

**Sundays Study Group: *The Jewel Ornament of Liberation* by Gampopa, kl.  
13:30-15:00**

**Dates: Oct. 5, 12, 19, 26; Nov. 2, 9, 16, 23, 30; Dec. 7**

**Venue:** Ratnashri Meditation Center, Friggavägen 11, Lidingö (Telephone: 08-7655878)

Donations to support our Dharma activities are welcome.



We are happy to offer this opportunity to study this great work together. All are welcome. No pre-requisite is needed. *The Jewel Ornament of Liberation* is a masterwork of Tibetan Buddhism. For more than eight centuries, this text has provided a complete foundation for Buddhist study and practice. It includes teachings on Buddha-nature, finding a spiritual master, impermanence, karma, the cultivation of bodhicitta, the development of the six perfections, the ten Bodhisattva bhumis, Buddhahood, and the activities of a buddha.

Gampopa (1074-1153 C.E.) was fully accomplished in the teachings and practice of Buddhism, the philosophy taught by Shakyamuni Buddha circa 560 B.C.E. Gampopa studied the sutra system of training in the Kadampa lineage and obtained tantra training from the great yogi Milarepa. Because he himself thus embodied the complete form of Buddhism, Lord Gampopa successfully established complete Buddhism in Tibet. His lineage of disciples pervaded the whole of Jambudvipa and became the crown jewel of all Buddhism. Gampopa completely dispelled the darkness of confusion and reconciled all misunderstanding between the sutra and tantra systems. Actually, it was as if the Buddha himself had manifested again in human form. Therefore, Gampopa's teachings are recognized as being wholly pure and precious. In the *Jewel Ornament of Liberation*, you will find a complete form of Buddhism. It systematically lays out the path that must be traveled—no more, no less. Gampopa said, “For anyone who wishes to see me, studying *The Jewel Ornament of Liberation* and the *Precious Garland of the Excellent Path* is the same as meeting me.” We will first watch the teaching videos by the translator of this book Khenchen Konchog Gyaltsen Rinpoche and then we discuss afterwards. Bring your own copy if you have. Otherwise, you can borrow a copy at the Center.