



Bodhicitta Sangha

HEART OF ENLIGHTENMENT INSTITUTE
BUDDHIST MEDITATION TEACHINGS

bodhicittasangha.org



The Foundations of Buddhism

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 for his 2014 teaching schedule and to watch videos of past teachings.

What: Saturday Meditation Retreat with Khenpo Sherab Sangpo

Dates & Location: Saturday, 12/7/13 from 9 am - 4 pm. Registration opens at 8:30 am at Kind Mind Meditation Center, 3105 East Beltline Hwy, Hibbing, MN 55746.

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

Registration: \$45 retreat cost. Work study scholarships available. Register online at bodhicittasangha.org or call our Registrar (Mary) in Minneapolis at 612-568-7880. For general info, call our Hibbing Coordinator (Marmie) at 218-263-5949.

Topic: This retreat is an introduction to the foundations of Buddhism via teachings on **The Four Noble Truths**, the heart of Buddhist practice. Thanks to the truth of the cessation of suffering, we can be liberated while we are living in the world. When suffering ceases, we experience freedom from afflictive emotions and only perfect equanimity (buddha nature) remains. This is the Buddha's profound insight that a peaceful mind can be cultivated via meditation and that a peaceful mind is the cause of happiness and joy. You must not be a Buddhist nor intend to become one to meditate on these noble truths. If you are curious about meditation, please join us!

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