

APRIL 6–8, 2007

THE JOY OF LIVING THE SECRET OF HAPPINESS

with Mingyur Rinpoche

The Buddha taught that the basic nature of mind is fundamentally clear and aware—it is in essence joyful.

How many of us would agree upon this as our common experience? Due to various life situations, joy is not necessarily our ongoing experience of life. However, we can experience this essential nature of mind, and bring this joy into our daily lives, leading a happier and healthier life through meditation. During this program, Mingyur Rinpoche will lead us to experience and become familiar with this joy through teachings on the traditional Tibetan Buddhist methods of familiarizing ourselves with the nature of our own minds through resting and analytical meditations.



Nalanda West

3902 Woodland Park Ave. N., Seattle, WA 98103
info & pre-registration: www.nalandawest.org or 206.529-8258



About the Teacher

Mingyur Rinpoche actively teaches in the West and is known for his ability to convey the Buddhist teachings in a clear and skillful manner. He is the author of *The Joy of Living: Unlocking the Secret & Science of Happiness*.

Yongey Mingyur Rinpoche was born in Nepal in 1975 and is the son of Tulku Ugyen, a great Dzogchen master. The 16th Karmapa recognized Rinpoche as the 7th incarnation of Yongey Mingyur Dorje, a legendary Tibetan meditation master and scholar. He was also recognized as the incarnation of Kangyur Rinpoche by Dilgo Khyentse Rinpoche. The Dalai Lama chose him to participate as a subject for medical investigation into the effects of meditation.

Dates: April 6-8, 2007

Schedule:

Friday—

On-site registration 6:30-7:15pm,

Opening Talk 7:30-9pm

Saturday & Sunday—

Talk & guided meditation 9:30am-12:30pm

Talk & guided meditation 2:30-5:30pm

Cost:

Friday evening only: \$20

Entire program: \$150, Members \$125

(work/study & special circumstances discounts available)

Location: Nalanda West, Main Shrine Room

Registration: Available on-site or online at www.nalandawest.org