

Name: Nalandabodhi  
Leader: Dzogchen Ponlop Rinpoche  
Tradition: Tibetan  
Locations: Seattle, Washington  
URL: [www.nalandabodhi.org/home.html](http://www.nalandabodhi.org/home.html)

### **Study and Practice Curriculum**

#### **Education And Meditation Program**

In accordance with the vision of contributing to an authentic transmission of the Buddhadharma to contemporary students, The Dzogchen Ponlop Rinpoche has designed a complete, progressive curriculum providing in-depth training in study, reflection and meditation. A graduate of the Kagyu shedra founded by the Sixteenth Karmapa and a leading scholar of Kagyu educational traditions, Rinpoche, additionally, has spent many years living and teaching in the West. This exceptional combination of training and experience uniquely qualifies Rinpoche to adapt the traditional study and practices of Tibetan Buddhism to our modern international communities—in the West as well as the East. To this end, Rinpoche has designed a modern curriculum for Western lay students based on the traditional Kagyu shedra (or monastic university) curriculum. In 1998, the Venerable Khenpo Tsultrim Gyamtso Rinpoche graciously assumed the position of Spiritual Director of Nalandabodhi and currently works closely with Rinpoche on the development of all phases of the curriculum.

Formal study at Nalandabodhi Dharma Centers presently consists of a Hinayana - Mahayana curriculum, in a format utilizing source book materials, lectures, discussion groups and exams. This curriculum is also available in a home-study format. Many students who wish to develop their study and practice may not have access to a local dharma center or may be unable to attend regularly formal teachings or other practice programs. Rinpoche's home-study curriculum allows students, wherever located, to follow an authentic, in-depth course of study and practice when the support of a local center is not available. Nalandabodhi students study and practice within the lineages of the Nyingma and Kagyu traditions held by Rinpoche

#### **Buddhist Ritual and Ceremony**

Nalandabodhi supports Buddhist chaplains in the West by developing English-language liturgies and ceremonies appropriate for major life events such as weddings, baptisms and funerals. Additionally, Nalandabodhi works with Buddhist chaplains in hospital and hospice environments to formulate skillful methods for applying Buddhist principles to their work.

#### **Overview**

Nalandabodhi offers a complete study program on Buddhism, available at Nalandabodhi centers and via [home study](#). Through a well-defined curriculum, students systematically learn and deepen their knowledge of dharma. The Nalandabodhi study curriculum is carefully designed to provide step-by-step guidance, and to prepare the students to undertake an extensive study program at Nitartha Institute. These study programs are developed and implemented under the guidance of The Dzogchen Ponlop Rinpoche, with continual advice from Rinpoche's teacher, Khenpo Tsultrim Gyamtso Rinpoche.

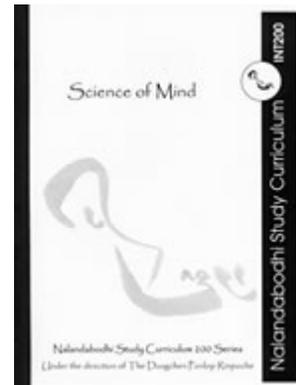


Nalandabodhi Study and Meditation Centers offer a comprehensive curriculum in Buddhist studies, which adapts the traditional curriculum taught in Tibetan Buddhist educational academies for Western audiences. Students progress sequentially through basic Buddhist introductory topics, the increasingly complex topics of the Hinayana and Mahayana studies, and conclude with the subtleties of the Vajrayana. ([Detailed curriculum outline.](#)) The curriculum is also supplemented by an advanced Buddhist studies program provided at [Nitartha Institute](#). Such a systematically organized curriculum of Buddhist studies, which leads students through a gradual path, is for the most part unavailable elsewhere.

The Nalandabodhi Study Curriculum is the product of many years of work in transmitting, translating and adapting the traditional educational system for students in the West. Completion of the curriculum provides a student with a comprehensive foundation in all aspects of Buddhist studies.

The core curriculum is composed of original teaching materials, distinguished by their thoroughness and accessibility. The core curricular materials were drawn primarily from the teachings of [The Dzogchen Ponlop Rinpoche](#), who designed the curriculum as well as the advanced study program at Nitartha Institute.

Rinpoche is acknowledged as one of the foremost scholars of his generation in the Nyingma and Kagyu schools of Tibetan Buddhism. Schooled in the traditional Buddhist educational system, Rinpoche has also studied in Western educational institutions and has taught Western students for many years. Fluent in the English language and well-versed in Western culture, Rinpoche has been able to develop a curriculum, which addresses the needs of Western students while maintaining a fidelity to authentic Buddhist teaching principles.



The Nalandabodhi Study Curriculum is offered in conjunction with the Nalandabodhi Practice Curriculum for Nalandabodhi students. Together, these two curricula, designed and supervised by The Dzogchen Ponlop Rinpoche, provide students with a thorough training in the philosophical and meditative disciplines of the genuine lineage of the Kagyü and Nyingma traditions. The Nalandabodhi Study Curriculum is developed and maintained on an ongoing basis by the Nalandabodhi Curriculum Committee. For more on the practice curriculum, contact a [Nalandabodhi center](#) near you or the Nalandabodhi [practice director](#).

We wish to express our deep appreciation to The Dzogchen Ponlop Rinpoche for these teachings and for transmitting their heart essence to us with such precision, clarity and warmth and to [Acharya Sherap Gyaltzen Negi](#), [Acharya Lama Tenpa Gyaltzen](#) and [Acharya Tashi Wangchuk](#) for their advice and continual support of students. May all those who travel this path of study achieve realization and continue the sublime tradition of liberating suffering by pointing out enlightenment.



The Nalandabodhi Study Curriculum provides a comprehensive introduction to Buddhism and deepens the understanding of the teachings in stages, by systematically leading students through a complete overview of the ground, path and fruition of the [three yana](#) journey. After optional introductory courses, the main study curriculum is divided into three years of studies of the Hinayana, Mahayana and Vajrayana teachings respectively. A detailed outline of the classes, modules and courses is available below and by following the links.

### **Introduction to Buddhadharma (curriculum 100 series courses)**

The introductory classes explore the basic principles underlying all the different schools of Buddhism, laying the foundation for a deeper studies in subsequent courses. These classes cover topics such as "What Is Buddhism," "The Life of the Buddha," "Three Jewels" (Buddha, Dharma and Sangha), an overview called "Karma, Merit and Magic," and "Wisdom of Emotions."

[Introductory classes.](#)

### **Hinayana (curriculum 200 series courses)**

Hinayana studies are the foundation for Buddhist learning. The Four Marks of Existence — impermanence, suffering, defilement, and egolessness — distinguish Buddhism from other religions. The Four Noble Truths explain suffering, the origin of suffering, the cessation of suffering and the path that leads to that cessation. In Hinayana, we also find a detailed analysis of ourselves, as individuals, and of the world in which we live. Furthermore, Hinayana teachings include the study of Buddhist ethics and society, as well as serving as a bridge to the Mahayana and Vajrayana teachings.

[Hinayana course outline.](#)

### **Mahayana (curriculum 300 series courses)**

The Mahayana Teachings introduce the topics of the vast conduct of great compassion and profound view of emptiness view. We study the different views of the Mahayana schools, where the famous Madhyamaka doctrines are introduced. The classes on the Mahayana Path cover the [four mindfulnesses](#), the bodhisattva vows and practices, and the mind training. This level of coursework concludes with a discussion of the paths, bhūmis and Mahayana enlightenment.

[Mahayana course outline.](#)

### **Vajrayana (curriculum 400 series courses)**

Vajrayana Buddhism is the innermost essence of the Mahayana Teachings of the Buddha. This course is mainly focused on the view of Vajrayana and provides an introduction to the different levels of the Vajrayana path, as well as Mahamudra and Dzogchen. In order to have a proper understanding and realization in Vajrayana practice, one must rely on genuine knowledge and wisdom of the three yana view, meditation and action. It is necessary for each individual student to learn this section of the three yana curriculum with his or her own individual Vajrayana master.

[Vajrayana course outline.](#)

### **Course Outlines**



### Course Outlines

Courses and classes are identified by number to indicate the ideal sequence of study. It is not necessary that the sequence of courses be taken in order, but the sequence is designed to display an ideal path from foundation through advanced studies. 400 level classes do have prerequisites. The following table provides links to each of the four levels of course work.

Number	Curriculum
<a href="#">INT 100</a>	An Introduction To Buddhadharma: Discovering The Heart Of Enlightenment
<a href="#">HIN 200</a>	Hinayana: The Path Of The Noble Ones
<a href="#">MAH 300</a>	Mahayana: Compassion Without Limit
<a href="#">VAJ 400</a>	Vajrayana View: Devotion And Enlightenment
<p><b>Note:</b> we have successfully laid the ground of developing this vision of providing complete and in-depth study of dharma at the local centers or as a home study course. We are still working to refine different parts of the curriculum, and rely on the support of interested students and friends of Nalandabodhi. We appreciate and welcome your help and participation; please feel free to volunteer in any way you can to provide such gift of dharma to others.</p>	