



DREPUNG GOMANG
Center for Engaging Compassion



Chenrezig
(Compassion Buddha)
Meditation Retreat
with Geshe Kalsang Rapgyal

**On the auspicious day of
Buddha's Birthday (Saka Dawa)
Saturday
May 21
10:30am to 5:00pm**

Chenrezig (Avalokiteshvara) is the Bodhisattva of Compassion. A bodhisattva is an enlightened being who has decided to delay becoming a fully enlightened Buddha and who lives in a compassionate spirit life for the sake of all beings. With a mantra, *Om mani padme hum!* (Hail the jewel in the lotus), the bodhisattva tirelessly attempts to deliver all beings from suffering. Chenrezig appears in many different forms to assist suffering beings.

Tibetans believe that Chenrezig, as a disciple of the Buddha, made a vow of compassion to free the Tibetan peoples from their violent ways. He is the patron of Tibet and Tibetans claim descent from him. Chenrezig has been identified with the Tibetan emperor Songtsen Gampo (617-698 C.E.) and with the successive lineage of Dalai Lamas. The 14th Dalai Lama, Tenzin Gyatso, is the current incarnation of Chenrezig.

Compassion is the most important religious practice. For Tibetan Buddhists, compassion is sensitivity to the sufferings of others and attempt to relieve suffering. It is the realization that we (human beings, animals, and the earth itself) are all interconnected. Love and compassion are the true signs revealing the presence of Chenrezig. The Buddha is an example of compassion, for he taught human beings the way to freedom.

The retreat is divided into four sessions with breaks between. Each session includes teaching, chanting, visualization and silent meditation.

Join us for this opportunity to deepen your practice on this auspicious day of Saka Dawa!

Special Saka Dawa Rate of \$25 includes a delicious lunch.

Registration is required and is available at DGCEC or at www.DrepungGomangUSA.org under "Compassion Center Classes." Partial scholarships are available. To request one, please email DrepungGomangCompassion@gmail.com.