

**PRESS RELEASE: February 2, 2010**

**Geshe Thupten Phelgye Returns to Mount Shasta for Public Talk and Teaching**

On February 19<sup>th</sup> & 20<sup>th</sup>, 2010, the Venerable Geshe Thupten Phelgye, member of the Tibetan Parliament in Exile and the founder of the Universal Compassion Movement, will be in Mount Shasta to give public talks and teachings.

Geshe Thupten Phelgye was born in Tibet in 1956. To ensure safety from the Chinese invasion of Tibet, his family fled to India in 1959 on a journey which took two years to complete.

He became a monk in 1973 at the age of 17, completing the rigorous 18-year course of Buddhist studies in 1991, earning him the title of Geshe (Ph.D.) from Sera Monastic University. He then went on to complete advanced Tantric studies at Gyumeh Monastery. In 1993, under the guidance of the Dalai Lama, Geshe Phelgye undertook a strenuous five-year solitary meditation retreat in the mountains outside Dharamsala, India.



With the blessings of the Dalai Lama, Geshe Phelgye founded the Universal Compassion Movement in 1997, advocating vegetarianism around the world. He has been a member of the Tibetan Parliament in Exile, representing the Gelugpa monastic tradition, since 2001.

Geshe Phelgye has been actively helping the sick and dying since 1984, when he was a monk at Sera Monastery. Over the years, he has traveled and given talks and teachings around the world advocating vegetarianism and universal compassion for World Peace. In addition, he has done interfaith dialogues and has been the Tibetan Buddhist Ambassador to the Sulha Peace Project in the Middle-East for the last four years.

**Events**

**Friday, February 19<sup>th</sup>** — A Soup-n-Movie Night will begin serving homemade vegetarian soup (with bread) at 6:00pm. A donation of \$10 for this event is suggested to help sponsor the Tibetan cultural, artistic and spiritual events in Siskiyou County. A documentary film, "*What Remains of Us*", will begin at 6:30pm, followed by a Question and Answer session conducted by Geshe Thupten Phelgye. The film is about a very brave Tibetan-Canadian woman, Kalsang Dolma, who successfully manages to visit Tibet and secretly show her short video of the Dalai Lama delivering his message to ethnic Tibetans. In this film, shot without the knowledge of the Chinese authorities, Dolma served as the interviewer for Tibetan families that gathered around the tiny screen, as we are able to witness the transfixed faces and emotional voices of this fragile people under the yoke of suffering.

**Saturday, February 20<sup>th</sup>** — A day of Geshe Thupten Phelgye with a Public Talk on "*Mind Training with Personal Experiences*" at 10:00am – 12:00pm and a Buddhist Teaching on "*Ultimate Truth and Conventional Truth*" at 2:00pm – 4:00pm. A donation of \$10 – \$20 is suggested for each of these teaching events and the proceeds will be used to provide medical and other needs of monks, nuns, and others who escape from Tibet.

Both events will be held in Mount Shasta at 1520 Shasta Acres Road, 1.4 miles up McCloud Rd from Bank of America. (Parking on the east (right) side of the street is appreciated.)

(No one turned away for lack of funds. There are opportunities for volunteer assistance at all MSFoTC events by calling Della at the information number below prior to the event.)

Geshe Phelgye is being hosted in Mount Shasta by the Mount Shasta Friends of Tibetan Culture. For more information, please visit [MountShastaFriendsOfTibetanCulture.org](http://MountShastaFriendsOfTibetanCulture.org) or call Della at 530-859-1007.