

BUDDHIST TEACHINGS

H.E. KILUNG JIGME RINPOCHE

Whidbey Island, July 17-19



July 17, 7:30 pm -9:00 pm
United Methodist Church, 3rd St. at Anthes Ave., Langley
Friday Evening Talk

THE BRAIN & THE HEART OF MEDITATION

Kilung Jigme Rinpoche will give a talk on how to unite the brain and heart through meditation. "In western thought and science, the brain is separated from the heart, or, the mind of wisdom. In Buddhism, heart and brain are totally integrated." Rinpoche says, "The power of the brain is the cognition of Heart-Mind. Other aspects of Mind are expressions of *rigpa*, or enlightened awareness." Rinpoche will include meditation experience during the evening. Everyone welcome. **Open Donation.**

July 18-19, Saturday-Sunday, Weekend Retreat
Ashingdon Manor, 5023 Langley Road, Langley

THE WISDOM EXPERIENCE OF SAMANTABHADRA

from *The Heart Drop of Great Space Cycle, Revealed by Rigdzin Jigme Lingpa*

Kilung Rinpoche will teach on a short text, a jewel of Dzogchen mind treasure known as *The Wisdom Experience of Ever-Present Good*. This text is a road map for Dzogchen practitioners, presented as if Samantabhadra, the primordial buddha in Dzogchen, is speaking directly to us. Here we learn how to practice Dzogchen, about pitfalls along the way, as well as having the goal itself pointed out. Rinpoche will weave Dzogchen meditation into the weekend.

Cost: \$125, plus dana for Rinpoche. A beautifully translated text by Ken McLeod is included. Lunches included. Accommodations and other meals not included.

Schedule: Saturday ~ 10 am -8:30 pm
Sunday ~ 9 am -4 pm

Attendance prerequisite: a minimum of approx. 3 years of experience in Vajrayana, or doing Ngondro practice. (Rinpoche said, "In the fall there will be a retreat of profound teachings of Great Perfection/ Dzogchen that all the various levels will be welcome to attend.")

Part-time attendance: with Rinpoche's permission only.

Please pre-register with Gail at [fleming AT whidbey DOT com](http://flemingATwhidbeyDOTcom) or phone: (360) 221-1227. Inquire with her about camping options and rides to/from ferry.

Meals: Deli lunch provided Sat/Sun. Breakfast/dinner on your own. Restaurants are close by.

Accommodation suggestions:

[Ashingdon Manor](#) is a B&B. (360) 221-2334, (866) 456-5006.

[Chamber of commerce website for area accommodations](#)

Camping available close by. Inquire with Gail.

[Ferry to Clinton, Whidbey Island:](#)

Ferries depart on the half hour. Summer weekends plan at least one hour of wait time.

Kilung Jigme Rinpoche is the fifth incarnation of an enlightened Buddhist yogi and scholar of the 18th century. Kilung Rinpoche has been presenting Buddhism to students in the west since 1998. Simultaneously he has actively maintained his seat as head of Kilung Monastery in east Tibet, continuing to fulfill his role in rebuilding that monastery and bringing humanitarian solutions to its wider community of nomads and townspeople. He is presently exploring the possibility of opening a spiritual center on south Whidbey Island.

Sponsored by PEMA KILAYA RANGJUNG NGOTSAR DZOGCHEN CHOLING
Sangha of H.E. Kilung Jigme Rinpoche in the Tibetan Buddhist Nyingma lineage of Dzogchen-Longchen Nyingtig
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