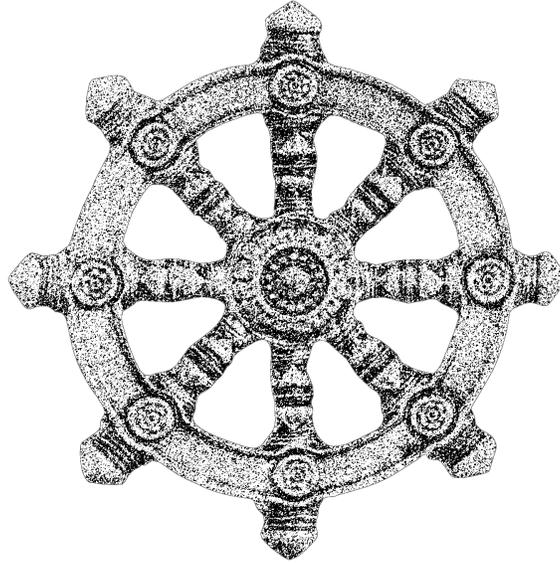




ACI ny



### *2008 – 2009 Schedule*

**Asian Classics Institute of New York** is dedicated to giving the teachings of Lord Buddha to those interested in serious study and spiritual practice.

Originally established by Geshe Michael Roach under the spiritual direction of Khen Rinpoche Geshe Lobsang Tharchin, a most distinguished scholar and master of Buddhism from Tibet. As a result of completing full studies with Khen Rinpoche and at Sera Monastery in India, Geshe Michael Roach developed and taught a 7 year Formal Study Program in New York.

That program condensed the essence of the Six Great Books of Buddhism into a series of 15 Formal Study Courses. **ACI ny** teachers are trained and experienced in this extensive program of study and the authentic Tibetan tradition.

**ACI ny** provides a thorough, accurate Tibetan Buddhist education to anyone interested. **ACI ny** captures the heart of Buddhist philosophy and offers a wide variety of courses for spiritually minded people of all levels of beginner and advanced practitioners. Classes are a great way to meet others who travel on a variety of spiritual paths.

## UPCOMING COURSES

### **ACI COURSE 16: The Great Ideas of Buddhism, Part I.**

In part one, we cover the first five ACI Courses: The Principal Teachings of Buddhism, Buddhist Refuge, Applied Meditation, Proof of Future Lives, and How Karma Works.

*Dates:* Wednesdays starting December 03<sup>rd</sup> , 7:30pm for 10 weeks.

*Teacher:* Michael Dunn is a student of Geshe Michael Roach and Lama Christie McNally.

### **ACI COURSE 12: Contemplations of the Perfection of Wisdom - Guide to the Bodhisattva Way of Life III**

Give kindness, perform goodness, destroy anger, act with joy, focus on others – guided by the eye of wisdom! Master Shantideva guides us through the Perfection of Wisdom to the city of all-knowingness - Enlightenment. Gyaltsab Je's commentary "Entry Point for Children of the Victorious Buddhas" gives us beautiful light to this way of life.

FREE classes. Come to all, some or one. To register contact: [venerablechunzom@aciny.org](mailto:venerablechunzom@aciny.org)

*Dates:*

December 12th, 2008 8:00-10:00pm Friday

December 13th, 2008 2:00-4:00pm, 6:00-9:00pm Saturday

December 14th, 2008 2:00-4:00pm Sunday

December 15th, 2008 8:00-10:00pm Monday

*Teacher:* Venerable Lobsang Chunzom was ordained as a novice by Khensur Lobsang Tharchin Rinpoche of Sera Mey Monastery and fully ordained by Venerable Karuna Dharma. She receives extensive teachings from Lama Geshe Michael Roach.

### **ACI COURSE 3: Applied Meditation Level Two of the Steps to Buddhahood (*Lam Rim*)**

This Course is a must for anyone who wishes to practice meditation effectively. *Topics include:* a description of all of the different types of meditation, the parts of a meditation practice, the five problems which occur within meditation, the eight corrections to those problems, and the nine resulting meditative states which lead to the attainment of deep meditative concentration, or quietude.

A great course for those interested in learning the basics of meditation and how to develop a daily meditation practice.

*Dates:* Thursday 7:30pm and Sundays 4:00pm Starting January 08<sup>th</sup>.

*Teachers:* Rebecca Vinacour and Grant Burns are long time students of Geshe Michael and Lama Christie, and are full time students at Diamond Mountain.

### **ACI COURSE 5: How Karma Works - Level One of Higher Knowledge (*Abhidharma*)**

All Buddhist practices are based upon the laws of karma, and so it is crucial to understand thoroughly how karma works to succeed in any and every Buddhist path. *Topics include:* the definition and nature of karma; good, bad and neutral karma; karma of body, speech, and mind; the definition of virtue and non-virtue; projecting and finishing karma; karmic consequences; how emptiness allows karma to function; the five immediate misdeeds; how to make a karmic result powerful; and the purification of karma.

*Dates:* January 24<sup>th</sup>, 25<sup>th</sup> & 31<sup>st</sup>, February 01<sup>st</sup> from 2:00 to 7:00pm.

*Teacher:* Rosa van Grieken

### **ACI DAILY PRACTICE 3: Contemplation on the Practice of Giving and Taking (*Tong Len*)**

Tong Len is one of the most powerful meditation practices to develop deep compassion--especially those that we have difficulty with--and transform your world. It is particularly powerful because it uses the breath and can be done on the cushion, in yoga class, and during any activity.

*Dates:* Mondays January 26<sup>th</sup>, February 02<sup>nd</sup> and 09<sup>th</sup> at 7:30pm

*Bio:* Kristin Walsh is a student of Geshe Michael Roach and Lama Christie McNally.

### **ACI COURSE 13: The Art of Reasoning- Level 2 of Buddhist Logic and Perception (*Pramana*)**

This course presents the structure of Buddhist logic and the forms of Buddhist debate.

*Topics include:* the correct motivation for debate; debating tactics and the flow of a debate; why logic is more valuable than faith; how studying logic leads to perceiving emptiness; the concept of time according to each of the four schools of thought; and the reason why suffering has an end.

*Dates:* Contact [classes@aciny.org](mailto:classes@aciny.org) for more information.

*Teacher:* Warren Friesner, a former trial lawyer, is a student of Khen Rinpoche Lobsang Tharchin, Geshe Michael Roach and Lama Christie McNally, Ven. Thubten Phuntsok, Gyumed Khensur Rinpoche Lobsang Jampa, and Geshe Lobsang Dhargye

### **BOK JINPA 3: Lighting Your Meditation Practice on Fire**

If you want to learn to meditate on the highest view of ultimate reality from authentic sources, this course is for you. This is a hands-on, experiential course with weekly meditation assignments.

Course Three is about confronting our doubts or belief that things don't matter in order to achieve nirvana and omniscience.

#### Requirements:

To attend this course, you will be required to keep a weekly meditation journal and make effort to meditate six days a week using the techniques presented.

#### Pre-Requisites:

As this course builds on previously presented material, you should have completed Bok Jinpa I and II, and the corresponding meditation journals.

*Dates:* February, 2009. Please contact [classes@aciny.org](mailto:classes@aciny.org) for updated information.

*Teachers:* Chelsea Bailey and Jenny MacFarlane

The **ACI ny** courses listed above are being taught at:

The **Three Jewels**, 61 Fourth Avenue, New York City, between 9<sup>th</sup> and 10<sup>th</sup> streets.  
t: 212-475-6650, e: [threejewels.nyc@gmail.com](mailto:threejewels.nyc@gmail.com), w: [www.threejewels.org](http://www.threejewels.org)

## **MEDITATION IN NEW YORK**

### **Morning Meditation:**

Designed to focus the mind to stay motivated throughout the day while bringing a compassionate spirit to daily endeavors.

*Dates:* Ongoing - Monday, Wednesday, Friday @ 8:05am - 9:00am at The Three Jewels, 61 4th Ave, NYC (9th/10th St)

*Teachers:* Ori Carin and Edward Sczudlo

### **Evening Meditation:**

Guided meditation in the tradition of Tibetan Buddhism with Venerable Phuntsok.

*Dates:* Ongoing - Friday 7:00-8:30pm at The Three Jewels, 61 4th Ave, NYC (9th/10th St)

### **Movement Meditation**

Experiential movement by way of guided meditations to enhance your spiritual practice and transform any obstacle into a magical event.

Open to any level practitioner. each group session led by Venerable Chunzom by appointment only.

Email for the next session and more info to [venerablechunzom@aciny.org](mailto:venerablechunzom@aciny.org)

*Teacher:* Venerable Chunzom has a Master of Arts specializing in Dance/Movement and is a NYC Licensed Creative Arts Therapist

## **RASHI GEMPIL LING TEMPLE**

New Jersey Dharma classes are frequently held at the temple on Saturday and Sundays. Please call (732) 364-824 for further information, or visit the website

<http://www.mstp.us/mstc>.

All programs and activities of **ACI ny** are **free of charge** and all are welcome to attend. **ACI ny** depends solely upon voluntary financial support, generosity and kindness of the students and sponsors to fund all of its programs.

ACI offers courses throughout the New York area. For more information about our classes, programs and any requests of classes you wish to receive, please contact us [classes@aciny.org](mailto:classes@aciny.org) or visit us at [www.aciny.org](http://www.aciny.org).

