

MEDITATION

Fall Intensive

Teachings on meditation by ZaChoeje Rinpoche
Friday October 9 – Thursday October 15, 2009

Early Registration is Encouraged

Log on to emahofoundation.org
to preregister for the series.

Fee for the full intensive is \$180.
Register online or in person at
the center.

No one is ever turned away for
lack of funds.



www.emahofoundation.org

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.



Beginning October 9 and continuing through the 15th, Venerable ZaChoeje Rinpoche will offer detailed instructions on Shamatha and Vipassana meditation. The teaching will include commentary on Chapter 8 of Shantideva's *A Guide to the Bodhisattva's Way of Life*. Written in the 8th century by the monk Shantideva, this classic Mahayana text is a guide to realizing enlightenment through the practice of the six perfections.

We are fortunate to receive meditation instructions from an authentic Tibetan master who understands our modern Western minds.

Without a thorough examination of our mind and its habits, it is impossible to make change in our daily lives. With the motivation of achieving enlightenment for the sake of all sentient beings — the motivation of the Bodhisattva — we engage in the practice of meditation to become familiar with our minds and free ourselves from habitual patterns and emotional afflictions.

Meditation is also important to achieving wisdom in the Mahayana tradition. Meditative concentration and stabilization are necessary to achieving a direct realization of the true nature of things. This type of realization does not come from the senses, but instead from the deep insight that comes during meditation.

SCHEDULE, 9 SESSIONS:

Fri Oct 9, 7–9 PM
Sat & Sun Oct 10 & 11, 10–4
Mon & Tues Oct 12 & 13, 7–9 PM
Wed Oct 14, 8–10 PM
Thurs Oct 15, 7–9

Note: this flyer revised 10/4/09