



THE FOUNDATION OF ALL GOOD QUALITIES

ZaChoeje Rinpoche

Sunday, January 18, 10 AM-4 PM

Emaho Center



ZaChoeje Rinpoche will give a workshop on Lama Je Tsong Khapa's Lamrim prayer, written in the 14th century, entitled *The Foundation of all Good Qualities*. This rich and practical 14-stanza text is a prayer of concise instructions leading us from our present state to the state of ultimate happiness.

Rinpoche, with his humorous, straightforward and engaging manner, will help us gain valuable insights into death and impermanence, human rebirth, suffering, cause and effect, great compassion and wisdom. His teaching will encourage and instruct us on how we can live more peaceful, mindful and happier lives.

With fresh new insights into this classic Lamrim text and with daily recitation we begin to transform the negative tendencies of our mind. As we think about the varied meanings of this prayer we find we are able to utilize the precious moments of our lives in enthusiastic and joyful ways.

The Foundation of All Good Qualities is organized in graduated stages of practice, with advice to all practitioners, from initial to advanced. Rinpoche's substantial workshop will help us see which qualities are firm within us and which need more development. For those of us wanting to develop our Buddha potential, being ultimately happy, this workshop will set us on a firm path for the New Year.

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

Based in Scottsdale, Arizona, Emaho Foundation is dedicated to sharing Tibetan culture in the West, supporting humanitarian projects worldwide, and assisting with personal spiritual development.

Emaho is a 502(c)(3) non-profit.

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