

Two important events with the renowned meditation teacher **H.E. Trungram Gyaltrul Rinpoche**

Saturday April 19th, 2008 Public Lecture:

Taming the Drunken Elephant

1:00 – 3:00pm

Brookline Public Library

361 Washington St. Brookline. MA

Tel: 617.730.2380

In the lecture, Rinpoche will introduce the techniques practiced in the Kagyu School of Tibetan Vajrayana Buddhism, on the theme of "Taming the Drunken Elephant."

April 20th, 2008

All Day Meditation and Teaching

9:00am – 5:00pm

The Arlington Center

369 Mass Ave, Arlington, MA.

Tel: 781.316.0282

Building on the introduction from the previous day, Rinpoche will guide new and experienced practitioners on the practical, foundation methodologies for meditation on an accelerated path in the Vajrayana tradition.

Both events are FREE. Donations are welcome. Attend either one. Attend both. Spaces are limited for the all day program on the 20th. Pre-registration is highly recommended for guaranteed seats on this day (or just show up at the door). Contact us at boston@dharmakaya.org. To registrater, please go to our website at www.dharmakaya.org/boston2008.

What is the drunken elephant? Who can tame it and how?

Rinpoche's talk will answer these questions, drawn from an important historical series of teachings by the 8th century Buddhist pandita Kamalashila. This historic three-volume work, "Stages of Meditation" has widely influenced all Tibetan Buddhist traditions and contains crucial points on the special qualities of Buddhist meditation.



Methodical meditation is an indispensable tool for one's well-being and spiritual success. Increasingly, evidence from scientific studies and medical practitioners demonstrates that meditation can contribute greatly to one's health and well being. Meditation is also a core practice for spiritual seekers. It has been used throughout history as a way to transcend suffering - whether it be physical, psychological or spiritual. Within the Buddhist tradition, meditation is practiced to attain the highest state of spiritual awakening - enlightenment, the realization of perfect freedom and compassionate wisdom.



Trungram Gyaltrul Rinpoche

As one of the most prominent incarnate lamas of Tibet, Rinpoche is the lineage holder of many Buddhist teachings and practices, among which the most unique are those of the Trungram Tradition - a special meditation lineage of the Kagyu School of Vajrayana Buddhism. Among the highly realized masters, scholars and ordinary people of Tibet, Trungram Gyaltrul Rinpoche is recognized as an emanation of Milarepa, one of the most important, fully enlightened founders of the Kagyu lineage from the 12th century.

Rinpoche was born in India to a Nepalese Sherpa family in 1968. When eighteen months old, he was recognized by H.H. the 16th Karmapa as the reincarnation of the Third Trungram Gyaltrul Rinpoche - a legendary Buddhist master considered as one of the greatest teachers in the twentieth century. Rinpoche is multi-lingual and teaches in Europe, Asia and the U.S. He is based in Boston, MA where he has graduated from a PhD program at Harvard University in Indo-Tibetan Buddhism with focus on comparative studies.