

The Mind of Awakening

With Tempa Dukte Lama

Saturday, April 18, 9:30-5

The mind of awakening or Bodhicitta, is the aspiration to benefit all beings in every moment of our life. It is the quality of compassion and wisdom that feels the pain and needs of others. It is a longing to be completely free from habits and fears. But specifically, it is a longing to be free so that you can be part of bringing an awakened culture to this earth and to be a part of alleviating the suffering and dissatisfaction that is part of our human condition. Bodhicitta comes from our own experience of not wanting to suffer anymore. It is the realization that our suffering is shared with everyone. For the sake of others you want to wake up so that you can open your heart and be fearless in the face of everything rather than rejecting ourselves, experiences or others. This mind of awakening gives us the strength and foundation, independent of difficult circumstances.

Tempa Dukte Lama is an ordained Tibetan Bon lama. He is the founder and spiritual director of Olmo Ling Bon Center in Pittsburgh, PA. Tempa Lama is an artist and poet and author of two books with Olmo Ling Publications. He trained in Menri Monastery, India, from the age of six under the close guidance of His Holiness 33rd Menri Trizin, the world-wide spiritual leader of the Bon tradition. Tempa Lama is dedicated to making the ancient teachings of Bon available and accessible in the West, helping people bring a practice of compassion, healing and happiness into their lives.

LOCATION:

The Spencertown Academy Arts Center, 790 Route 203, Spencertown, NY.
For directions visit www.spencertownacademy.org

REGISTRATION:

Retreat cost: \$125, includes lunch on Saturday.

***All proceeds from this teaching will go to purchase medical supplies for the Humla Medical Service Trip to Nepal. Donations for Humla Fund are greatly appreciated.**

To register please contact Heidi at hardingheidi@aol.com or 518-392-7001.

A money order or personal check made out to Humla Fund can be mailed to:
Humla Fund, C/O Heidi Harding, PO Box 327, Spencertown, NY 12165

LODGING: A list of local Inns, Bed & Breakfasts, Hotels & Motels is available upon e-mail request.

