

Segyu Rinpoche

Washington DC Area

May 14-17, 2015

Born in Rio de Janeiro, Brazil, Segyu Rinpoche is an acclaimed Buddhist master who trained for over twenty-five years under several of Tibetan Buddhism's most renowned teachers. Since 2003 Rinpoche has dedicated his efforts to establishing Juniper, an authentic Indo-Tibetan lineage of Buddhist training and healing, in modern culture. Juniper's methods are aimed at unfolding the mind's potential through cultivating inner serenity, insight and the capacity to be a positive, vital force in the world. For more information go to: www.juniperpath.org



Meditation: It's Not What You Think

Thursday May 14th, 4:00-5:30 pm
American University,
Bender Library, Room 115

Free Public Talk

In the last few decades science and medicine have come to recognize the importance of mind/body/energy connections. The Mayo Clinic refers to meditation as a form of complementary medicine and uses it to treat a wide range of conditions including anxiety, depression, heart disease and cancer. In Meditation: It's Not What You Think Segyu Rinpoche will discuss the potential of the mind and how each of us can learn to counter the stresses of life with calm, balance, compassion, and clarity. Rinpoche presents meditation practices in a secular form that is both deeply rooted in the past and culturally relevant to modern life.

Meditation: A Practical Guide to a Better Life

Friday, May 15th, 7:00-8:30 pm,
Montgomery College, Takoma Park/Silver Spring
Student Services Center, Third floor, Room ST302

Free Public Talk

The desire for happiness may be as old as humans, but what does it mean to create a happier life in the 21st century? How does one navigate the demands of an ordinary life and ancient meditation practices that promise greater ease and happiness? In Meditation: Practical Guide to a Better Life Segyu Rinpoche will layout a path to lasting happiness that comes from exploring the untapped potential of the mind. By turning inward to know the nature of our own minds we gain the capacity to make meaningful changes that will increase our capacity for joy. Rinpoche will describe these practices to help us reorient our lives toward a deep and lasting happiness.

Segyu Rinpoche will teach a workshop, Saturday May 18th on Balancing the Emotions and on Sunday, May 19th an Avalokita Simhanda Empowerment—both at Montgomery College, Takoma Park/Silver Spring.

For more information or to pre-register for the workshop and/or empowerment go to: modernmeditationdc.com or write: ModernMeditationDC@gmail.com