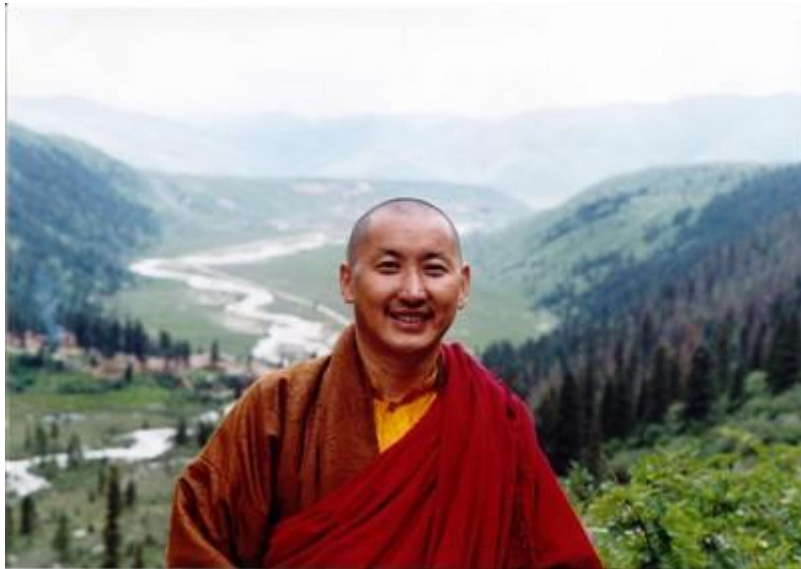


Patrul Rinpoche i Göteborg, 7- 9 november 2011



Lojong – the Seven Points of Mind Training

Lojong are instructions, which contain practical methods for training one's mind by refining and purifying one's motivations and attitudes in everyday life. Lojong provides methods to transform one's undesired mental habits that cause suffering to the useful ones, which instead lead to happiness.

The absolute Bodhicitta or wisdom is one of the two wings, the second wing is relative Bodhicitta. Together these two wings are necessary for the journey towards the Buddhahood. Lojong mind training contains methods for developing both absolute and relative Bodhicitta.

The Seven Point Mind Training is a precious text, composed by the Indian master Atisha, which he brought to Tibet. Training and developing one's mind is the heart of the entire practice of all Buddhist schools and traditions, where the precious and helpful Lojong texts are the heart of the entire practice of Tibetan Buddhism. These compassionate and practical methods can be used in any circumstances in one's everyday life, developing the mind towards the enlightenment.

Måndagen 7 november kl. 18.30 – 21.00

Tisdagen 8 november kl. 12.30 – 16.00 samt 18.00 – 21.30

Onsdagen 9 november kl. 12.30 – 16.00 samt 18.00 – 21.30

Avgift:650 kr (750 kr icke-medlem)

Anmälan kan göras genom att skriva upp sig på en lista i lokalen. Du kan också anmäla dig till katja@tibetansk buddhism.se eller per SMS till mobil: 0763-698 444. Avgiften betalas till föreningens Plusgirokonto senast en vecka innan kursstart.

Undervisningen sker på engelska och hålles i föreningens lokal på Linnegatan 21 B i Göteborg. Varmt välkomna!