



尊贵的堪布罗沙桑宝仁波切(Ven.Khempo Losal Zangpo)诞生于一九五零年，出生地靠近西藏东部的勘省(Province of Kham)内之勘巴珈寺院(Khampagar Monastery)。

当他三岁时，正值西藏政变动，当时已非常虔诚在家众的双亲带领他长途跋涉到印度及尼泊尔避难。在保存家庭的传统，堪布决定要成为出家僧侣。十一岁的他在家人的祝福下，他将以后的十八年献身於学习佛法。年纪轻轻的他已得到殊基罗多大法王(His Holiness Choekylodo Rinpoche)的口传。



十四岁时，他移居到达豪喜(Dalhousie)开始向一位英国籍的尼师(Tenzin Palmo)学习英语。他在达豪喜(Dalhousie)接受教育至十八岁。期间他向堪布灵城(Khenpo Rinchen)学习哲学。堪布达泽(Khenpo Dazer)，堪布罗藏葛叟(Khenpo Lozan Gyatso)及堪布祝达(Khenpo Choedar)则让他接受金刚乘四大门派(宁玛红教，白教，花教及黄教)的灌顶。十八岁后，他将二十年时间奉献来学习及增广他在佛学教育方面的知识领域。堪布曾接受许多伟大上师们的灌顶与指导。他认真学习其他才艺，也向第八世堪筑仁波切(Guru H.H. Eight Khamtrul Rinpoche)学习喇嘛金刚舞。在另一位上师的指导下，他开发了美术才能，如今他是一位非常成功熟练的唐卡创作美术家。在许多瑜珈士的引导下，堪布开始学习“那洛六法瑜珈术”。在 1985 年，在他向许多瑜珈士学习瑜珈术当中，他也不断的去分享他向上师们所学习到的佛法。此后，他致力于在南印度，尼泊尔 及锡金弘扬佛法。后来他也曾到布丹佛学院执教。今日，堪布也是一位非常有经验及知识丰富的禅修及闭关导师。他精於许多领域，譬如喇嘛金刚舞，哲学，团体及个别禅修课程和唐卡美术。

Ven. Khenpo Losal Zangpo was born in the Tibetan Year of the Ox(1950) in the eastern Tibetan province of Kham near the Khampagar Monastery. When he was three years old his parents, who were very devoted lay people, went on a pilgrimage to India and Nepal. In keeping with family tradition, Khenpo decided to become a monk when he was eleven years old and with his family's blessing he joined the monastery and spent the next 18 years of his life devoting himself to learning. At a very young age he received oral transmissions from His Holiness Choekylodo Rinpoche. When he was fourteen years old he moved to Dalhousie and there began to learn English with Tenzin Palmo. His education in Dalhousie was to last 18 years in which time he learn philosophy under Khenpo Rinchen. Khenpo Dazer, Khenpo Lpzan Gyatso and Khenpo Choedar who initiated him in all four Buddhist disciplines. Then he devoted the next 20 years widening his knowledge of all dharma teachings. Khenpo received many teachings and transmissions from the most famous lamas of the age. He learnt, amongst other skills, sacred lama dancing from His Root Guru H.H Eighth Khamtrul Rinpoche. Under another master, he developed his artistic skills and today is an accomplished thanka painter. Under the guidance of various yogis, Khenpo began to learn the 6 yogas of Naropa. By 1985 he decided that even though he was still studying with various yogis the time had come for him to pass on the valuable knowledge and teachings of his lamas. Since that decided he has taught in Southern India, Nepal and Sikkhim. In Bhutan he traveled and gave teachings in the company of the Head of Bhutan Buddhist Schools. Today Khenpo is an experienced and knowledgeable teacher who is able to lead meditation classes and retreats. He specializes in various fields such as lama dancing, philosophy, group and individual meditation courses and thanka painting. He divides his time between teaching monks at the Drukpa Kargyu Institute for Higher Studies in Tashi Jong and holding annual meditations classes in Argentina. In spite of such a heavy workload he finds time to teach numerous individual Western students.