

Press Release
October 16, 2009

Buddhist Teaching Retreat in Mount Shasta with Venerable Tenzin Chogyi

Mount Shasta Friends of Tibetan Culture is privileged to host Venerable Tenzin Chogyi for a teaching retreat Friday, October 30th through Sunday, November 1st. Tenzin Chogyi's teaching style is very accessible for the beginning or advanced practitioner. Her western upbringing and integration of the sacred Tibetan teachings, give her the tools to assist retreat participants in discovering their own truth.

The retreat will begin on Friday evening at 6:00 pm at the Shasta Yoga Center with a public talk on "Dealing with Emotions." The talk will explore how negative emotional states can be transformed using Tibetan Buddhist practices, as well as how these emotions arise.

The Saturday and Sunday portion of the retreat will be dedicated to "The Magic of Tibetan Buddhism." These sessions will be held from 10:00 am to 12:00 pm and from 2:00 pm to 4:00 pm at 1520 Shasta Acres Road (1.4 miles up McCloud Ave). Participants are asked to please park on the right (east) side of the street. Tenzin Chogyi will be offering teachings and guided meditations that are specific to Tibetan Buddhist practice, outlining what is unique about the Tibetan philosophy and how these practices can help a person in their daily life. There will also be evening sessions both days, beginning at 6:00 pm and ending at 7:30 pm. Saturday's Vajrasattva practice will include an explanation of the merit of this purification practice, as well as the benefit of mantra recitation and doing the entire practice. Sunday's evening meditation will be a special practice to introduce retreat participants to their enlightened selves and how that vision may assist in obtaining that state.

Ven. Tenzin Chogyi became interested in meditation after reading *Be Here Now* and *Autobiography of a Yogi* in early 1970. For the next 20 years, her spiritual path was meandering and haphazard. It included several dead ends until she bought a one-way ticket to India in early 1991 with the intention of meeting His Holiness the Dalai Lama. She became a student not only of His Holiness, but also of Kirti Tsenshab Rinpoche and Lama Zopa Rinpoche during the year that she spent studying at Tushita Meditation Centre in Dharamsala and Kopan Monastery. In late 1991, she was asked by Lama Zopa Rinpoche to come back to the US to become the co-director of Vajrapani Institute in California. In 1995, she began working at Foundation of the Preservation of the Mahayana Tradition (FPMT) International Office, first as co-director and then later as center services coordinator. In early 2000, she began a long, solitary retreat that lasted 6½ years. Tenzin Chogyi decided to become ordained in the third year of her long retreat, and then left the retreat for a quick trip to India in 2004 for novice ordination with His Holiness. When she emerged from retreat in the summer of 2006, she moved to Land of Medicine Buddha (LMB) in California, where she taught both at LMB and the local community center in Santa Cruz, in addition to teaching in prisons, facilitating a support group for women with chronic illness, and providing spiritual support to hospice patients. In the summer of 2008 she embarked on the "homeless life" and has been teaching at various FPMT centers worldwide. As of August 2009, in addition to touring, she is also based part-time at Vajrapani Institute in Boulder Creek, California.

All are invited to attend the entire retreat as a whole (suggested donation is \$100) or by individual sessions (suggested donations are \$15 per session). No one will be turned away for lack of funds.

For more information, please see <http://www.mountshastafriendsoftibetanculture.org> or call Lisa at 530-859-2782. If attending from out of town, accommodations and other visitor information may be found at <http://mtshastachamber.com/visitor/accommodations>.