


**From:** Treasure Valley Dharma Friends [treasurevalleydharmafriends@gmail.com](mailto:treasurevalleydharmafriends@gmail.com)   
**Subject:** Lama Jhampa - Here - March 17-19  
**Date:** February 16, 2017 at 9:23 PM  
**To:** Treasure Valley Dharma Friends [treasurevalleydharmafriends@gmail.com](mailto:treasurevalleydharmafriends@gmail.com)  
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TV

# How to See Yourself as You Really Are

Treasure Valley Dharma Friends is pleased to present

## **Lama Jhampa Shaneman**

**March 17-19, 2017**

[New Location - See flyer for details](#)

Jhampa Shaneman, a renowned Buddhist teacher in the Tibetan tradition, will be teaching on the topic of "Emptiness" and specifically how the way we view ourselves and our life situations can profoundly influence our satisfaction.

To contemplate emptiness is to probe into the fundamental nature of reality. It is important because misunderstanding reality leads to exaggerated perceptions and ultimately to the afflictive emotions that destroy happiness.

These teachings are typically for more intermediate or advanced practitioners but Jhampa also skillfully relates the presentations to people who are beginners in their practices or just exploring Buddhism.

[Please see attached flyer for more details.](#)

## How to See Yourself as You Really Are

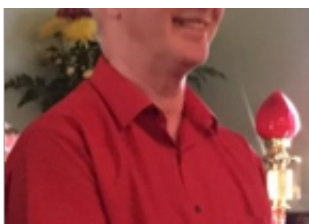
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Friday, March 17,	7:00 – 8:30 pm	@ LTTT Temple
Saturday, March 18,	10:00 – 12:00 am / 1:30 – 3:30 pm	@ LTTT Temple
Sunday, March 19,	10:00 am – 2:00 pm	@ TBA

LTTT Temple: 8813 W. Ardene St.  
TBA -- Potluck lunch, location to be announced

\$15 per session or \$60 for all

No one turned away for lack of funds

Treasure Valley Dharma Friends (TVDF) meets every Saturday at 10:00 a.m. at the LTTT Buddhist Temple located at 8813 W. Ardene St. The organization has been bringing renowned Buddhist teachers to Boise since 2001. TVDF promotes Buddhist practices such as meditation, book study and discussion groups. All are welcome.

On Facebook – Treasure Valley Dharma Friends