

# Paths & Gordon S

## Geshe Jampa Gyaltzen



At Khensur Kangyur Rinpoche's personal suggestion, Geshe Jampa Gyaltzen will be teaching "Grounds and Paths" ("Sa Lam' in Tibetan), which is a general presentation of all the levels of Buddhist spiritual practice of the three categories of practitioners: Hearers, Solitary Realizers and Bodhisattvas. "Grounds and Paths" acts as a template for the practitioner, enabling him to know exactly what practices are necessary at what level and what the signs of realization of meditations, such as meditation on emptiness are. As such, it is highly recommended for all the students who attended the Lorig teachings of Geshe-la as well as of the students who are following Khensur Rinpoche's great teaching on Nagarjuna's "Bodhicitta-vivarana".

The text Geshe Jampa Gyaltzen will be relying upon is Jetsün chö kyi gyeltsen's (1469-1546) short text on "Grounds and Paths" which has been the mainstay of teachings on this topic at Sera Je Monastery from the XVIth century. Most of Sera Je's monastic textbooks were composed by this extraordinary debater, scholar and yogi, famous for his understanding of emptiness, of whom it was rumoured that he recited the "Eight Thousand Verse Perfection of Wisdom Sutra" every day .Thursdays 7pm