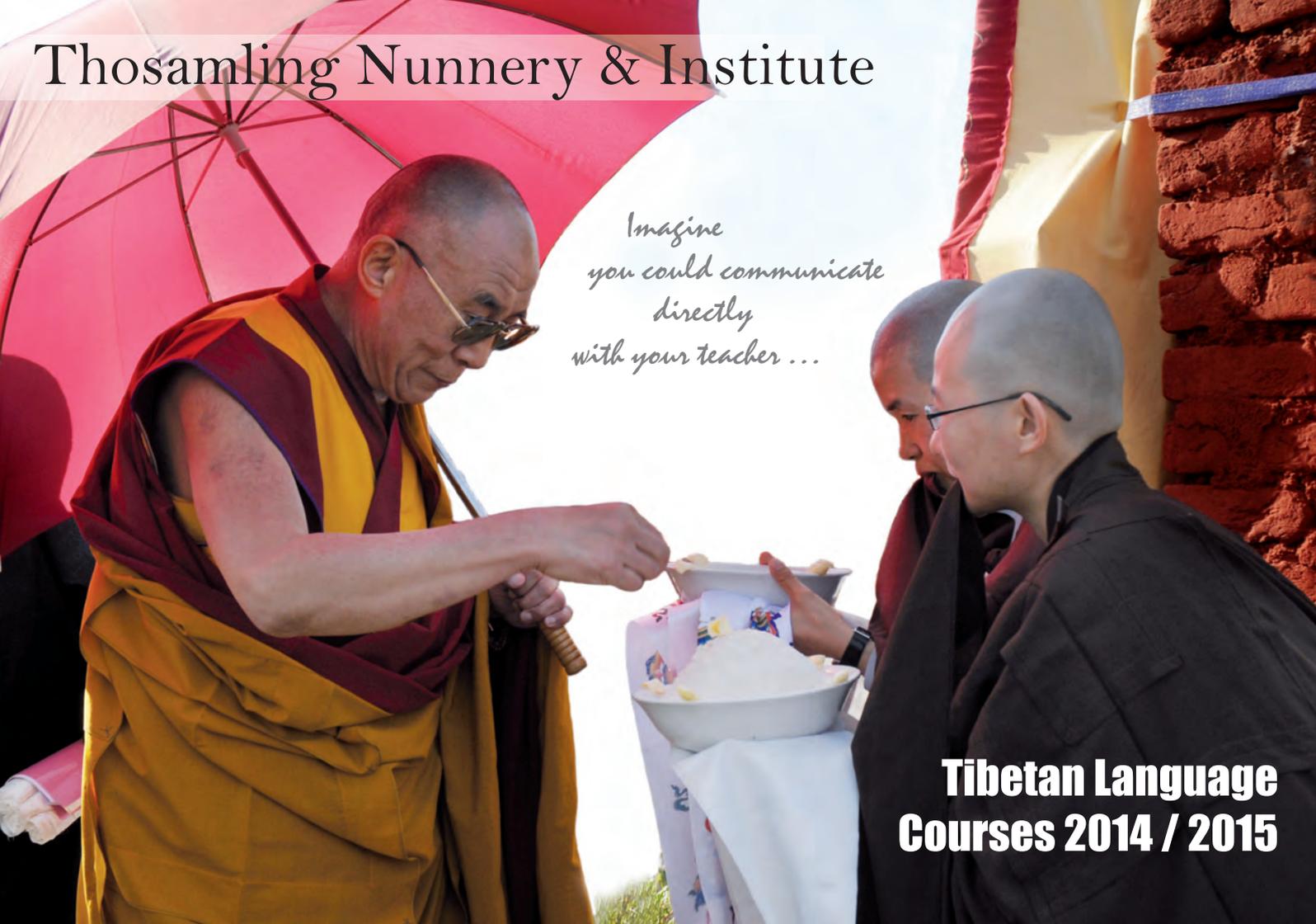


Thosamling Nunnery & Institute



*Imagine
you could communicate
directly
with your teacher ...*

**Tibetan Language
Courses 2014 / 2015**



Thosamling Nunnery & Institute



Thosamling is an international community living and studying within the Tibetan Buddhist tradition. It is situated in Sidhpur, a little village close to Norbulingka Institute, Dolmaling Nunnery and Jigme Gatsal Ling Monastery. Thosamling was created in order to offer a place for ordained and lay women to study Buddhist philosophy and Tibetan language. Male practitioners are also welcome to join the programs but as we are a nunnery, we cannot offer accommodation to them. Thosamling is open to practitioners of all four lineages of Tibetan Buddhism.

Besides the educational programs we offer suitable long- and short-term retreat facilities for nuns and lay women. For more information please check our website. Whether you are looking for unique study and practice opportunities, or a place for retreat, Thosamling is an inspirational environment.



For more information:

Thosamling Institute
Sidhpur
176057, Dharamsala
Distt. Kangra
H.P.
India
thosamling@gmail.com
www.thosamling.com
mobile: (0091) 9882455065 or 9816141830

Tibetan Language Courses

Since 2003, Thosamling has been offering Tibetan language courses for nuns, monks and lay practitioners. The main aim is to enlarge the opportunities for in-depth study of Tibetan Buddhist philosophy. Some students continue their studies in Tibetan monastic institutions; others become translators for Tibetan teachers in their home countries. Guest teachers from all over the world, such as Professor Bill Magee, visit Thosamling to share their knowledge with the students.

In this booklet you can find all the Language Courses from August 2014 until December 2015. There is a year-long program that is designed to give students a complete training – starting from the alphabet, learning colloquial and then gradually moving on to understanding Buddhist teachings and reading philosophical texts. Every module can also be followed separately, depending on one's previous learning experience or time limitations. After having finished the beginner and intermediate courses, the students can continue their studies with Dharma Tibetan language and Debate courses.

Note: *A year-program will start every 6 months, so there are always two programs running simultaneously. For reasons of clarity, the modules are numbered according to their levels.*

Our teachers: **Geshe Lharampa Tsewang Nyima**



Geshe Tsewang Nyima was awarded the degree of Geshe Lharampa in 1980. Geshe-la spent ten years at Kyil Monastery in Spiti, teaching Buddhist philosophy and establishing a modern education program for the younger monks. After that Geshe-la assisted in establishing the study program at Dolmaling Nunnery. He volunteered to help in this project, teaching Dharma for more than two years. He spent more than ten years at Norbulingka Institute for the Preservation of the Tibetan culture. Geshe-la is an expert in the Vinaya and wrote a dictionary about the Vinaya. From 2007 Geshe-la was the resident Buddhist philosophy teacher in Thosamling. Since

2013 Geshe-la retired and divides his time between Thosamling and Drepung Loseling Monastery in South India. Geshe-la will continue to teach every year for about four to six months in Thosamling.

Our teachers: **Tsunma Dawa Dolma**



Tsunma Dawa Dolma was born in Tibet in 1982. She has been a nun for twenty years.

Tsunma-la studied subjects such as Buddhist philosophy, English and Tibetan grammar from 1993 until 2011 in Dolmaling Nunnery. After completing her studies in Dolmaling, she received a degree in Pharchin (Paramita), Uma (Madhyamaka), Dzo (Abhidharma), Tsema (Pramana) and Dulwa (Vinaya). After that she followed a teacher training course and studied Sanskrit and Hindi in Sarnath for two and half years. In Dolmaling she has been teaching different philosophical subjects.

Dawa Dolma is currently preparing for her Geshe exam, after which she expects to receive her Geshe degree.

Our teachers: **Tenzin Chokyi**



My name is Tenzin Chokyi. Both of my parents are from Tibet, and I was born in India. I am 25 years old. I did my B.A. in Tibetan studies from Sara Tibetan College including a year of bridge class. After graduation I did teacher training courses from the same college for a year and half. That has been very beneficial for me as an aspiring teacher.

I always appreciated the idea of Westerners learning my language. The opportunity to become a teacher for foreign students just presented itself to me, and I am very happy to be a teacher in Thosamling. We have a lovely team of teachers and that is really a big source of inspiration. I am very grateful for the comforting presence of Ani Sangmo, Ani Dawa Dolma and Tsering Lhamo. We supervise the teachings a lot and try our best to make it very appealing for the students. In this way we have enthusiastic students and they get the best out of the learning process. It is fun to teach and I must say Thosamling is a very environmentally friendly place and it is away from the noise of McLeod Ganj, it is an oasis of green and quiet and calm. The best environment in which to study!

We are very close to Sidhpur where many Tibetans live and where you can practice your Tibetan as much as you like. They are very helpful and willing to spend time with you.

Our teachers: **Tsering Lhamo**



I was born in Tibet in Lhasa. At a young age I escaped with my uncle to India and went to the Tibetan Children's Village School in Mussoori. I was very happy there to be in school to get all the education and blessings from His Holiness the Dalai Lama. In Tibet the situation was very bad for us to study, so I really appreciated the guidance I got from my teachers.

After finishing my school I went to Dharamsala. Five years ago I started as a conversation partner in Thosamling and during my stay and studies I improved a lot. I am very moved by the foreign people who come to Thosamling to study the Buddhist teachings and my native language. It is such a challenge for them and they put so much effort into it. I am impressed by the effort the students put into their studies. Therefore I will be always there to help and guide them. Teaching in Thosamling is great. Thosamling is a very good place to be and they really take care of the students and teachers. I cannot imagine a better place to work.

2014 Module 1: Tibetan Language Course Beginners

August 4 to October 24

Teachers: Tenzin Chokyi and Tsering Lhamo

Starting with the alphabet, you will be able to read and write basic Tibetan in two weeks time. We work with an outline of the course which has proven to be successful throughout the years. There are handouts, homework exercises, audio and video materials, all designed to progress as quickly as possible. The course is intensive and you need to focus only on your studies to make it successful. The morning sessions are used to go through the new materials and the afternoons are for exercises and practice.

5 days a week, 2.5 hours in the morning and 2 hours in the afternoon.
Course donation 6000 rs/month. Ordained Sangha for free.

Guest teachers and senior students will be invited during the course to talk about their experiences.

Accommodation and food is not included in the course donation.



2014 Module 3: Dharma Tibetan Language Course

August 4 to September 26

Teacher: Tsunma Dawa Dolma

This course will focus on literary as well as colloquial Tibetan. We work with public talks given by His Holiness the Dalai Lama and Lam Rim teachings by our resident teacher Geshe Tsewang Nyima. In class we will read texts on the subjects that are taught. Next to that we will practice our understanding of the oral explanation. Every day the students will receive the vocabulary needed to understand the teachings of the next day. The translation of the audio will also be available. In this way both the fluency in colloquial as well as literary Tibetan will develop fast.

2.5 hours a day, 5 days a week.

Self-study is necessary to get the most out of this course.

Course donation 4000 rs/month. Ordained Sangha for free.

As this course follows up on our intermediate level course, students have ideally already studied intensively for at least half a year. If you are uncertain about your level, please contact us.

Accommodation and food is not included in the course donation.



2014 Module 4: Introduction to Debate (Dudra/Lorig)

October 13 to December 19

Teacher: Tsunma Dawa Dolma

Guest teachers: Geshema Kelsang Wangmo and others

Learning how to debate is essential to understand the teachings of the Buddha. One lama expressed it like this: *“Listening to the Dharma without the understanding of debate is like trying to chew food without teeth.”* Debate will open many doors to the Dharma and will help you to sharpen your mind. One gets trained in a completely different way of thinking.

Those who plan to enter Tibetan nunneries or monasteries need to study Debate thoroughly. Tsunma Dawa Dolma will lead us through the whole system, and with the help of Geshe Kelsang Wangmo it will be easier to relate to the debate as she is an excellent teacher who makes debate very clear to Western minds.

As this course follows up on our **Dharma Tibetan Language Course**, students have ideally studied intensively for at least eight months. If you are uncertain about your level, please contact us.

5 classes a week, 2.5 hours a day and in afternoons we have debate sessions.
Course donation 4500 rs/month. Ordained Sangha for free.

Accommodation and food is not included in the course donation.



2014 Module 2: Tibetan Intermediate Course

October 27 to December 19

Teachers: Tenzin Chokyi and Tsering Lhamo

We will work with texts from the book by Geshe Lhundup Sopa, *Lectures on Tibetan Religious Culture*, and also use other texts that have been collected and proven useful throughout the years. These include newspapers, books, and general talks. Besides focusing on improving one's literary Tibetan there is enough time to improve your spoken Tibetan as well. In the afternoons all students can meet with conversation partners for two hours to improve their colloquial skills. Exercises amongst the students will help them to start translating and increase confidence in speaking.

5 days a week, 2.5 hours in the morning and 2 hours in the afternoon.
Course donation will be 6000 rs/month. Ordained Sangha for free.

Accommodation and food is not included in the course donation.



2015 Module 1: Tibetan Language Course Beginners

January 5 to February 27

Teacher: Tenzin Chokyi and Tsering Lhamo

Starting with the alphabet, you will be able to read and write basic Tibetan in two weeks time. We work with an outline of the course which has proven to be successful throughout the years. There are handouts, homework exercises, audio and video material, all designed to progress as quickly as possible. The course is intensive and you need to focus only on your studies to make it successful. The morning sessions are used to go through the new materials and the afternoons for exercises and practice.

5 days a week, 2.5 hours in the morning and 2 hours in the afternoon.
Course donation 6500 rs/month. Ordained Sangha for free.

Guest teachers and senior students will be invited during the course to talk about their experiences.

Accommodation and food is not included in the course donation.



2015 Module 3: Dharma Tibetan Language Course

January 5 to February 27

Teacher: Tsunma Dawa Dolma

This course will focus on literary as well as colloquial Tibetan. We work with public talks given by His Holiness the Dalai Lama and Lam Rim teachings by our resident teacher Geshe Tsewang Nyima.

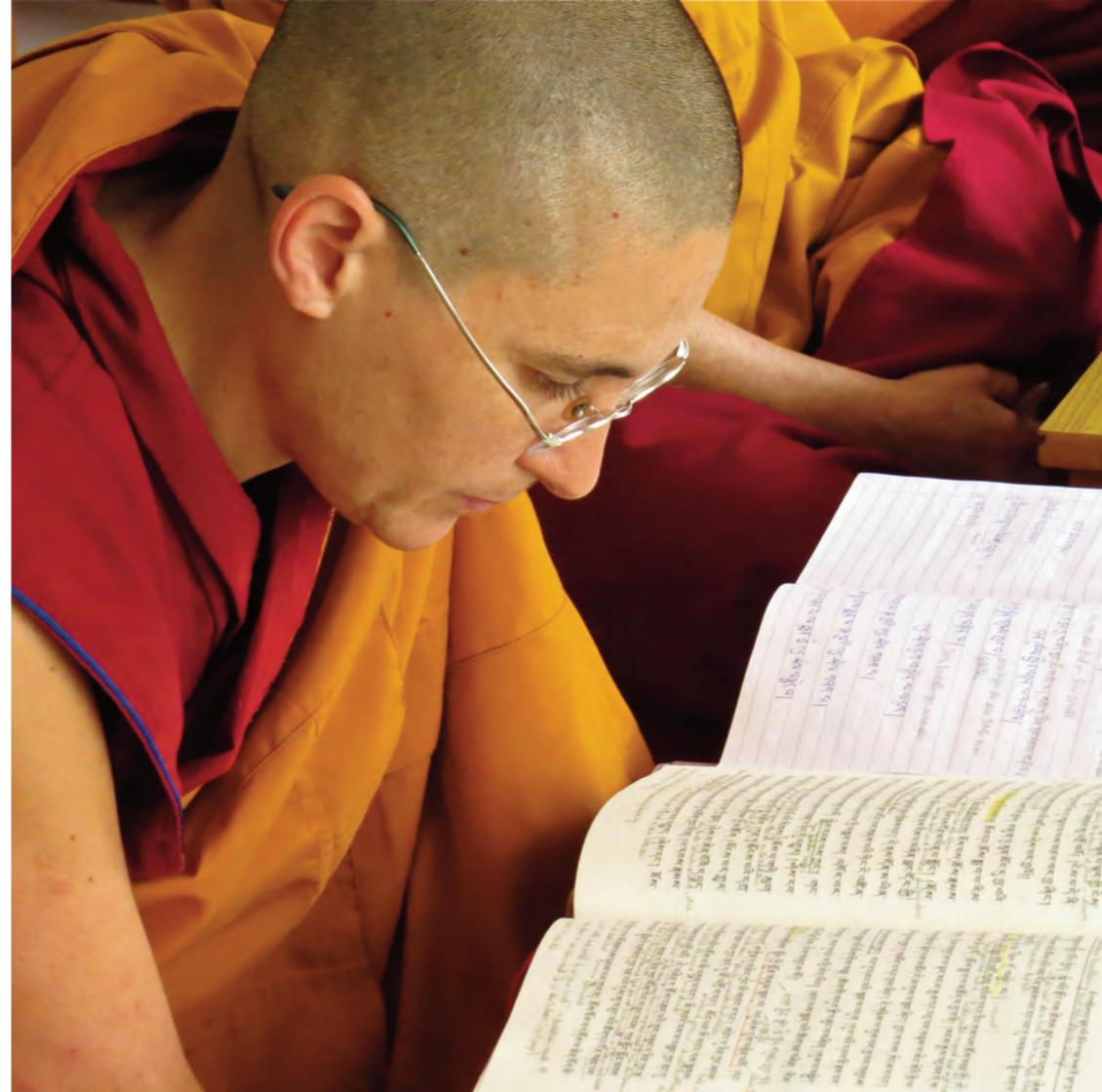
In class we will read texts on the subjects that are taught. Next to that we will practice our understanding of the oral explanation. Every day the students will receive the vocabulary needed to understand the teachings of the next day. Translation of the audio will also be available. In this way both the fluency in colloquial as well as literary Tibetan will develop fast.

2.5 hours a day, 5 days a week.

Self-study is necessary to get the most out of this course.

Course fees 4500 rs/month. Ordained Sangha for free.

Accommodation and food is not included in the course donation.



2015 Module 2: Intermediate Level Special: Literary Tibetan with Professor Bill Magee

March 2 to April 10



We are very grateful to announce this unique opportunity for an in-depth study of literary Tibetan with Professor Bill Magee. As a long-time teacher of literary Tibetan, he has extensive experience and skill in making the classical texts accessible to anyone with a basic level of Tibetan – in fact, he possesses the rare talent to make learning literary Tibetan seem fun and easy.

This course will provide students with a clear understanding of how to examine a Tibetan sentence, to understand its grammar, a solid foundation of vocabulary for reading Geluk texts, including debate-orientated texts, an appreciation for the wide differences between literatures of the different lineages, and an appreciation for the distinctive Tibetan-Sanskrit translation style. For more information about this unique course, visit our website.

A choice of the material: *Pu-bu-jok* – Collected Topics; *Jampel Shenpen* – Awarenesses and Knowers; *Kun-chok-jig-me-wang-po* – Tenets; *Je-tsun Cho-gyi-gyal-tshan* – Grounds and Paths; *Jam-Yang-Shay-Pa* – The Interpretable and the Definitive.

The course will last for 6 weeks, with 4 classes a week. 2.5 hours a day. Course fee 24.000 rs. Ordained Sangha for free. *Accommodation and food is not included in the course.*

Prerequisites: Students need to have done the beginners course or at least be able to read Tibetan and have a basic understanding of Tibetan sentence structures.



2015 Module 3: Dharma Tibetan Language Course combined with the Lam Rim Course by Geshe Tsewang Nyima

April 6 to July 17

Teacher: Tsunma Dawa Dolma

Geshe Tsewang Nyima will be teaching *The Middle Lam Rim* of Lama Tsong Khapa. These teachings will be study material for the classes.

The students will attend the teachings of Geshe-la and later will review the audio materials to get a better understanding. Every day the students will receive the vocabulary needed to understand the teachings of the next day. The translation of the audio will also be available. In this way both the fluency in colloquial as well as literary Tibetan will develop fast.

4 days a week 2 hours class with Geshe Tsewang Nyima and 5 days a week 2.5 hours class with Dawa Dolma.

Course donation 4500 rs/month. Ordained Sangha for free.

Accommodation and food is not included in the course donation.



2015 Module 1: Tibetan Language Course Beginners

June 22 to September 11

Teacher: Tenzin Chokyi and Tsering Lhamo

Starting with the alphabet, you will be able to read and write basic Tibetan in two weeks time. We work with an outline of the course which is proven to be successful throughout the years. There are handouts, homework exercises, audio and video material, all designed to progress as quickly as possible. The course is intensive and you need to focus only on your studies to make it successful. The morning sessions are used to go through the new materials and the afternoons for exercises and practice.

5 days a week, 2.5 hours in the morning and 2 hours in the afternoon.
Course donation 6500 rs/month. Ordained Sangha for free.

Guest teachers and senior students will be invited during the course to talk about their experiences.

Accommodation and food is not included in the course donation.



2015 Module 4: Introduction to Debate (Dudra/Lorig)

August 3 to October 9

Teacher: Tsunma Dawa Dolma

Guest teacher: Geshema Kelsang Wangmo and others

Learning how to debate is essential to understand the teachings of the Buddha. One lama expressed it like this: *“Listening to the Dharma without the understanding of debate is like trying to chew food without teeth.”* Debate will open many doors to the Dharma and will help you to sharpen your mind. One gets trained in a completely different way of thinking.

Those who plan to enter Tibetan nunneries or monasteries need to study Debate thoroughly. Tsunma Dawa Dolma will lead us through the whole system, and with the help of Geshe Kelsang Wangmo it will be easier to relate to the debate as she is an excellent teacher who makes debate very clear to Western minds.

As this course follows up on our **Dharma Tibetan Language Course**, students have ideally studied intensively for at least eight months. If you are uncertain about your level, please contact us.

5 classes a week, 2.5 hours a day and in afternoons we have debate sessions.
Course donation 4500 rs/month. Ordained Sangha for free.

Accommodation and food is not included in the course donation.



2015 Module 2: Tibetan Intermediate Course

September 28 to December 11

Teachers: Tenzin Chokyi and Tsering Lhamo

We will work with texts from the book by Geshe Lhundup Sopa, *Lectures on Tibetan Religious Culture*, and also use other texts that have been collected and proven useful throughout the years. These include newspapers, books, and general talks. Besides focusing on improving one's literary Tibetan there is enough time to improve your spoken Tibetan as well. In the afternoons all students can meet with conversation partners for two hours to improve their colloquial skills. Exercises amongst the students will help them to start translating and increase confidence in speaking.

5 days a week, 2.5 hours in the morning and 2 hours in the afternoon.
Course donation will be 6000 rs/month. Ordained Sangha for free.

Accommodation and food is not included in the course donation.



2015 Module 3: Dharma Tibetan Language Course

October 19 to December 11

Teacher: Tsunma Dawa Dolma

This course will focus on literary as well as colloquial Tibetan. We work with public talks given by His Holiness the Dalai Lama and Lam Rim teachings by our resident teacher Geshe Tsewang Nyima.

In class we will read texts on the subjects that are taught. Next to that we will practice our understanding of the oral explanation. Every day the students will receive the vocabulary needed to understand the teachings of the next day. Translation of the audio will also be available. In this way both the fluency in colloquial as well as literary Tibetan will develop fast.

2.5 hours a day, 5 days a week.

Self-study is necessary to get the most out of this course.

Course fees 4500 rs/month. Ordained Sangha for free.

Accommodation and food is not included in the course donation.



Retreat at Thosamling

Thosamling is a good place to do retreat, whether a study retreat, a meditation or a practice retreat.

For 10.500 rs/month (12.500 rs/month with attached bathroom) you are provided with a comfortable retreat space – a room with a lot of light, mainly organic food, and – last not least: a most supportive peaceful environment amidst the fields at the feet of the Himalayan Dhauladar range.

Thosamling's kitchen is pretty famous for its big variety of tasty and healthy foods which are also suitable for retreatants. If you would like to do a *long-term very strict retreat* (www.thosamling.com/strict-retreats.html), we also bring meals to your door.

We can also help you prepare for your retreat. And a huge library is available to look for the right books.

Sidhpur, as well as the whole Kangra area, is a sacred region, known to be *Heruka's Crown*, as the Tibetan lama and former abbot of Namgyal Monastery, Denma Lochoe Rinpoche in McLeod Ganj pointed out in a teaching.

The name Sidhpur consists of the two syllables *sidh* and *pur*: *Sidh* is short for *siddhis* (spiritual realizations), and *pur* is the Hindi word for *place*. An indication of the experience of – possibly numerous – practitioners that **Sidhpur is a *place of siddhis*...**



