



# Bodhicitta Sangha

HEART OF ENLIGHTENMENT INSTITUTE  
BUDDHIST MEDITATION TEACHINGS

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



## STAGES OF 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:** Weekend Meditation Retreat with Khenpo Sherab Sangpo

**Dates & Location:** Saturday, 11/16/13, 9 am - 4 pm & Sunday, 11/17/13, 9 am - 12 pm. Registration opens at 8:30 am at Arrowhead Place (2nd floor conference room) 205 W 2nd St, Duluth, MN 55802.

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

**Registration:** \$90 suggested donation. Workstudy scholarships available. Register online at [bodhicittasangha.org](http://bodhicittasangha.org) or call our Registrar (Mary) in Minneapolis at 612-568-7880. For more information call Duluth Group Coordinator (Bob) at 218-728-4826.

**Topic:** This retreat on the text, ***Stages of Meditation***, by Kamalashila offers you the chance to deepen your practice of calm-abiding and insight meditation. The union of a peaceful mind and wisdom into the nature of reality is essential to living a life filled with joy. Joy comes from a mind at ease that knows how to help others and not harm them. Khenpo will give practical teachings on how to cultivate ease via meditation instructions that calm your mind and help you to recognize your innate wisdom whose expression is joy. This retreat is meant for anyone who wishes to learn more about working directly with their mind via meditation and is open to all. Please join us!

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