

TASHI CHOLING'S

Marig

Munsel



**MARIG MUNSEL** is like Basic condensed version of traditional for Westerners. The focus is on building, step-by-step, a strong, solid, foundational understanding of Buddhism. Each year builds on the previous, which provides an unequalled method of structured Dharma study. Lama Bruce Newman is an authorized teacher whose teaching stems from his many years of personal meditation experience, retreat, and study abroad and in the West. This and his understanding of both Eastern and Western Dharma approaches makes him unusually qualified to teach Dharma to Western students in a way they can truly understand and integrate into their daily lives.

Bruce's extensive experience and knowledge of the Buddhist teachings is supported by his complete commitment to transmitting them purely without compromise, making this course the perfect method to provide the practitioner with an authentic means to hear, study, and contemplate the Dharma.

The four-year program is held in two four-hour sessions for one weekend each month, and makes use of multiple learning approaches which engage the student on many different levels. Students learn and practice meditation techniques, read and study texts, learn how to contemplate and integrate and write about what they study, join in both small and large group discussion as well as research and share their personal areas of interest. One of the strengths of the program is that students learn from and inspire each other in a supportive environment under the guidance of an authorized teacher.

This course will challenge and deepen the student and has the potential to be deeply transformative. More effective meditation, a firmer and more comprehensive understanding of the scriptures and teachings, and the ability to truly benefit from the influence of their teachers are qualities which naturally result. Students will embody greater knowledge, wisdom, and kindness in general.



Lama Bruce Newman

Lama Bruce Newman completed a four-year retreat and has been a full-time Tibetan Buddhist practitioner and contemplative for 40 years since. He has received extensive training in both Kagyu and Nyingma lineages by many high lamas. His main teachers are Chokyi Nyima Rinpoche (son of Tulku Orgyen Rinpoche; Chokyi Nyima Rinpoche's main teacher was the 16th Karmapa), and Ven. Gyatrul Rinpoche.

Under the auspices of Ven. Gyatrul Rinpoche, Lama Bruce has been teaching for 19 years. He offers excellent meditation training, book study classes, and the Marig Munsel program. 2013 marks the fourth cycle of Marig Munsel.



## **CERTAINTY IN THE TEACHINGS CONFIDENCE IN THE METHODS**

"In four years, Bruce has changed my life. I am a better person now. I feel a deep connection to a spiritual path and I'm traveling down that path. I used to be haunted by the question, "What am I doing here?" This never bothers me any more, because the question is irrelevant. My mind was always here and is still here. The rest is work. Lama Bruce's classes are truly for everybody. People come who have had thirty years experience or no experience. He can make a long time practitioner reexamine long held ideas, and he can make a beginner's questions relevant on deep levels." ~ L.L.

**Marig Munsel**  
*Dispelling the Darkness  
of Ignorance*

"The four years of Marig Munsel has put me solidly on the Path. Lama Bruce is a blessing to all who will listen." ~ M.M.

"Participating in Marig Munsel has deepened my understanding and appreciation of Buddhism and enriched my meditation practice." ~ L.V.

"Bruce is the reason I am a Dharma practitioner. I remember at our very first Marig Munsel weekend, Bruce saying, "This isn't Buddhism Light. Put whatever you've read or heard so far into a box and on a shelf for the next four years." This statement really struck me; I was so used to trite and socially expected remarks. He surprised me again and again with statements that come from truth, from what is real, and I could feel this in my body each time, as though my inner cogs were being reconfigured." ~ C.B.

"My study with Bruce has been a wonderful experience these past years, and I am seriously considering taking the class again. I feel like my understanding of the teachings has grown tremendously, and my meditation practice has deepened considerably. This is a really wonderful program which I heartily recommend to long time Dharma students and beginners alike." ~ L.H.

*"We are a small class.  
We study, practice, and discuss,  
ask questions, and grow.  
We support each other.  
This is an amazing thing!  
We are discovering our true nature!"*

"I have understood Buddhism in a clear fundamental way, from its beginnings. Buddhism is not a light topic. Bruce has demonstrated a masterful ability to teach these topics, over and over again. Westerners take a long time to understand these ideas, and Bruce finds many different ways to explain things. He allows us to ask the same questions over and over again, until we can begin to see." ~ L.L.

**Marig Munsel**  
with Lama Bruce Newman



is a Tashi Choling Program.  
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For more about Tashi Choling, please visit  
[tashicholing.org](http://tashicholing.org)

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*"As a result of attending  
this program and  
upon its completion,  
each student's experience of  
the Dharma will deepen."*

*~Ven. Gyatrul Rinpoche*