



THE JOY OF MEDITATION

A DOMO GESHE RINPOCHE EVENT
Tibetan Buddhist Tradition

MOTIVATION TO CHANGE

March 24th, Friday

6:30–8:00 PM

Light of Grace, a Miracles Center

5806 W. National Ave., West Allis, WI 53214

SUGGESTED DONATION: \$15

REGISTER AT www.white-conch.org

Life seems to flow by and we are caught up in responsibilities and daily activities. And yet one of our life's duties is to change. Where do we start? Motivation! Join us in this healthy discussion about what it takes to reorganize our priorities to make time to grow.

HOW TO MEDITATE WORKSHOP

HALF DAY WORKSHOP

March 25th, Saturday

1:00–4:00 PM

Unity Church in Milwaukee. Workshop.

1717 N 73rd St, Wauwatosa, WI 53213

SUGGESTED DONATION: \$35

REGISTER AT www.white-conch.org

This workshop will address the issues everyone faces: to learn the nuts and bolts of starting a meditation practice. In addition, maintaining a daily practice is challenging without someone to help you through the rough spots. Attending this workshop by Domo Geshe Rinpoche will be people who have meditated for decades as well as those brand new to meditation.

REJOICING

March 26th, Sunday

10:00–11:00 AM

Unity Church in Milwaukee. Sunday Service

1717 N 73rd St, Wauwatosa, WI 53213

Come to Unity's Sunday Service and open to higher dimensions of joy with Domo Geshe Rinpoche's sermon on spiritual rejoicing.

Information: www.white-conch.org or (262) 370-5974



THE HEALING POWER OF HAPPINESS

April 7-9

Lotus Lake Buddhist Center

Neillsville, WI

\$225 – Early Registration by March 7; \$235 – Regular Registration

PREREGISTRATION REQUIRED AT www.white-conch.org

WEEKEND RETREAT

Friday, 7 PM–Sunday, 5 PM

We already have good insight of learning from life's tough lessons. So much so that perhaps we have forgotten how healed we feel from genuine happiness. This weekend retreat at Lotus Lake Buddhist Center and Monastery will emphasize generating a happy and satisfied mind in accordance with the Buddha's advice. Green Tara represents compassion in action, and the Green Tara empowerment will be given.

DOMO GESHE RINPOCHE presents the proven methods of Tibetan Buddhism, with a thorough understanding of Western culture and language. Through her teachings, the dharma comes alive in the hearts of her students. Rinpoche is accessible to students and provides each one with personal instruction and guidance. Domo Geshe Rinpoche teaches how we can end our self-created suffering and awaken deep compassion and wisdom. While being rooted in the Tibetan Buddhist tradition of transformative meditation, her teachings are skillfully adapted for Western students—with lots of humor. She founded White Conch Dharma Center in 2001.

FOR A PERSONAL APPOINTMENT with Rinpoche, call (262)-370-5974.

Appointments are for pertinent spiritual questions or to request a meditation practice. New students are welcome.

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