

Geshe Thubten Soepa

Geshe Thubten Soepa took his Lharampa geshe degree at Sera Je Monastic University in 1997.

He was resident teacher at Aryatara Institute, Germany for 7 years, and has taught at many other FPMT centers around the world, including Jamyang Buddhist Centre in the UK, Oseling in Spain; Panchen Losang Chogyen in Austria and Lama Yeshe Ling in Canada.

Lama Zopa Rinpoche said of Geshe-la in September 2008:

"Old students who want to get any philosophical subject more clear, who want to refine their understanding, can do this in a very informal way with Geshe-la, like question and answer, discussion. Geshe-la is good on philosophy and easy to discuss with.

Geshe-la has studied very widely and broadly - not just Gelugpa but also Kagyu, Nyingma and Sakya texts - so if people are interested in discussing other areas, he can do that too. There may be differences in views according to emptiness, but he can explain that.

Geshe-la can be good at talking to new people in a straightforward manner."

Geshe-la can teach in English, though for sure his Dharma knowledge is greater than his English, which is a frustration for him, but many students say that they have had no problem understanding quite clearly.

Geshe-la has put together a list of topics that he is available to teach:

2 hour lectures

- How to purify negative karma
- Refuge; how the 3 jewels protect us
- Developing Equanimity
- Advice for the sick and dying
- The two truths; checking out reality
- The 8 worldly dharmas
- The difference between sutra and tantra
- Protecting life by giving up eating meat--what the Buddha taught
- Om Mani Padme Hung; its benefits and meaning
- The 4 Immeasurables
- Meditation on luminous mind
- The eight-fold path
- How to practice patience
- The 12 links of dependent origination
- The five root afflictions
- Sakya Lo.Jong

Weekend teachings

- Commentary on the 21 Taras
- 8 verses for training the mind
- Heart Sutra commentary

6 Perfections

Death bardo and rebirth

Cultivating great compassion and Bodhichitta

The 5 Yanas according to Lankaraavatara Sutra

Root and Secondary Delusions and their antidotes

Longer Topics

Guide to the Bodhisattvas Way of Life

Tibetan Language