



## Welcome

The Guhyasamaja Center is a community of spiritual friends in the Washington DC area dedicated to the practice of Mahayana Buddhism. We follow the Tibetan Gelugpa tradition, the lineage headed by His Holiness the Dalai Lama.

Our Spiritual Director, Lama Zopa Rinpoche, founded the center in 1994 as part of the worldwide Foundation for the Preservation of the Mahayana Tradition (FPMT).

FPMT transmits the Mahayana Buddhist tradition and values worldwide through Tibetan Buddhist teachings, meditation, community service, retreat centers, and projects that preserve the tradition.

## Meet Our Spiritual Director



Lama Zopa Rinpoche

## Study Buddhism...

Whether you are new to Buddhism or a long-time student, the Center offers classes from FPMT's carefully designed curriculum that will help you deepen your knowledge and daily practice. Classes are informal and emphasize how to integrate Buddhism into our daily lives.

### Discovering Buddhism

The aim of the Discovering Buddhism program is to give participants a solid footing in the practice of Mahayana Buddhism. By engaging in this program, participants will receive an experiential taste of the Buddha's teachings, some retreat experience, and will have the skills they need to make their lives most meaningful. This 2-year program is taught in many FPMT centers around the world.

### Basic Program

Lama Thubten Zopa Rinpoche developed an integrated program of Buddhist studies suitable for a contemporary setting.

The Basic Program is a comprehensive, practice-oriented transmission of the Buddhadharmas that will be of interest to committed students who wish to progress beyond introductory-level study and practice.

Future classes will include: Buddhism in a Nutshell, and Meditation 101.

## Meditate...

We meet once a week to relax, meditate and chant traditional prayers together.

## Meet Our Teacher



Khensur Rinpoche

Khensur Rinpoche Losang Jampa was born in 1937 in Lhasa, the capital of Tibet. He was awarded the highest honor of a Geshe Lharampa degree from Sera Mey monastery and served as the abbot of Gyumed Tantric College.

He is loved and respected by all his students for his patience, kindness, and knowledge of Buddhist sutra and tantra. Since 2005, he has given classes on Lam Rim, mind training, Shantideva, and many tantric initiations.

The Guhyasamaja Center is a 501(c)(3) organization. All donations are tax deductible as allowed under US laws.

Phone: 703-774-9692

E-mail: [spc@guhyasamaja.org](mailto:spc@guhyasamaja.org)