

LAMA SHENPEN DROLMA RETURNS TO MINNESOTA

Bodhisattva Peace Training

For Personal Peace and Justice for Communities & the World

Introduction – Friday, Mar 24th 7PM Open to the Public

University Lutheran Church 390 South 4th Avenue

Workshop: Saturday and Sunday, March 25&26

Education Building B-107 SCSU

And Monday, March 27 morning (for those who can make it)

Respond to this email to reserve your place now for March 2006!

Based on the principles of Tibetan Buddhism, but adapted for people with any spiritual beliefs, this Bodhisattva Peace Training will provide tools for working on mind, speech, and body to become more active in our efforts to end suffering. It is based on the idea that cultivating peace within ourselves, exemplifying loving kindness and compassion, and taking positive actions will strengthen our effectiveness for creating peace, social justice, and environmental sustainability in our communities and our world.

- Tools to overcome despair, helplessness, hopelessness, anxiety, stress, bitterness, distrust, and/or cynicism about interpersonal or workplace conflicts, injustice, the environment, war, the state of the world.
- Tools to alleviate anger, frustration, resentment, irritation, aversion, attachment, any negative emotions that interfere with positive change.
- Tools to generate equanimity, compassion, love, and joy even under the most difficult circumstances.
- Tools to initiate positive actions to relieve suffering for all beings, including yourself, and help bring peace and happiness to others and in the world.

Lama Shenpen Drolma is a North American woman ordained in 1996 by her teacher, Tibetan meditation master, H.E. Chagdud Tulku Rinpoche. She is the

resident Lama at Iron Knot Ranch, New Mexico and the editor of the book, Change of Heart, the Bodhisattva Peace Training of Chagdud Tulku.

RESERVATION: If you are interested in attending the Bodhisattva Peace Training at St. Cloud State University from March 25-27, please contact Julie Andrzejewski to reserve a place (320) 308-4109 or jrandrzejewski@stcloudstate.edu or 308-4109.

DEPOSIT/COST AND CANCELLATIONS: Lama Shenpen Drolma will travel to Minnesota from New Mexico. Cost for the training is a suggested donation of \$150 (or \$50 for students or low income). If these amounts are not affordable, please make other arrangements with Julie Andrzejewski, SCSU, EB-133, 308-4109. No one is turned away based on ability to pay. Please send a \$20 deposit or the full donation for the training to hold your place. Donations that exceed training costs will go to support others and the development of the Bodhisattva Peace Training Institute at Iron Knot Ranch in New Mexico. If you need to cancel for any reason, please call as soon as possible since we may have a waiting list.

Friday, March 24th Church or off campus site TBA

7PM Intro to Bodhisattva Peace Training for the Public

Saturday, March 25th Education Building B107

9AM Lama Intro to Bodhisattva Peace Training for Workshop attendees
Buddhist Principles and Tools for Peace:
Personal, Community, National, and Global

Noon – 2 Lunch and Assignments

2-2:30 Applying the tools: home, work, & life – Brie & Julie
2:30-5 Lama: Expansion of Principles and Tools

5 To 7PM Dinner – small group discussions

7PM Change of Heart in Song
Relaxing informal relating

Sunday, March 26 Education Building B107

9AM Applying the tools: home, work, & life – Marianne, Brie, Susan
10AM Lama: Expansion of Principles and Tools

Noon-2 Lunch and Assignments

2-2:30 Applying the tools: home, work, & life – Marjie & John
2:30-5 Lama: Expansion of Principles and Tools

7PM Lama with Former BPT members

Monday, March 27th (Room change TBA)

9AM Applying the tools: home, work, & life
9:30-11:30 Lama: Develop Depth & Answer Questions

11:30-12:30

Final Ceremony