



COMPASSION IN TROUBLED TIMES

A DOMO GESHE RINPOCHE EVENT
Tibetan Buddhist Tradition

INTRO TO COMPASSION IN TROUBLED TIMES

September 21st, Thursday

7:00–8:30 pm

**Joyful Path Healing Center
11000 Division St., Blue Mounds, WI 53517**

Donation: \$15

YOU WERE BORN TO BECOME WHOLE AND WHOLESOME enough to be of benefit to others. The Buddhist teachings on compassion are invaluable resources to help in challenging times.

REJUVENATING A SPIRITUAL PRACTICE

September 22nd, Friday

7:00–8:30 pm

**Perennial Yoga Studio
5500 E Cheryl Parkway, Fitchburg, WI**

Donation: \$15

WITH THE UPS AND DOWNS OF DAILY LIFE, it is easy to set aside or reduce our commitment to our inner growth. Come and listen to the Buddhist invitation to remember your enthusiasm to become enlightened.

PRACTICAL COMPASSION IN TROUBLED TIMES

HALF-DAY SEMINAR

September 23rd, Saturday

1:00–4:30 PM

**Joyful Path Healing Center
11000 Division St., Blue Mounds, WI 53517**

Donation: \$40

THE EFFORTS DESCRIBED IN THE EIGHT VERSES OF THOUGHT TRANSFORMATION, including Tonglen, are increasingly important to spiritual people who would like to have more "tools" to help others and to become more skillful in their own growth in compassion. This workshop can be taken by itself or as a continuation of the introduction, and includes training in the compassion healing practice of Tonglen, also called, "taking and giving upon the breath."

For a personal appointment with Rinpoche, call (715) 743-6743.

See www.white-conch.org for further information. Appointments are only for pertinent spiritual questions or to request a meditation practice. New students are welcome.

INFORMATION: www.white-conch.org or (715) 743-6743

