



Beginning October 18th in Redmond; beauty and practicality . . .

Tibetan Buddhist Dharma

Sundays, 10:30am – 12:30pm, at Health Within; always free.

Each week we study and consider specific aspects of the Tibetan Buddhist path of wisdom and compassion, with an emphasis on practical everyday application(s) for Western living. A core teaching in this curriculum will be the classic 11th century Mahayana text “Eight Verses for Training the Mind.” Included in our gatherings are **meditation, lecture and discussion**; while the teachings by nature are progressive they are accessible for all -- beginners are always welcome and one-off attendance is fine. Handouts are provided.

This program is non-denominational and is presented to enhance current spiritual/religious inclinations and sensibilities. Teachings are presented to be thought-provoking, and are both suitable and meaningful regardless of level of knowledge or experience with Tibetan Buddhism. A **gift to the community** (thank you, Health Within for your kindness in providing our Redmond meeting space), there is no charge for attending.

Some of the topics we'll touch upon:

Precious human existence :: love and loving kindness :: karma :: equanimity :: interdependence :: recognizing and dealing with afflictive emotions :: mental health :: Buddha's teachings (sutras) :: cultivating beneficial states of mind :: concentration/meditation :: death and dying :: rebirth/reincarnation :: the Bodhisattva path :: happiness :: compassion :: intuitive well-being :: generosity :: conventional/ultimate reality :: wisdom :: enlightenment :: the Dalai Lama.

The program is presented by Mark Winwood, founder and resident teacher at the Chenrezig Project, a Snohomish County-based Tibetan Buddhist study/practice group. An adjunct professor of Buddhism (University of Central Florida system, Hindu University of America), he has for years shared Buddhist ideas and methodological/meditational practices with diverse groups throughout Florida before relocating to Washington State in 2014.

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