



Dear Friends,

We are delighted to inform you that Venerable Dagpo Rinpoche has accepted our invitation to return to Beausoleil / Monaco from **Friday 12 to Sunday 14 May 2017**, in order that we may benefit from his teachings.

The event will be held at the Salle Jose' Rizal, 15 Rue Jules Ferry, Block "Le Centre" 1st floor (behind the Mairie) 06240 Beausoleil.

On **Friday 12th of May at 7pm** Rinpoche will give a lecture on

The Perfection of Patience

May all beings practice the perfection of patience for the benefit of all sentient beings. Patience is the third of the six Perfections (Paramitas) it is a state of mind, a behavior, a tool helping us to counter our afflictions through its three aspects:

- *Patience in dealing with the aggressions of others*
- *Patience in dealing with our inner suffering*
- *Patience in dealing with the difficulties we encounter in our practice.*

Rinpoche will explain how to develop this quality which is essential for harmony within ourselves and others, so that we may live in the present moment with an open mind.

Saturday 13th and Sunday 14th of May Rinpoche will teach us how, through a sincere state of mind, we can benefit others by practicing

The three aspects of Enthusiasm in our everyday life.

The founder of our lineage Dje Tsong Kapa explained the three aspects of Joyous Effort:

- *Joyous Effort considered as an armor*

Even before acting, it is a form of courage and determination based on the joy of virtuous actions.

- *Joyous Effort in gathering virtuous Dharma*

It is the way of practicing with ease and joy the other Perfections, Generosity, Ethics, Patience, Concentration and Wisdom.

- *Joyous effort in acting for the benefit of sentient beings*

Is how, relating to Ethics, we benefit all beings following the 11 different ways of helping others.

He will encourage us to be aware of our states of mind through which we think, speak and act. He will show us how to measure the consequences of our states of mind on ourselves, on others and on our environment, and thus become more responsible.

For those who wish to participate, enclosed are instructions and the form that we kindly ask to send to Garuda Monaco with the payment of the fees, the cheque should be made out to Association Garuda.

The suggested participation fee for the lecture is 15 Euros per person and 25 Euros per person for the teachings.

The money raised will cover the organization costs: traveling fees for Rinpoche, the translators, the sound technicians, insurance, administrative and decoration costs.

We would remind you that the Institutes and the Associations are entirely based on the work of volunteers and on the generosity of participants.

There will be donation boxes for the Teacher, for the translators and for the Institute and the Association.

The lecture and the teachings will be translated simultaneously from Tibetan into French and English. Those who wish to listen to the English translation should make a note in the subscription form and bring headphones.

Photography is only permitted on Rinpoche's agreement, ask the organizers.

Audio recording and transcriptions will be available.

Teachings will start precisely at 10 o'clock, you are kindly requested to arrive at least 30 minutes in advance.

For your own comfort you may bring meditation cushions and mats.

To fully benefit of Rinpoche's teachings, we remind you the importance of keeping silent during the sessions in the hall and also in the immediate vicinity.

For further information please contact:

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e-mail : garuda@monaco.mc – Tél : +33 (0)6 07 93 09 77 –

Garuda and Kadam Tcheuling wish you an excellent and enriching week end with us,

Yours in the Dharma

GARUDA et IKTM