

Kadampa Temple for World Peace

MANJUSHRI KADAMPA
MEDITATION
CENTRE

International Centre
for Modern Buddhism

Aug 2024 - Aug 2025
Everyone welcome

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.

Manjushri KMC offers courses and classes in Buddhist meditation on a local, national and international level to people of all ages and all walks of life. Presenting the original teachings and meditations of Buddha in a contemporary form that is easy for people to understand and practice and making them fresh and accessible.

By integrating the practices of Kadampa Buddhism into our everyday life, we can solve our daily problems and experience lasting peace and happiness. Finding peace and happiness for ourself so we can share it with others is the very essence of the Kadampa Buddhist way of life.

Manjushri KMC is open to everyone. You can take part in daily meditation classes, evening classes, day retreats, weekend meditation retreats, in-depth study programmes, and international meditation festivals. You can come 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 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.





EVERYONE WELCOME AT MANJUSHRI KADAMPA MEDITATION CENTRE

Open to the public year-round, except for the International Spring, Summer and Fall 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 from the beach of the Lake District mountains.
- 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.



'Just being here
makes me happy'



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



FOUNDER & SPIRITUAL GUIDE

Venerable Geshe Kelsang Gyatso Rinpoche



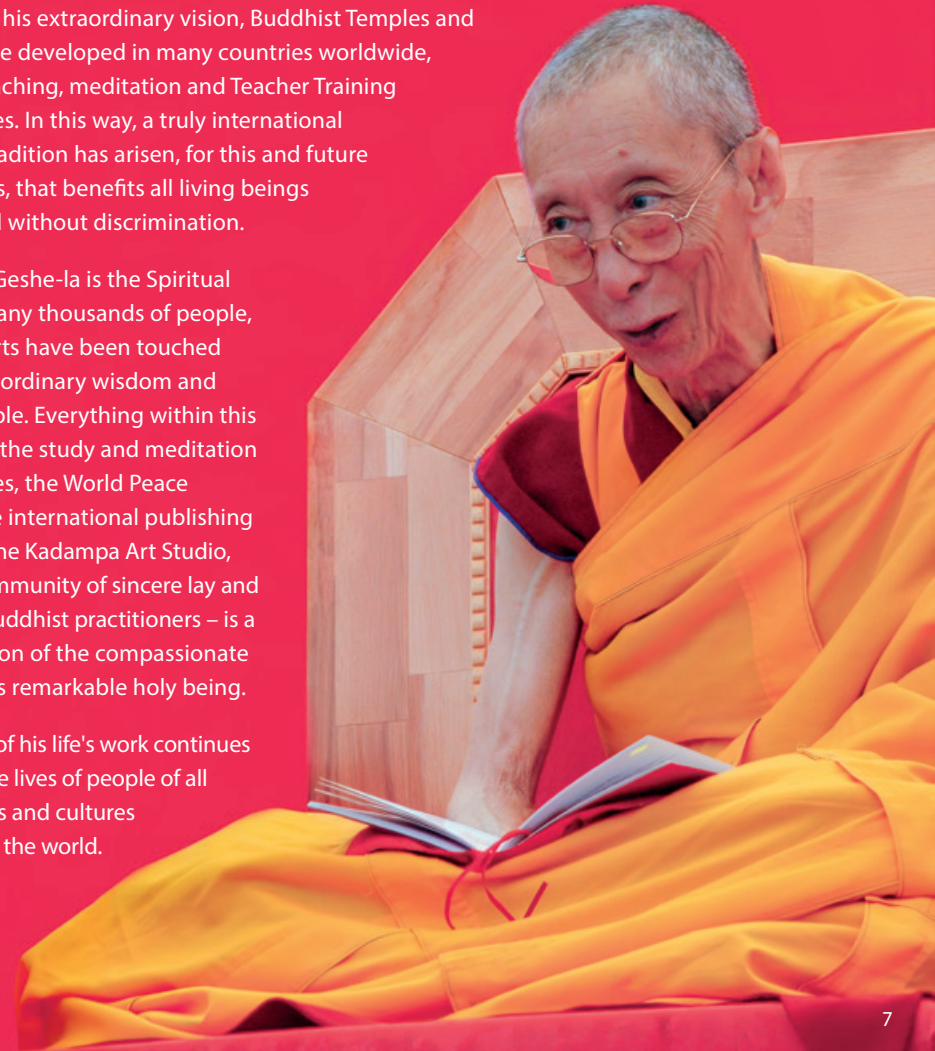
The Founder and Spiritual Guide of Manjushri KMC is Venerable Geshe Kelsang Gyatso Rinpoche, affectionately known as 'Venerable Geshe-la'. Arriving in 1977, he was resident at Manjushri KMC for over 30 years, and showed the manner of passing away in September 2022. A world-renowned meditation master and celebrated author of 23 books on all aspects of Buddhism, he is an 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, busy, daily lives. Many thousands of people around the world are experiencing the immense practical benefits of applying Venerable Geshe-la's life-transforming teachings, in this way solving their personal problems and discovering deep and lasting inner peace and happiness.

Inspired by his extraordinary vision, Buddhist Temples and centres have developed in many countries worldwide, offering teaching, meditation and Teacher Training programmes. In this way, a truly international Buddhist tradition has arisen, for this and future generations, 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 continues 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, visit our website at: manjushri.org/study

A portrait of Gen-la Kelsang Dekyong, a Buddhist nun, smiling and sitting at a desk with a microphone and books. She is wearing a yellow and red shawl. In the background, there is a framed portrait of a Buddhist figure.

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. An ordained Buddhist nun, 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 Buddhism. She is recognised 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, her faithful reliance on her Spiritual Guide, and for the clarity of her immensely practical and inspiring teachings, she is a powerful source of inspiration and encouragement for those wishing to integrate the teachings of modern Kadampa Buddhism into their daily lives.



CLASSES WITH GEN-LA KELSANG DEKYONG

~
SPECIAL
TEACHER TRAINING
PROGRAMME

@MKMC

THE NEW EIGHT STEPS TO HAPPINESS

SUNDAY EVENINGS 7 - 9 PM & TUESDAY MORNINGS 7 - 9 AM



Special Classes with Gen-la Kelsang Dekyong

'Our most important task at the moment is to train our mind, and in particular to strengthen our intention to be of service to others.' Venerable Geshe Kelsang Gyatso Rinpoche

Venerable Geshe-la teaches us that our main practice as a Kadampa student is to emphasise the essential instructions in *The Eight Verses of Training the Mind* by Geshe Langri Tangpa, explained in detail from his own experience in the book *The New Eight Steps to Happiness ~ The Buddhist Way of Loving Kindness*. These classes present a special opportunity to learn practically how to cherish others through study, contemplation and meditation.



PUBLIC TALKS IN THE TEMPLE FOR WORLD PEACE



with Gen-la
Kelsang
Dekyong



AN HOUR OF PEACE

Sunday 15 September 2024, 11.30 am - 12.30 pm

The real source of happiness is inner peace. If your mind is peaceful, you will be happy regardless of your external circumstances. Learn how to make your busy mind peaceful and experience the real happiness that this brings.

EVERYONE WELCOME!

- Practical advice for busy life
- Guided meditations for greater peace of mind
- Enjoy the beautiful grounds, stay for lunch or relax in the World Peace Café

These public talks will be followed by a short series of teachings and meditations on the same theme in the Tuesday night classes and local areas

HAVING HOPE IN A HOPELESS WORLD

Sunday 16 February 2025, 11.30 am - 12.30 pm

It is easy these days to feel discouraged both with the difficulties we experience in our own lives and those that we see in the world.

At this public talk Gen-la Dekyong will share special ways of thinking from Buddha's teachings that give us many reasons to feel hopeful, inspired and deeply encouraged.





TUESDAY EVENINGS

MEDITATION FOR EVERYONE 7.30 - 9 PM
with Gen Kelsang Drolkyi

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.

See website for course topics and class dates.



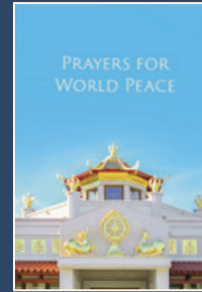
15 MINUTE MEDITATIONS

Every day 12.30 pm and 2 pm

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

FREE

OTHER 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

Morning Meditation Class

Wednesdays 10 - 11 am

Learn special ways of thinking and how to engage in daily meditation practice. Everyone is welcome

Kids' Club Monthly Classes

Sundays 10.30 - 11.45 am Family fun with meditations, games, stories and activities.

LOCAL CLASSES WEEKLY CLASSES IN LOCAL TOWNS

Visit manjushri.org/meditation-classes-in-local-towns



Kelsang Dechen
Barrow-in-Furness



Agnieszka Bednarczyk
Bowness-on-Windermere



Kelsang Denyi
Grange-over-Sands



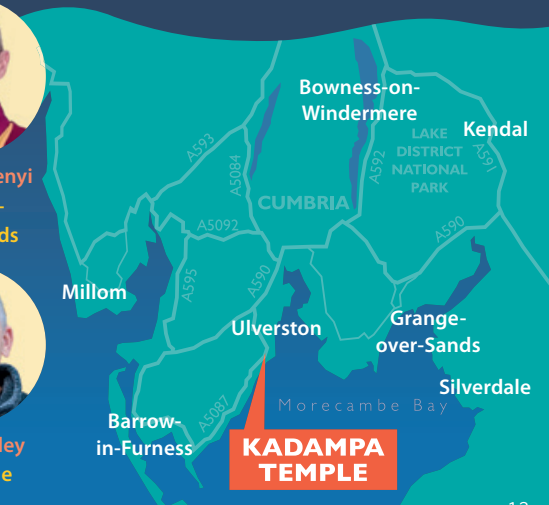
Kelsang Yeshe
Kendal



Alan Hughes
Millom



Paul Boseley
Silverdale



KADAMPA TEMPLE

SPECIAL WEEKENDS WITH OUR GENERAL SPIRITUAL DIRECTOR



'Our Job
is to Pray'



Treasury of Unobservable Compassion

The Power of Prayer



Buddha Avalokiteshvara Empowerment & Teachings on Essential Insights into the Practice of Avalokiteshvara with Gen-la Kelsang Dekyong

November 29 - December 1 2024 Empowered by the blessings and oral commentary she received directly in Granada, Gen-la Dekyong will guide us to discover the profound meaning of Venerable Geshe-la's blessed heart instruction on purifying and transforming the six classes of living beings from *The Mirror of Dharma with Additions*.

December 1 - 3 Retreat with Gen Kelsang Devi, Resident Teacher of KMC Switzerland and Kailash IRC.

& Special Prayers for World Peace with Gen-la Kelsang Dekyong

February 28 - March 2 2025 Venerable Geshe-la's advice when we see problems and difficulties in the world is to pray. On this course we will learn the nature of prayer, how to make our prayers powerful and effective, and how to unite prayer with our busy daily life. With this understanding, we will create very auspicious causes together as a great assembly of practitioners, by offering powerful prayers for world peace in the Temple.

March 2 - 4 Retreat with Gen Kelsang Ananda, National Spiritual Director for Germany, Slovenia, Romania and Czech Republic & Resident Teacher of Tharpaland KMC and KMC Berlin, Germany.



DAY RETREATS

Learning to Forgive **September 7**

Blaming and resenting others for our problems and pain actually harms us. Buddha teaches many special ways of thinking to free our minds from the harmful habit of blaming others and experience the joy and freedom of learning to forgive.

Making a Difference **November 9**

You might only be one person, but each person that takes responsibility for their own and others happiness can make a huge difference in the world!

Learn how meditation can help you to be guided by compassion and to be considerate and ethical in your behaviour. In this way we can live more joyfully, confident in our ability to quietly make a difference.

Becoming a More Spiritual Person **March 22**

Are you looking for a more meaningful life?

We live in a time of incredible material development but there isn't a corresponding increase in human happiness. At the simplest level being a spiritual person means prioritising your inner development. Discover how you can cultivate the inner wealth of pure intentions and peaceful minds during this one day meditation retreat.



Talking Seriously About Serious Things **April 26**

Nowadays we often shy away from difficult topics or seek out distraction instead of facing them. In this one day workshop you will discover how to be more fearless in facing the truth about important topics such as how impermanent life is, how much suffering is experienced by ourself and others and how to improve our world.

Calming Anxiety **June 7**

A simple day of calming meditation focusing on how to alleviate anxiety and create lasting space in your mind. Experience the benefit of tried and tested techniques that give you a new perspective on worries, stress and difficulties. In this way you can stay anchored and strong in the face of life's difficulties.



Searching for the Truth

What is the truth and where can I find it?

September 27 - 29 with Gen Kelsang Norden, Resident Teacher of Compassion KMC, Newcastle

Embark on a meaningful journey of personal discovery, using peaceful and contemplative meditation, on the ultimate nature of reality – emptiness. Learn methods for overcoming difficulties and unlocking your spiritual potential as you explore reality as revealed by Buddha. Take a fresh look at yourself, your life and your world in the light of Buddha's wisdom.



Opening up to Uncertainty

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

Take some time to deeply relax and discover how to be genuinely at peace with uncertainty in life. It's true we live in uncertain times and this can lead to increasing stress, anxiety and frustration. Discover how to face life's challenges with increasing openness, flexibility and acceptance – unlocking your potential to live with deeper inner peace, happiness and resilience, no matter what you meet in life.



Deep in Contemplation

November 15 - 17 with Kelsang Sama, Resident Teacher of KMC Manchester

Following in the footsteps of Buddha embark on an inner journey to find the real source of happiness. In this retreat you will learn to stop the busyness of your mind and discover an inner space where change becomes possible. With this inner space you can create wisdom ways of thinking that enable you to experience deeper and deeper levels of mental peace.



Be Kind to Your Mind

March 14 - 16 with Gen Kelsang Tubchen, Resident Teacher of KMC Aberdeen

Enjoy a weekend retreat to find peace, build up your inner protection, be nourished by meditation and return to daily life re-energised and inspired. Learn how to shake off bad mental habits and instead develop and strengthen positive states of mind. There will be talks, meditations, discussions and time to enjoy the beautiful natural surroundings.



What is Karma? Understanding why things happen

May 9 - 11 with Gen Kelsang Jigme, Resident Teacher of Bodhisattva KMC, Brighton

From non-virtuous actions comes suffering and from virtuous actions comes happiness. The law of karma explains why each individual has a unique disposition, a unique physical appearance and unique experiences. Learn how to take control of your own future to prevent suffering and establish the foundation for everlasting happiness.



Finding Balance in Your Life

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

Do you feel your life is so busy you feel off-kilter? Is it hard to react well because of life's pressures? Do you want to feel more balanced and confident? Learn to keep your mind from reacting to situations that trigger stress, irritation and confusion. Discover how to stay centred and peaceful by using the powerful wisdom meditation of equanimity.

SUMMER RETREAT

DIGITAL DETOX August 22 - 25, 2025

with Gen Kelsang Dornying,
Resident Teacher of KMC Leeds



Do you feel over-stimulated by the modern world and way of life? Is your phone rarely out of your hand? We all know how we feel when we have lost hours to tech-based distraction, but do we recognise that it is also draining us of energy to live with clarity and focus? Instead of sinking into a habitual love of ease and distraction, now is the time to take back control of your mind through meditation.



FAMILY WEEKEND

OVERCOMING ANGER

(especially towards brothers and sisters!)

May 2 - 5

A chance for families to meet, have fun and enjoy a joyful weekend with a difference! With guided meditations, team building activities, games and much more, this is a chance for all the family to learn to overcome anger, frustration and other negative minds, and experience a joyful way of life.

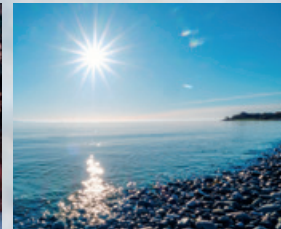
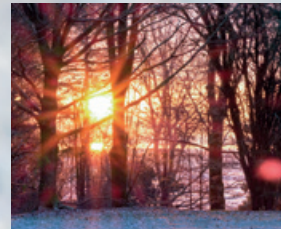
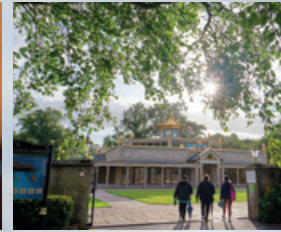
MINI RETREAT BREAKS

RECHARGE YOUR BATTERIES

Step away to another world and hit pause on the endless stress and busyness of daily life in peaceful and blessed surroundings. Enjoy a gentle, relaxing meditation to relax and unwind when you arrive, with meditations to uplift and inspire the following morning. There is ample time for peaceful woodland walks to the shores of Morecambe Bay, quiet reflection in the gardens, or time with others in the cafe. Return home energised and refreshed, with a clearer perspective on life and renewed joy.

October 4 - 5 December 13 - 14

March 28 - 29 June 13 - 14



CHRISTMAS COURSE The Gift of Peace & Relaxation

'If our mind is peaceful, we will be happy all the time, regardless of external conditions, but if it is disturbed or troubled in any way, we will never be happy, no matter how good our external conditions may be.'

Venerable Geshe Kelsang Gyatso Rinpoche *How to Transform Your Life*



with Gen Kelsang Tilopa December 24 - 28
Resident Teacher of KMC Liverpool

If our mind becomes peaceful then a peaceful world will appear to us, and with peaceful thoughts come both mental and physical relaxation.

If we practise meditating on Buddha's instructions we can find not only a temporary peaceful mind, but eventually give ourselves the gift of a lasting experience of peace. This is a very meaningful gift for ourselves, and for all those we care about.

During this Christmas Course in the beautiful relaxing environment of the Temple for World Peace and grounds, you will receive teachings on love, compassion and wisdom, and be guided in meditations that help you to find your own inner peace. You will also be shown how to use these instructions to deal with difficult situations and still keep a peaceful mind. By following Buddha's teachings you can gradually become your best self – and have the wisdom and spiritual energy to benefit others.



New Year Celebration with Gen-la Kelsang Jampa

Deputy Spiritual Director of NKT-IKBU
and Resident Teacher of IKRC Grand Canyon



The Power of Wishing Correctly
Turning Your Life in the
Direction of Happiness

December 31 New Year's
Eve celebration with a talk
and meditation. Start the
New Year with inspiration, confidence and joy!

Making our Wishes Come True
24 hour Tara Chanting Retreat
December 31 - January 1

A wonderful way to begin the New Year! In the Kadampa Temple for World Peace, every four hours we will make praises and requests to our common holy Mother, Arya Tara, following the powerful prayers *Liberation from Sorrow*.

Through turning to Arya Tara, our good fortune will grow like a waxing moon. No previous experience required – just a mind wishing for a better year ahead and a better world.



THE JANUARY RETREATS

Discover the Union of Life and Lamrim

3 - 31 JANUARY 2025

Week 1 January 3 - 10 with **Gen-la Kelsang Jampa**
Week 2 - 4 January 10 - 31 with **Gen Kelsang Tonglam**



Gen-la Kelsang Jampa

Lamrim, the Stages of the Path to Enlightenment, is the condensation of all Buddha's teachings and the main practice of Kadampa Buddhists. For his fortunate modern Kadampa disciples, Venerable Geshe-la created a very special presentation of the essential Lamrim meditations in his book, *The Mirror of Dharma with Additions*. In each of the four weeks of this retreat, we will emphasise the cycle of fifteen meditations.



Gen Kelsang Tonglam
Resident Teacher of
KMC Hong Kong

In particular, to make our meditation effective, we will carefully follow our Spiritual Guide's special presentation of the purpose, the object and the actual meditation. Through this we will be able to generate or find our object of meditation and thus have the great opportunity to deepen our familiarity with each Lamrim object. Eventually, through gaining realisations of Lamrim, we will be happy all the time because our mind will always be peaceful.

In January there will also be an opportunity to engage in Heruka and Vajrayogini Close Retreats.

Vajrayogini Retreat January 5 - February 2 **Heruka Retreat** January 4 - February 15

EASTER WEEKEND COURSE

with Kadam Morten Clausen

Resident Teacher of KMC New York City



THE BLISS OF CONCENTRATION



April 18 - 21 2025 Deepening our Meditation on the Clarity of the Mind

These days in our overstimulated and distracted society people struggle to develop stable mindfulness and concentration. Even among spiritual practitioners many feel that attaining higher levels of concentration is not possible. Due to this discouragement many no longer emphasise actively training in improving their concentration, known as training in tranquil abiding. In this course we will explore the clear instructions Venerable Geshe-la has given us to deepen our meditation on the clarity of the mind.

By taking our time and building up our practice on the correct basis, we will discover for ourselves how practical these instructions are and how we can make real headway in developing joyful concentration.



HOME OF
THARPA PUBLICATIONS



VISIT OUR BOOKSHOP

Discover the collected works of the visionary Buddhist Master and Teacher, Geshe Kelsang Gyatso. His accessible books form the foundation of all meditation courses, classes and retreats at Kadampa Meditation Centres worldwide.

Visit our Tharpa Bookshop and take a piece of Manjushri KMC with you – return home with pages of wisdom and inspiration. In an increasingly turbulent world, these books are genuine guides helping you find real meaning and peace of mind.

Browse in person or online at tharpa.com

You're sure to find a book that resonates with you.





Offering Our Faith

Celebrating the great kindness of Venerable Geshe Kelsang Gyatso Rinpoche

Special days of retreat in the Temple at Manjushri KMC

June 4 *Venerable Geshe-la's Birthday & 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 5 – NKT Day.

FOUNDATION PROGRAMME

with Kelsang Yeshe Mondays 7 - 9pm

The *Foundation Programme* (FP) provides an opportunity to engage in systematic study and meditation on the essential subjects of Mahayana 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.

From September 9, 2024 the programme will begin the study of a new book.

For more information, and to apply for either of these programmes, please visit: manjushri.org/study

SPECIAL TEACHER TRAINING PROGRAMME



with Gen-la Kelsang Dekyong Sundays, Mondays & Tuesdays

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.

Studying this book with Gen-la Dekyong on STTP with commitments offers a wonderful opportunity to emphasise these special teachings practically, from our heart. Then we will become qualified to teach others and particularly show the great value of Kadam Dharma through our own example.

From September 8, 2024 the programme will be studying *The New Eight Steps to Happiness*.

ADVANCED RETREATS

Lamrim Retreat Aug 30 - Sep 6, 2024

Refuge Retreat Oct 13 - 18, 2024

Guru Yoga & Mandala Offering Retreat Nov 22 - 28, 2024

Amitayus Retreat Feb 7 - 9, 2025

Vajrasattva Retreat Feb 21 - 27, 2025

Nyungnay Purifying Ritual Practice Apr 13 - 15, 2025

Guru Yoga & Mandala Offering Retreat Jul 4 - 11, 2025



A GLIMPSE OF WORLD PEACE

INTERNATIONAL FESTIVALS

'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

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 Kadam Dharma.

She is recognised as a fully qualified Dharma teacher of both Sutra and Tantra.



Gen-la Kelsang Jampa

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

2024 **OCT 25 - NOV 1**

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

SPRING FESTIVAL

2025 **MAY 23 - 28**

Solving our Daily Problems
with Loving Kindness

EMPOWERMENT AND COMMENTARY TO THE PRACTICE OF BUDDHA MAITREYA

with Gen-la Kelsang Jampa



Buddha Maitreya is the manifestation of all the Buddhas' realisation of loving kindness. This festival is a unique opportunity

to concentrate on understanding and practising the precious instructions given by Venerable Geshe-la on how to develop the three types of love. We will also learn how we ourselves can quickly become a Buddha of Loving Kindness by changing our basis of imputation through Tantric practice. Through engaging in the festival programme of teachings, meditations and retreat, we can radically transform our own lives and thereby the lives of others, and truly heal our suffering world.

'When we love all living beings, we have no enemies.'

Venerable Geshe Kelsang Gyatso Rinpoche



at Manjushri KMC, UK
kadampafestivals.org/spring

**JULY 25 -
AUGUST 9**



NKT-UKBU INTERNATIONAL

SUMMER FESTIVAL 2025

How to be a Kadampa

BUDDHA GREEN TARA EMPOWERMENT

WITH TEACHINGS ON
ADVICE FROM ATISHA'S HEART

with Gen-la Kelsang Dekyong and
Gen-la Kelsang Jampa



Over two weeks, the Festival will emphasise teachings and meditations on *Advice from Atisha's Heart* from our two most senior teachers. For the first time all of Venerable Geshe-la's oral transmissions on the verses are brought together, including his special advice on how to engage in retreat on this text.



Through Venerable Geshe-la's encouragement and blessings they will transmit a complete commentary to all the verses. By keeping Atisha's *Advice* in our heart we can maintain a peaceful, happy mind, our human nature and good qualities will improve, we will show a good example in this troubled world and we will quickly attain great enlightenment.

Kadampa Buddhists have an especially close connection with Buddha Tara because she appeared directly to Atisha, the founder of Kadampa Buddhism, and promised to care for all his future followers.

'Simply putting this Advice into practice we will naturally become a Bodhisattva, a holy compassionate being who is the object of everybody's love and respect.'

Venerable Geshe Kelsang Gyatso Rinpoche



at Manjushri KMC, UK
kadampafestivals.org/summer



NKT-IKBU INTERNATIONAL

FALL FESTIVAL

2025 OCTOBER 3 - 9

Great Protector of the Guru's Words



at IKRC Grand Canyon, USA
kadampafestivals.org/fall

Dorje Shugden Empowerment and Developing Faith in Dorje Shugden with Gen-la Kelsang Dekyong

'I, have Dorje Shugden as my special Dharma Protector. For me, Dorje Shugden is the great Protector of the Guru's words'
Venerable Geshe Kelsang Gyatso Rinpoche ~ The New Guide to Dakini Land



There is nothing more precious than the words of our Spiritual Guide. This festival begins with the empowerment of Dorje Shugden as a

powerful protection and blessing, so that we can understand the deep meanings of all the teachings of Sutra and Tantra that we have received from our Founder, and so we can care for them, ensuring they remain vibrant, alive and functioning for many generations to come. With a life of dedication, Gen-la Dekyong pays particularly close attention to our Guru's words. Gen-la will share special advice that she has personally directly received from Venerable Geshe-la on how for our mind and the meaning of the teachings to become one, requires our Guru's blessings. She will also share how we can deepen our understanding of our Guru's speech continually, and how through this, we ourselves can come to hold his ultimate correct views and intentions and attain the enlightened state of our Guru.

International Temples Project

The Sixth Temple for World Peace at KMC Spain, Málaga

Kadampa Meditation Centre Granada, Spain



Rio de Janeiro, Brazil



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 contemporary 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

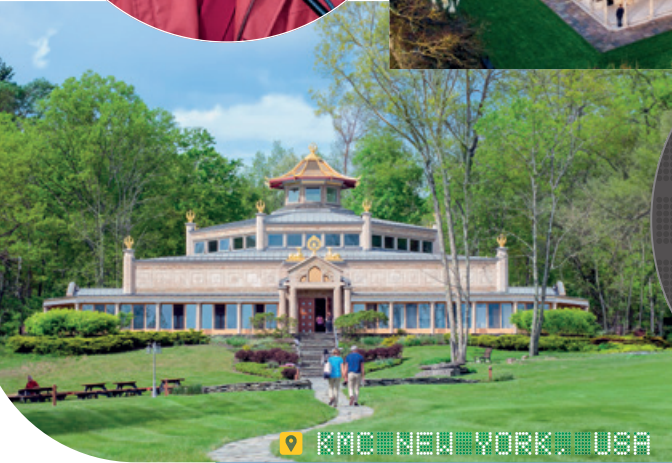


They also bring together the Kadampa spiritual family for International and National Festivals, which serves to maintain the International Kadampa Buddhist Union from generation to generation.



Venerable Geshe-la established a programme for the building of Kadampa Temples for World Peace throughout the world. These Temples are special holy places that benefit everyone who visits them.

KADAMPA
TEMPLES
AROUND
THE WORLD



MORE DESTINATIONS TO COME...



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.



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.

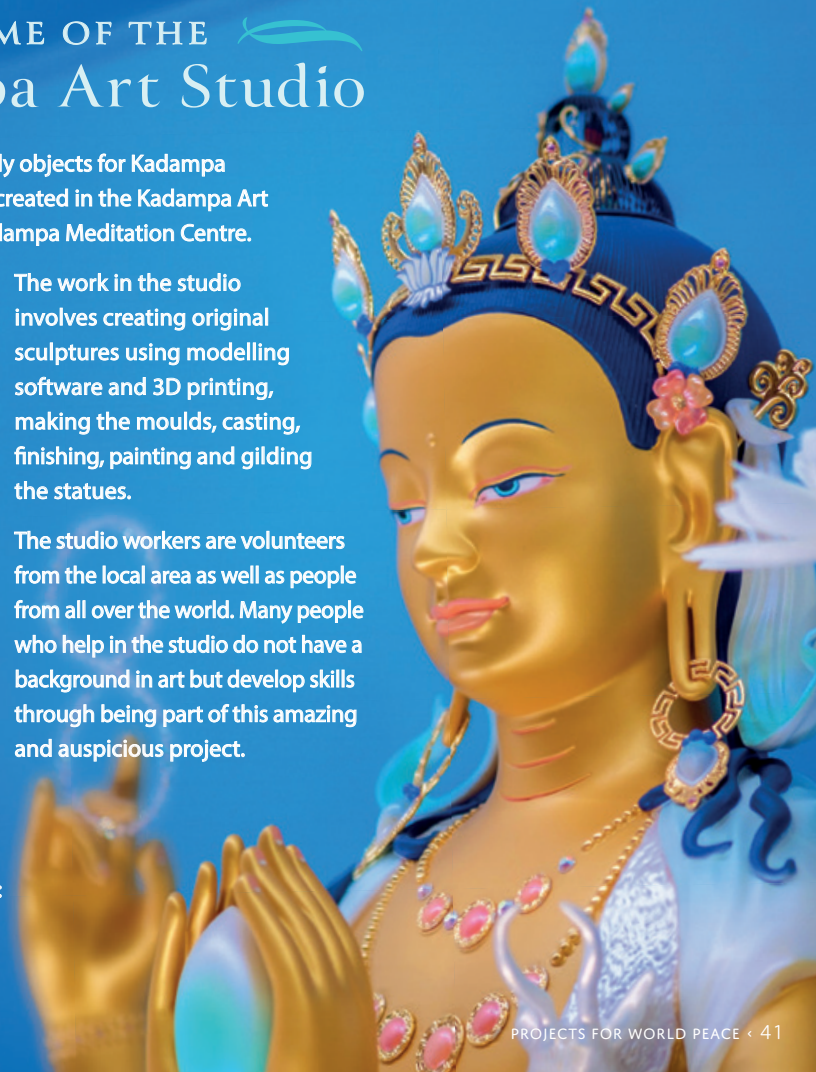


The work in the studio involves creating original sculptures using modelling software and 3D printing, making the moulds, casting, finishing, painting and gilding the statues.



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



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.

ACCESSIBILITY

Accessible facilities 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	
Aug	30 - Sep 6	Kadam Lamrim Retreat	29	Feb	7 - 9	Amitayus Retreat	29	
Sep	7	Day Retreat – Learning to Forgive	17	Feb	16	Public Talk with Gen-la Kelsang Dekyong – Having Hope in a Hopeless World	11	
	15	Public Talk with Gen-la Kelsang Dekyong – An Hour of Peace	11		21 - 27	Vajrasattva Retreat	29	
	27 - 29	Weekend Meditation Retreat – Searching for the Truth	18		28 - Mar 2	Weekend Course with Gen-la Kelsang Dekyong – The Power of Prayer	15	
Oct	4 - 5	Mini Retreat Break	21		Mar	2 - 4	Post Special Weekend Guided Retreat	15
Oct	11 - 13	Weekend Meditation Retreat – Opening up to Uncertainty	18	Mar	14 - 16	Weekend Meditation Retreat – Be Kind to your Mind	19	
	13 - 18	Refuge Retreat	29		22	Day Retreat – Becoming a More Spiritual Person	17	
	25 - Nov 1	International Fall Festival – KMC Brazil	32		28 - 29	Mini Retreat Break	21	
	Nov	9	Day Retreat – Making a Difference		17	Apr	5	NKT Day – Offering our Faith Day Retreat
	15 - 17	Weekend Meditation Retreat – Deep in Contemplation	19	Apr	13 - 15	Nyungnay Purifying Ritual Practice	29	
22 - 28	Guru Yoga and Mandala Offering Retreat	29	18 - 21		Easter Weekend Course with Kadam Morten Clausen – The Bliss of Concentration	26		
29 - Dec 1	Weekend Course with Gen-la Kelsang Dekyong – Avalokiteshvara Empowerment – Treasury of Unobservable Compassion	14	26		Day Retreat – Talking Seriously about Serious Things	17		
Dec	1 - 3	Post Special Weekend Guided Retreat	14		May	2 - 5	Family Weekend – Overcoming Anger	20
Dec	13 - 14	Mini Retreat Break	21	May	9 - 11	Weekend Meditation Retreat – What is Karma?	19	
	24 - 28	Christmas Course – The Gift of Peace and Relaxation with Gen Kelsang Tilopa	22		23 - 28	International Spring Festival	33	
	31 - Jan 1	New Year's Eve Celebration / Tara Chanting with Gen-la Kelsang Jampa	23		Jun	4	Venerable Geshe-la's Birthday – Offering our Faith Day Retreat	28
	Jan	3 - 31	January Retreat with Gen-la Kelsang Jampa and Gen Kelsang Tonglam – Discover the Union of Life and Lamrim	25	Jun	7	Day Retreat – Calming Anxiety	17
4 - Feb 15	Heruka Counting Retreat		13 - 14	Mini Retreat Break		21		
5 - Feb 2	Vajrayogini Counting Retreat		20 - 22	Weekend Meditation Retreat – Finding Balance in Your Life		19		
Jul	4 - 11	Guru Yoga and Mandala Offering Retreat	29	25 - Aug 9		International Summer Festival	35	
Aug	22 - 25	Summer Retreat – Digital Detox	20					

'The most amazing place.
Relaxing, reviving and replenishing...
can't wait to visit again soon'



manjushrikmc



@manjushri_kmc



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

email: info@manjushri.org

tel: +44 (0)1229 584029

