



MAKING YOUR LIFE COUNT

Fall 2010 Madison Area Visit

DOMO GESHE RINPOCHE

A Reincarnate Lama of the Tibetan Buddhist Tradition

Baraboo

No Time to Waste: Understanding Why You Are Really Here

September 17th, Friday, 7–8:30 PM

Suggested Donation: \$15

Café of Life, 701 Ash St.

What is the purpose of life? Why are you really here? Understanding deeply the answers to these questions allows us to live with intention, direction and purpose and prevents us from wasting time on meaningless activities. His Holiness the Dalai Lama stated, "If you investigate the purpose of life, and with the motivation that results from this inquiry, develop a good heart...each day will become useful and meaningful." Join Rinpoche for a joyful investigation of these important questions and learn why you are really here.

Blue Mounds

Taking All Beings to Your Heart (Tonglen) – All-Day Seminar

September 18th, Saturday, 10 AM–5 PM

Donation: \$65 (\$55 if registered by September 10th)

Joyful Path Healing Center, 11000 Division St.

Many great beings who devoted their lives to alleviating the suffering of others – Mother Theresa, Mahatma Gandhi, Jesus, the Buddha – were models of great altruistic compassion. Today we are confronted with many, sometimes contradictory, messages about how we should love. "You must love yourself. Stop being so selfish. Don't let others take advantage of you." What is the correct view of compassion that will allow us to be of true benefit to others and to the world? To find out, come learn about Tonglen – a powerful compassion practice that increases our inner strength and courage, loosens the hold of selfishness and allows us to develop unbiased compassion for healing ourselves and others – with Domo Geshe Rinpoche.

Madison

Book Signing and Talk

September 19th, Sunday 2–3:30 PM

Room of One's Own Bookstore, 307 West Johnson St.

Rinpoche's new books: *Red Lotus Buddhist Wisdom* and *Mystery of Emptiness and Love*

Coming Alive Through Meditation

September 21st, Tuesday, 7–8:30 PM

Suggested Donation: \$15

Center for Conscious Living, 849 E. Washington Ave.

Meditation's benefits for the mind and body are well documented. The many types of meditation practices and techniques differ in their intent: to calm the body or mind, reduce stress, etc. Transformative meditation practices are powerful practices that nourish and awaken one's inner spiritual being and allow one to make rapid progress on the evolutionary journey to perfection. Join Domo Geshe Rinpoche for a lively discussion about transformative meditation, and discover who you really are inside.

Understanding Refuge:

Commentary on *The Words of My Perfect Teacher*

September 22nd, Wednesday, 7–8:30 PM

Suggested Donation: \$15

Goodman Community Center, Merrill Lynch Rm. C, 149 Waubesa St.

The Words of My Perfect Teacher by Patrul Rinpoche teaches the Lam Rim stages of the Buddhist path to enlightenment and is suitable for both beginning and advanced students. Rinpoche will give an ongoing commentary on this text that will focus on refuge. How can we make the most of this precious human life and move forward on our evolutionary path to transformation?

Weekend Retreat

Taking Refuge: The Foundation of All Paths

Commentary on *The Words of My Perfect Teacher*, with Green Wisdom Light Meditation Initiation

September 24th–September 26th (Friday–Sunday)

Norbertine Center for Spirituality, De Pere, WI

Donation: \$270 after September 19th (\$220 if registered by September 18th)

Rinpoche will continue her commentary on *The Words of My Perfect Teacher* and will discuss the qualities and method of *taking refuge*: your motivation, how to take refuge and the benefits of refuge. If she completes this topic, she will discuss Bodhichitta (Altruistic Great Compassion). The Green Wisdom Light Meditation is a powerful transformative compassion practice. Join us for a rare opportunity to receive this meditation practice on developing compassion.

For a personal appointment with Domo Geshe Rinpoche, call (262) 370-5974. Appointments are only for pertinent spiritual questions or to request a meditation practice. New students are welcome.

More information at www.white-conch.org or call 262-370-5974, White Conch Dharma Center.

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. She facilitates our inner work of overcoming preliminary obstacles such as stress, anger, worry, and discouragement so we can reach our highest potential. Rinpoche teaches timeless and universal spiritual truths that are not restricted by language and culture. She has taught countless people worldwide. The important life lessons of the true nature of compassion and how to get along with others make us capable of transformation. The Green Wisdom Light daily meditation practice that Rinpoche teaches offers an authentic Buddhist path to true freedom.