

THE FOUR THOUGHTS THAT TURN THE MIND

TEACHINGS ON TIBETAN BUDDHISM

With Lama Sonam Dargye (Tony Albino)

Sunday, October 29, 2017, 2:00 to 5:00 p.m.
(Please arrive by 1:45 p.m., late entries will not be admitted.)

Regarded as the foundation for all Buddhist practice, the Four Thoughts are contemplations on:

1. The Precious Human Existence,
2. Impermanence,
3. Karma, Cause and Effect, and
4. The Sufferings of Cyclic Existence.

As one gradually reflects and assimilates their meaning, the mind turns away from ignorance and yearns for freedom and enlightenment. This provides a deeper avenue for spiritual growth.

There will be teachings and contemplations joined with meditation. Q & A and discussion will follow. Open to all. Cost is \$25.

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 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 Eugenio with training in the Kagyu lineage of Tibetan Buddhism.