

Lama Padma Yontan Gyatso

Dharma Teachings

April 19 to 21, 2024



Ambrosia for the Mind

This profound prayer of Mahayana Buddhism explores the seven steps of spiritual training taken by those who yearn for themselves and all others to be free of suffering.

Ambrosia for the Mind

Lama Padma will lead the meditation and offer teachings on the key points of training the mind in wisdom and compassion according to a text by the great Tibetan master Jamyang Khyentse Wangpo.

Suitable for newcomers and those already practicing mind training.

Both events at Yukonstruct, Yukon Centre Mall, corner of Second Avenue and Ogilvie.

- **Friday evening, April 19** 7:00 pm to 8:30 pm
General introduction to training the mind (for anyone who thinks they have one).
Suggested donation \$20
- **Saturday, April 20** 9 am to 1 pm
Detailed explanation and meditation (the idea behind the training, the training itself, and the results and conduct).
Suggested donation \$75

Vajrayana teachings and practice

Yukon University – Common C1530 (near the main entrance)

- **Sunday, April 21** 9 am to 2 pm
Lama Padma will offer teachings to those already on the Vajrayana path.
Prerequisite: Previous Vajrayana empowerment Suggested donation \$80

Lama Padma Yontan Gyatso (Richard Baldwin) began his formal Buddhist training in India in 1970 with the outstanding meditation master, Venerable Kalu Rinpoche I. Returning to the U.S., he entered the Buddhist Studies Program at the University of Washington. At that time, he also received many teachings from Venerable Dezhung Rinpoche, a master of all lineages. In 1982 he became a student of H.E. Chagdud Tulku Rinpoche.

In 1996, Chagdud Rinpoche ordained him as a Lama and appointed him as the teacher at Chagdud Gonpa Amrita, Seattle. Presently, Lama Padma also serves as the Lama-in-residence at Rigdzin Ling in northern California. More info at www.chagdudgonpa.org and www.amritaseattle.org.

Vajra North – Rigdrol Dechen Ling – Society

Chagdud Gonpa Foundation

For information, registration, or to book an interview:

867-667-6951

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www.vajranorth.org