

# Three Rivers Tibetan Cultural Center

*Visiting Teacher Ven. Khenmo Drolma*

## Engaging with the Dharma to Uproot Hatred and Bias and Reclaiming Joy

FRIDAY, 9/6/2019 7PM-9PM at the Sixth Presbyterian Church

SATURDAY, 9/7/2019 10AM-4PM at TRTCC

SUNDAY, 9/8/2019 10AM-12PM at TRTCC



*Learn about the Buddhist understanding of bias as an integral part of how we perceive the samsaric world.*

The Buddhist philosophy's very purpose is to uproot ignorance, and thus is directly applicable to understanding unconscious bias and its removal. We can use the teaching of Dharma to see where our ignorance begins. Ven. Khenmo Drolma will present the Buddhist science of perception which dissects bias as it arises. She will continue teaching the loving Kindness meditation with an emphasis on uncovering joy. Retraining our minds away

from anger and desire to form a habit of joy is key to contributing to a more loving world.

**Ven. Khenmo Konchog Nyima Drolma** is the abbess of *Vajra Dakini Nunnery* in Maine, U.S.A. In 1997, she took her novice ordination with H.H. Drikung Chetsang Rinpoche and received many circles of Drikung empowerments and transmissions in India. In 1999 she received monastic training guided by Ven. Pema Chödrön in Nova Scotia, Canada. In 2002 she took full ordination as a Buddhist nun in Taiwan. In 2004 she was installed as a Khenmo (Abbess) in the *Drikung lineage*, becoming the first woman and first westerner in her lineage to officially hold this responsibility. Since then she has worked continuously to establish *Vajra Dakini Nunnery* and teach the Dharma internationally.

ALL ARE WELCOME

Suggested donation is \$40 for the whole weekend teaching. The Friday teaching at the Sixth Presbyterian Church (1688 Murray Avenue, Pittsburgh, PA 15217) is an open event free to the public. There will be an informal social time after lunch on Sunday with Khenmo Drolma.

Three Rivers Tibetan Cultural Center is a non-profit charitable organization. Your 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.threeriverstibetanc.org/>

Three Rivers Tibetan Cultural Center is located at: 7313 Florence Avenue, Pittsburgh, PA 15218