

Three Rivers Tibetan Cultural Center

Visiting Teacher Venerable Lama Sonam Chenrezig Empowerment, 35 Buddhas Purification and Omniscient Rigdzin Choedrak's Mind-Training

Saturday & Sunday, November 16 & 17, 2019 10am-4pm



Chenrezig (Sanskrit: **Avalokiteshvara**) is the deity embodying the quality of loving kindness and compassion. The empowerment will start on Saturday morning at 10am. **The practice of the 35 Buddhas Purification** is for the benefit of purifying past negative actions, accumulating merits, removing emotional obstacles, and generating the power of regret, reliance, remediation and resolution to avert downfall regarding our broken vows, including Vinaya Vows, Bodhisattva Vows, and Tantric Samaya Vows.

Omniscient Rigdzin Choedrak (1595-1659) was the first H.H. Drikung Chungtsang Rinpoche of the Drikung Kagyu lineage. The Sunday teaching will be on his special Mind-Training.

Ven. Lama Sonam is the spiritual director of Drikung Meditation Center in Arlington, MA. Originally from Drikung Katsal monastery in Tibet, Lama Sonam began his training since young age in the Drikung Kagyu lineage, and took full ordination at the age of 18. He has received teachings and transmissions from many lineage masters in Tibet and India.



ALL ARE WELCOME

Suggested donation is \$30 each day, Saturday or Sunday, and \$50 for the whole weekend. A vegetarian lunch will be offered by our sangha members on both days. 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.

Three Rivers Tibetan Cultural Center is located at: **[7313 Florence Avenue, Pittsburgh PA 15218](https://www.threeriverstibetanc.org/)**

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