

Quiet Mind, Clear Mind



**One-day Teaching
and Meditation Intensive
with Sabchu Rinpoche
Saturday, January 19, 2008
Bodhi Path Natural Bridge**

**The 5th Dilyag
Sabchu Rinpoche**

Recognized in infancy by HH Shamar Rinpoche, the 5th Dilyag Sabchu Rinpoche began rigorous spiritual training accorded important incarnate teachers at age five. At 17, Sabchu Rinpoche entered into the traditional three-year where he received all the oral transmissions and empowerments of the Karma Kagyu lineage under the guidance of Lama Sherab Gyaltzen Rinpoche. Today, Sabchu Rinpoche serves as co-head of Sri Karma Raja Maha Vihar and teaches Buddhism throughout Asia and the US.

In the Buddhist tradition, the path to understanding is through meditation. One powerful practice is Shine, or calm abiding meditation. This practice naturally quiets the mind, which gradually leads to insight, understanding and clarity. As the busy, distracting, chatter in the mind subsides, limitless potential is revealed. Join us as Sabchu Rinpoche leads us into this profound practice.

Date and time:

Saturday, January 19, 2008

9 am to noon, 2 to 5 pm.

Bring your lunch or run out for a quick bite between sessions.

Suggested donation:* \$35

Sabchu Rinpoche is also available for individual conferences on Sunday afternoon and Monday, January 20 and 21.

For further information:

Call Terry at 540-463-2950 or email naturalbridge@bodhipath.org



BODHI PATH

KARMA KAGYU BUDDHIST CENTER

NATURAL BRIDGE

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**A voluntary donation for a "Teacher's Gift" will be requested separately.*