

Gen-la Kelsang Dekyong

Deputy Spiritual Director & USA National Spiritual Director -- **Gen-la Kelsang Dekyong**



Gen-la Kelsang Dekyong is the Deputy Spiritual Director and National Spiritual Director of the [New Kadampa Tradition \(http://meditationintexas.org/tradition/nkt\)](http://meditationintexas.org/tradition/nkt) in the United States and the Resident Teacher of [Kadampa Meditation Center California \(http://www.meditateinla.org\)](http://www.meditateinla.org).

She has been practicing Buddhism and studying closely with her Spiritual Guide, [Geshe Kelsang Gyatso \(http://meditationintexas.org/tradition/geshe-kelsang\)](http://meditationintexas.org/tradition/geshe-kelsang) for many years.

Gen-la Dekyong provides an extraordinary example of a modern-day Kadampa practitioner for us to follow. She is a loving presence and her teachings are powerful and clear.

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