



# COMPASSION IN TROUBLED TIMES

**A DOMO GESHE RINPOCHE EVENT**  
Tibetan Buddhist Tradition

**Location: Private home, 3 La Tusa St., Santa Fe, 87505**

## **INTRO TO COMPASSION IN TROUBLED TIMES**

**November 2nd, Thursday**

**7:00–8:30 pm**

**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.

## **THOUSAND HAND CHENREZIG EMPOWERMENT**

**November 3<sup>rd</sup>, Friday**

**7:00–9:00 pm**

**Donation: \$20**

**HAVE YOU EVER WISHED YOU COULD RELIEVE THE SUFFERING OF OTHERS?** The universal healing balm for all kinds of suffering is compassion. How can we develop and strengthen our capacity for healing compassion? Buddha Chenrezig is the embodiment of enlightened compassion. Rinpoche will offer the empowerment of Chenrezig as a foundation for developing the qualities needed during these difficult times.

## **PRACTICAL COMPASSION IN TROUBLED TIMES**

**ALL- DAY SEMINAR**

**November 4th, Saturday**

**9:00–5:00 PM**

**Donation: \$60**

**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."

## **REJUVENATING A SPIRITUAL PRACTICE**

**November 5<sup>th</sup>, Sunday**

**10:00–11:30 am**

**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.

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

See [www.whiteconch.org](http://www.whiteconch.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](http://www.white-conch.org) or (715) 743-6743

