

FOR IMMEDIATE RELEASE  
Patricia Podgorski, Office Manager  
Olmo Ling Bon Buddhist Center  
1101 Greenfield Avenue  
Pittsburgh, PA 15217  
Phone: 412-904-1112  
[bon@olmoling.org](mailto:bon@olmoling.org)

## **Bon Buddhist Spiritual Leader To Make Historic Visit To Pittsburgh**

PITTSBURGH, PA – March 23, 2011

Olmo Ling, Bon Buddhist Center of Pittsburgh, proudly announces an historic first visit by His Holiness, the 33<sup>rd</sup> Menri Trizin, the spiritual leader of the Tibetan Bon Buddhist Tradition and Abbot of Menri Monastery in India, to the city of Pittsburgh, with a public talk, blessing and benefit dinner on Saturday, June 4, 2011. As the head of one of Tibet's five spiritual traditions, His Holiness is one of the five highest spiritual teachers (lamas) in Tibet.

The public talk and blessing will take place from 3:00 to 5:00 p.m. at the Mellon Institute Auditorium, 4400 5<sup>th</sup> Avenue, Pittsburgh, PA 15213. The benefit dinner will take place at 6:30 p.m. at India Garden, 3813 William Penn Highway, Monroeville, PA 15146 and feature a raffle and live music by Mimi Jong, playing the ancient Chinese Erhu. All proceeds from the public talk and dinner benefit the children, monks and nuns living and studying at Menri Monastery in India.

Tickets for both events are available now and can be obtained online at [www.olmoling.org](http://www.olmoling.org), or purchased at **Olmo Ling**, 1101 Greenfield Avenue, Pittsburgh, PA 15217, **Snow Lion Imports**, 201 S. Craig Street, Pittsburgh PA 15213 or **Kohli's Indian Imports**, 301 S. Craig Street, Pittsburgh PA 15213. Tickets for the public talk and blessing are \$25.00 in advance, \$30.00 at the door. Tickets for the benefit reception include dinner and are available for \$55.00.

Tempa Dukte Lama, the founder and director of Pittsburgh's Bon Buddhist Center, Olmo Ling, grew up under the close guidance of His Holiness at Menri Monastery. He states "It is a great honor that His Holiness will visit Pittsburgh and share with us his wisdom, his blessings, and the Bon Buddhist teachings of compassion."

His Holiness's public talk entitled, "Awakening the Heart of Compassion", will focus on how we all have the potential to become a Buddha – an awakened being who is free from suffering and can truly help others. His Holiness will explain how we can manifest and live this Buddha Nature through unconditional love and compassion, in light of the challenges we face in this day and age. His Holiness will also offer individual blessings for healing, longevity and prosperity at the end of the talk.

The benefit reception is a fundraising effort in support of the children, monks and nuns at Menri Monastery. His Holiness' fundraising efforts in Pittsburgh will ensure that Menri Monastery can continue to provide education, cultural heritage and sustenance for the children, monks and nuns

at Menri. These efforts will allow for the continued teaching and preservation of the ancient Bon Buddhist Teachings for generations to come.

His Holiness is one of the few, higher lamas in the Tibetan Buddhist traditions, who fled Tibet during the Cultural Revolution. He re-established Menri Monastery, the center of the Bon Religious Tradition, in Dolanji, India in 1967, while in exile.

As the main spiritual center of the Bon Buddhist Tradition, Menri Monastery houses both a monastery and a nunnery, the Redna Menling, the only Bon nunnery outside of Tibet, as well as a higher, philosophical school where students can obtain a Bon Geshe degree, equivalent to the western, PhD or doctorate degree.

Faced with the dire situation for Tibetan refugees in India, His Holiness has also established the Children's Welfare Center to house the younger monastics, and the Bon Children's Home. These two organizations provide shelter and food, health care and education to about 400 orphaned or disadvantaged girls and boys, and help to maintain the threatened Tibetan Bon cultural tradition.

His Holiness has dedicated his life to helping others and working to preserve the precious wisdom teachings of the ancient Bon tradition, the indigenous religion of the Tibetan people.

"His Holiness is viewed as a true manifestation of compassion. His presence and wisdom, along with his compassionate work and endeavors have touched people throughout his travels around the world," says Tempa Dukte Lama.

His Holiness' visit is hosted by the local Bon Buddhist Center, Olmo Ling founded in 2007 by Tempa Dukte Lama. Olmo Ling is a non-profit, religious organization dedicated to the preservation and teaching of the ancient Bon Buddhist Tradition in order to heal, transform and uplift the Pittsburgh and surrounding communities, especially those most in need, including at risk youth, adults and the terminally ill.

The weekly schedule at Olmo Ling includes Dharma talks, Tibetan Yoga as well as meditation and prayer services. Monthly retreats are also offered with Tempa Lama and visiting Tibetan Lamas that cover a range of topics including meditation and healing, Being with Death and Dying, living a compassionate life, and Tibetan Yoga.

To obtain a Press Pass or additional information visit [www.olmoling.org](http://www.olmoling.org), call 412-904-1112 or email Patricia at [bon@olmoling.org](mailto:bon@olmoling.org).