

BUDDHIST METHODS OF MEDITATION

with Geshe Jampa

Saturday, May 10, 1-4 PM



"Meditation is not something to do, It is something to be."
-ZaChoeje Rinpoche

Meditation is the art of living in the present moment. There are many different meditation techniques, including those that calm our minds, those that help us analyze different situations, and those that help us identify with our potential to experience an enlightened world.

Geshe Jampa will guide us through the traditional presentation of the meditation practices of **Calm Abiding, Analytical Meditation, and Phowa - Transference of Consciousness.**

Geshe Jampa provides us with the opportunity to explore the ideas of Buddhism from the Tibetan monastic tradition. This serves as a great complement to Rinpoche's ongoing allegorical teaching style. Registration is not required and all are welcome. Please join us.



www.emahofoundation.org

Emaho Center is just south of McDowell Road, on the west side of Miller, in the Los Arcos Medical Plaza.