

NALANDA WEST IS HONORED TO PRESENT A WEEKEND RETREAT WITH

TSOKNYI RINPOCHE

April 27–29, 2012



For over 15 years, **TSOKNYI RINPOCHE** has been teaching students worldwide about the innermost nature of mind in the Tibetan Buddhist tradition. Rinpoche is one of those rare teachers whose lighthearted, yet illuminating style appeals to both beginners and advanced practitioners alike. He is truly a bridge between ancient wisdom and the modern mind, and he has a keen interest in the ongoing dialogue between western research, especially in neuroscience, and Buddhist practitioners and scholars. His fresh insights into the western psyche have enabled him to teach and write in a way that touches our most profound awareness, using metaphors, stories and images that point directly to our everyday experience. Widely recognized as a brilliant meditation teacher, he is the author of three books: *Carefree Dignity*, *Fearless Simplicity*, and his new book *Open Heart, Open Mind*.

On Friday night, Rinpoche will teach from his new book *Open Heart, Open Mind*. In *Open Heart Open Mind*, Rinpoche speaks of “a spark of unparalleled brilliance, an unlimited capacity for warmth, openness, and courage, or ‘essence love.’ Timeless and imperishable, essence love is often layered over by patterns of behavior and belief that urge us to seek happiness in conditions or situations that never quite live up to their promise.”

During the teaching there will be time for questions and answers, and following the evening program, Rinpoche will sign copies of *Open Heart, Open Mind*, which will be available in the Nalanda West bookstore.

On Saturday and Sunday, Rinpoche will present further teachings on **A Dzogchen Approach to an Open Heart and Open Mind**. In the weekend he will teach us how we can experientially touch the nature of mind through the profound Dzogchen teachings and more clearly understand and work with the subtle body, ego development, and how to find and develop “essence love,” which is the hallmark of a truly alive, open and free human being. This retreat will explore the dynamic interplay of the two truths on and off the cushion as a way to integrate every aspect of our lives: that we are Buddha nature and on the path to its realization.

Tsoknyi Rinpoche's teachings will be held at

Nalanda West

Center for American Buddhism

3902 Woodland Park Avenue North
Seattle, WA 98103
www.nalandawest.org

■ SUGGESTED DONATION

Full Program: \$150 general admission / \$130 Nalandabodhi members, seniors age 62+, and full-time students
Friday night only, if space is available: \$15 at the door

■ PRE-REGISTRATION ONLINE NOW:

General admission: <http://www.nalandastore.com/ProductDetails.asp?ProductCode=Tsoknyi+Rinpoche+01>
Nalandabodhi members, seniors age 62+,
full-time students: <http://www.nalandastore.com/ProductDetails.asp?ProductCode=Tsoknyi+Rinpoche+02>
To contact us: info@nalandawest.org

■ TEACHING SCHEDULE

Friday April 27: 7–8:30pm. Book signing 8:30–9pm
Saturday April 28: 10am–12noon & 2:30–4:30pm
Sunday April 29: 9:30–11:30am

