

Venerable Rigdzin Hungkar Dorje Rinpoche

LOJONG:

The Bodhisattva's Mind Training Practice

In these spiritually degenerate times we encounter many obstacles in our lives and spiritual practice, but rather than being discouraged by them we can learn to transform them into virtuous merit by practicing mind training.

Lojong means to train, purify and refine the untamed mind. By using skillful means and wisdom as powerful antidotes to subjugate, tame and transform the mind.

The two-day event will touch on subjects to purify obstructions in our daily lives to develop the enlightened mind. Transform misfortunes and crisis into the path of Buddhahood.

By practicing Lojong we can maintain a peaceful and happy mind at all times, even in difficult circumstances. If we train our mind in this way, everything we encounter will increase our Dharma realizations.

Lojong is a very profound and extensive subject which is considered the great path to enlightenment. If practiced faithfully, Lojong can be a powerful method for developing attainments on the path to Buddhahood.

Public Teachings:

Day 1 - Saturday, November 16th

Time: **10 AM - Noon**

Noon - 2 PM (Lunch)

2 - 4 PM

Donation: \$25 (All day, includes lunch)

Day 2 - Sunday, November 17th

Time: **1:30 - 4:00 PM**

4:30 - 5:30 PM Tsok Offering

Donation: \$20

Location: **Sakya Monastery**

108 NW 83rd Street Seattle, WA 98117

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Abbot of Lung Ngon Thubten Chokhor Ling Monastery in Golog, Tibet. Venerable Rigdzin Hungkar Dorje Rinpoche was born into a nomadic family of great and realized yogins.

Rinpoche was recognized early in his life by such Buddhist masters as H.H. Orgyen Kusum Lingpa, H.H. Dodrupchen Rinpoche, Penor Rinpoche, and later, by His Holiness the Dalai Lama as the reincarnation of Do Khyentse Yeshe Dorje, the mind emanation of the great Nyingma Dzogchen Master Jigme Lingpa.

He has trained extensively in Buddhist studies at a monastic university in India and in an Institute for Tulkus in Beijing. He teaches with incredible clarity and essence.

He has initiated numerous charitable projects for better education, health and welfare of Tibetans. He has also undertaken activities to maintain Buddhist and cultural preservation in Tibet. Some of his works include but are not limited to: building of the Great Stupa for World Peace, the Gesar Foundation for Virtuous Activity, the nine-year Buddhist Dharma Institute training program, a Nunnery and free Vocation schools for the people of Tibet.

Come join us for two amazing days of teachings which will awaken your heart and enlighten your mind.