



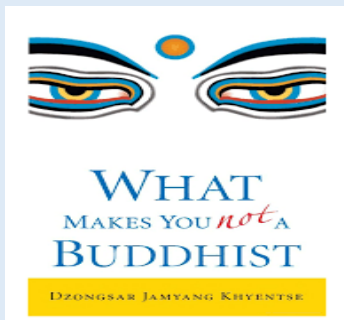
PALYUL PALRI PEMA ÖD LING

Tibetan Buddhist Center

Book Study Program

Sundays, 1:00pm to 2:30pm

Feb- 11, 18, 25 Mar- 3, 10, 17, 24, 31 Apr- 7, 14



Book Title: What Makes You Not A Buddhist

Author: Dzongsar Jamyang Khyentse

Book Study: *in-person only, no zoom*

Online purchase: *Amazon.com, Shambala.com, hpb.com, Thriftbooks.com, Thevespiary.com, Namsebangdzo.com, bookpeople.com*

Book Study Schedule

- Feb 11-** Introduction and Chapter 1 (part 1) pg 1-20. *This session will cover a basic introduction to the book & begin with a look at the concepts of mental fabrications & impermanence.*
- Feb 18-** Chapter 1 (part 2) pg 20-33. *The last section of Chapter 1 describes how to better understand impermanence.*
- Feb 25-** Chapter 2 (part 1) pg 33-44. *This session will look at how we understand happiness & offer context to how some of those perceptions about happiness have been constructed within our social and cultural frameworks.*
KHENPO NORGAY will lead this session in person.
- Mar 3-** Chapter 2 (part 2) pg 44-54. *This section will look at how we understand ourselves & our common emotions.*
- Mar 10-** Chapter 3 (part 1) pg 55-68. *This chapter introduces the concept of Emptiness.*
- Mar 17-** Chapter 3 (part 2) pg 68-82. *This section will share stories to illustrate the concept of emptiness & help guide the reader on how to better understand emptiness.*
- Mar 24-** Chapter 4 (part 1) pg 83-95. *Part 1 will look at how happiness itself is not the goal & also discuss the primordially pure nature inherent within each sentient being.*
- Mar 31-** Chapter 4 (part 2) pg 95-106. *Part 2 will cover topics such as How does Nirvana feel, what are the advantages, & what does to be free of dualism mean?*
- Apr 7-** Conclusion pg 107-125. *In conclusion, we will reflect on: The View, The Logic of the Four Seals, Karma Purity & Non-violence, Renunciation, Wisdom, Wisdom within Culture and Practicing Harmony.*
- Apr 14-** **KHENPO NORGAY** will lead this session via zoom.
Closing Words and Q & A session related to the book study.

**Please note that you are not obligated to attend every session. Feel free to attend session whenever you can.
If you have questions, please contact us at info@palri.org*

PPOL is entirely dependent on the kindness and generosity of people whose voluntary donations enable the center to pay for utilities, temple repairs & projects and also support our dharma events.