

MARCH 24 - APRIL 1, 2007



NITARThA INSTITUTE *for Higher Buddhist Studies* presents:

MIND & ITS WORLD

with The Dzogchen Ponlop Rinpoche

& Insitute Faculty: Karl Brunnhölzl, Tyler Dewar, Stephanie Johnston & Steve Seely

Would you like to see with clarity how your mind works? How confusion occurs and causes pain in your life? What the antidotes are? This is the essence of Nitartha Institute's Mind & Its World program. It is a close and thorough examination of mind itself, its different functions, its ways of knowing phenomena, and the types and nature of those phenomena--mind's objects.

The purpose is to reveal our fundamental confusion about what is real in our everyday world. Not an intellectual exercise, it is a pragmatic exploration of our ordinary mind, its relationship with the world of phenomena and of thoughts, and exactly where we get confused by our projections. The teachings reveal how we can lead our lives with less confusion, and offer effective tools for clear communication with our world.

Two classics of the Tibetan study curriculum, the Lorik (Classifications of Mind) and the Dudra (Collected Topics), will be studied, complemented by "hands-on" contemplative exercises in clear thinking and analytical meditation. This union of study and contemplation will help cultivate certainty in your path and enable meditation to mature into realization. Attendance at this program is equivalent to attending the first two weeks of the Nitartha Summer Program.

"If you do not understand the Lorik then you will not understand mahamudra." –Khenpo Tsultrim Gyamtso Rinpoche



Co-sponsored with:

Nalanda West

3902 Woodland Park Ave. N., Seattle, WA 98103 • www.nalandabodhi.org

Faculty:

The Dzogchen Ponlop Rinpoche is the Institute's founder and Executive Director. He is a graduate of the Karma Shri Nalanda Institute at Rumtek and is extremely skilled in presenting the teachings in English and the Western cultural context. Other faculty members are senior Nitartha teachers Karl Brunnhölzl, Stephanie Johnston, Tyler Dewar and Steve Seely.

Location: Nalanda West

Schedule:

Registration and Meet & Greet:
March 23, 7 – 9pm
First day of Classes: March 24
End of program: Apr 1 at noon

Daily schedule:

7:30 – 8:15am
Continental Breakfast at Nitartha
8:30am – 12pm
Resting meditation, class, analytical meditation
12pm: Lunch at Nitartha
2 – 6pm
Class, study time, meditation, discussion group
6pm: Dinner Break
8pm
Class with The Dzogchen Ponlop Rinpoche

Fees:

\$450 (\$425 for Nalandabodhi members)
\$100 Continental breakfast and lunch
\$100 Suggested teaching gift
Text purchases will total approximately \$80

For info & to register: www.nitarthainstitute.org, or call Steve Seely: 206-407-3427.