

TEACHINGS ON TIBETAN BUDDHISM

Shi-nay Meditation

With Lama Sonam Dargye (Tony Albino)

CALM-ABIDING MEDITATION and PRACTICE

Sunday, December 18, 2022, 9:00 a.m.–4:00 p.m.

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

In the Tibetan word *shi-nay*, *shi* means calm and *nay* means abiding. Shi-nay meditation rests the mind in a state undisturbed by thoughts and emotions, allowing the mind to experience its true nature. The cost is \$30.

Schedule: 9:00-11:00 a.m. Instructions and guided meditation
1:00-4:00 p.m. Question-and-answer period and guided meditation
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 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 Eugeniean with training in the Kagyu lineage of Tibetan Buddhism.