

TEACHINGS ON TIBETAN BUDDHISM

SEVEN-POINT MIND TRAINING

By Lama Sonam Dargye (Tony Albino)

MAHAYANA GREAT COMPASSION TEACHING AND PRACTICE

Sunday, July 24, 9:00 a.m. – 4:00 p.m.

(Please arrive by 8:45 a.m., late entries will not be admitted.)

This Mahayana tradition of mental transformation 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.

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

Kagyu Dakshang Chuling

917 East 43rd Avenue, Eugene, Oregon 97405

(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 visit KDC's website at www.kdc-eugene.org or call (541) 513-1452 or (541) 683-1808 between 10:00 a.m. and 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 Eugenian with training in the Kagyu lineage of Tibetan Buddhism.

The Venerable Lama Tsang Tsing is a meditation master in the Shangpa and Karma Kagyu lineages of Tibetan Buddhism, and is the resident director of Kagyu Dakshang Chuling Dharma Center in Eugene. Lama gives teachings, seminars, and empowerments throughout the West Coast.