



# Kagyü Sukha Chöling

CENTER FOR THE PRACTICE & STUDY OF TIBETAN BUDDHISM

# GROUNDED SPACIOUSNESS

## INTEGRATING BUDDHIST WISDOM INTO DAILY LIFE

### A WEEKEND MEDITATION COURSE with **ARI GOLDFIELD** and **ROSE TAYLOR** NOV 4-6, 2011

The view of Buddhism is that luminous, spacious awareness –wisdom– is the essential nature of all our experiences. But how can we genuinely connect this profound and wonderful view with what is personally happening for us in daily life? That is what we will explore during this weekend. We will learn the essential view of wisdom as the Buddha taught it in the Prajnaparamita (Transcendent Wisdom) Sutras, and how we as modern individuals can connect with it and sustain it. We will also practice body-based meditation techniques that can enhance our practice and help us manifest wisdom's awareness in our own daily experience. Techniques will encourage us to:

- Synchronize body and mind
- Ground our awareness in our bodies and the world
- Bring spacious awareness into our lives
- Develop love and acceptance for ourselves and others
- Connect with our own innate guiding wisdom

There will be time for questions and discussion at each teaching session.

<b>Friday, Nov 4</b>	<b>7-9PM</b>
<b>Saturday, Nov 5</b>	<b>10AM-NOON and 2-4PM</b>
<b>Sunday, Nov 6</b>	<b>10AM-NOON and 2-4PM</b>

**SUGGESTED DONATION: \$25 PER SESSION OR \$100 FOR THE WEEKEND.**

Cash or check only.



**Ari Goldfield** is a distinguished Buddhist teacher, translator, and scholar who trained for eleven years under the renowned Tibetan master, Khenpo Tsultrim Gyamtso Rinpoche. As Rinpoche's translator, attendant, and close disciple, Ari accompanied Rinpoche on seven round-the-world tours, all the while receiving intensive personal instruction and meditation guidance from him. In 2006, Rinpoche sent Ari to teach on his own in Europe, North America, and Asia. Ari continues his teaching work in Rinpoche's Karma Kagyü lineage, with the blessing of the head of the lineage, H.H. the 17th Gyalwang Karmapa. He is a published translator and author of books, articles, and numerous songs of realization, and texts on Buddhist philosophy and meditation.

**Rose Taylor** is a Buddhist translator and second-generation Buddhist teacher in the Karma Kagyü lineage, with the blessing of His Holiness the 17th Gyalwang Karmapa and Khenpo Tsultrim Gyamtso Rinpoche. She teaches Buddhist meditation, philosophy, yogic exercise and dance, and classical Tibetan language. Rose has written and translated books, articles, and numerous songs of realization, including Khenpo Rinpoche's book **Stars of Wisdom**. Rose was raised in the Shambhala tradition of Chögyam Trungpa Rinpoche. Since 2002, she has been guided as a practitioner and teacher by Khenpo Tsultrim Rinpoche. She holds an M.A. in Indo-Tibetan Buddhist studies from Naropa University.

Rose and Ari are married and currently teach internationally from their home base in San Francisco under the auspices of Wisdom Sun, the practice and study community they established in 2011.

## ALL EVENTS WILL BE HELD AT KAGYU SUKHA CHÖLING

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