



## *Tibetan Buddhist Dharma Teachings with Lama Choyang November 4-7*

### **FRIDAY EVENING, NOV.4 (7-9 p.m.): *Cultivating an Open Heart***

How can we cultivate compassion and a quality of presence, openness and peace in our lives? Lama Choyang will share teachings and guide us in a brief meditation. There will be opportunity for questions and discussion.

Suggested Donation: \$15 to \$10 for evening program

### **SATURDAY, NOV 5 (10 -12 noon; 2 - 5 p.m.): *Openness and Presence***

How can we release fixation in our minds and allow our hearts to open? There will be teachings, discussion and the opportunity to share silent practice together. The structure of our time together will be oriented toward creating the depth and spaciousness of retreat.

Suggested Donation: \$50 - \$35 for the full day

### **SUNDAY, NOV 6 - MONDAY, NOV 7 (10 - 12 noon, 2-5 p.m.) (7 a.m. Red Tara practice optional): *Introduction to the Vajrayana: Why Do We Visualize Ourselves as Deities?***

Over these days, Lama Choyang will introduce Vajrayana practice within the larger context of the Buddha dharma. Every method of the Vajrayana path has the intent to disrupt what is conditioned, to shift our orientation from what is false and bounded, to an experience of openness and radiance that is more deeply true. There will be teachings and also the opportunity to share practice together.

Suggested Donation: \$50 - \$35 per day

---

*Personal interviews with Lama Choyang available upon request. Please contact Ruth Flack at 348-4965  
All teachings at Ruth Flack's: 1130 Biegler Circle Reno, NV 89509 (use Google or MapQuest to locate)*

*Info: Ruth 348-4965 [ruthflack@sbcglobal.net](mailto:ruthflack@sbcglobal.net) or Gayle 322-1004*

*Your generous donations go directly to support the Lama. No one turned away for lack of funds.*

*Flyer and Lama Choyang's bio posted at [nevadadharm.net](http://nevadadharm.net)*

---

Biography: Lama Choyang met H.E. Chagdud Tulku Rinpoche in 1991 and moved to Rigdzin Ling in 1997. She spent seven years in retreat there under the guidance of Lama Drimed Norbu. Lama Choyang has been teaching and guiding students over the past several years and was ordained as a lama in 2009. She is currently living in Arcata and supporting sangha there, as well as traveling to teach and lead retreats in other places. She has a warm and compassionate teaching style, and her presence is a source of inspiration and peace. We are so fortunate to meet an American woman teacher in the Nyingma lineage of Tibetan Buddhism!

*"May sickness, war, famine and suffering be decreased, for every being while their wisdom and compassion increase in this and every future life. May I clearly perceive all experiences to be as insubstantial as the dream fabric of the night and instantly awaken to perceive the pure wisdom display in the arising of every phenomenon."*

