

THE FIRST ZEN INSTITUTE OF AMERICA

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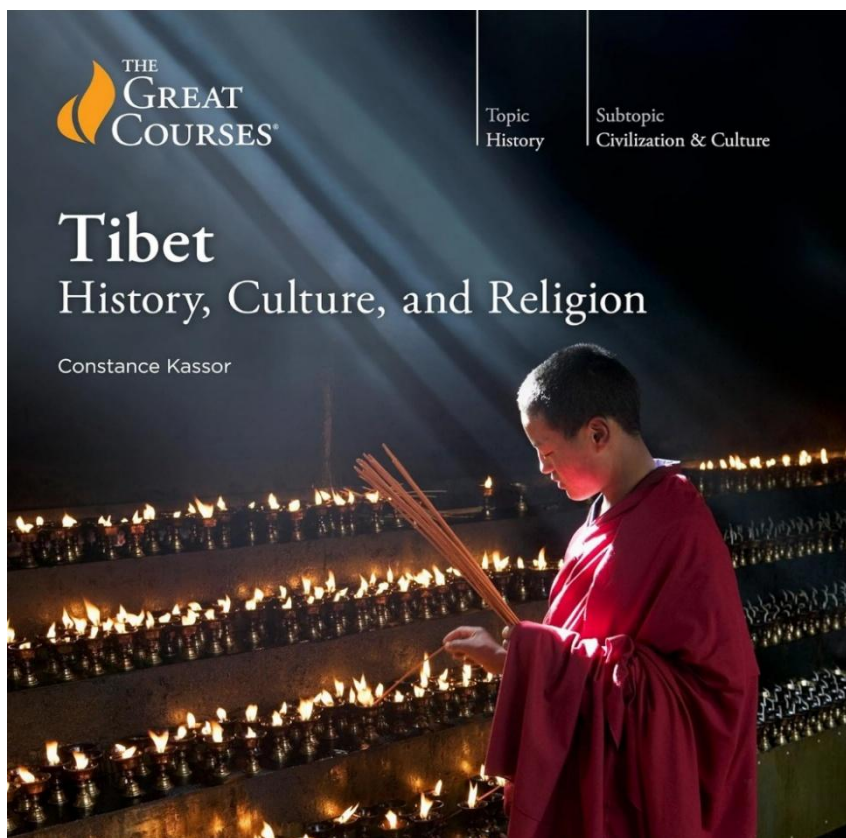
會協禪一第國美

Film Series

Tibet: History, Culture & Religion

November 9, 2025

1:00 PM at 113 East 30th Street



On November 9, we will see the following four modules (out of 24):

9. **Tibetan Tantra and Taboo** – Examine the differences between the sutras and tantras of Tibetan Buddhism.
10. **The Good Eating and Fun of Tibetan Cuisine** – Because of the difficulty of growing vegetables at such high altitude, meat and animal products are important staples of a Tibetan diet.
11. **What Makes Tibetan Buddhism Different** – Learn how the establishment and spread of Tibetan Buddhism was influenced by the men known as the “Three Dharma Kings”—Songtsen Gampo, Trisong Detsen, and Ralpachen.
12. **Tibetan Buddhism’s Oldest Sect: Nyingma** – Discover the teachings and practices of the Nyingma tradition, Tibetan Buddhism’s oldest sect, and the one most closely associated with Padmasambhava.

© 2023 The Great Courses. The four modules will take approximately 100 Minutes. To be screened at 1:00 PM on Sunday, October 12, courtesy of The Great Courses. Take the #6 train to 28th Street. 113 East 30th Street is between Park and Lexington.

Admission is free.