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Tsechen Thubten Choe Ling
Adelaide Non-Sectarian Buddhist Group

Presents

LAMA CHOEDAK RINPOCHE



PUBLIC TALK

The Excellence of Parenting: *A Buddhist Approach*

Friday 20th April 2012—7.00 PM
Alzheimer's Aust., 27 Conyngham Street, Glenside
Ticket \$20 (\$10 concession)

WEEKEND TEACHINGS

DEATH AND DYING: THINK OF DYING AND GET A NEW LIFE

For most of us the thought of Death and Dying fills us with feeling of fear, anxiety and sadness. But there is another way of looking at it. Accepting that death is inevitable and knowing what to do and preparing for it as an important part of life can in fact be a whole new beginning: We can stop this crazy race and slow down, assess what really we want out of our life, stop worthless pursuits, mend past mistakes, honour those who are still alive, and start living with a renewed sense of joy and purpose. In this teaching, Lama Choedak will cover extensive material on the subject and a whole session teaching on **Bardo**, the intermediate state after death and how can we help the dead by doing **Soor** prayer.

SATURDAY 21st APRIL 2012
9.30 AM TO 4.30 PM

MEDITATION ON HOW TO REMOVE NEGATIVE KARMA

Difficulties and sufferings are created by negative deeds, words and thoughts. These are known as 'negative karma'. If the negative karmas are not removed they become physical illnesses, stress, lack of purpose and can cause severe depression. Negative karmas are the result of uncontrolled expression of destruction emotions, anger, resentment and guilt. Destruction emotions are caused by ignorance which in turn is caused by clinging to the self and its improper feelings, attitudes and perceptions. But negative karma can be removed and purified through holistic meditation. The most famous form of this meditation is known as '**Vajrasattva Purification Meditation**'. Lama Choedak Rinpoche will teach the '**Seven Profound Meditation Techniques**' followed by transmission of Vajrasattva practice. This will empower you to remove negative karmas of oneself and others and become liberated from negative karma and evil energy.

SUNDAY 22nd APRIL 2012
9.30 AM TO 4.30 PM

Weekend Venue: Alzheimer's Aust., 27 Conyngham Street, Glenside
Ticket: \$ 75 / day (\$ 40 / day concession)

For information: info@tsechen.org.au—Phone: 8364 7226

* If you are unable to access these teachings at this price, please contribute what you can