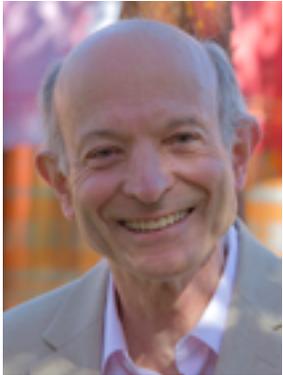


“Through your practice you may discover the beauty of your own manifestation and wonder at the qualities you find within your thoughts and senses. Then you can represent more fully the richness of your being and share with others your positive energy and understanding” – Tarthang Tulku

Instructors:



Ralph McFall



Maria Helena Kubrusly

Ralph McFall began full time volunteer work in the Nyingma Community in 1980. He is a past director of Nyingma Institute, Berkeley and of Nyingma Centers. Currently, he is a member of the NAMO Leadership council. Ralph has been an Odiyan resident since 1999, where he works printing books for the Yeshe De project.

Maria Helena Kubrusly is a founding member of the Nyingma center in Rio De Janeiro, Brazil, where she worked as a volunteer for 10 years. An Odiyan resident since 1999, Maria Helena works regularly with Tarthang Tulku Rinpoche on administrative and community matters. She also rendered the Portuguese translations of *Knowledge of Time and Space*, and *Mandala Gardens*.

PRACTICES ON THE BUDDHIST PATH

Date: Friday, February 15, 19:30
- Wednesday, February 20, 16:00
Price: € 485 (435 for Nyingma students)
including all meals, lodging in basic, shared rooms, and the book Practices on the Buddhist Path.

We hope to welcome you to the entire program. If, somehow, you can't make it, you might consider attending one or more of the following:

Public Talk 'Power of Prayer':

Friday, February 15, 19:30 - 21:00
Free Admission. Livestreamed.

'Power of Prayer' Public Talk + Workshop:

Public Talk Friday, Feb 15 19:30-21:00
+ Workshop Saturday Feb 16, 10:00-17:50
Price: € 95

Ceremony for World Peace

conclusion of the workshop.
Saturday, Feb 16, 17:10 - 17:50
All welcome. Free Admission.

Evening Talk 'Odiyan and Dharma in the West'

Saturday, Feb 16, 18:00 - 19:00
Free Admission

Workshop 'Introducing the Buddhist Path'

Sunday, Feb 17, 10:00 - 17:00
Price: € 95

Exploring the Buddhist Path:

Sunday, February 17 (workshop day) - Wednesday, February 20
€ 395 (375 for Nyingma students)

Registration: info@nyingma.nl

Nyingma Centrum Nederland
Reguliersgracht 25
1017 LJ Amsterdam
020 6205207 www.nyingma.nl
nyingmacentrum@nyingma.nl

Practices on the Buddhist Path 15 - 20 February 2019



The Power of Prayer

15 - 16 February 2019

Exploring the Buddhist Path

17 - 20 February 2019

“The impulse toward prayer seems to be almost universal in human consciousness.”

– Tarthang Tulku

The Power of Prayer

This program explores the meaning, value, and practice of prayer. Our prayers can have value for our world and can be a direct channel to higher awareness.

Our rational mind questions what the heart knows. Even in the midst of the tribulations of daily life, and the whirlwind of information and news we receive every day, we can feel the presence of the sacred. In our hearts we know the existence of something bigger, beyond our routine and everyday concerns. But when we turn to this more open and inviting dimension we may feel insecure, skeptical, or even embarrassed.

For our prayers to be effective for ourselves and others, we need to have the right perspective, and know the best ways to practice.

In this workshop, practices, discussions, and talks, will illuminate the dynamics of prayer so we can contact our inner nature, learn to reinforce the positive, open to the world, and invite the presence of the sacred.

Familiarity with the Vajra Guru Mantra is helpful but not required.



Exploring the Buddhist Path

What does the example of the Buddha's life have to tell us today? How can we engage his teachings while living in the modern West? Do we need to “believe” anything in order to begin to meditate and study the Dharma?

In the **workshop**, we will:

- talk about the Buddha's life and the significance of his awakening;
- practice four contemplations that help us orient ourselves to a meaningful life;
- discuss concerns about faith, belief, doubt, and inquiry;
- learn how the teachings can be put into practice in daily life, bringing us greater satisfaction and meaning.



In the **retreat**, we will deepen the experience of the workshop by learning about the fundamental teachings of the Buddha, including: The Four Noble Truths and the Eightfold Path; how to work with emotions; cultivating love and compassion, and working for the world. Lecture and discussion will be mixed with meditations for inner calm, insight, and openness. We will also do specific practices to implement each teaching in daily life.



Odiyan and Dharma in the West

Now that the construction of Odiyan, home for the Dharma in the West, is completed, its senior residents will be reaching out more often to present Tarthang Tulku's teachings.

Ralph McFall and Maria Helena Kubrusly will share insights, experiences, and challenges from their combined 70 years of experience of living and working at Odiyan. What does it take to sustain a Dharma community and work on Dharma projects every day of the year? And what are the benefits?

Date: Saturday, February 16, 18-19 hrs.

Please also join us for the special **ceremony** for World Peace that Ralph and Maria Helena will lead from 17.10-17.50 that same day. Free admission, donations welcome for Odiyan Temples and Gardens.

