



Tsering Ngodup Yodsampa was born in Tibet in 1954. During the Chinese occupation of Tibet in 1959, his family was exiled to Nepal; he was in the first generation of Tibetan children who grew up with the responsibilities of preserving his ancient culture and Buddhist tradition.

Since 1983, under the the spiritual guidance of late HH Shamarpa, one of the highest lineage holder of the 900 year old Tibetan Buddhist tradition, as well as the founder of the Bodhi Path Buddhist Center of Martha's Vineyard, Tsering has interpreted, translated and taught Buddhist philosophy and meditation across 5 continents.

Mr. Yodsampa lives in Lexington MA with his family, and is a staff chaplain at Beth Israel Deaconess Medical Center in Boston. He provides spiritual support and coping skills to both patients and staff. Additionally, Tsering teaches Buddhist philosophy and meditation practice in the Boston area, and is a frequent visiting teacher to Bodhi Path Buddhist Center of Martha's Vineyard.

Description and definition of practice of Buddhism

More than 2600 years ago, an exalted being called Buddha (Awakened One) was a prince who, through much hardship, became an enlightened being and shared his wisdom and methods of practice. He taught for the benefit of all sentient beings what is termed as Dharma in Sanskrit. The Dharma can be viewed, approached and practiced as a philosophy, science or religion.

Discussion of the three trainings:

1. Training in Ethical Discipline helps achieve peace and harmony through engaging in constructive behavior and avoiding harmful actions.
2. Training in Concentration (Meditation) helps to develop emotional and mental stability. This can pacify afflicted state of mind such as anger, hate, pride, jealousy, greed etc. This is the foundation of love and compassion that leads to joy and happiness.
3. Training in Discriminating Awareness (Wisdom) brings insight into the nature of reality by helping to devolve dualistic perception, and achieve the state of non-duality.

Using the practices of meditation such as Calm-Abiding and Penetrative Insight brings the actual experiences one seeks from this path. Practicing meditation is best done with the guidance of skillful and compassionate teacher, motivated to benefit others, in order to help them pacify life's difficulties.