

INTRODUCTION TO
MEDITATION
AND THE DHARMA
WITH
VENERABLE LAMA SEUNAM



17. - 19. MARCH 2006
WINTERTHUR



Academy of Chinese Healing Arts

Introduction to Meditation



The path to self-realization is the path of meditation, and it is based on discovering the true nature of our "Spirit" and of its inherent qualities.

Our daily life is filled with external or internal experiences, which are in reality, only conditioned projections of our minds.

The Spirit in its clarity, awareness and wisdom, is very difficult to grasp directly. The essential nature of the Spirit is covered by two veils, first the grosser veil of "Perturbing emotions" and then the veil of "Dual consciousness".

This introduction course is offered as the beginning of a cycle of study, reflection and meditation, open to all independent of our religion or belief systems, and is based on Buddha's teachings: the "Dharma".

Venerable Lama Seunam first studied at the Djang Tchoub Tcheu Ling monastery in Bhoutan. He later continued his studies in sonada in northern India under his master Venerable Kalou Rinpoche from whom he received all the initiations. He then went in to the traditional 3-year retreat of the Changpa Kagyu lineage to perfect his knowledge and inner realization.



In 1988, he was deigned by his master Kalou Rinpoche, to teach in the west and appointed as the director of the Marpa institute. In 1990 Lama Seunam was assigned director of the Dashang Kagyu Ling centre, which with the temple of Thousand Buddhas, is one of the most important Buddhist centers today in Europe.

Dates & Times: . Friday 17th of March 2006 from 19h. till 21h.
. Saturday 18th of March from 9h. till 18h.
. Sunday 19th of March from 9h. till about 13h

Place: Winterthur, Unter Graben 1, Academy of Chinese Healing Arts

Cost: 250.- Sfr. Only Friday p.m.. 30.- Sfr.

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