

THE FIRST ZEN INSTITUTE OF AMERICA

113 East 30<sup>th</sup> Street New York, NY 10016 212-686-2520 www.firstzen.org

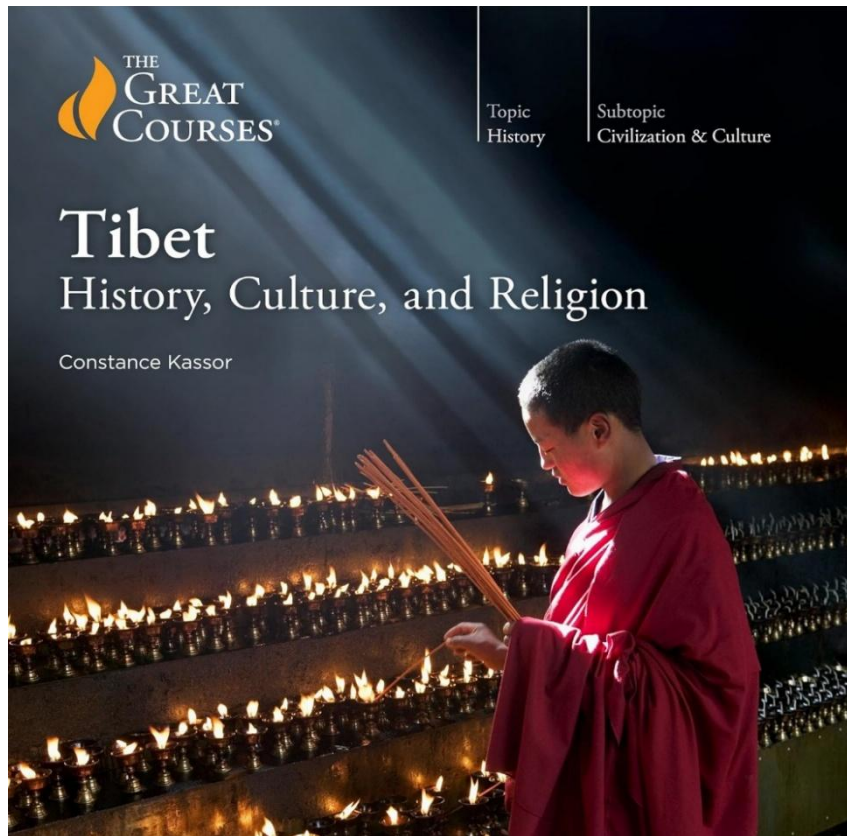
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Film Series

# Tibet: History, Culture & Religion

October 12, 2025

1:00 PM at 113 East 30<sup>th</sup> Street



On October 12, we will see the following four modules (out of 24):

5. **Tibetan Prehistory in Folktales and Song** – Learn about the Tibetan Epic of Gesar, considered to be the longest piece of literature in the world, at an estimated one million lines.
6. **How the Tibetan Language Invented an Empire** – The Tibetan language did not exist in standard written form until the seventh century when King Songtsen Gampo directed its creation so he could better give orders
7. **The Buddha and the Four Noble Truths** – Discover how the Buddhist religion and philosophy first began with a prince named Siddhartha who wanted to see the world outside his palace. Following the middle path, Siddhartha achieved enlightenment.
8. **Christians, Muslims and Bonpos of Tibet** – Learn about the most widespread religion among non-Buddhist Tibetans, Bön, and discover the complex relationship between the two religions.

© 2023 The Great Courses. The four modules will take approximately 90 Minutes. To be screened at 1:00 PM on Sunday, October 12, courtesy of The Great Courses. Take the #6 train to 28<sup>th</sup> Street. 113 East 30<sup>th</sup> Street is between Park and Lexington.

Admission is free.