



# TEACHINGS ON TIBETAN BUDDHISM

By Lama Sonam Dargye (Tony Albino)

## SHINAY (CALM-ABIDING) MEDITATION and PRACTICE

Sunday, July 6, 2:00 – 5:00 p.m. (Arrive by 1:45 p.m.)

In the Tibetan word *shi-nay*, *shi* means *calm* and *nay* means *abiding*. Shinay meditation rests the mind in a state undisturbed by thoughts and emotions, allowing the mind to experience its true nature. Lama Sonam will give instructions, guide a meditation session, and answer questions. This meditation is appropriate for anyone interested in the path that unites wisdom and compassion. The cost is \$20.

## SEVEN-POINT MIND TRAINING:

### MAHAYANA GREAT COMPASSION, TEACHING, and PRACTICE

Sunday, July 20, 9:00 a.m. – 4:00 p.m. (Arrive by 8:45 a.m.)

This Mahayana tradition of mental transformation was brought to Tibet in the 11th century by the great Indian teacher Atisha. It is cherished by all schools of Tibetan Buddhism and considered indispensable for one's Dharma practice to bear fruit. Renowned for its universal and pragmatic approach, it gleans all of the Mahayana teachings to seven basic points and shows how to apply them to one's life. The cost is \$30.

Schedule: 9:00 – 11:30 a.m.: Instructions and guided meditation.

1:00 – 4:00 p.m.: Discussion and guided meditation.

You are welcome to bring a lunch and stay during the break.

## Kagyü Dakshang Chuling 917 East 43rd Avenue

*Between West Amazon and Fox Hollow) To minimize the Center's impact on our neighborhood, please park on West Amazon and walk up hill to KDC.*

For information, please call 513-1452 or 683-1808 between 10:00 a.m. – 7:00 p.m.



Lama Sonam completed the three-year retreat under the guidance of Venerable Lama Tsang Tsing and serves as a translator for him. Sonam is a Eugenician with training in the Kagyü lineage of Tibetan Buddhism.

Venerable Lama Tsang Tsing is a meditation master in the Shangpa and Karma Kagyü lineages of Tibetan Buddhism, is the director of KDC and gives teachings, seminars and empowerments throughout the West Coast.