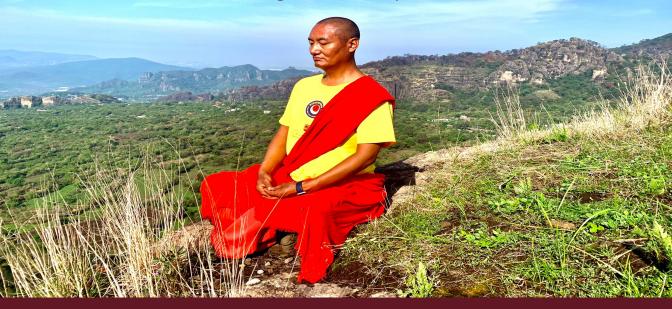
## Four-Weekend Guided Meditation Retreat with Khenpo Samdup Rinpoche starting 10-11 July 2021



10 & 11 July 2021, 11AM – 1PM EDT: Stages of Meditation: Shamatha (Calm Abiding) & Generation Stage - Vipassana (Special Insight) & Completion Stage

..continued 17 & 18 July - 24 & 25 July - 31 Jul & 01 Aug, 11AM – 1PM EDT
...offered to General Public of All Levels from All Walks of Life
at DDSC Temple and Virtual Zoom

Languages: English-Vietnamese-Spanish Email: drikungdharmasurya@gmail.com Website: drikungdharmasurya.org

All meditation must begin with arousing deep compassion.

Whatever one does must emerge from an attitude of love and benefiting others - *Milarepa* 

Weekday Programs, Monday thru Friday, with Khenpo Samdup at DDSC Temple and Virtual Zoom 11 AM to 12 PM EDT: Virtual Achi Chokyi Drolma Practice, Achi Smoke Offering and Parnashavari Practice

