



Bodhicitta Sangha

HEART OF ENLIGHTENMENT INSTITUTE
BUDDHIST MEDITATION TEACHINGS

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The Four Noble Truths Meditation Retreat with Khenpo Sherab Sangpo

Khenpo Sherab Sangpo is a professor in the Nyingma lineage of Tibetan Buddhism. He trained with some of the greatest meditation masters of Tibet and has spent nearly 30 years contemplating the profound philosophies of the Buddhist tradition, including several years meditating in solitary retreat. He travels the world teaching at monasteries in Tibet and Nepal, as well as at meditation communities in Asia and Europe. He is the Spiritual Director of Bodhicitta Sangha | Heart of Enlightenment Institute with sanghas in Minneapolis, Duluth, Ely, and Hibbing, Minnesota. He teaches in English and is loved for his wisdom, his loving-kindness, and the joy he radiates when teaching his students to awaken their buddha-nature.

VISIT BODHICITTASANGHA.ORG TO WATCH VIDEOS OF KHENPO SHERAB SANGPO'S TEACHINGS.

What: The Four Noble Truths Meditation Retreat
When: Saturday, 5/21/16 from 9:00 am to 4:00 pm.
Registration 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. Scholarships available. Register online at bodhicittasangha.org or call our Registrar (Alan Lindblad) in Minneapolis at 612-568-7880.

Topic: We will practice guided meditation with Khenpo Sherab Sangpo and receive the first teaching that Shakyamuni Buddha gave after his enlightenment. *The Four Noble Truths* is the foundation of the Buddhist view that if the causes of suffering cease, then a profound peace can be recognized and experienced within this very life moment by moment. Buddha taught how to end the causes of suffering by working directly with our mind via meditation. In this retreat, we will connect the wisdom of *The Four Noble Truths* with our view, meditation, and conduct creating the causes for us to be more peaceful, kind, and loving beings. Please join us!

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