

Open to
the
Public

Tibetan Buddhist Teacher

Jetsun Kushok Chimey Luding



Jetsun Kushok, or "Jetsunma," is a leading female teacher of Tibetan Buddhism living in the West. She is one of 3 women in the history of Tibet to have given the Lamdre ("Path & Its Fruition") teachings, the special system of contemplative & meditative practice of the Sakya Order. She is a thoroughly trained lineage holder.

Introduction to Tibetan Buddhism

Lama Pema Wangdak

Friday, July 10 • 7:00 PM

FREE

Chenrezi Empowerment

Saturday, July 11 • 2:00 PM

\$25 DONATION

Chenrezi is the embodiment of the compassion of the enlightened mind, visualized in the form of a meditational deity. For those who receive this empowerment, there will be group practice sessions available in Wausau.

White Tara Empowerment

Sunday, July 12 • 2:00 PM

\$25 DONATION

White Tara is associated with healing & longevity, as well as protection & accomplishment. White Tara practice is specifically designed to lengthen one's lifespan & overcome life-threatening hindrances.

White Tara Teaching

Monday & Tuesday, July 13 & 14 • 7:00 PM

\$10 DONATION

Training on the practice of White Tara; only for those who received the White Tara Empowerment.

Lo Jong Teaching (Transforming the Mind)

Wednesday & Thursday, July 15 & 16 • 7:00 PM

\$10 DONATION

Teachings on living a good life; chosen for us by Jetsun Kushok.

For more information: WisakyaCenter@gmail.com or 715.536.9608

Sponsored by Wisconsin Center for Buddhist Study and Meditation (Si Sum Namgyal Ling)

First Universalist Unitarian Church

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