



Bodhicitta Sangha

HEART OF ENLIGHTENMENT INSTITUTE
BUDDHIST MEDITATION TEACHINGS

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Mahamudra Meditation Retreat

with Guest Teacher - Khenpo Kunga | Co-sponsored by Tergar Meditation Community

Khenpo Kunga became a monk at a young age and began his education at Tergar monastery, where he studied the rituals, prayers, and other traditional practices of the Tibetan Buddhist tradition. At fifteen, he entered an extended meditation retreat and spent three years mastering the profound contemplative practices of the Kagyü lineage. Following this period of intense meditation practice, he entered the renowned Dzongsar monastic college near Dharamsala in Northwest India. After studying there for eleven years and receiving his Khenpo degree (roughly equivalent to a PhD), he taught at Dzongsar college for three additional years. Khenpo Kunga's primary teacher is Yongey Mingyur Rinpoche, though he has studied with many other revered masters as well. In recent years, Khenpo Kunga has taught in Taiwan, Hong Kong, and the United States as one of the main teachers for the worldwide network of Tergar monasteries, meditation centers, and meditation groups.

What: Introduction to Mahamudra Meditation
When: Sunday, 11/2/14 from 9:00 am - 4:00 pm.
Retreat space opens at 8:30 am.
Teachings, guided meditation and time for your questions will alternate with breaks for tea and lunch.
Where: Tergar Meditation Center, 706 North 1st Street, Suite 112, Minneapolis, MN 55401 (Downtown Minneapolis - Warehouse District)
Cost: Teachings open to all. \$60 suggested donation. No need to pre-register. To learn more about the retreat, please visit bodhicittasangha.org.

Topic: Khenpo Kunga will introduce us to teachings on Mahamudra (Great Seal) and guide us in meditation, including combining calm-abiding (shamatha) with penetrative insight (vipashyana) meditation. As our minds become more tranquil, we are able to lessen conceptual thoughts that block us from seeing the nature of reality. Join us to give rise to a peaceful mind filled with equanimity and joy! Teachings are open to all.
The mind's original nature is like space. It pervades and embraces all things under the sun. Be still and stay relaxed in genuine ease.

-Tilopa, Song of Mahamudra

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