

## LAND OF COMPASSION BUDDHA TEACHINGS



**KHENSUR RINPOCHE  
LOBSANG TSEPHEL**

**Khensur Rinpoche Lobsang Tsepel**, the spiritual director of Land of Compassion Buddha and senior teacher of Land of Flourishing Virtue, was born in Lithang, Tibet, in 1931. At the age of five, he began, on his own initiative, to wear the maroon robes of a monk; he formally entered Lithang Monastery at the age of nine. Subsequently he entered Gaden Jangste Monastery and after 20 years of studying and practicing Sutrayana and Tantrayana, Rinpoche was awarded the degree of Lhagrampa Geshe in 1976. In 1992, he was awarded the degree of Ngagrampa Geshe from Gaden Monastery, a supremely high form of recognition within Tibetan Buddhism. He taught at Namgyal Monastery, Nechung Monastery, and the Tibetan Library in Dharamsala.

A highly recognized scholar and teacher, Khensur Rinpoche has demonstrated an equally profound commitment to practice. Before the Chinese invasion of Tibet, he pledged to complete 100,000 full prostrations in front of the Natural Body of Lama Tsong Khapa at Gaden Monastery in Tibet, and completed them within one month.

In a similar demonstration of his commitment to practicing Dharma, at the request of His Holiness the Dalai Lama, Rinpoche, at the age of 56, left India to teach in the United States, even though he spoke no English. In the United States, Khen Rinpoche has established centers in San Diego and Los Angeles, and in Taiwan, Singapore, Costa Rica, Malaysia, New Zealand and Canada to benefit as many people as possible. In 2001, after becoming the abbot of Gaden Jangtse Monastery, he has set up a retreat facility for his students in India, and has personally leads retreats on a yearly basis since then.

As a teacher, Rinpoche places strong emphasis on the practice of Dharma both "on and off" the meditation cushion. Students are advised to complete their Preliminary Practices, or Nungdros, and to maintain a disciplined daily practice, with equal focus on rejoicing in joyous effort. Equally emphasized is the practice of compassion in action towards others, with constant mindfulness and awareness of cause and effect. Rinpoche encourages his students to memorize texts, especially The Three Principal Path by Lama Tsong Khapa and The Heart Sutra, and to use these precious teachings to evaluate their daily activities



# TEACHINGS OF KHENSUR RINPOCHE LOBSANG TSEPHEL

## 2012 Teachings

Stages of Meditations (C) (E)	01/18/2012
Lama Tsongkhapa Guru Yoga (C) (E)	01/26/2012
Review the Stages of the Path (C) (E)	01/26/2012

## 2011 Teachings

Fifty Verses of Guru Devotion (C) (E)	04/29/2011
Bodhicitta as Object of Calm Abiding (C) (E)	05/07/2011
In Praise of Dependent Arising (C) (E)	05/28/2011
Commentaries on the Guhyasamaja Tantra (C) (E)	06/08/2011
Buddha Nature (Maitreya's Uttaratantra Text) (C) (E)	06/23/2011

## 2009 Teachings

Cittamani Tara Commentary (C) (E)	11/01/2009
Developing Compassion / Bodhisattva Vows (C) (E)	09/27/2009
Six Perfections Teachings (C) (E)	10/17/2009
Vajrayogini Short Sadhana Commentary (C) (E)	11/21/2009

## 2008 Teachings

The Benefits of Bodhicitta (E)	11/01/2008
Sound Meditation (C) (E)	11/15/2008
Commentary on Heruka (C) (E)	11/22/2008
Path and Grounds of Guhyasamja (C) (E)	12/05/2008
Yamantaka Short Sadhana Commentary (E)	11/01/2008

## 2007 Teachings

Refuge and Developing Bodhicitta (C) (E)	09/08/2007
Lama Tsong Khapa Guru Yoga (C) (E)	09/09/2007
Vajrayogini Commentary (C) (E)	09/12/2007

## 2006 Teachings

Guide To Bodhisattva's Way of Life (E)	09/17/2006
Ngondro (C) (E)	08/26/2006
Nyung Na (C) (E)	09/05/2006

## 2005 Teachings

Guhyasamaja Commentary (C) (E)	09/16/2005
Introduction of Tantra (C) (E)	09/14/2005
King of Prayers (C) (E)	09/03/2005
Six Session Guru Yoga (C) (E)	11/02/2005
Lama Tsong Khapa (C) (E)	09/11/2005
Mind Training Like the Rays of the Sun (C) (E)	10/28/2005
Vajrasattva Commentary and Practice (C) (E)	09/06/2005

## 2004 Teachings

12 Links of Dependent Origination (E)	09/04/2004
Buddha Nature (C) (E)	01/17/2004
Four Noble Truths (C_E)	10/09/2004
Karma (C) (E)	10/14/2004
Refuge and Refuge (C) (E)	10/10/2004
Three Principles of the Path	10/19/2004
Stages of Developing Bodhicitta (C)	10/20/2004
Solitary Yamantaka Commentary/Long (C) (E)	10/23/2004
Vaishnavana	01/17/2004
Vajrayogini Commentary (C)	09/12/2004

## 2003 Teachings

Guru Puja	10/01/2003
Heart Sutra	03/08/2003
Lama Tsong Khapa Six Session Guru Yoga (C)	11/25/2003
Six Session Guru Yoga	09/01/2003
Seven Point Mind Training <i>Singapore</i> (C)	10/01/2003
Ngondro <i>Extensive</i> - Vancouver, Canada (C)	10/01/2003
Nyung Na Commentary (C) (E)	10/11/2003
Three Principal Path and Refuge	09/25/2003
Twelve Links of Interdependence	09/01/2003
Vajrasattva/Chenrezig Commentary (E)	10/01/2003
Vajrayogini Commentary (C)	12/01/2003
Yamantaka Commentary (C) (E)	12/07/2003

## 2002 Teachings

Guhyasamaja Commentary	12/03/2002
Heart Sutra (C)	11/08/2002
Lama Tsong Khapa Guru Yoga	12/12/2002
Six Session Guru Yoga Short (C)	01/28/2002

## 2001 Teachings

Cittamani Tara Commentary (C)	03/29/2001
Guru Puja Commentary Part I (C) (E)	01/27/2001
Guru Puja Commentary Part II (C) (E)	07/27/2001
Heart Sutra (C)	03/06/2001
Introduction of Tantra (C)	06/05/2001
Ngondro-Mandala Offering (C)	08/12/2001
Ngondro - Taiwan (C)	03/24/2001
Twelve Links of Interdependence (E)	09/04/2001
Twenty-One Tara Commentary (C) (E)	07/29/2001
Twenty-One Tara Commentary (C)	05/05/2001
Twenty-One Tara - Taiwan (C)	04/18/2001

## 2000 Teachings

Guide to Bodhisattva's Way to Life (C) (E)	02/26/2000
Guhyasamaja Commentary and Sadhana	03/12/2000
Madhymaka Commentary (C) (E)	11/25/2000
Madhymaka Commentary (C) (E)	09/01/2000
Madhymaka Commentary (C) (E)	02/12/2000
Ngondro Taiwan - (C)	04/17/2000
Three Principles of the Path (C_E)	03/24/2000

## 1999 Teachings

Guide to Bodhisattva's Way to Life (C)	02/15/1999
Guide to Bodhisattva's Way to Life (C) (E)	03/22/1999
Guhyasamaja Commentary (C) (E)	03/08/1999
Guhyasamaja Sadhana Practice (T)	03/15/1999
Guru Puja Yoga (C)	08/08/1999
Kalachakra Six Session Guru Yoga (C)	10/24/1999
Lama Tsong Kapha Guru Yoga	10/01/1999
Madhymaka Commentary (C)	05/22/1999
Madhymaka Commentary (C)	01/29/1999
Ngondro – Lama Tsong Kapha (C)	10/28/1999
Ngondro (C)	04/30/1999
Nyung Na Commentary (C)	04/10/1999
Six Session Guru Yoga - Short (E)	09/18/1999
Six Session Guru Yoga (C)	05/04/1999
Three Principles of the Path (C_E)	03/28/1999
Three Principles of the Path (C_E)	03/24/1999
Yamantaka Short Sadhana (C)	05/17/1999

## 1998 Teachings

Cittamani Tara Commentary - <i>Vajrapaini</i> (E)	09/19/1998
Guru Devotion - <i>Singapore</i> (C_E)	11/02/1998
Heart Sutra (C)	05/20/1998
Heart Sutra (C_E)	01/17/1998
Lam Rim (Oral Transmission) (C_E)	08/22/1998
Lam Rim (C)	05/30/1998
Nyung Na (C_E)	05/23/1998
Three Principles of the Path (C_E)	04/19/1998
Water Offering (C) (E)	01/25/1998
Yamantaka Commentary (C)	10/21/1998

## 1997 Teachings

Guhyasamaja Commentary - India (C)	11/12/1997
Guru Puja - Taiwan (C)	10/13/1997
Lam Rim - Guru Puja (pg 122) (C_E)	01/16/1997
Ngondro Lama Tsong Kapha - Taiwan (C) (E)	10/15/1997
Yamantaka Commentary (C_E)	01/20/1997

## 1996 Teachings

Ngondro Refuge and Lama Tsong Kapha (C_E)	10/24/1996
Guru Puja (E)	02/01/1996
Guru Puja (E)	08/03/1996

## 1995 Teachings

Ngondro Refuge and Guru Yoga (C_E)	10/15/1995
Ngondro - Guru Yoga (C_E)	10/08/1995
Ngondro (C_E)	06/24/1995
Yamantaka Commentary (C_E)	10/16/1995

## 1994 Teachings

Amitaba (C)	08/13/1994
Ngondro - Lama Tsong Kapha (C) (E)	04/13/1994

## 1993 Teachings

Guru Puja (C) (E)	06/11/1993
Four Noble Truths	02/01/1993

## 1988 Teachings

Buddha and Bodhisattvas (E)	02/18/1988
Objects of Meditation (E)	02/21/1988
Tantra and Sutra (E)	02/25/1988
Problems in Meditation (E)	03/06/1988
Full Moon and Mind in Samatha (E)	03/03/1988
Overview of Meditation (E)	03/12/1988

## 1988 Teachings

Buddha and Bodhisattvas (E)	02/18/1988
Objects of Meditation (E)	02/21/1988
Tantra and Sutra (E)	02/25/1988
Problems in Meditation (E)	03/06/1988
Full Moon and Mind in Samatha (E)	03/03/1988
Overview of Meditation (E)	03/12/1988

## Mantras

Chenrezig Short and Long Chenrezig  
Long Mantra - Namó Ratna  
Green Tara Mantra - Om Tare Tuttare Ture So Ha  
Guhyasamaja and Vajrasattva Mantras  
Heruka Mother and Father Mantras - 2007  
Increasing Mantra  
Vajrasattva Mantra - 100 Syllable Mantra  
Yamantaka Mantras - 2003

## Sadhanas

21 Praises to Tara  
Manjurshri Root Text  
Medicine Buddha



Wish the wish to free all beings  
I will always go for refuge  
To Buddha, Dharma and Sangha  
Until I reach Highest Enlightenment

Enthused by compassion and wisdom  
Today in Buddha's presence  
I generate the mind of Compassion  
For the benefit of all sentient beings

For as long as space remains  
And as long as sentient being remain  
Until then may I too remain

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