Geshe Pema Dorjee is coming to town!

Topic:  

How to Practice: the way to a meaningful life

Where:  

Tibet House, 22 West 15th Street, New York, NY

When:  

7:00 – 9:00 p.m.
Thursday, November 29
Friday, November 30
Tuesday, December 4
Wednesday, December 5

Register at: https://tibethouse.us/event-calendar/

Geshe Pema Dorjee, the well-known scholar of Tibetan Buddhism, will travel from Dharamsala to devote four evenings to helping us gain a better understanding of a very precious book written by His Holiness the Dalai Lama entitled How to Practice: the way to a meaningful life. The first evening will introduce the fundamentals and will include a discussion of what makes a life meaningful, what is true happiness, and the importance of kindness. The second evening will focus on how to practice and achieve a moral life. The third evening will cover the practice of focusing the mind (also known as single pointed, calm-abiding, or concentrated meditation). The final evening will be devoted to how to practice Wisdom by understanding and realizing Emptiness.

Tibetan Buddhist Charitable Aid, Inc.
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Buddhism for Daily Living

Sunday, November 25th at 2PM

Jacques Marchais Museum of Tibetan Art
338 Lighthouse Avenue
Staten Island, NY 10306
$10

In a world filled with fear, intolerance, violence and therefore a lack of peace of mind, Buddhism for Daily Living serves as practical advice for living a more peaceful, meaningful, and enriching life. Geshe Pema Dorjee, a devout follower of The Dalai Lama, explains how to develop the qualities necessary for developing this ideal.

When you develop inner peace, it means no matter what sort of environment you are in, your mind is calm. – H.H. the 14th Dalai Lama

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