



WHITE TARA AND LONG LIFE PRACTICES

With Domo Geshe Rinpoche

Private Home, 305A Portlock RD, Honolulu, HI

TIBETAN BUDDHIST LONG LIFE PRACTICES such as White Tara call back our life force energies that were lost or wasted on projects or relationships that drained us, often with little or no benefit. The loss of these life force energies can shorten our life span. Doing some form of long life practice seals and extends our karmic lifespan, so we have more time to accomplish more. Join Rinpoche to learn more about this important topic that benefits meditators.

UNDERSTANDING LONG LIFE PRACTICES IN TIBETAN BUDDHISM

February 24, Friday, 7–8:30 PM

\$25 suggested donation

WHITE TARA EMPOWERMENT AND COMMENTARY

ALL-DAY SEMINAR

February 25, Saturday, 10:00 AM–5:00 PM

\$90 suggested donation. Please bring a personal offering for Rinpoche as well.

RELEASING GUILT

February 26, Sunday, 1:00 PM–3:00 PM

\$40 suggested donation.

THE JOY OF CARING FOR OTHERS AT THE END OF LIFE

February 28, Wednesday, 7:00 PM–8:30 PM

3649 Nihipali PL., Honolulu, HI 96816 (Ruey Ryburn's home) (Mauanalani Heights off 4600 block of Sierra Dr.) \$25 suggested donation.

DOMO GESHE RINPOCHE, a reincarnate Lama of the Geluk tradition of Tibetan Buddhism, teaches the “joyous path” with warmth and humor, in a 21st-century context Rinpoche teaches timeless and universal spiritual truths that are not restricted by language and culture. She has taught countless people worldwide. The Green Wisdom Light daily meditation practice that Rinpoche teaches offers an authentic Buddhist path to true freedom. You can read a daily teaching on her Satisfied Buddhist Blog at www.white-conch.org.

FOR A PERSONAL APPOINTMENT with Domo Geshe Rinpoche, call 08-737-8859. Appointments are only for pertinent spiritual questions or to request a meditation practice. New students are welcome.

Information: www.white-conch.org or call 808-737-8859

