

Seven Meditations

H.E. KILUNG JIGME RINPOCHE

Sunday, November 15

9:30 AM – 4:30 PM

Langley, Whidbey Island, WA



Rinpoche suggests students of Buddhism undertake seven different types of “pre-Dzogchen” meditation, including Shamatha and Vipassana. He will teach about the differences and lead the group in their practice.

In Tibetan meditation we find the basis for all other forms of practice, and so to develop our experience in this clear and quiet spaciousness is essential and benefits all else.

Meditation in the presence of an enlightened master can help to develop and ripen one’s own meditation. Students of all levels, from beginning to advanced, often mention their profound experience while practicing meditation with Rinpoche.

\$35. No one turned away for lack of funds. Lunch will be on your own. Bring a cushion.

Location: Ashington Manor, 5023 Langley Road

For more information, contact Gail: 360-221-1227

Open to All

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 now living 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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