

JOURNEY TO INNER FREEDOM

HOW TO WORK WITH OUR MIND

A WEEKEND RETREAT

The journey to inner freedom is the moment by moment practice of working with our mind. Without the ability to transform our relationship to our thoughts and emotions we get caught in the turbulence of confusion. Wisdom, love and compassion become the expression of the mind when we live in awareness. Through training, we see our true nature and experience inner freedom.

JUNE 22 AND 23, 10:00AM – 5:00PM
COMPASSION AND INSIGHT CENTER
1627 S. ORCHARD ST., BOISE
REGISTRATION FEE: \$100



Tulku Chakung Jigme Wangdrak Rinpoche and Dana Marsh will be co-leading this journey. Through meditation and dharma talks they will share the profound teachings of the Buddhadharma to illuminate the path to freedom.



Chakung Jigme Wangdrak Rinpoche was born in the Golok region of Eastern Tibet as the fourth descendant of the great

Tibetan master Dudjom Lingpa – one of the foremost spiritual masters of 19th Century Tibet. He attended Larung Gar Monastery and studied Buddhist teachings in great depth, including Sutra and Tantra as well as Dzogchen pith instructions and empowerments with Khenchen Jigmed Phuntsok. He is the founder and spiritual director of Abhaya Fellowship, based in El Cerrito, California.



Dana Marsh has spent many years meditating and studying the Buddhadharma under the guidance of her root teacher, Anam Thubten Rinpoche, who embodies profound wisdom and compassion. In 2007, he ordained her as a dharma teacher in the Nyingma lineage of Tibetan Buddhism. Dana is the author of *Extraordinary Freedom: Buddhist Wisdom for Modern Times*. In addition, she is spiritual director of Heart of the Dharma, located in Boise.

REGISTER AT HEARTOFDHARMA.ORG

Partial scholarships are available. To apply, please email greg@meritprogram.net. Register to ensure a spot for the retreat at www.heartofdharma.org/retreat/. Questions? Email boisesangha@gmail.com.