
Meditation Instruction & Talk By Lama Tsewang



*“It is possible for us
to overcome our
limitations and find
meaning in our
lives....”*

The Asian spiritual traditions speak of an endless cycle of suffering and rebirth. We are reborn again and again with no control over where we will end up or what we will experience. We are blown by the winds of our karma from suffering to suffering.

The traditions also speak of the possibility of liberation from the blind repetition of our mistakes.

They speak of a way out.

I would like to share some of my insights, take questions and engage in discussions about how to do a

spiritual practice. Through rightly directed effort it is possible to overcome our limitations and find meaning in our lives, dedicating ourselves to the service of others.

I first became a Buddhist monk in 1977, and have practiced in both the Theravadin (which came here from Thailand) and Tibetan traditions. I have the title of "lama", or teacher, as a result of having completed a three and a half year retreat, (1982-1985), under the guidance of Kalu Rinpoche, one of the Dalai Lama's teachers.

Mystic Dreams

419 Tranquille Rd., Kamloops B.C.

Phone: 250-554-8770

Tuesday, November 23, 6:00 – 8:00 PM