



*"Just as a bird
cannot fly without
two wings, so
humans cannot
flourish without
both an inner and
outer education."*

Geshe Yonten



FALL 2011 SPEAKING TOUR

What Would You Do to Save Your Culture?

Zanskar in northern India is the last remaining original Tibetan Buddhist society with a continuous untainted lineage dating back thousands of years. In nearby areas such as Tibet, Ladakh, Sikkim, Bhutan, and Nepal, traditional Tibetan Buddhist culture is either dead or already dying. Since 2003, Geshe Yonten has brought children from Zanskar to Tibetan schools in India to receive a modern education, while preserving the language, values, and inner learning that are the hallmark of a traditional Tibetan education. Geshe Yonten believes that the heritage of Zanskar can be preserved only if the children of the region receive an 'inner' and 'outer' education.

In this program Geshe Yonten will discuss both the motivation and necessity of preserving the Zanskar region and Tibetan culture as a whole. He will talk about the unique values of Tibetan culture and what he sees as the impact of losing these values in both the Himalayan region and the world as a whole. Geshe Yonten will also discuss the vows of compassion he took that have motivated him to do the work he does. This program will challenge students to consider the loss of cultures around the world through both globalization and conflict and the impact this has on all people. It will encourage them to think of ways they can be of service to others and the commitments they might wish to make to effect positive change in the world.

Time: 60 – 90 minutes including Q & A session

Journey from Zanskar: a Monks Vow to Children

A screening of the film *Journey from Zanskar* including both an introduction and follow up Q & A session with Geshe Yonten.

Time: Approximately 2 hours



"Physical suffering can often be alleviated by external means, but mental suffering can only be alleviated by inner education and development."

Geshe Yonten

Inner and Outer Education

Geshe Yonten has said that just as a bird cannot fly without two wings, so humans cannot flourish without both an 'inner' and 'outer' education. He says that an outer, modern education prepares students for jobs and allows them to meet their basic physical needs. However, he believes that an inner education is necessary to train people to get rid of negative thoughts and cultivate a positive mental attitude. He believes material things cannot alleviate mental suffering. As he says, there are two kinds of suffering – mental and physical. Therefore a person needs two kinds of education – inner and outer.

In this program Geshe Yonten will talk about traditional Tibetan education and how this combines both inner and outer education. It places the emphasis on service to others, compassion, contentment and developing a positive mental attitude. He will discuss his belief that only an inner education can address such issues as anger, loneliness, anxiety and depression. This program will allow students and educators to explore a different approach to education and gain insight into the value of educating the whole person.

Time: 60 – 90 minutes including Q & A session

A Monk's Life

Many people have heard the Dalai Lama say that he is "just a simple monk." What does it mean to be a Tibetan Buddhist monk? Geshe Lobsang Yonten, born in one of the most remote and impoverished places in the world, chose to become a monk at 10 years old. In this program he will share what his life has been like since this decision, including his 26 years of study, training and examination to become a Lharampa Geshe (the highest monastic degree offered), the vows he has taken to be of service to others, and the work he does now to save the dying Tibetan culture in the world. Geshe Yonten is one of a small group of monks chosen by the Dalai Lama to study English, western philosophy and science so that he may travel and interact with people from around the world to share ideas and develop understanding between cultures. This program offers students a unique opportunity to learn more about what it means to be a Tibetan Buddhist monk, the universal values he lives by, such as non-violence and compassion, and the importance of working to end the suffering of all people in the world.

Time: 60 – 90 minutes including Q & A session



Save Zanskar is on a mission...

To preserve the Tibetan Buddhist culture in Zanskar and the greater Himalayan region by providing all children in this area with a high quality modern and traditional Tibetan education, emphasizing both inner and outer development.

Learn more at
www.SaveZanskar.org

Inquiries! ----->

Customize Your Program!

- ☀ Buddhist Philosophy
- ☀ Tibetan Culture
- ☀ Yoga focusing on Tibetan mental and physical yoga as well as ways to use mind training to achieve better health
- ☀ The relationship between Buddhist philosophy and science.

These program outlines are flexible and can be altered to meet the needs of the sponsoring organization. If the organization has other topics you wish Geshe Yonten to discuss, please suggest it to him. He is also available to do small group discussions and class visits if desired.

All of Geshe Lobsang Yonten's programs will allow students to:

- ☀ learn from his worldview as a Tibetan Buddhist monk raised in India
 - ☀ critically analyze the cultural and environmental impacts of conflict, globalization and modernization on an ancient culture and region of the world
 - ☀ reflect on the value of education and the role it plays in creating a better world for all people
 - ☀ explore universal human values such as compassion, nonviolence and service to others
 - ☀ gain a deeper understanding of the interdependent nature of the world and the impact one culture has on another
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Want to bring Geshe Lobsang Yonten to your organization or campus?

To inquiry about availability or request additional information, please contact Laura Roth at: lsroth1@gmail.com

Or visit Save Zanskar on the web at: www.SaveZanskar.org