

LOJONG SERIES

Eight Verses of Mind Training
with Geshe Jampa

Saturday, April 12, 1-4 PM

Saturday, April 19, 1-4 PM



Composed by the Buddhist Master Langri Tangpa (1054-1123), The Eight Verses for Training the Mind is a highly-revered text from the Mahayana Lojong (mind training) tradition. These instructions serve as a gateway for realizing our ultimate potential for compassion.

The first seven verses work to strengthen our compassionate attitude and the eighth verse deals with the wisdom of discriminating awareness.

This profound practice of Lojong was originally brought to Tibet by Master Atisha. It helps us to transform our focus to the space like view that reveals the similarities of all sentient beings.



www.emahofoundation.org

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