

Teaching Series for 2009

# LIVING OUR BUDDHISM

## THE 37 PRACTICES OF THE BODHISATTVA

with ZaChoeje Rinpoche

**First Teaching**  
**Friday, April 10**  
**7-9 pm**

[originally scheduled for  
Sunday April 12]

Teachings will continue approximately every 2 weeks throughout 2009. Schedule is subject to change: check the website calendar for confirmed dates.

Please pre-register for the series by email:  
[mail@emahofoundation.org](mailto:mail@emahofoundation.org)

A fee of \$20/class can be paid at the beginning of each session.



Emaho Center is just south of McDowell Road, on the west side of Miller, in the Los Arcos Medical Plaza.

Emaho Foundation is a 501(c)3 nonprofit organization dedicated to sharing Tibetan culture in the West, supporting humanitarian projects worldwide, and assisting with personal spiritual development.



This year ZaChoeje Rinpoche has chosen to teach *The 37 Practices of the Bodhisattva*. The root text, written by renowned Gyalsay Togme Sangpo (1295-1369), contains practical advice on developing the love and compassion necessary to sustain lasting happiness. *The 37 Practices* lays the foundation for both stabilizing and analytical meditation techniques and includes an in-depth discussion of the nature of emptiness. These are essential tools that allow us to transform our negative attitudes: the text is as relevant today as the day it was written.

Each month, Rinpoche will teach two verses of *The 37 Practices of the Bodhisattva*, and give us instructions on how to use the practices in our daily lives. In addition, homework assignments will help reinforce the teachings and foster progressive insight into our existence. Optimally, we will learn to blend advanced mind-training with the stages of the gradual path to enlightenment as described by Lama Tsongkhapa in his Lam Rim writings.

Rinpoche's humor, kindness, wisdom and vast ability make the study of Buddhism come alive. He takes the profound and complex Buddhist philosophies and brings them into our everyday experience, a gift of unimaginable value.

All are welcome to this series. The prerequisite for the class is commitment to practice.

Rinpoche is asking that we enroll for the entire series. If you are registered for the course and are unable to attend a teaching, Rinpoche asks that you contact Donna Tash for a video copy that you can pick up at the center and watch at your convenience (there will be a small fee for the video). There will also be a short summary of each teaching on the website.

Pre-registration by email will allow you to receive weekly emails with reminders and helpful information for spiritual practice that will support the teachings.