



Thubten Norbu Ling

Mahayana Buddhist Center of Santa Fe
"Practicing Simple Kindness & Compassion"
Following the tradition of His Holiness the Dalai Lama,
Lama Thubten Yeshe and Lama Zopa Rinpoche

MEDITATION RETREAT

The Supreme Jewel: Generating the Awakening Mind

November 5 - 8, 2009

The Mandala Center, Des Moines, NM

This four-day group meditation retreat will focus primarily on the techniques for developing bodhichitta, the awakening mind, utilizing the simple but profound practice of Thousand-Arm Chenrezig, the Buddha of Compassion. This event will be held at The Mandala Center (www.mandalacenter.org), a beautiful and serene retreat center in northeastern New Mexico. The retreat commences with dinner on Thursday evening and concludes with lunch on Sunday. It will be led by Don Handrick, resident teacher at Thubten Norbu Ling, and will include guided practice and meditation sessions, teachings on the techniques of cultivating bodhichitta and the practice of Thousand-Arm Chenrezig, as well as opportunities for group discussions and individual instruction. No previous retreat experience or tantric initiations are required to participate.

The fees for attending the retreat include accommodations and all meals as well as personal copies of any practice materials required for the retreat. Double occupancy rates are on a sliding scale, from \$250 to \$300. Single occupancy rates are \$350, and will be accommodated to the extent possible on a first-come, first-serve basis. A deposit of \$50 is requested with your registration, which is fully refundable prior to October 22, 2009, at which time registration will be closed and the remainder of the fee is due from those planning to attend. Partial sponsorships may be available for those who require financial assistance. Please see the registration form for more information.

We are delighted to be offering this precious opportunity to engage in the practice of bodhichitta with other members of New Mexico's FPMT community. We hope you can join us! If you are unable to attend the retreat but wish to donate to the sponsorship fund, please call 660-7056.

A member of the Foundation for the Preservation of the Mahayana Tradition (www.fpmt.org)



Thubten Norbu Ling • “Land of the Jewel of Buddha’s Teaching”

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