

# TEACHINGS ON TIBETAN BUDDHISM

## NGONDRO: THE VAJRAYANA PRELIMINARIES ESSENTIAL KEY INSTRUCTIONS

With Lama Sonam Dargye (Tony Albino)

On the four Sundays listed below, Lama Sonam Dargye (Tony Albino) will give a series of teachings on the profound nature of Ngondro. Ngondro is the foundation of all Dharma practice, as well as a practice that can lead to higher states of realization. Before engaging in all advanced meditation practices such as Yidam practice and Mahamudra, it is strongly recommended that the practitioner first complete Ngondro in order to purify obscurations, gather the two accumulations of merit and awareness, and receive the blessings of the lineage. These all-day seminars will consist of a teaching, a question and answer period and doing the respective Ngondro practice. This program is designed to benefit all levels of practitioners. Cost: \$30 per class.

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**9:00 a.m.–4:00 p.m.**

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

**Sunday, October 30, 2016: Refuge and Bodhicitta**

**Sunday, November 20, 2016: Dorje Sempa (Vajrasattva)**

**Sunday, December 18, 2016: Mandala Offering**

**Sunday, January 15, 2017: Guru Yoga**

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**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 the hill to KDC.

For information, please visit KDC's website at [www.kdc-eugene.org](http://www.kdc-eugene.org) or call (541) 513-1452 or (541) 683-1808 between 10:00 a.m. and 7:00 p.m.

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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 Eugenic with training in the Kagyu lineage of Tibetan Buddhism.