

Mandala Meditation Retreat



In the Tantric version of mandala, everything is centered around centerless space, in which there is no watcher or perceiver. Because there is no watcher or perceiver, the fringe becomes extremely vivid. The mandala principle expresses the experience of the relatedness of all phenomena. [...] The patterns of phenomena become clear because there is no partiality in one's perspective. All corners are visible, awareness is all-pervading [...] and] each corner of space is center as well as fringe.

— Trungpa, *The Myth of Freedom*

You are invited to attend a weekend meditation retreat. Two Tibetan monks who are visiting the United States from India where they are in refuge, will arrive at the center on Wednesday, January 3, 2001. They will spend a few days creating a mandala using brilliantly colored sand. The mandala's theme and the theme of the retreat will be compassion. The nature of the sand mandala is a reminder of impermanence and this will also be a theme of the retreat weekend. The retreat begins Friday evening January 5, 2001 at 7:30 PM. We will gather for a meditation and a talk. This will include a brief introduction to mindfulness meditation led by Lathing Tulku Rinpoche.

The retreat will continue Saturday January 6th 9:30-4:30 and Sunday January 7th 9:30-12:30. There will be talks by Lathing Tulku Rinpoche, as well as mindfulness meditation (sitting and walking) and guided meditation. The intention is to offer a retreat for therapists who appreciate the sand and are interested in the contemplative part of life as a therapist. The retreat is not limited to therapists: others who appreciate the Mandala and meditation are welcome to attend.

The mandala is dismantled on Sunday morning. Some of the sand is given in a small packet to the participants. The remainder is placed in an urn and by tradition brought to a fresh body of water. (Perhaps the Wissahickon Creek). The dismantling serves as a reminder of impermanence. All are welcome to view the mandala. There will be times set aside for people of all ages to come by and experience the mandala even if you are not participating in the retreat.

We are pleased that His Eminence Lathing Tulku Rinpoche, born in Lhokha, Tibet, will lead the Mandala Retreat. He began his spiritual training at the age of three at his local monastery, Lhading Monastery, founded by his predecessor Lhading Lama in the 17th century. His Holiness the Dalai Lama recognized Lathing Tulku Rinpoche as the sixth reincarnation of this great Lama. In 1959, during the Chinese communist invasion of Tibet, Lathing Tulku Rinpoche, at the age of twelve, followed His Holiness the Dalai Lama into exile in India and there continued his spiritual training at the reestablished Drepung Loseling Monastery. After many years of intense training, Lathing Tulku Rinpoche received his Geshe degree, the highest degree of learning in Tibetan Buddhism, in 1991. He has since taught extensively, both at the monastery and in North America, covering a broad spectrum of Buddhist disciplines. He will be accompanied by his translator, Losang Ganchenpa.

Fee: The fee for the weekend retreat is \$200. The entire proceeds, minus expenses, will be donated to the Drepung Loseling Monastery. *We expect a waiting list, so register soon.*

Schedule: Friday, January 5 at 7:30 PM (introductory talk and meditation)
Saturday, January 6, 9:30 to 4:30 (meditation and teaching)
Sunday, January 7, 9:30 to 12:30 (meditation and closing ceremony)

Registration, tea, and muffins begins at 9:00 AM on Saturday. Lunch will be served on Saturday.

For friends, including children, there will be times to stop by and see the mandala in progress. The monks have been invited to sell books and objects, as well. You will receive more information with the registration, or call (215) 844-4321, box 16.

MANDALA MEDITATION RETREAT

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I have enclosed a check for \$100. The balance (\$100) will be due upon registration at the retreat. The entire proceeds, minus expenses, will be donated to the Drepung Loseling Monastery.

Return registration by December 15.
Enrollment will be limited to thirty people.

name		
street address		
city	state	zip
home phone		
work phone		

Make checks payable to Family and Play Therapy Center, Inc. Send to 6811 Quincy Street, Philadelphia, PA 19119.