

TIBETAN BUDDHIST MASTER LAMA CHOEDAK RINPOCHE

for a weekend of Buddhist teachings and meditation to
promote health and peace of mind.

19-20 March 2022

LEARN TRADITIONAL CALM ABIDING MEDITATION

Sat 10.00 - 5.00 PM
\$50 / \$40 conc

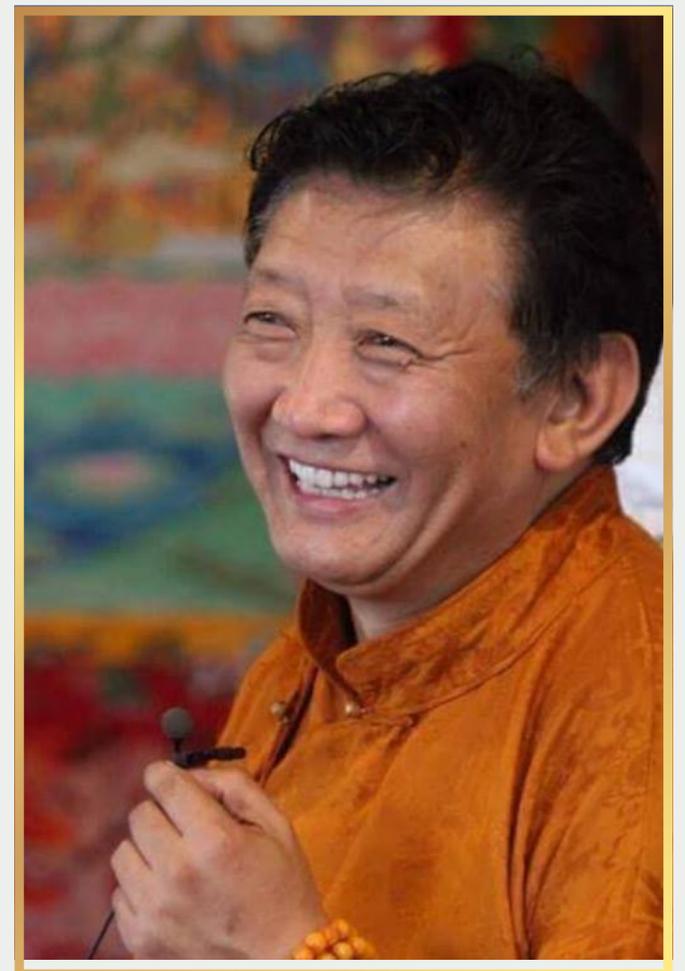
EMPOWERMENT, TEACHINGS & MEDITATION ON AVALOKITESHVARA

Sun 10.00 - 5.00 PM
\$50 / \$40 conc

About Lama Choedak Rinpoche

Born in Tibet, Rinpoche was raised under the guidance of His Eminence Chogye Trichen Rinpoche. After he completed a rigorous 12-year monastic training in the Sakya order of Tibetan Buddhism, Rinpoche went on to complete a three and a half year solitary meditation retreat, sponsored by His Holiness the Dalai Lama.

Living in the West for over 35 years, Rinpoche is the founder and Spiritual Director of the Tibetan Buddhist Society of Canberra and has over a dozen centres across Australia. Rinpoche has been bringing the precious Buddhist teachings and meditations to Westerners during this time and is known for his light-hearted and relatable approach in teaching Buddhism and meditation, Rinpoche is pleased to be coming back to the Central Coast to share the precious teachings of the Buddha.



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Calm Abiding Meditation - Saturday

Rinpoche will bring to light how if we establish a consistent meditation practice, we will have the skills and tools to live a meaningful and balanced life.

During this special day of teaching, Rinpoche will present short guided meditation practice sessions of Calm Abiding meditation and give attendees the opportunity to experience the lasting benefits of precious Buddhist meditation techniques.

Rinpoche will also give teaching sessions on how to incorporate mindfulness meditation in challenging situations of everyday life.

Avalokiteshvara - Sunday

Avalokiteshvara who looks with an unwavering eye is the embodiment of all the Buddha's infinite compassion. Any emotion contrary to loving kindness and compassion is destructive, unproductive and disadvantageous and compassion to oneself and others will eliminate many negative emotions and allow joy and equanimity. Lama Choedak will conduct an empowerment and teachings on the practice and transmission of the sacred mantra
OM MANI PAD ME HUM.

A practice manual (sadhana) will be sent on registration. At this workshop the combined meditation of Compassion and Wisdom (Mahamudra) will be taught which will allow us to have a positive effect of all the people around us.

