

Three Rivers Tibetan Cultural Center

Freedom from Suffering: The Noble Eightfold Path

A Weekend Teaching by visiting teacher

The Venerable Tashi Nyima

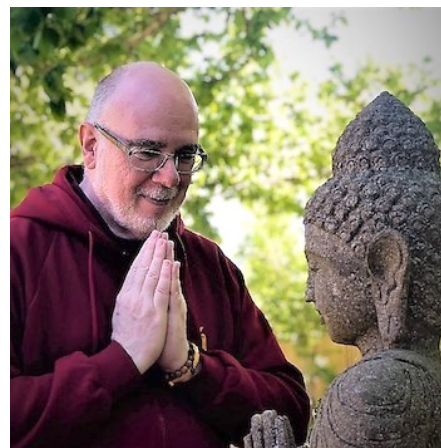
JULY 19, 20, 21, 2019

What is Buddhism? What are the Four Noble Truths? What is the Path? What is Mindfulness?
What is Meditation?

The Buddha did not invent the Noble Eightfold Path, nor is it a sectarian religious discipline. The Buddha observed what it is that we all do in ordinary life, and proposed that every thought, word, and deed can either lead to continued suffering or to the cessation of suffering.

We can choose freedom. We can choose happiness.

FRIDAY, July 19 7-9pm FREE PUBLIC TALK on the first
of the Eightfold Path: THE RIGHT VIEW
at [Sixth Presbyterian Church](#)
(1688 Murray Avenue, Pittsburgh, PA 15217)



SATURDAY, July 20 10am-12pm Lunch 1:30-3:30pm
SUNDAY, July 21 10am-12pm Lunch
at [Three Rivers Tibetan Cultural Center](#) (7313 Florence Ave. Pittsburgh, PA 15218)

ALL ARE WELCOME

The Venerable Tashi Nyima is an ordained monk in the Jonang lineage of Vajrayana (Tibetan) Buddhism, and leads the Universal Compassion Buddhist Congregation, with Sanghas in Texas and Mexico. For more than three decades, Lama Tashi has shared the Dharma in North and South America, Europe, and Asia. Known for his directness, clarity of expression, and sense of humor, Lama Tashi shares the Dharma in fluent English and Spanish.

Suggested donation is \$50 for the whole weekend. A simple vegetarian lunch will be offered by our sangha members on Saturday and Sunday at noon. Your generous donations will support TRTCC's many teaching and cultural events year round. No one will be turned away from dharma teaching for insufficient funds. For more information:

<https://www.threeriverstibetancc.org/>