

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

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**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**



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