

Orgyen Chowang Rinpoche

Pristine Mind Guided Meditation Retreat

And

Unconditional Happiness: The Power of Meditation, a Public Talk



Orgyen Chowang Rinpoche travels throughout the United States and around the world, teaching a broad range of audiences how to improve their lives through meditation. Orgyen Chowang Rinpoche is the author of *Our Pristine Mind: A Practical Guide to Unconditional Happiness*. For more information, visit www.pristinemind.org.

Pristine Mind Guided Meditation Retreat

Rinpoche will guide participants to explore how to distinguish between ordinary mind, with its thoughts, feelings and mental events, and Pristine Mind, a deep inner refuge that we can access at any time.

July 8th – Saturday – 10:00 am to Noon & 2:00 pm to 4:00 pm

July 9th – Sunday – 10:00 am to Noon & 2:00 pm to 4:00 pm

Retreat at: Tsinta Mani Choling, 2902 N. East Oval Street, Spokane
Suggested donation \$25.00 a session

Unconditional Happiness: The Power of Meditation, Public Talk

Orgyen Chowang Rinpoche will share techniques from his book that we can use to help untie the knots of thoughts, emotions, distraction, stress, and anxiety that create discomfort in our minds and conflict in our lives.

July 7th Public Talk Starts at 7pm

Universalist Unitarian Church, 4340 West Fort Wright Drive, Spokane
Donations Accepted

Everyone is invited!

This event is sponsored by Tsinta Mani Choling

For more information/questions visit tsintamani.org or text/call 509 993 0128

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