

A Song of the Four Mindfulnesses

Treasure Valley Dharma Friends is pleased to present

Lama Jhampa Shaneman

May 4-6, 2018



"Don't let your mind go astray but place it within compassion. Don't let your mind go astray but place it in the ambiance of reality."

Jhampa Shaneman, a renowned Buddhist teacher in the Tibetan tradition, will be teaching on the well-known Tibetan text "A Song of Four Mindfulnesses".

"A Song of the Four Mindfulnesses" is a beautiful poem about essential mindfulness practices. Composed by the 7th Dalai Lama, this poem teaches us how to integrate awareness or mindfulness into

daily life. It clearly explains how to practice mindfulness of the spiritual teacher; of compassion; and of emptiness in each moment of our precious human lives.

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

Friday, May 4,	7:00 – 8:30 pm	@ LTTT Temple
Saturday, May 5,	10:00 – 12:00 am / 1:30 – 3:30 pm	@ LTTT Temple
Sunday, May 6,	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