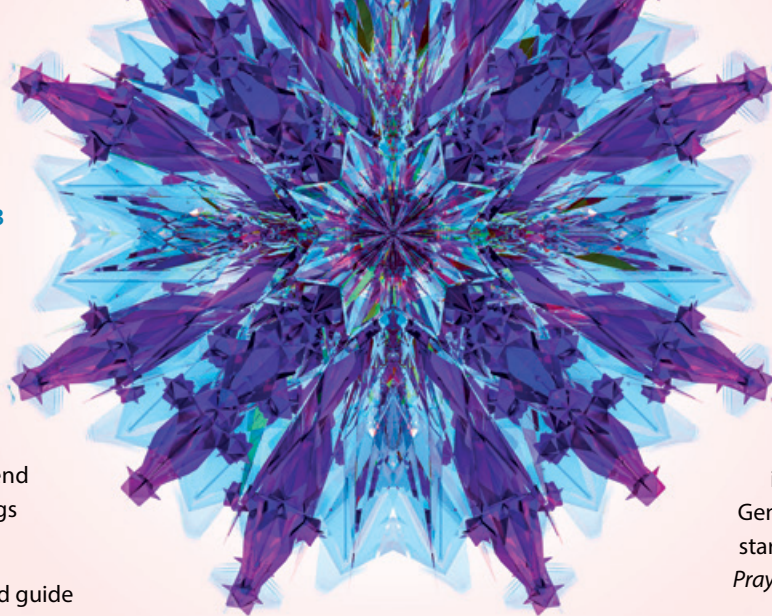
with Gen Kelsang Tilopa

Finding Meaning and Purpose in Your Life December 23 - 27 2023



Everyone has the wish to be permanently happy and free of problems. Yet few are able to fulfil their wishes. Everyone experiences disappointment, frustration, and other problems without choice. Our uncontrolled desires can leave us exhausted, unfulfilled, and searching for meaning. If we continue like this we can reach the end of our life with little to show other than the accumulation of things of no real meaning, and which we have to leave behind.

In this Christmas course, Gen Kelsang Tilopa will give teachings and guide meditations that you can use to find and cultivate the causes of happiness and freedom within your own mind. You do not need to change anything else. Using the meditations from this course anyone can create a life of great meaning and purpose.



NEW YEAR CELEBRATION WITH GEN-LA DEKYONG

Alternative New Year's Eve
Meditate into 2024! December 31 2023

Make a Difference! Welcome in the new year in a happy and meaningful way! Join us for an uplifting talk and meditation in the Kadampa Temple for World Peace with Gen-la Dekyong. Later in the evening, through midnight and the very start of the new year, Gen-la Dekyong will guide us in meditation and *Prayers for World Peace*, dedicated to peace and harmony in our hearts and in the world. What better way to start 2024!



New Year's Day – Talk and Meditation followed by a Special New Year's Lunch January 1 2024

A wonderful way to begin the New Year with inspiring and encouraging advice for life.



THE JANUARY RETREAT

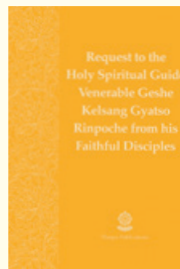


Every year for the month of January, Manjushri KMC goes into retreat mode and offers a precious opportunity to enjoy in-depth retreat in the Temple for World Peace blessed by Venerable Geshe Kelsang Gyatso Rinpoche, who taught, prayed and granted empowerments there for many years. It is difficult to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

Supreme Ocean of Infinite Good Fortune

- CLOSE RETREAT -

3 - 31 January 2024 The first ever group close retreat collecting 100,000 recitations of our Guru's name mantra **with Gen-la Kelsang Dekyong** in the Kadampa Temple for World Peace, Manjushri KMC.



Join us for the most auspicious and first ever NKT close retreat using the name mantra of Venerable Geshe Kelsang Gyatso Rinpoche.

This retreat will function as a Great Preliminary Guide of Guru Yoga, following instructions that Gen-la Dekyong personally received from Venerable Geshe-la. Together we will offer our faith and draw closer and closer to our Root Guru.

We will receive powerful blessings and insights, and create the causes never to be separated from Guru Sumati Buddha Heruka. The benefits of this retreat, both personally and for the flourishing of Kadam Dharma, are unsurpassed. The retreat will conclude with a group Vajradaka burning offering.

EASTER WEEKEND COURSE

with Kadam Lucy James

Free your Mind with Wisdom



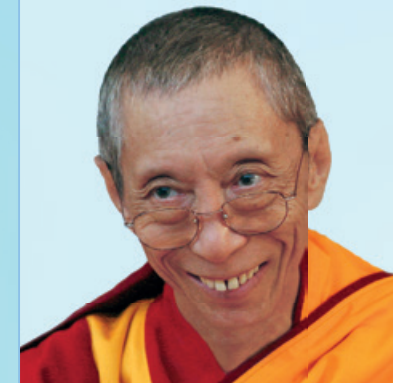
March 29 – April 1 2024

Often we feel stuck in painful habits of thought, and our mind seems to us to be fixed and hard to change. But Buddha's teachings reveal that the inflexible, limited mind we normally relate to doesn't really exist – and our mind is boundless. *This is great news!*

By meditating on our mind's conventional nature, clarity, we can experience deeper and deeper levels of peace. Then by meditating on its ultimate nature, its emptiness of existing in a fixed, inherent way, we can quickly break free – uncovering our limitless potential for joyful transformation.



THARPA



THESE ARE NOT ORDINARY BOOKS Written with great clarity, Venerable Geshe Kelsang Gyatso Rinpoche's books offer a simple but profound message: all suffering and problems, and the solutions to these problems, can be found within the mind.

Based on this understanding his books give practical methods to transform our mind and thus solve our problems in ways that meet the needs of modern people.

Tharpa is the dedicated publisher for the books of Geshe Kelsang Gyatso. Venerable Geshe-la has written twenty-three books that are available in many languages. They range from introductory works to detailed commentaries on the most profound aspects of Buddha's teachings. By taking the methods taught in these books to heart and putting them into practice, we can achieve greater clarity of mind and happiness in our daily life.

BOOKS FOR EVERYONE

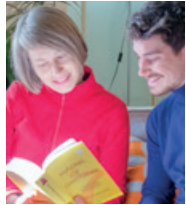
Find a book that suits you at the Tharpa bookshop at your nearest Kadampa Centre or online at tharpa.com



FOUNDATION PROGRAMME

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 Geshe Kelsang Gyatso 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.

Mondays 7 - 9pm Beginning September 2023
Part four of *Joyful Path of Good Fortune*

ADVANCED RETREATS

Lamrim Retreat September 1 - 8, 2023
A Guided Retreat with Gen Kelsang Drolkar

Refuge Retreat
November 5 - 12, 2023

Guru Yoga & Mandala Offering Retreat
November 24 - 30, 2023

Amitayus Retreat
February 9 - 11, 2024

Vajrasattva Retreat
February 23 - 29, 2024

Nyungnay Purifying Ritual Practice
April 13 - 15, 2024

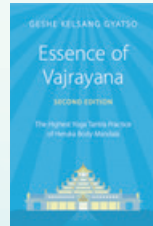
Guru Yoga & Mandala Offering Retreat
July 5 - 12, 2024

SPECIAL TEACHER TRAINING PROGRAMME

Essence of Vajrayana continuing 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, anyone can simply join the teaching classes openly like a drop-in GP class, therefore this STTP is more open.

From September 2023 the programme will be studying Part Two of *Essence of Vajrayana*.

For more information and to apply please visit manjushri.org/study

Offering Our Faith



Celebrating the great kindness of Venerable Geshe Kelsang Gyatso Rinpoche



A special day of retreat in the Temple at Manjushri KMC

June 4 – *Turning the Wheel of Dharma Day*

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 his name mantra in a one-day retreat. *Everyone is welcome to take part.*

We will also engage in this special day retreat on April 6 – NKT Day.

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 forty years, sincerely training under his guidance in all aspects of Kadampa 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 Tara IKRC, UK. 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.



Developing a Pure Heart

Empowerment of Medicine Buddha & Teachings on *The Eleven Reversals* with Gen-la Kelsang Khyenrab



At the Fall Festival 2023, Gen-la Kelsang Khyenrab, Retired General Spiritual Director of NKT-IKBU, will grant the empowerment of Medicine Buddha and give teachings on the eleven reversals.

The teachings on the eleven reversals reveal the essence of all Buddha's teachings of Sutra and Tantra.

We learn how to apply these teachings in our daily life, and how to measure our progress by examining how much our ordinary attitudes and behaviour are reversed.

This teaching is very practical and suitable for everyone.



at KMC Spain, Málaga
kadampafestivals.org/fall

NKT-IKBU INTERNATIONAL

FALL FESTIVAL 2023

OCTOBER 6-12



Accomplishing the Great Wisdom Protection

Dorje Shugden Empowerment and teachings on the Extensive Protector Puja with Gen-la Kelsang Jampa



Dorje Shugden is a Dharma Protector emanation of the Wisdom Buddha who averts obstacles to our spiritual

practice and gathers necessary conditions for our attaining spiritual realizations.

During this Festival, Gen-la Kelsang Jampa will grant the Blessing Empowerment of Dorje Shugden.

Then, based on instructions received from Venerable Geshe Kelsang Gyatso Rinpoche, he will teach on the *Melodious Drum* practice, the 'Fulfilling and Restoring Ritual', which is usually performed monthly in Kadampa centres.



at Manjushri KMC, UK
kadampafestivals.org/spring

NKT-IKBU INTERNATIONAL

SPRING FESTIVAL 2024

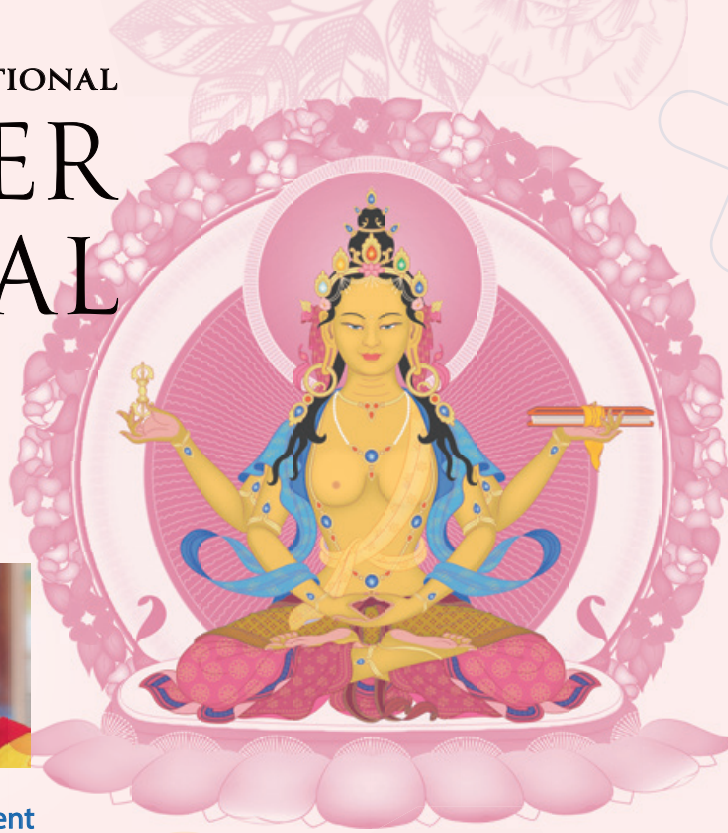
MAY 24-29

NKT-IKBU INTERNATIONAL
**SUMMER
FESTIVAL**
2024

JULY 26 -
AUGUST 10



**Prajnaparamita Empowerment
and Teachings on the *Heart Sutra*,
and Commentary to *Blissful Path*
and *The Uncommon Yoga of Inconceivability*
with Gen-la Kelsang Dekyong
and Gen-la Kelsang Jampa**



Profound Teachings from Buddha's Heart

Portugal Festival 2013 Revisited

In October 2013 Venerable Geshe
Kelsang Gyatso Rinpoche gave his
last public teachings in Portugal.

During these teachings Geshe-la granted the empowerment of Great Mother Prajnaparamita, taught the *Essence of Wisdom Sutra (Heart Sutra)*, which contains the heart essence of Buddha's perfection of wisdom teachings, and gave commentaries to *The Blissful Path*, the condensed self-generation sadhana practice of Buddha Vajrayogini and to *The Uncommon Yoga of Inconceivability*, the special instruction of how to reach the Pure Land of Vajrayogini with our present human body.

During this Festival, these teachings will be revisited by Gen-la Kelsang Dekyong and Gen-la Kelsang Jampa. By helping us to take these teachings deep into our hearts, we can attain deep experience of them, thus transforming our lives and drawing us closer to attaining full enlightenment.



at Manjushri KMC, UK
kadampafestivals.org/summer



The Gateway to Highest Yoga Tantra

Highest Yoga Tantra Empowerments of Heruka & Vajrayogini & Commentary with Gen-la Kelsang Dekyong



As Venerable Geshe Kelsang Gyatso Rinpoche explains in Modern Buddhism, the gateway through which we enter Tantra is receiving a

Tantric empowerment. This bestows upon us special blessings that heal our mental continuum and awaken our Buddha nature. In this Festival Gen-la Dekyong will grant the empowerments of the principal Deities of Highest Yoga Tantra – Heruka and Vajrayogini – and introduce their essential practices.

This is a rare and wonderful opportunity to receive from Gen-la Dekyong the Highest Yoga Tantra empowerments and teachings of Heruka and Vajrayogini according to the Ganden oral lineage, which is the special heart treasure of her Spiritual Guide, Venerable Geshe Kelsang Gyatso Rinpoche.



at KMC Brazil
kadampafestivals.org/fall

NKT-IKBU INTERNATIONAL

FALL FESTIVAL 2024

OCTOBER 25 - NOVEMBER 1

International Temples Project



^ The Sixth Temple for World Peace at KMC Spain, Málaga

Tharpaland KMC, Germany v



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



Manjushri Kadampa Meditation Centre

Open to the public year-round, except for the International 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 guided 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.



A TRULY MAGICAL PLACE

A BANQUET OF DELIGHTS



The Kadampa Temple for World Peace



International Temples Day Event

November 4, 2023 A special evening of celebration of the development of Temples around the world. Come and be deeply inspired by Geshe Kelsang Gyatso's global vision for world peace that is appearing right now in our modern society.

HOME OF THE Kadampa Art Studio

Buddha Statues and holy objects for Kadampa Centres worldwide are 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.



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

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 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

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](tel:01229584029) | 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	PAGE	MONTH	DATE	EVENT	PAGE
Sep	1 - 8	Kadam Lamrim Retreat	26	Mar	1 - 3	Weekend Course with Gen-la Kelsang Dekyong – Manjushri Empowerment – The Wisdom of Meditation	11
	15 - 17	Weekend Meditation Retreat – The Importance of Maintaining a Spiritual Perspective	16		3 - 5	Post Special Weekend Guided Retreat	11
	23	Day Retreat – Seizing the Moment	15	15 - 17	Weekend Meditation Retreat – Healing Breath	17	
Oct	6 - 12	International Fall Festival – KMC Spain	30	23	Day Course – Staying Calm When Things Go Wrong	14	
	21	Day Course – Release Your Peace	14		29 - Apr 1	Weekend Course – Free Your Mind with Wisdom with Kadam Lucy James	24
	27	Food for Thought	18	Apr		6	NKT Day – Celebrating Venerable Geshe Kelsang Gyatso Rinpoche
	27 - 28	Refresh and Revive Overnighter	18	13 - 15	Nyungnay Purifying Ritual Practice	26	
Nov	4	Temples Day Event	39	19 - 21	Weekend Meditation Retreat – Live Laugh Love	17	
	5 - 12	Refuge Retreat	26	26	Food for Thought	18	
	11	Day Retreat – The Power of Patience	15	26 - 27	Refresh and Revive Overnighter	18	
	17 - 19	Weekend Meditation Retreat – Refresh Reset Reconnect	16	May	3 - 6	Family Weekend – How the Buddhas Help Us	19
Dec	24 - 30	Guru Yoga and Mandala Offering Retreat	26	11	Day Retreat – Creating Inner Space	15	
	1 - 3	Weekend Course with Gen-la Kelsang Dekyong – Je Tsongkhapa Empowerment – Supreme Ocean of Infinite Good Fortune	10	24 - 29	International Spring Festival	31	
	3 - 5	Post Special Weekend Guided Retreat	10	Jun	4	Day Retreat – Celebrating Venerable Geshe Kelsang Gyatso Rinpoche	27
Jan	23 - 27	Christmas Course – Finding Meaning and Purpose in Your Life with Gen-la Kelsang Tilopa	20	8	Day Course – Letting Go of Negative Emotions	14	
	31	Alternative New Year's Eve with Gen-la Kelsang Dekyong	21	14 - 16	Weekend Meditation Retreat – No Worries, De-Stress, Relaxation Retreat	17	
	1	New Years Day - Talk and Meditation	21	21	Food for Thought	18	
Feb	3 - 31	January Retreat – Supreme Ocean of Infinite Good Fortune – Close Retreat with Gen-la Kelsang Dekyong	23	21 - 22	Refresh and Revive Overnighter	18	
	9 - 11	Amitayus Retreat	26	July	5 - 12	Guru Yoga and Mandala Offering Retreat	26
	18	Public Talk with Gen-la Kelsang Dekyong – Find Your Happy Life	13	26 - Aug 10	International Summer Festival	32	
23 - 29	Vajrasattva Retreat	26	Aug	23 - 26	Summer Retreat – Ocean of Peace	19	



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@manjushri_kmc



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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**

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