



# **GREEN TARA EMPOWERMENT TEACHING and PRACTICE**

by Venerable Lama Tsang Tsing

**Saturday, April 13, 2019, 2:00 p.m.**

**Sunday, April 14, 2019, 9:00 a.m. – 4:00 p.m.**

*Please arrive 15-20 minutes before the ceremonies; late arrivals will not be admitted.*

## **KAGYU DAKSHANG CHULING**

917 East 43rd Avenue, Eugene, OR 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.*

### **Green Tara Empowerment**

**Saturday, April 13, 2:00 p.m.**

**(Arrive by 1:45 p.m.)**

Green Tara, a female Buddha, is known as the Great Liberator who protects against the eight great fears and the eight great dangers. The Empowerment authorizes one to do the meditation of Green Tara. The Refuge Vow is required and will be offered prior to the Empowerment. The cost is \$30 general (\$25 KDC members). It is also customary to make a donation to the empowering Lama.

### **Green Tara Teaching and Practice**

**Sunday, April 14, 9:00 a.m. to 4:00 p.m.**

**(Arrive by 8:45 a.m.)**

The practice of Green Tara pacifies fear, suffering, and obstacles and is part of the regular KDC meditation schedule. Participants must have received the Empowerment. The cost is \$35 general (\$30 KDC members). The Pecha (practice text) is \$15. You are welcome to bring a lunch and stay during the break.

**For more information, please visit KDC's website at [www.kdc-eugene.org](http://www.kdc-eugene.org)  
or call (541) 485-3961 or (541) 683-1808 between 10:00 a.m. and 7:00 p.m.**

**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.