

VEN ROBINA IS BACK!

WE CREATE OUR OWN REALITY: THE NATURAL LAW OF KARMA



Dates:

Saturday, October 22, 10am - 4pm
Sunday, October 23, 10am - 4pm

Suggested Donation:

NRS 3,500 for both days (includes morning and afternoon refreshments; excludes lunch)

Registration:

Please register in advance:
Facebook Messenger: Himalayan Buddhist Meditation Center
Email: hbmcspsc@gmail.com
Call: 9860765023

Venue:

Nepali Ghar Hotel, 26 Amrit Ghar Marg, Thamel, Kathmandu

What to Expect:

We spend our lives being seduced by the outside world, believing utterly that happiness and suffering come from "out there." Even more fundamental than that, we assume that we are the handiwork of someone else, either a superior being or our parents. The experiential implications of this are blame, anger, and guilt, bringing ever-deepening levels of suffering and hopelessness.

Buddha's view of reality is that we create ourselves: we come into this life at the first moment of conception in our mother's womb fully programmed with our own tendencies and the seeds of our experiences in this life. The view of karma is one of "self-creation." We are, literally, the creators of our lives, our happiness, and our suffering. We are the boss.

With this view we realize that everything we experience is our own "karmic appearance," as Lama Zopa Rinpoche puts it. Everything is made by our own minds, in the past and in the present.

The experiential implication of this view is empowerment, accountability, and the courage to change and, combining it with an understanding of the Buddha's model of the mind, we gradually loosen the grip of ego-grasping and the other neuroses, thus developing our marvelous potential for clarity, self-confidence, empathy, and the other qualities that Buddha says are at the core of our being.

And there is no negative karma that we can't change, so we'll also discuss the practice of purification, which Lama Zopa Rinpoche says "we're insane not to do every day." And as Lama Yeshe says, "We create negative karma with our minds and we purify it by creating positive karma with our minds."

Ven Robina's Style:

Outspoken, tough and fiery, Ven. Robina Courtin never fails to leave an impression on those who attend her teachings. Ordained more than 44 years, she has a unique ability to distill Buddhist tenets into a language completely relevant for today. Ven. Robina will engage, challenge, surprise and delight you in turn offering calm refuge in her distinctive style. Don't miss this amazing opportunity to investigate core Buddhist principles.

Himalayan Buddhist Meditation Center
at Nepali Ghar Hotel, Thamel

