



# Bodhicitta Sangha

HEART OF ENLIGHTENMENT INSTITUTE

BUDDHIST MEDITATION TEACHINGS

[bodhicittasangha.org](http://bodhicittasangha.org)

## Guru Yoga

### Meditation Retreat with Khenpo Sherab Sangpo

#### Khenpo Sherab Sangpo

is a monk and professor in the Nyingma lineage of Tibetan Buddhism. He trained with some of the greatest meditation masters of Tibet, starting when he was seven years old. In addition to mastering many profound teachings of the Buddhist path, he spent several years meditating in solitary retreat. He travels the world teaching at monasteries in Tibet and Nepal, as well as at meditation centers in Asia and Europe. He teaches weekly meditation classes in Minneapolis and retreats at his centers in Minneapolis, Duluth, Ely, and Hibbing. He teaches in English and is loved for his warmth, kindness, laughter, and the joy with which he teaches his students to awaken their innate Buddha nature.

**Visit [bodhicittasangha.org](http://bodhicittasangha.org) for his 2014 teaching schedule and to watch videos of past teachings.**

**What:** Guru Yoga Meditation Retreat with Khenpo Sherab Sangpo

**When:** Saturday, 12/21/13 from 9:00 am - 4:00 pm.  
Registration opens at 8:30 am.

**Guided meditation teachings will alternate with breaks for tea and lunch.**

**Where:** Tegar Meditation Center, 706 North 1st Street, Suite 112, Minneapolis, MN 55401 (Downtown Minneapolis - Warehouse District)

**Cost:** \$60 retreat fee. Work study scholarships available. Register online at [bodhicittasangha.org](http://bodhicittasangha.org) or call our Registrar (Mary) in Minneapolis at 612-568-7880.

**Topic:** Khenpo Sherab Sangpo will give instructions on how to practice Guru Yoga, the merging of one's mind with the Guru's enlightened nature. Guru yoga is a powerful way to transform every event in our life into practice and to remove obstacles on the spiritual path that prevent us from recognizing the nature of our minds, our Buddha nature.

***All accomplishments are due to the Guru's blessings. We are not referring to minor accomplishments (...) but to supreme realization of the Guru's enlightened nature, which is none other than our own Buddha nature.***

**- Dilgo Khyentse Rinpoche**

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Meditation

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