# Bodhicharya Groups



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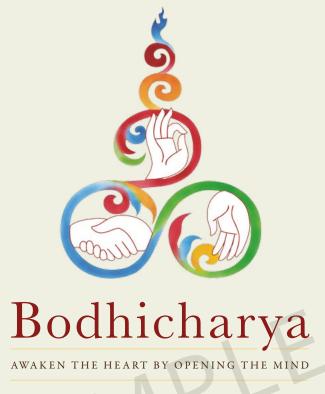
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# Bodhicharya Monks & Nuns







www.bodhicharya.org

Established in 1997 Bodhicharya is a diverse non-profit enterprise active in many countries. It was founded and is inspired and guided by Ringu Tulku Rinpoche and the Buddhist teachings - especially those of the bodhisattva.

Activities include the teaching, learning and practice of the dharma, as well as helping in healthcare and educational projects (this latter includes collecting, transcribing, translating and publishing Rinpoche's teachings).

Thus for Bodhicharya there are three main areas of concern:



# Healing

Buddha Dharma is regarded to be the Science of Mind. There are facilities for the study and practice of Dharma and other ancient wisdoms, originating from both Eastern and Western traditions, which provide a basis for healing body and mind.



# Helping

Life is meaningless if we do not do something useful to benefit society and the world in which we live. Bodhicharya has funded schools, clinics and hospices, and plans to develop similar projects in the future for the benefit of those in need.



## Harmony

Peace and progress in the world is dependent upon the harmony of its people. Inter-religious, inter-cultural and interdisciplinary dialogue and study are undertaken to help bring better understanding and more harmony amongst communities worldwide.

Find out more at: www.bodhicharya.org/about



# About our founder

Ringu Tulku Rinpoche is a Tibetan Buddhist Master of the Kagyu Order. He was trained in all schools of Tibetan Buddhism under many great masters such as HH the 16th Gyalwa Karmapa and HH Dilgo Khyentse Rinpoche. He took his formal education at Namgyal Institute of Tibetology, Gangtok and Sampurnananda Sanskrit University, Varanasi, India and has served as Professor of Tibetology in Sikkim for 17 years. His doctoral thesis was on the Ecumenical Movement in Tibet.

Since 1990 he has travelled and taught Buddhism and meditation at many Universities, Institutes and Buddhist Centres in Europe, USA, Canada, South America, Australia and Asia. He also participates in various interfaith dialogues. He is the author of several books on Buddhism as well as children's books in both Tibetan and European languages.

He founded Bodhicharya (www.bodhicharya.org) to preserve and transmit Buddhist teachings and to promote inter-cultural dialogue and educational & social projects. He is also the founder of Rigul Trust which supports projects in his birthplace, Rigul, Tibet (www.rigultrust.org).

Rinpoche is the Official Representative for Europe of His Holiness the 17th Karmapa and is the Founder of the Karmapa Foundation Europe (www.karmapafoundation.eu).

# Bodhicharya Publications

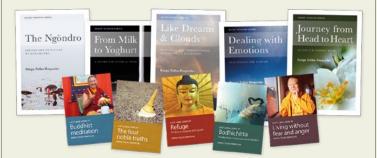
Bodhicharya Publications was set up in order to publish Ringu Tulku's teachings in written format, as small books - and soon as e-books. Two series are published at present: the Lazy Lama series and the Heart Wisdom series.

The Lazy Lama books are A6 pocket-sized books with titles such as: *Refuge, Bodhichitta, Meditation, The Four Noble Truths* and *Living Without Fear and Anger*. They aim to be widely accessible and light-hearted, while imparting a clear description of key Buddhist topics.

The Heart Wisdom series are slightly larger, A5 format, and present Ringu Tulku's teachings in more depth. These teachings are pithy and simply stated, but at the same time profound, taking us right to the heart of Buddhist teaching. The series currently covers topics such as: *Dealing with Emotions*, Emptiness and Interdependence (*Like Dreams and Clouds*), *The Ngondro*, and Working with a Spiritual Teacher, Death and Rebirth (*From Milk to Yoghurt*). The most recent Heart Wisdom book, published last year, is called *Journey from Head to Heart* and contains 37 short teachings on different subjects spanning the three vehicles of Buddhism. It is designed to be read one teaching a day.

Several more books are in the pipeline: a team of transcribers, editors, proof-readers, layout and administrative people are working together to bring Ringu Tulku's oral teachings into written format. All work is done free of charge and funds raised through the sale of books go to humanitarian and educational projects under the umbrella of Bodhicharya.

# www.bodhicharya.org/bookshop



# Bodhicharya Centres

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## Bodhicharya Summer Camp



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Rigul Trust is a UK charity whose objectives are the relief of poverty and financial hardship, the advancement of education, the advancement of religion, the relief of sickness, the preservation of good health.

Our main project is helping with health and education in Rigul, Tibet, the homeland of Ringu Tulku Rinpoche where his monastery is. We currently fund Dr Chuga, the nurse, the doctor's assistant, the running costs of the health clinic, the teachers, the cooks and the children's education plus two, free, hot meals a day at school.

We also help raise funds for disasters like earthquakes, floods, and help with schools in India and other health and welfare projects. All administration costs are met privately by volunteers.

100%

OF ALL DONATIONS GOES TO FUND HEALTH, EDUCATION AND POVERTY RELIEF PROJECTS

For more information about the many ways you can help, visit

www.rigultrust.org

Please support Rigul Trust's health and education projects