

# MEDITATION

## from A GUIDE TO THE BODHISATTVA'S WAY OF LIFE

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

### Early Registration is Encouraged

Log on to [emahofoundation.org](http://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](http://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.



In October, Venerable ZaChoeje Rinpoche will offer teachings on meditation based 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. In Chapter 8, Shantideva explains how to achieve meditative concentration.

The practice of meditation is basic to the Buddhist path. 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.

With the incomparable guidance of ZaChoeje Rinpoche — a great teacher that we are fortunate to have in our community — we will study and practice the perfection of 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