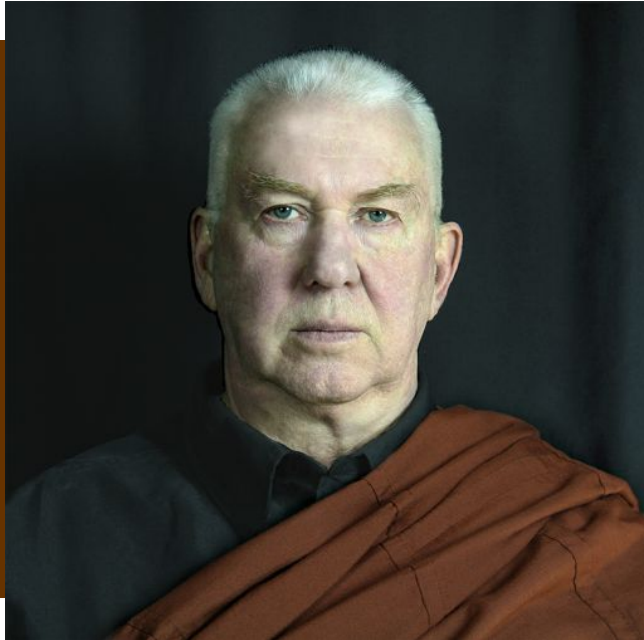


Lama Lodro teaches Fundamental Tools of Meditation – OVERVIEW

February 04 to 26, 2012 ❁ Dharma Centre of Winnipeg, 18 Einarson Avenue



- ❁ **Lama Karma Tsundul Lodro** is a mystic yogi and a classically trained meditation teacher currently residing with his wife in the Yukon.
- ❁ Born in North America of Viking descent, Lama Lodro moved to the Orient in 1967, was twice ordained as a Theravada Buddhist Bhikkhu (first ordination was at age 23), and studied for many years in Buddhist monasteries in Burma, India, Japan, Malaysia, Nepal, Sikkim, and Thailand.
- ❁ Lama Lodro received Vajrayana Tantric training as a Lama in the Kargyu and Sakya lineages of Tibetan Buddhism. He also studied a wide range of esoteric subjects with Venerable Namgyal Rinpoche.
- ❁ Lama Lodro's teaching also draws upon fourteen years of intensive meditation retreats and eclectic life experience as a married householder. His practical attitude is seasoned by a sometimes irreverent sense of humour. He particularly enjoys integrating ancient mystic philosophies and modern science.

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Meditation helps you access and explore the cosmic truths within your being. An ancient Thai proverb, "Head flooded with knowledge, unable to find a way out", reminds us that meditation is a skill you learn partly by study and mostly by working with what you are studying. As the Buddha said, "I will show you the rising and the passing of the universe in this fathom-long body".

Lama Lodro will be teaching easy-to-learn tools of mental cultivation in three seven-day meditation retreat workshops in Winnipeg. Lama Lodro will help you improve your meditation skills with expert instruction and helpful step-by-step guidance during practical group meditation sessions.

Lama Lodro meditation retreats will focus on the Buddha's core teachings about Jhana as outlined in the Visuddhi Magga (the Path of Purification). The purpose of Jhana is for "happy abiding here and now". Jhana is the foundation of insight and is one of the great spiritual medicines. It purifies consciousness and antidotes the three root poisons of ignorance, greed, and hatred. Instruction will include how Jhana and Tantric teachings can work together in a powerful synergistic convergence for the modern meditator.

Each of Lama Lodro's seven-day meditation retreat workshops is a complete program, and they have similar content. But anyone wishing more extensive immersion can enrol in more than one workshop and will find something new in each one.

Lama Lodro's meditation retreat workshops are open to novices and experienced practitioners. The workshops do not require any previous knowledge of meditation or Buddhism.

Group activities and instruction for the retreat workshops will be conducted by Lama Lodro at the Dharma Centre of Winnipeg, and students will do their personal retreat work at home.

Using your home for a retreat is more effective if you create a supportive environment there, which also further integrate your spiritual goals and meditation work into your home life.

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General Guidelines for Meditation Retreats including Creating Retreat Space at Home

Group activities and instruction for the meditation retreat workshops will be conducted by Lama Lodro at the Dharma Centre of Winnipeg, and students will do their personal retreat work at home.

To get the maximum benefit from these retreat workshops, it will be very helpful if you can create conditions at home that will support your meditation retreat. This applies even if the amount of time you can allocate each day to your retreat work at home is quite short.

The secrets to your true happiness, good health, and full potential are inside your own being. To get that information you need to temporarily put aside the distractions of our busy world and go deep within yourself. Meditation retreats help you do that.

Meditation is a skill that anyone can learn. As with all skills, you gain mastery by study AND working with what you are studying.

A meditation retreat conducted by an experienced and authentic meditation teacher is one of the fastest ways to deepen and move forward in your meditation work, to achieve direct personal experience of the tools of mental cultivation, to gain more insight and more clarity.

A meditation retreat allows you to take maximum advantage of tutoring provided by the meditation teacher. You have the time to try out what you're learning each day. You have the opportunity to get further clarification and helpful feedback at each stage from the teacher.

Plan ahead to get these done before your meditation retreat starts:

- ◆ the ideal meditation environment is quiet, peaceful, and has good air – if this isn't possible at home, then scout out alternative locations (churches, chapels, temples, the quiet peaceful home of a friend or relative, etc.)
- ◆ set a schedule to meditate in the same place and at the same times each day
- ◆ use a comfortable seat for your meditations at home
- ◆ avoid phones, computers, TVs, radio, newspapers, etc., as much as possible during the retreat
- ◆ turn off the phone and other sources of distraction during your meditation sessions at home
- ◆ notify your family, friends, and co-workers that you will not be socializing during the retreat
- ◆ don't discuss your meditation work (and don't send texts or post blogs about your meditation work) outside of the retreat group while the retreat is in process
- ◆ you can make notes and use a journal but keep those private until after the retreat is finished
- ◆ make sensible arrangements for how people can get messages to you in case of:
 - help needed by relatives or friends, particularly the elderly or challenged
 - a crisis re: medical or safety or counselling responsibilities you may have
 - an emergency at work that desperately needs your intervention
- ◆ further details can be discussed with Lama Lodro at the beginning of each retreat.

Lama Lodro teaches Fundamental Tools of Meditation – SCHEDULE

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04 Feb Sat 7:00 pm = **Open Public Dharma Talk:** Introduces the Body of Teaching for Winnipeg

05 Feb Sun 2:00 pm to 5:00 pm = **Open to public:** Bhrama Viharas *and* Chenrezig Peaceful Wongkur

1st Seven-day Meditation Retreat (Monday 06 Feb to Sunday 12 Feb)

06 Feb Mon + 07 Feb Tue (*same schedule for both days*):

6:00 am to 7:00 am = Qi Gong (active)

7:00 am to 7:30 am = Sitting Meditation (Jhana Tranquility & Insight)

7:30 am to 8:00 am = Breakfast (bring your own breakfast)

8:00 am to 11:00 am = Meditation Instruction & Practice (Jhana Tranquility & Insight)

11:00 am to Noon = Dialogue & Questions

08 Feb Wed 7:00 pm = **Open Public Dharma Talk:** The Words of the Buddha – Part 1

09 Feb Thu + 10 Feb Fri (*same schedule for both days*):

6:00 am to 7:00 am = Qi Gong (active)

7:00 am to 7:30 am = Sitting Meditation (Jhana Tranquility & Insight)

7:30 am to 8:00 am = Breakfast (bring your own breakfast)

8:00 am to 11:00 am = Meditation Instruction & Practice (Jhana Tranquility & Insight)

11:00 am to Noon = Dialogue & Questions

11 Feb Sat = Personal Meditation Retreat Day

12 Feb Sun 2:00 pm to 5:00 pm = **Open Public Dharma Talk:** The Words of the Buddha – Part 2,
plus Meditation Instruction, Dialogue, and Questions

2nd Seven-day Meditation Retreat (Monday 13 Feb to Sunday 19 Feb)

13 Feb Mon + 14 Feb Tue (*same schedule for both days*):

6:00 am to 7:00 am = Qi Gong (active)

7:00 am to 7:30 am = Sitting Meditation (Jhana Tranquility & Insight)

7:30 am to 8:00 am = Breakfast (bring your own breakfast)

8:00 am to 11:00 am = Meditation Instruction & Practice (Jhana Tranquility & Insight)

11:00 am to Noon = Dialogue & Questions

15 Feb Wed 7:00 pm = **Open Public Dharma Talk:** The Words of the Buddha – Part 3

16 Feb Thu + 17 Feb Fri (*same schedule for both days*):

6:00 am to 7:00 am = Qi Gong (active)

7:00 am to 7:30 am = Sitting Meditation (Jhana Tranquility & Insight)

7:30 am to 8:00 am = Breakfast (bring your own breakfast)

8:00 am to 11:00 am = Meditation Instruction & Practice (Jhana Tranquility & Insight)

11:00 am to Noon = Dialogue & Questions

18 Feb Sat = Personal Meditation Retreat Day

19 Feb Sun 2:00 pm to 5:00 pm = **Open Public Dharma Talk:** The Words of the Buddha – Part 4,
plus Meditation Instruction, Dialogue, and Questions

3rd Seven-day Meditation Retreat (Monday 20 Feb to Sunday 26 Feb)

20 Feb Mon + 21 Feb Tue (*same schedule for both days*):

6:00 am to 7:00 am = Qi Gong (active)

7:00 am to 7:30 am = Sitting Meditation (Jhana Tranquility & Insight)

7:30 am to 8:00 am = Breakfast (bring your own breakfast)

8:00 am to 11:00 am = Meditation Instruction & Practice (Jhana Tranquility & Insight)

11:00 am to Noon = Dialogue & Questions

22 Feb Wed 7:00 pm = **Open Public Dharma Talk:** The Words of the Buddha – Part 5

23 Feb Thu + 24 Feb Fri (*same schedule for both days*):

6:00 am to 7:00 am = Qi Gong (active)

7:00 am to 7:30 am = Sitting Meditation (Jhana Tranquility & Insight)

7:30 am to 8:00 am = Breakfast (bring your own breakfast)

8:00 am to 11:00 am = Meditation Instruction & Practice (Jhana Tranquility & Insight)

11:00 am to Noon = Dialogue & Questions

25 Feb Sat = Personal Meditation Retreat Day

26 Feb Sun 2:00 pm to 5:00 pm = **Open to public:** Red Tara Peaceful Wongkur

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Description of Teaching (Dharma) Topics

Bhrama Viharas ("Divine Abodes") are a body of pre-Buddhist teachings adopted by the Buddha. They are crafted to produce the Divine Abodes within a person of Loving Kindness, Compassion, Sympathetic Joy, and Equanimity. The cultivation of these four wholesome mind states helps develop the strength and inner support necessary for depth insight and freedom from ignorance and suffering.

Chenrezig is a Tantric "deity motif" (see below). Chenrezig meditation work helps to break the cycle of blind karmic compulsion and closes the gates to mandatory rebirth in the six mortal realms of Samsaric suffering. It activates and develops compassion as expressed through wisdom, right view, and right action. It helps release restrictions that inhibit clarity, equanimity, courage, and joy. Chenrezig meditation work helps to awaken and strengthen spiritual faculties, cultivates insight, activates inner unfolding, and supports speedy liberation from ignorance and suffering.

Jhana is the foundation of insight and is one of the great spiritual medicines. It purifies consciousness and antidotes the three root poisons of ignorance, greed, and hatred. The purpose of Jhana is for "happy abiding here and now".

Qi Gong ("Energy Attainment") are exercises developed in the Traditional Chinese Medicine system (TCM) for cleansing, strengthening, and nourishing the energy body and the major organs of the physical body. Qi Gong uses gentle physical movements, visualizations, sound, and focused breathing.

Red Tara is a Tantric "deity motif" (see below). Tara is a complex, powerful, and multi-faceted female aspect of Buddha-nature and represents the integration of wisdom, insight, awareness, skill, and right action. Tara is fondly called "Saviour" or "One Who Saves". Red Tara is one of the many facets of Tara, each of which work in different ways to activate and liberate our inner Buddha natures. Red Tara is a dynamic wisdom aspect which stimulates clarity, insight, wisdom, courage, strength, bliss, healthy exploration, and overcomes spiritual obstacles. Red Tara helps you open the doors within you to access your true Buddha nature. Red Tara meditation work is a powerful tool to help penetrate into the true nature of ourselves, the world, and the universe. All aspects of Tara promote improved health and longevity.

Tantric Deity Motifs are esoteric depictions of transcendent consciousness. Every aspect of posture and adornment in their images is a mystical symbol with spiritual meaning. Tantric deities are outward representations of different facets of elevated potential inherent within every person, and as such they can be a powerful tool for meditators to work with. Although the individual Tantric deity motifs are depicted as being either male or female, all of them are of equal benefit to women and men.

Visuddhi Magga (the Path of Purification) is a tool kit of 40 classic fundamental fields of mental cultivation. Different tools of mental cultivation work better at different times for each meditator. Guidance through the options in the Visuddhi Magga helps you find out which tools of mental cultivation work best for you here and now, and which could be helpful in the future depending on which direction your meditation practice evolves.

Wongkur, also as a "Wong", is a mystical Tibetan Buddhist ceremony conducted by a Lama. The Lama uses energy transmission, ritual, mantra, symbolic gesture, and symbolic objects to create an esoteric experience that encapsulates the arc and energy of spiritual unfolding. Each wongkur usually features one of the Buddhist Tantric deity motifs, as symbols of different forms of transcendent consciousness. The carefully crafted synergy of a wongkur provides a spiritual catalyst that resonates in the depths of the psyche. The effects can continue to reverberate within the practitioner long after the ceremony.

NOTE: Formal meditation training is not required to participate in Lama Lodro's wongkurs. Lama Lodro uses as much English as possible during his wongkurs and strives to make them comprehensible to the participants, including novices with no background in this type of ceremony.