



# BUDDHA PRACTICE STUDY

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Buddhist Discussions for 21st Century Minds

## **37-PRACTICES of the BODHISATTVA** **Questions and Answers**



Commentary and Discussion with  
**Geshe Lharampa Jampa Choedup**  
Sera Jey Monastery, India



Co-sponsored by  
**Karmapa Service Society, New York**  
[karmapausa.com](http://karmapausa.com)

**Mondays at 7 PM eastern time**  
Beginning May 5, 2025

**ZOOM only**  
Meeting ID: 868 3779 9232 Passcode: Dharma2day

Geshe Lharampa Jampa will offer his commentary:  
**37-PRACTICES of the BODHISATTVA**. by Ngülchu Togme Zangpo.

Download at [buddhapracticestudy.com](http://buddhapracticestudy.com)

Request email at: [buddhapracticestudy@gmail.com](mailto:buddhapracticestudy@gmail.com)

The 37-Practices are based upon Shantideva's **WAY OF THE BODHISATTVA** which is a guide for all beings, monastics, and lay-people who aspire to lead a spiritually connected life.

Register: [buddhapracticestudy@gmail.com](mailto:buddhapracticestudy@gmail.com)

Requested Offering for Geshe: \$10 per session

Account number 443 794 5560 Zelle, Venmo, or PayPal.

No one turned away for lack of funds

## Geshe Lharampa Jampa Choedup

was born in Kham in Eastern Tibet. He joined the local monastery at the age of eight years and has remained dedicated to his monks' robes and monastic training for over 40 years. Geshe La escaped to India in 1992 to pursue higher monastic education in Buddhist philosophy, psychology, and meditation at Sera Jey Monastery, South India. He was known as the "well-versed debater" among his peers.

In 2018, Geshe achieved the Lharampa degree (equivalent to Ph.D.) from Sera Jey Monastic University. He recently completed a 3-year service as administrative manager of Sera Je Tsawa Khangtse. Geshe enjoys a USA R-1 Teaching VISA. He is co-sponsored by the Karmapa Service Society in New York and he travels to Karmapa Centers and Temples to participate in teachings and debates. Now with his 26 years of training in scripture and meditation practice, Geshe Lharampa wishes to share his expertise with westerners who are interested in Buddhism.



**Buddha Practice Study** holds meetings several times a week on Zoom. These meetings offer teachings, discussions, study, and practice in Buddhism. Our senior lay-instructors, with more than 60 years experience in the Dharma, have been trained and practice in the Tibetan Kagyu lineage together with teachings from Drikung Kagyu, Karma Kagyu, Nyingma, and Gelugpa masters.

Everyone is welcomed to join us to learn about different types of meditation and get answers to your questions about Buddhism, which offers a path to a more peaceful and serene life.



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